

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

BOATS	GEMINI	SIXTH
CANCER	HURRICANE (season begins)	SOLSTICE
CRAB (for cancer)	ICED TEA	SUMMER
DAIRY (month)	JUNE	SWIMMING
FATHER'S DAY	PEARL	TWINS (for Gemini)

June Birthdays

People born in June tend to have wide-ranging interests, so in honor of International Men's Month, here are a few physicians, philosophers, politicians, singers, dancers, artists, explorers, and a movie critic with June birthdays:

Pat Boone June 1, 1934
 Paul Gauguin June 7, 1848
 Andrew Weil, MD June 8, 1942
 Joe Montana June 11, 1956
 Jacques Cousteau June 11, 1910
 Roger Ebert June 18, 1942
 Jean-Paul Sartre June 21, 1905

Our Collwood Terrace Birthdays:

George G. June 11
 Dortha F June 24
 Joseph F. June 25
 Alice L. June 26

HAPPY JUNE BIRTHDAY!



Collwood Terrace Stellar Care
 4518 54th Street
 San Diego, CA 92115
 Lic. # 374602288

Postage
 Information

The Collwood Terrace Chronicle

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Celebrating June

Fishing Month

Flag Day
 June 14

Father's Day
 June 15

Summer Solstice
 June 20



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

Director's Message

May was a wonderful month at Collwood Terrace Stellar Care filled with fun and exciting activities for both our families and residents. We started off with an afternoon tea to celebrate Mother's Day. We enjoyed a variety of delicious desserts and teas all the while visiting with each other and recognizing all of our wonderful mothers! We also celebrated Memorial Day this month by honoring all of those who served in the military and by sharing stories of their sacrifice. On the last Wednesday of May, we had Jeanette, the History Lady, visit all of us here at Collwood Terrace. Jeanette did a fascinating one hour presentation about all of the things in history that occurred during the month of May. I was delighted that so many families were able to make it to this wonderful event. The History Lady will be visiting Collwood Terrace Stellar Care on the fourth Wednesday of every month at 6:30pm. We would love for you to join us for our next History Lady presentation or any of our other exciting events. Please check the Activities Calendar for all of our events coming up this month.

Many of you have noticed several positive changes here at Collwood Terrace Stellar Care. During the month of May we opened a second dining room for our residents with higher needs which has been wonderful for all of our residents. I am also pleased to announce that with the addition of Yvonne, our third activities coordinator, as well as Ariana, who will lead the evening activities, we have many more evening activities planned as well as weekly trips to places such as the 99 Cent Store, Cold Stone, Denny's, the San Diego Zoo, and the Casino!! Our trips to medical appointments are much more comfortable with the addition of our new Lincoln Town Car! Our residents seemed quite pleased with the upgrade and can all agree that it beats the old van!

I would like to say thank you once again to the many family members who have given us so much positive input! We appreciate your comments. If you need anything, please stop by and see me... Have a Fabulous June!

Linda Cho
 Director of Operations



Memories in the Making™

I am pleased to announce that beginning in June, we will start a new art program for the residents called Memories in the Making™. Memories in the Making™ is a unique program for individuals with Alzheimer's disease and other related dementias that allow residents to express themselves through art. Memories in the Making™ differs from traditional arts and crafts offered in the community because it focuses on creative expression through the use of high quality art materials. The process is tailored to provide structure and support for the participant while at the same time allowing them to create their own message on paper. Through this creative process, these individuals speak to us, offering us the essence of themselves. The art they produce is a tangible means of expression, which speaks to the families, the professional caregivers and to the public. It is not unusual for them to paint memories from long ago or something they can no longer find the words to express.

Last week, Bonnie Starr from the Alzheimer's Association conducted a workshop with the staff involved in the Memories in the Making™ program. She shared with us the vision of the program along with ideas and samples of art produced at other communities. The staff is excited about the program and is looking forward to working with our residents to produce memory filled works of art.

By now, families should have already received the release form and biography papers in the mail. We urge you to take the time to fill the papers out and mail it back to us as soon as possible. We also invite families to come and visit with us anytime our program is being offered. Please see the calendar insert for specific time and date. If you have any questions please give us a call.

Emma Slabbert
Director of Community Relations



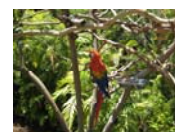
Cinco De Mayo Celebration!



Mother's Day Tea



ZOO Trip!



RESIDENT RAVE

Amanda Becton

Amanda was born in the little town of La Grange, Georgia on the ninth of May. She was the third eldest of eight children with 4 brothers and 3 sisters. Her father was a farmer and her mother was a homemaker. Her dad grew flowers as well as many types of vegetables.

Amanda met her husband in Atlanta. He, too, was a farmer and also worked part time in the local mill. They had 4 children: 3 daughters and 1 son. Amanda did office work for Yates and Milton, Co. when she wasn't raising her children. She spent many hours in the children's school and was very involved with their activities.

Her children live nearby and are able to visit her often. She is still a very proud mom and her eyes sparkle when she talks about her children and grandchildren. She feels lucky to have such a close and caring family.

While at Collwood Terrace Stellar Care, Amanda enjoys walking and getting as much exercise as possible. She also likes to play Bingo, cards and participates in our garden club. She likes living here and we are so blessed to have her warm and beautiful smile grace us everyday.



Our Memorial Day Celebration!

Honoring our residents who served our country!!!



STAFF SPOTLIGHT

Lupe Galaviz

Lupe Galaviz is one of the wonderful housekeepers responsible for making Collwood Terrace Stellar Care a clean and safe place for our residents. Lupe has only worked here since the new management started 3 months ago but has already shown herself to be a top notch employee. Lupe has lived in San Diego for more than 10 years with her husband and 3 children, ages 6, 8, and 11 years. Her children attend a near by elementary school. Prior to working at Collwood Terrace, she worked at another facility for 4 years but took time off to raise her family.

Lupe is a self-taught English speaker who decided upon employment here that she would make every effort to improve her English skills. She is an avid reader and tries to learn a new word and its definition everyday. When not at work she enjoys spending time with her family as well as going out dancing. Lupe enjoys learning about new and different things.

Lupe's philosophy of life is to try to do her best everyday and not to worry about the past or the future. She lives each day trying to improve herself and tries not to take things personally but rather learn from her mistakes. Lupe's philosophy of life is evident in her smile and positive attitude she brings to work each day. We are so lucky to have Lupe as part of the Collwood Terrace Stellar Care team!

A Very Special Thank You

The activities department wishes to extend its appreciation to Don Kinney at "Stars & Stripes" surplus store in El Cajon, for loaning us the military uniforms the staff wore on Memorial Day. We honored our military residents for their service to our country on Memorial Day, May 26.

