



La Pueblita Living

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Memory Care

Health and Well Being

We believe that nurturing the mind, body and spirit is a necessity for any well-balanced lifestyle.

La Pueblita's *Memory Care* community is designed to help residents with *Alzheimer's*, dementia and other forms of memory loss overcome many of the challenges they face in everyday life.

Our staff is trained in therapeutic methods and programs designed to help memory care residents reconnect with favorite memories, pastimes and routines.

Visit our web site and check our amenities and services clicking this link: <https://www.lapueblita.com/memory-care/>



Healthcare Manager

“What you are will show in what you do”

-Thomas A Edison-

I am happy to start the next phase of my career with **La Pueblita** as *Healthcare Manager* for *Memory Care* and *Assisted Living*.

My experience of over 30 years working as a nurse, in several departments in three different countries, has given me a deep respect for different cultures and personalities that I have encountered along the way.

I am highly organized and confident in the abilities that I bring to my new position at **La Pueblita**. I've spent the last 10 years teaching nurses and nursing assistants how to give quality care to the older generation. I am sure the core values that we practice, honesty, integrity, responsibility and respect for all ages, will be apparent in the care we will provide to our residents.

I believe **La Pueblita** is a great fit for the community and I will always bring empathy, a smile and my sense of humour to work with me everyday.

Welcome home *Kathryn!*



Meet

Kathryn Street

COVID-19 PREVENTION

The plea from health experts for the public to wear face masks has intensified in recent weeks as an efficient way to avoid coronavirus infection. A new report from the Centers for Disease Control and Prevention in the U.S. (CDC), shows just how effective face coverings can be.

At **La Pueblita**, we are protecting visitors to our sample casita, our staff and the workers at the construction site, with the use of mouth covers, keeping healthy distance, frequent hand washing and the use of disinfectant gel.

We are preparing for the after Covid's pandemia "*new normal*", when sanitation will be part of daily life. To protect the health of our residents by keeping a strict protocol for Covid's prevention is our priority.

Fuente: AARP's Covid update <https://bit.ly/3gYW7as>



MEMBER OF THE MONTH

It has been my dream for many years to live in a dynamic community, where people look out for each other, have meaningful lives and stay inspired in spite of their age, instead of possibly being isolated and lonely in their own homes. I can sum it up by saying, "*We can retire and stay inspired!*"

I did a lot of research on different kinds of communities while I was living in the United States. As a director of a large retirement facility in California, I saw what worked and didn't work for people as well as observing my mother's care (and lack of) while she lived in a very fancy retirement facility in San Francisco.

So, when I heard about **La Pueblita**, I went to visit Karen Perry and I was sure after an hour with her, that I had found the place that would be my next permanent community. It was totally obvious that it had the same philosophy as I was looking for and the requirements I needed. I told Karen that I wanted to live there, for sure and possibly bring my talents as a Certified Master Coach, Co-Active trainer and former director of a retirement facility to La Pueblita on a part-time basis. So, that's what I hope to do. I'm excited about meeting others and having a great adventure together, stepping into the third act of our lives.

Leslie Lupinsky



“We can retire and stay inspired”

-Says Leslie, who is herself an inspired woman-

What is your favorite activity? I especially love walking by the Malecón and having meaningful conversations with people about their lives. I also love studying Spanish and I'm almost fluent.

What is the best thing about being a senior? Though I don't really like the term senior, I've learned at my age, that I don't have to prove anything to anyone, any longer. I get to choose what I want, to say yes and no too. My years don't define me anymore, I just have those years and the wisdom to go with them.

What are you most grateful for in life? I am so grateful to be living here in Mexico and to have my good health and special friends who love me.



Independent Living

Provides a carefree, maintenance-free lifestyle designed for seniors who want to lead active lives.

Second PRE-SALE STAGE

“SPECIAL PRICES”

*Limited time Prices *Additional fees may apply



www.lapueblita.com