



## Celebrating September

**World Alzheimer's Month**

**International Guide Dogs  
Month**

**Popcorn Days  
September 4-6**

**Pollution Prevention Week  
September 14-20**

**Love Note Day  
September 26**

**Good Neighbor Day  
September 28**

**Linda Cho**

*Executive Director*

**Barbara Moore**

*Business Director*

**Annelie Damasco**

*Assisted Living Director*

**Susan O'Shaughnessy**

*Marketing Director*

**Rachel Robinson**

*Activities Director*

**Chris Cho**

*Building & Maintenance Director*

**Chris Moore**

*Culinary Services &  
Laundry Director*

### Miscellaneous Announcements

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\*\* Family Support Group meetings are held on the first and third Tuesday of every month at 6:30pm. Families are invited to join us in the Library on the first floor.

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

### September Birthdays

Those born between September 1-22 are Virgos. Virginous Virgos are considered shy and sometimes naïve, private, and very tidy. They are also curious explorers who are incredibly loyal and well respected by their friends and colleagues. If you were born between September 23-30, you balance the scales of Libra. Libras are very social, seek harmony through compromise, and have strong powers of critical thinking.

James F. ....	Sept. 5 <sup>th</sup>
Letha W. ....	Sept. 9 <sup>th</sup>
Sue B. ....	Sept. 13 <sup>th</sup>
Patricia C. ....	Sept. 14 <sup>th</sup>
Mary T. ....	Sept. 15 <sup>th</sup>
Helen M. ....	Sept. 15 <sup>th</sup>
Edythe H. ....	Sept. 16 <sup>th</sup>
Ray G. ....	Sept. 16 <sup>th</sup>
Christina C. ....	Sept. 18 <sup>th</sup>
John J. ....	Sept. 18 <sup>th</sup>
Vincent S. ....	Sept. 29 <sup>th</sup>
Rose F. ....	Sept 30 <sup>th</sup>



### Stellar Care's 3<sup>rd</sup> Annual

## Art Auction

for the Alzheimer's Association

Friday, September 12<sup>th</sup> @ 6:30pm

Your \$100 donation will admit you and a guest to this special event! Enjoy an evening with friends, wine, hors d'oeuvres and music.

It's not too late - see Susan to make a donation.

A group of us from Stellar Care, (staff and family members), was able to go and see the Sundance Festival Award winning movie, "Alive Inside" a couple of weeks ago. This documentary is the "exploration of music's capacity to reawaken our souls and uncover the deepest parts of our humanity. The film chronicles the astonishing experiences of individuals around the country who have been revitalized through the experience of listening to music." The camera reveals "the uniquely human connection we find in music and how its healing power can triumph where prescription medication falls short."

What is so amazing about the film is that all the patients involved in the "Music & Memory" program created by social worker, Dan Cohen, have dementia and reside in nursing homes. Dan acquires an iPod for the patient and interviews family members to learn what music mattered to that individual. After downloading the favorite music, Dan trains staff to sit with the patient, headset and iPod on, and then watch the transformation. It is miraculous to watch a person, who is non-communicative recognize the tune, start keeping time with hand, foot or head, verbalize a memory and then fully engage with the staff person.

"Alive Inside" is a beautiful film. It offers hope and brings joy to those of us who live in the world of dementia. If you are interested in the "Music & Memory" program please contact Linda Cho to discuss how we can begin this for your loved one. If you have the opportunity to see the film, we highly recommend it.

We already know the universal and healing power of music at Stellar Care. Music therapists, entertainers, hospice certified musicians all visit our community. We have sing-a-longs, and have recently introduced karaoke, much to everyone's delight! We feature the music of composer, Steve Roach (one of our family members) when we have weekly meditation. Music, be it classical, rock, jazz, big band, blues, spiritual or Broadway is with us to identify our memories when we are beginning our stories, and with us later in life as we are reviewing them.

That is what I experienced when I got to see Sir Paul this month at Candlestick Park in San Francisco with my sister and our children. For me, it was magical to sing with 50,000 other folks, who knew every word to every song. Intimate moments were relived and revisited and my sister and I often embraced sharing those memories as we journeyed through the play list.

Thank you so much to our very generous family members who have already contributed to the "Walk to End Alzheimer's" fund. We have already collected \$10,000 from you and know that some of you will be sending in your donation with the September rent. Remember, with your \$100 donation you and a guest are admitted to our "Third Annual Memories in the Making Art Auction," Friday, September 12, starting at 6:30 p.m. Please plan on joining us to celebrate the art of the wonderful artists who live here at Stellar Care. All money raised will be donated to the Alzheimer's Association. We will have wine, hors d'oeuvres and yes, MUSIC!!

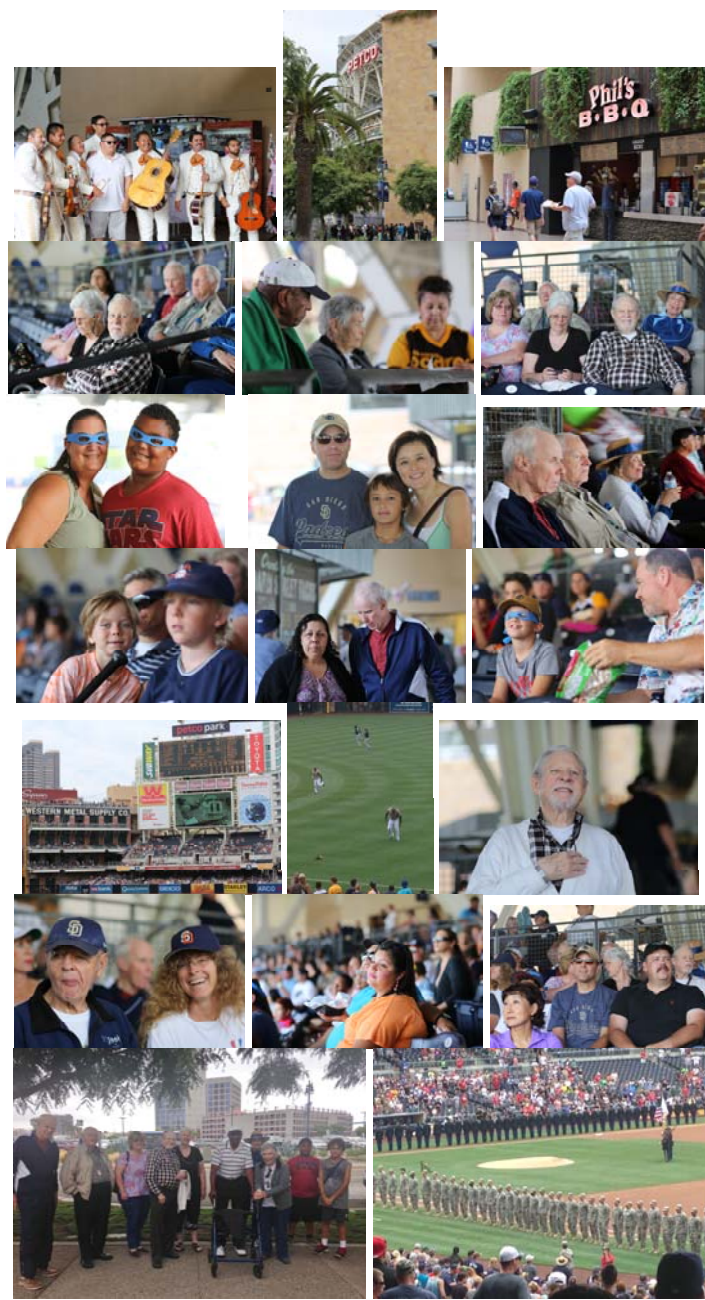
How did Paul end his concert? "And in the end, the love you take, is equal to the love you make." Perfect.

Susan O'Shaughnessy  
Marketing Director

**Luau Fun!**



**Our Beloved Padres at Petco Park**



**RESIDENT RAVE:  
Dean Krause**

Dean Krause is one of those rare renaissance men who appear every few generations with an interest in anything and everything, and the drive and intellect to both pursue and excel in them. Born in Illinois, Dean often spent his summers at the resort his family owned in Wisconsin, fixing everything from leaky pipes to electrical wiring and broken equipment. By the time he was ready for college, he had turned himself into quite the handyman, with a deep understanding of how buildings are put together from the inside out.

Upon graduating high school, Dean attended the University of Wisconsin, where he majored in nuclear physics. When he wasn't busy being groomed as a future assistant for his professor, he was busy practicing with the university's cheerleading squad, and even got to travel to the Rose Bowl and cheer in front of the nation. After college Dean joined the Navy, where he was quickly scouted out for his sharp intelligence and put into Naval Flight School.

After a few years, Dean decided to focus on being a helicopter pilot. With the Vietnam War raging, he was offered a choice between serving in Vietnam, and conducting research in Alaska. He chose Alaska, and conducted his "research" which involved patrolling the Alaskan/Soviet border and taking pictures of the Soviet fleet. The Russians did the same, giving Dean an idea. While stationed in Alaska, he studied Russian on the side, and learned enough to create a massive tarp which he and his friends rolled out on the flight deck of their ship. On that tarp, he had written in Russian, "Next time, bring the mail!" The Soviet pilots would see the tarp and tip their wings in acknowledgement. During his deployment, Dean also shot and bagged a polar bear from the deck of his ship, which he had stuffed and brought home. Now, that prized polar bear is fought over by his grandchildren, and his wife Maxine has had to make a timeshare arrangement with the kids (the bear is currently making its rounds in a scheduled 1 year rotation).

After Alaska, Dean came to San Diego and retired from the Navy after 9 years of service. He began building homes with his friend, and was soon noticed for his experience and recruited into becoming a stagehand at the San Diego Civic Theatre. It was there that he met his wife Maxine, (Director of the California Ballet Company), and swept her off her feet shortly thereafter. He helped raise her daughter, Clarissa, as one of his own and helped Maxine with her ballet company for 20 years,

handling all the technical aspects of the stage for her. Dean became so well known within the San Diego community, that he was called upon to help out with nearly every major performance event (such as U2 concerts) at Qualcomm Stadium and the Sports Arena. He always took the job of the man way up high manipulating the follow-spot lighting.

Amidst all of his duties with the ballet company, Dean was also a highly regarded member of two unions (stagehands and conventions), a pianist, a gifted singer, and a talented cook. In the 1970's, he began tinkering with computers in his garage after he heard about a man named "Jobs" who had made headlines as a computer savvy entrepreneur. From then on, Dean rarely slept because he spent most of his nights coding and tinkering, and was eventually recruited by a venture capital group with whom he helped invent the touchscreen. Always the doting grandfather, Dean used to bounce his 2 year old grandson on his knee while teaching him how to program computers. Now grown up, his grandchildren are off to pursue careers following their grandparents' footsteps, with one in love with art and coding, and the other interested in singing and acting.

With all of Dean's great accomplishments, this Renaissance man is happiest when his family, especially his wife Maxine, is around him. You can see it in his smile as he lights up whenever she is here to visit him, almost on a daily basis. We are lucky to have these bright stars in our building at Stellar Care.



**Saturday, October 18th**  
**Walk begins @ 8:00am in Balboa Park**  
**Join Team Collwood Terrace**  
 Log on to [www.alz.org/walk](http://www.alz.org/walk) to register.

**BINGO Fundraiser to support the SD Chapter Alzheimer's Association**

Join us **Tuesday, Sept. 30th at 6:30 p.m.** in the Conference Room for the last BINGO fundraiser in 2014! Join the fun as we raise funds for our local chapter of the Alzheimer's Association.

**\$2/card \* Play for Prizes \* Last Game 50 / 50**  
 For more information call Susan or Rachel.