

Searching for July

M D V W B F J I P L A C Y I S
 Y T Z B N S D R I Y T J L N W
 I S U M M E R O E T K G I D I
 C I N C I P N P M Q Q N L E M
 Y A D E L L I T S A B S R P S
 G R D C T U L K I W E S E E U
 F O U R T H O F J U L Y T N I
 K A Y B B P Y I X E A C A D T
 Q B K D Y A F G C D S R W E G
 L A R K S P U R A E E A Q N O
 U E O E L R V D V C C B Y C D
 X F B V N V A E N F O R A E T
 K O V S D N N A C C L P E D O
 D G P X A T C Q J Q U F G A H
 M J Q C H S K R O W E R I F M

- | | | |
|----------------|-------------------|------------------|
| BASTILLE DAY | HOT DOG (MONTH) | PICNIC |
| CANADA DAY | ICE CREAM (MONTH) | RUBY |
| CANCER | INDEPENDENCE | SEVENTH |
| CRAB | LARKSPUR | SUMMER |
| FOURTH OF JULY | LEO | SWIMSUIT (MONTH) |
| FIREWORKS | LION | WATER LILY |

July Birthdays

People born in July tend to make wonderful life partners. They highly value home and family, love deeply, and are very protective of those closest to them. They have a vivid and strong imagination and keen intuition. When allowed to work instinctively, their mind is at its best.

Our Collwood Terrace Birthdays:

- Linwood C.....July 3
- L. G. B.....July 6
- Jeanette K.....July 6
- Stan W.....July 6
- Ann A.....July 18
- MauriceJuly 31

HAPPY JULY BIRTHDAY!

Collwood Terrace Stellar Care
 4518 54th Street
 San Diego, CA 92115
 License # 374602700

Postage
 Information

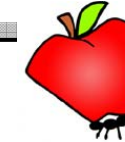
The

CT Stellar Care Chronicle

July
 2008

Collwood Terrace Stellar Care * 4518 54th Street * San Diego, CA 92115 * p 619-287-2920 * f 619-286-8534

Celebrating July



Family Reunion Month

*TV Premiere - Lawrence Welk Show
 July 2, 1955*

*Independence Day
 July 4*

*Parents Day
 July 27*

Administration

Linda Cho
Director of Operations

Barbara Moore
Director of Business and Finance

Emma Slabbert
Director of Community Relations

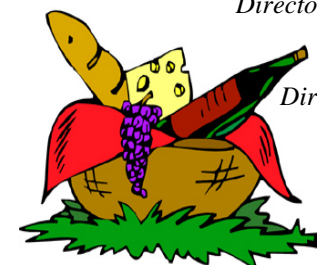
Annelie Damasco
Director of Assisted Living

Susan O'Shaughnessy
Director of Marketing

Roxanne Miller
Director of Activities and Housekeeping

Chris Cho
Director of Plant Services

Chris Moore
Director of Food Services



A NOTE FROM OUR DIRECTOR OF MARKETING

On Thursday, June 26th, I attended the County of San Diego's Aging Summit 2008. There were over 2500 attendees and Buzz Aldrin, PH.D., was the Keynote speaker. The theme of the conference was "Lifelong Learning," and Buzz, now 78, amazed us with the activities he still explores. What can you do for thrills after walking on the moon? Buzz scuba dives, races cars, snow skis, writes books and travels the world lecturing about the development of space tourism. He truly is an American hero!

On a more sobering note, Dr. Paul Nussbaum, Clinical Neuropsychologist, shared important new research on brain health. Dr. Nussbaum taught us that brain health can be enhanced through five key areas: socialization, physical activity, mental stimulation, spirituality and nutrition. By being proactive, staying engaged, challenging yourself with something new everyday, it is possible to delay the onset of dementia.

What can we do immediately to keep those dendrites growing? Develop new hobbies, walk 10,000 steps a day, play board games/puzzles, eat once a day with someone, have fish three times a week.

Here at Collwood Terrace Stellar Care, you will be seeing us put Dr. Nussbaum's message into practice over the next few months as we discover fun and easy ways to take better care of our bodies and minds.

Have a safe and Happy Fourth of July!

Susan O'Shaughnessy
 Marketing Director

CT Stellar Care recognizes its 1st Employee of the Month

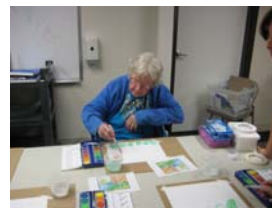
Maggie Castaneda

Congratulations Maggie for a job well done!

Family Rewards Program

We want to thank you for allowing us to care for your loved one. The staff at Collwood Terrace Stellar Care recognizes the trust you have placed in us. We continue to do our best to provide quality caregiving in a safe and dignified way. While doing so, we make sure that there is plenty of laughter, fun and joy each day! Satisfied families continue to be the finest referrals we can receive. If someone you refer moves in to Collwood Terrace Stellar Care, we would like to thank you with a \$500 credit towards your next month's rent. This is called our "Family Rewards Program". This has been 4 months of growth, learning and making improvements to meet the needs of your loved one. Thank you for being a part of our transition.

Memories in the Making®



Our 1st Father's Day BBQ



Frank C. with his daughter Teresa



Joe R. with his daughter Lucille



Stan W. with his daughter Debbie



LG B. with his daughter Rhonda



Charles and Edna P. with their two wonderful daughters



Larry G. with his loving family



Joe T. enjoys lunch with his family



Here at Collwood Terrace Stellar Care, our residents enjoy many fun activities. If you would like pictures of your loved ones participating in our many wonderful activities, email Max at maxw@collwoodterrace.com and we will be more than happy to email them to you!

RESIDENT RAVE:

Alma Hill

Alma Hill was born on a rural farm in Carroll Co. Mississippi. Alma was the seventh of eight children and grew up in the house her father built with no running water or electricity. She was raised on a farm with cows, chicken, and hogs. All of the children contributed to farming the many crops which included cotton, corn and a variety of vegetables for the kitchen table.

Alma has fond memories of long walks to school in all types of weather. She showed academic excellence when she was selected to go to the "field meet", an academic contest where she represented her grammar school.

After high school she entered nurses training in Vicksburg, Mississippi and completed her work in three years. Her first job was in a hospital in Monroe, Louisiana. Shortly after the war in the Pacific, she enlisted as an army nurse. She shipped out of San Francisco and to Brisbane, Australia where her wartime duties were with an evacuation hospital.

After the war, Alma used her G.I. Bill benefits to obtain a B.S. at Washington University. She traveled and worked in various cities throughout the U.S. She taught nursing in Denver, Colorado.

Alma eventually arrived in San Diego where she worked at Mercy Hospital. She married physician, Carl Hill and had one son, Robert. She returned to work after her husband of two years died suddenly after a brief illness. She worked as a private duty nurse and in doctor's offices for several years. She later worked as a school nurse for city schools where she worked for 25 years. Always the lifetime learner, Alma attended night school to get her Masters in Pediatric Nursing and later became a nurse practitioner.

Alma's rich life includes learning to drive at 38, enjoyment of flower arranging, and belonging to the mineral and gem society. We are so blessed to have Alma Hill as a resident in our community!

STAFF SPOTLIGHT:

Lore Flores

Have you had the opportunity to sample the food we offer our residents? Have you enjoyed the buffets at any of our special events? If you have, then no doubt you enjoyed the food prepared by our wonderful chef, Lore Flores.

Lore Flores has been with Collwood Terrace Stellar Care almost from the beginning, approximately two and a half years. Prior to showcasing her culinary skills here, she worked at Anthony's for twelve years and Good Samaritan for about a year and a half. It's no surprise when asked what her hobbies and interests were she answered, "I love to cook!" And when asked what she did in her free time she said she loves to watch, you guessed it, the cooking channel! Her favorite show is "Hell's Kitchen".

Lore has been married for 21 years and lives in Chula Vista with her husband. Her son and grandson live in Mexico. She tries to visit her family in Mexico whenever she is able. Lore loves preparing food for our residents and enjoys coming to work each day. She loves her job and we love having her as part of the team!

CT Stellar Care goes (light) GREEN ☺

In an effort to become more environmentally friendly, when possible, we are making every effort to use "green" cleaning products that are safe for residents and has less impact on the environment. In addition, we would like to send the monthly invoices and this monthly newsletter via email. If you would like to receive these items through email, please contact Emma at emmas@collwoodterrace.com. Thank you for your help in making a difference on the environment while keeping the cost of postage down and the use of paper products to a minimum.