

Miscellaneous Reminders

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** Mark your calendar for the Fall Festival on Sunday, Nov. 15th beginning at 2:00pm. Families and friends are invited.

** Families are welcome to join their loved ones for Thanksgiving lunch on November 26th at 1:30. Seating is limited to 3 guests per resident. RSVP by November 16th.

** Resident & Family Christmas party will be on Wednesday, November 9th. Invitations will be sent out towards the end of the month.

** Please note that the Family Support Group meeting will be held on the 1st and 3rd Tuesday of each month from 6:30pm – 8:00pm. The meeting will be held in the 4th floor lounge.

** We still need more hangers for our residents' clothing. It is helpful to have the clothes on hangers rather than in drawers to reduce wrinkles and to keep clothes from being hidden in the back of the drawers. Please drop off hangers to the front desk.

** With the colder weather approaching, please purchase a good supply of thick socks and warm sweaters for your family members.

If you would like your monthly invoice or this newsletter sent to you through email, send a request to barbaram@collwoodterrace.com

November Birthdays

If you were born from October 23-November 22, you are a Scorpio, the Scorpion. If you were born from November 23-December 21, you are a Sagittarius, the Archer. Scorpios are determined, forceful, and emotional. Their intensity makes them successful workers and faithful friends. A Sagittarian is a truth-seeker, an intellectual, and needs a lot of room to roam for exploration.

Happy November Birthdays!

Everett W.....	11/02
Art N.....	11/08
Earl U.....	11/10
Bob K.....	11/10
Fred D.....	11/13
Evelyn H.....	11/15
Alma H.....	11/17
Coy M.....	11/28
Mary T.....	11/28
Irene B.....	11/29
Kay K.....	11/29



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Information

The CT Stellar Care Chronicle



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Celebrating November

Daylight Saving Time Ends
November 1

Veterans Day
November 11

Thanksgiving Day
November 26

Linda Cho
Director of Operations

Barbara Moore
Director of Business and Finance

Emma Slabbert
Director of Community Relations

Annelie Damasco
Director of Assisted Living

Amelia Salvador
Director of Health Services

Susan O'Shaughnessy
Director of Marketing

Melissa Chaty
Assistant Director of Marketing

Roxanne Miller
Director of Activities and Housekeeping

Chris Cho
Director of Plant Services

Chris Moore
Director of Food Services

It's not often that I'm out and about in the early morning while it's still dark outside, (more like, never ever!) but I made it at 6:30 AM to Balboa Park, helping to set up our table at the Alzheimer's Walk on Saturday, October 24th.

Our CTSC team of staff and families was 32 members strong, and we joined approximately 3,000 other walkers to help raise funds for the Alzheimer's Association and their research to find a cure.

It was such a moving experience to see the sea of people in purple t-shirts, many with names and photos of loved ones that they were walking for, move as one toward the goal of ending the devastating disease.

Many thanks to my staff who worked so hard, and to all the families who walked and contributed to help us to raise over \$7,000.00 for this year's event. You are all amazing.

November and December are going to be busy months, so let me remind you of some important dates and events.

On Sunday, November 15th, we are having our annual Fall Festival with food, games and prizes. Families are welcome and encouraged to attend.

Our Thanksgiving luncheon will have two seatings; one at 11:30 for residents and another at 1:30 for families who will be joining their loved ones for lunch. Because we have limited seating, we ask that there be no more than 3 guests per resident. Please reserve your space by November 16 if you plan to dine with us. There will be a guest charge for the meals. For families planning to take loved ones out on Thanksgiving Day, please let us know as early as possible so that we may get an accurate count for meals, and also so that we can prepare the medications for you.

Our Christmas party for residents and families will be on Wednesday, December 9th. We are expecting Singing Santa again, and we would love it if you would RSVP at the front desk.

This Thanksgiving holiday, we are thankful for our wonderful, sassy, gracious, smart, tenacious, brave, patient, tough, warm, lovely, stubborn, funny, delightful, handful, special, (administrator, you say? ©, nahh) RESIDENTS ! We are truly blessed.

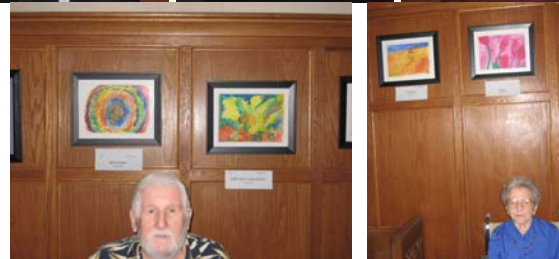
Linda Cho
Director of Operations

CT Stellar Care's Employee of the Month

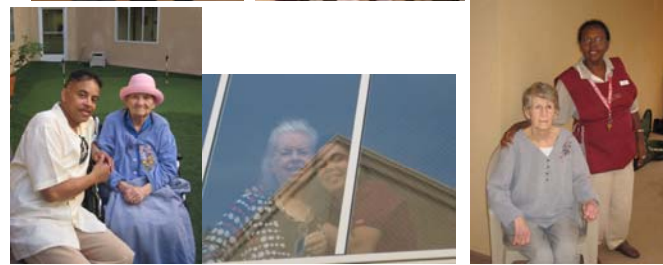
Tim Galloway
Activities

Congratulations, Tim! Great job!

October 2nd we attended an art exhibit at St. Paul's Cathedral where our community's artists showed off their works.



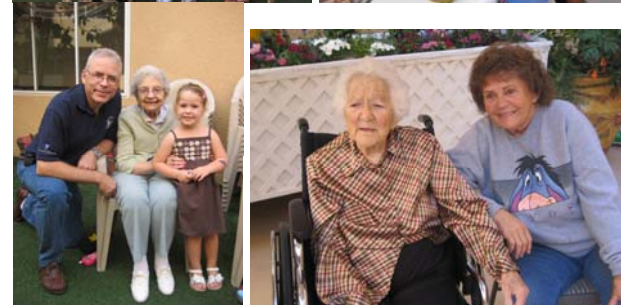
Dancing the day away...



Trip to D.Z. Akin's... Yummy!



Family visits are so much fun!



RESIDENT RAVE Dr. Bob Straumfjord

A Man of Many Talents

What would you expect an orthopedic surgeon would want to do in his time off? "Carving" of course, and in this case our own Dr. Bob Straumfjord has used his skilled surgeon's hands to make furniture and doors, and then hand-carve them, thus demonstrating the heritage and traditions of "his great Nordic stock", and providing permanent evidence of his great versatility and skill.

First, however, came medical school in Colorado, then a residency with a medical team in Truth or Consequences, New Mexico. He became Chief Resident of an orthopedic team. His job was to travel by car, taking their medical skills directly to members of the Navajo Nation who, for some reason, had a great preponderance of congenital hip dislocation. Children and adults alike had surgery to replace the hip socket with custom made hip sockets which, when properly placed, allowed for new hip growth, stability and ultimately the ability to walk normally.

With that as a starting point, in 1964 Dr. Bob came to San Diego and joined the faculty of what was soon to be known as the UCSD Medical Center. At that time the Orthopedics Department was doing close to 28 hip surgeries a month.

Dr. Bob spent hundreds of hours working with residents and families as they dealt with medical/surgical decisions relating to treatment of children suffering from birth defects or injuries requiring prosthetic intervention. He knew with great certainty that such issues affect not only the patient but the entire family. Dr. Bob was determined that residents and families alike understood the role they all had to play in obtaining successful treatment and recovery.

As much as Dr. Bob valued his work with young children, he was also very interested in the geriatric population, understanding from early-on that the older population had a significantly different set of medical needs, and therefore required a special approach to effective treatment.

As a child, Dr. Bob followed his father around all the time, essentially absorbing his Dad's interest in medical "politics", ethics and medical responsibility. Dr. Bob's medical career spanned a period of at least 45 years, and to this day speaks fervently about the need to go back to the earlier system where residents would be put in direct charge of patient care, yet have enough hands-on supervision by senior staff to quickly learn the difference between "healing and not hurting anyone in the process of arriving at a proper diagnosis and treatment plan". We at Collwood Terrace, as well as thousands of families in San Diego, are blessed to have had this man in our midst.

Dr. Bob has been married to Marilyn for twenty five years. He has five wonderful grown children.

STAFF SPOTLIGHT Anita Solano

Anita's soft voice and calm demeanor helps to create a more peaceful environment at the front desk during the hectic evening hours. Prior to working at CTSC, Anita worked as an administrative assistant at Bank of America for 25 years. She had lived in this neighborhood for over 15 years and had watched our building being built. She has only one daughter, but grew up as the eighth child of thirteen children.

Anita feels that developing relationships and getting to know each resident individually, each with different personalities and histories, is one of the greatest benefits of working here. When the residents remember her by name, she knows that she has made an impact in their lives and that, to her, is rewarding.

Giving comfort whenever we can, making a difference in small ways, that is what we all strive to do, and Anita is a wonderful example of the special kind of people we are lucky enough to have here.

Thank you, Anita!

Memory Walk 2009

