

Miscellaneous Announcements

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\*\* Please note that Family Support Group meetings will be held on the 1st and 3rd Tuesday of every month. The meetings will be held in the Library on the first floor.

\*\* We are always in need of belts for our community. If you have any belts or suspenders that are not being used, we would appreciate the donation

\*\* To assist with shaving in the morning, it would be helpful to have electric shavers/razors for our residents. Please consider purchasing one for your loved one.

\*\* To ensure the safety of all residents, DO NOT leave the following in resident rooms: sharp objects such as scissors, needles and tools; tools are dangerous items that should never be left in rooms. Any kind of chemicals such as cleaning supplies; and medications (should be in med dept).

\*\* Do you have a family member, friend, or neighbor who would like to receive this newsletter? Please leave a note or email Barbara with their name and address.

April Birthdays

If you were born in April, you are stable, practical, and conservative. You have a strong appreciation for material possessions and are very creative. In addition, people born in April have a strong sense of wit, and just in case you don't believe it, here are our Collwood Terrace "funny folks" born in April:

- Bob S ..... April 06
Penny W.....April 16
Betty Lou M.....April 18
Vonda R.....April 19

HAPPY APRIL BIRTHDAY!



If you would like your monthly invoices, this newsletter, and photos of different events sent to you through email, please email Barbara at barbam@collwoodterrace.com



4518 54th Street
San Diego, CA 92115
License # 374602700

Postage Information

The

April 2010

CT Stellar Care Chronicle

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

Celebrating April

Baseball Season Begins

April Fools' Day
April 1

Easter Sunday
April 4

Korea: Arbor Day
April 5

Income Taxes Due
April 15

Earth Day
April 22

US: Arbor Day
April 30

My "season tickets" came in the mail yesterday. Yes, Baseball officially starts for the Padres when we play the Braves on April 12th! I can't wait. It is so much fun to run into family members and recall a great play, comment on the rookies, or just brag about San Diego weather and Petco Park.

One of the most successful outings for us last year was a Sunday afternoon game in August. The Petco organization gave us discounted pricing, shaded area for the whole game, handicapped-accessible seating, bathroom facilities just a few feet away, and immediately next to a concession stand selling "5 for \$5s". We had so much fun that we will be offering this great event in May and August this year. Everyone is welcome, and we'll be getting the reservation list out in the next couple of weeks. This is nice for the residents and offers an optional setting for several generations to spend time with the person they love.

As many of you already know, I am also passionate about the Alzheimer's Walk. Although the walk isn't until Saturday, October 23rd, you can still mark your calendar and begin collecting donations now. I just finished registering our team on the website www.sanalz.org., so you can sign up to walk and be part of Team Collwood Terrace Stellar Care. Because of our families and staff we raised over \$8,000 for the Alzheimer's Association last year. There's no question we can exceed that amount this October.

Tuesdays, April 6th and 20th, will be the dates for our Support Group. We are growing with each meeting and so we will begin having group in the Library on the first floor this month. We meet from 6:30 p.m. until 8:00 p.m. and I encourage anyone who has questions, feels overwhelmed, or could use the support of other family members experiencing similar emotions to join us. The group is sponsored by the Alzheimer's Association and is co-facilitated by Linda and me. And yes, there are delicious snacks.

Once your loved one has moved in with us, the rest of the great Collwood team become your points of contact. But I still carry you all in my heart and enjoy our brief conversations on elevator rides and at the front desk. I appreciate when you share information about Collwood Terrace with friends who are exploring memory-care needs. I am always available to speak to service clubs, church groups and civic organizations on a number of age-related topics. Please let me know if there is ever anything I can do for you.

Warmly,
Susan O'Shaughnessy

Administration

Linda Cho
Director of Operations

Barbara Moore
Director of Business and Finance

Annelie Damasco
Director of Assisted Living

Susan O'Shaughnessy
Director of Marketing

Roxanne Miller
Director of Activities

Chris Cho
Director of Plant Services and Housekeeping

Chris Moore
Director of Food Services



### CT Stellar Care's Employee of the Month

**Antonia Valenzuela**  
Caregiving Department

Congratulations, Antonia, for a job well done!

Little Irish dancers graced us with their happy feet, smiling faces, and bouncing curls.



Birthdays with our community clown



Arts and Crafts



Fun at Parkway Bowl



Feeding the ducks at Chollas Lake



Other fun events



### RESIDENT RAVE:

#### Sam's the Man!

Sam King was born in Avoca, Iowa in 1918. He was one of five sons, and joined the Navy when he turned eighteen to serve his country and to travel the world. Sam was twenty-five years old and stationed in Fall River, Massachusetts when he met the "gal I knew I was going to marry, a French gal!" Jeannette was French Canadian. Sam asked her to marry him before he shipped out, and when he came back eighteen months later, they planned the wedding in three days and were married.

Sam was in the Navy for twenty years, and he and Jeannette had five children. After the Naval career, Sam worked in Civil Service in Coronado for many years. When he finally retired, he began his work with St. Michael's until his final, final retirement.

His daughter, Deniese, remembers that her dad was a fix-it person. Whenever anything needed to be done, Sam would take care of it. They didn't call a plumber or the heating & A/C person, Sam fixed it all. He enjoyed working with cars, and his quiet (little known) hobby was reading Harlequin Romance novels.

At CTSC, we knew Sam was a romantic in the way he always held Jeannette's hand, and looked at her with adoration in his eyes. (This writer always joked that she would like to rename her husband, Sam, in hopes that some of his romantic ways may rub off with the name.)

Sam has sixteen grandchildren and fourteen great-grandchildren, so far. All of us here at CTSC are blessed with his presence and we are warmed with his beaming smile every day.

Next time you see Sam sitting in his favorite spot by the front door under his paintings, please say hello, and you too, will be rewarded with his million dollar smile.

### STAFF SPOTLIGHT:

#### **Rosa Estrada**

Rosa works as a chef in our culinary services department. She enjoys working in the kitchen and being able to make good food for a large number of people. Cooking has always been a hobby of hers, and on her days off, Rosa likes nothing better than to have her three sons and their families with eight grandchildren over so she can go into the kitchen and, you guessed it, cook for them.

When she's not cooking, Rosa enjoys reading and listening to music, often jazz or classical pieces. But cooking remains her passion.

If there is one thing she could change, Rosa said she would have started a lot earlier in the culinary field. Nevertheless, she's happy to be working, doing what she loves best.

Hats off to our chef.



### Memory Walk 2010

**Saturday, October 23<sup>th</sup>**  
**in Balboa Park**

Sign up to join us in this event that joins friends, family, and co-workers as we walk to end Alzheimer's.

### ATTENTION FAMILY MEMBERS

If you would like to see your loved one featured in our "Resident Rave" column please contact Chris at [chrism@collwoodterrace.com](mailto:chrism@collwoodterrace.com). Send me your article or we'd be happy to assist you with writing one.