

Pacifica Tidings



AVILA SENIOR LIVING
at Downtown SLO

January
2020



A Note from the Executive Director

2020
HAPPY NEW YEAR!



Here we are in 2020! The beginning of so many great opportunities, a new year and a new decade. I don't know about you but I try to make my new-year resolution feasible. I have goals both personally and professionally and I will move towards them a little each day and with any luck, I will accomplish what I set out to do. Whatever your resolution may be for the new-year, I wish you much luck in achieving that goal.

HAPPY NEW YEAR! Cheryl Marsh.

Who am I?

I was born in San Jose, CA and I am an only child. I moved around a lot and ended up studying at Holy Names College and Porterville Junior College. We raised our 5 children on expansive land with many horses, dogs and cats. Horse-back riding became a hobby of mine. I worked in the plant department of a telephone company, and spent most of my time with my lovely children. My daughter Kathleen and I have traveled all over the country in our fifth-wheel, and have even most recently gone to Turkey! My passion is to travel while my husband prefers to stay at home. The next item on my bucket list is to travel to Africa.

Welcome to Our Community



Elizabeth Lopardo from
Los Angeles, CA

Activities & Special Events



We had a wonderful time bringing in the holiday season at this years Lighting the Christmas Tree event! It was a lovely time with friends, family and Christmas cheer! We enjoyed a marvelous performance from the Singing for Hope Choir and In Time Trio. The residents were also thrilled to meet Santa Claus! We are thankful to Pastor Adam Magana who led us in a beautiful prayer. Thank you to all who participated and invited your family to join. What a way to celebrate the Christmas season!




Memorable Moments



This month we had a lot of wonderful and helpful volunteers such as: choirs, pastors, and students. There are no words to describe how amazing it was to have a group of 50 people singing with such passion. Their name says it all. The Singing for Hope choir blew us all away with their beautiful voices and ability to sing from their heart. We also enjoyed our many eventful outings; The Nutcracker Ballet, the Orchestra, and of course our elegant dinner outing to Madonna Inn.



Birthdays



Birthdays of the Month

Helen P. 1/01
Tish T. 1/08
Jeanna H. 1/09
Jean M. 1/28

It's an honor to
celebrate monthly
birthdays!

Resident's Birthday Party
Wednesday, January 15th



We are always planning which activities we can do next! The residents love to go on our outstanding outings every month, and they enjoyed going to Cracker Barrel in Santa Maria for good eats and shopping at the country general store.

We love to celebrate each resident's birthday and make them feel extra special!

A Note from the Activities Director

 Find us on:
facebook.



If you'd like to receive your monthly newsletter by email or by mail, please let the front desk know. They would be glad to help you!

The Newsletter is a great way to stay informed about what is happening in the community.



My name is Sherry McCormick
And I am the new Resident Services Director for Avila Senior Living.

I am originally from the Bay Area and moved here to the beautiful Central Coast 18 years ago. I joined the Army Reserves at 17 years old and was lucky enough to be accepted into their nursing program. Honestly, I had no idea what a Licensed Vocational Nurse was when I was accepted into the program, but it quickly learned that this was the field

for me. I have been working as a Licensed Vocational Nurse for over 20 years. I have recently married and I am enjoying being a newlywed. I like to travel, and recently returned from 14 days on Greece. Yes, it was for my honeymoon, but I now have the travel bug. I also enjoy going to the movies and all types of music. I have worked in many aspects of the nursing field but have worked in assisted living since moving to San Luis Obispo. I enjoy the relationships that are built with the residents and with their families. I look forward to meeting all the residents here at Avila Senior Living. My door is always open, so please come and see me whenever you have a question or just to say hello!

Health & Fitness by

10 Lifestyle Changes to Improve your Health



1. Stop Drinking Soda
2. Stop Eating Fast Food
3. Eat More Fruits and Vegetables
4. Drink More Water
5. Walk
6. Eliminate Temptation
7. Find a Healthy Hobby
8. Get Motivated
9. Enlist a Friend
10. Start Each Day With a Simple Workout



Beverly, Charlotte and Marylyn look healthy and happy because they are active, very friendly, and participate in many activities. We are thankful for them!

Fitness Activities



At Avila Senior Living, we encourage every resident to participate in our fitness programs offered:

Monday-Saturday at 9:30am

Please take advantage of this wonderful opportunity to stay healthy and active!

Yoga
Breathing
Musical Movement
& More!

Spiritual Activities

Every Sunday-9:30 am
Communion Distribution with
Father Jim in the Dining
Room

Sunday's-10:00 am
Church Service in
the Avila Theater

Friday's
8:30 am
Daily Devotions
w/ Chaplain Mike Sparrow

Tuesday's
2:00 pm
Bible Study Group

Catholic Rosary
Wednesday -10:30 am
With Karen & Christy
From the Mission of Tolosa

Who Am I? (answer)

Pat Gallagher



Management Team

Cheryl Marsh
Executive Director

Leah Figaro
Business Office Director

Sherry McCormick
Resident Services Director

Oscar Buenrostro
Activities Director

Gianni Scangarello
Community Relations Director

Tony Bautista
Food Services Director

Sheldon Hood
Maintenance Director



Our Mission

*Privately owned, Pacifica Senior Living
strives to create a lifestyle of
independence and peace of mind
for each individual and their family.*

*We do what we love and
what we truly believe in –
providing compassionate, personalized
care services with dignity and respect.*

*Our dedicated, professional team supports
each resident and goes above and beyond
to help them feel at home.*



AVILA SENIOR LIVING
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*475 Marsh Street
San Luis Obispo, CA 93401
Tel: 805.541.4222
AvilaSeniorLiving.com
Lic. # 405800545*

Welcome Home!