

Miscellaneous Announcements

** Please note that Family Support Group meetings will be held on the 1st and 3rd Tuesday of every month at 6:30pm. The meetings will be held in the Library on the first floor.

** Flu Season is just around the corner. Because we have a frail population, we need your help and support. Here are some tips to help us all stay well.

- If you are not feeling well, please do not visit. Wait until you are completely well to begin your visits with our residents & staff.
- Be sure to wash your hands frequently. Use the sanitizers that are by the doorways and elevators.
- Avoid touching your nose and mouth.
- Find healthy ways to deal with stress and anxiety. Give someone a hug, watch a funny movie, take your dog (or cat) for a walk.

** 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.

August Birthdays

If you were born from July 23-August 22, you are a Leo, the lion. If you were born from August 23-September 22, you are a Virgo, the virgin. Leos are creative, enthusiastic, generous, and extroverted. Virgos are modest, intelligent, reliable, practical, and able to clearly analyze the most complex of problems.

John K. 13th
 Gloria W. 16th
 Robert S. 17th
 Walter M. 23rd
 Louis M. 24th

If you would like your monthly invoices or this newsletter sent to you through email, please email Barbara at barbaram@collwoodterrace.com



Postage Information

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The CT Stellar Care Chronicle

August 2010



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

Celebrating August

Golf Month

Elvis Week
August 10-16

Relaxation Day
August 15

Be An Angel Day
August 22

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

Chris Cho
Director of Plant Services and Housekeeping

Chris Moore
Director of Food Services

If you've looked at the over 500 pictures we have uploaded onto collwoodterracestellarcare.shutterfly.com, you can get an idea of how active our residents are everyday of the week. From parties in the courtyard with families, to the Del Mar Fair, things are a rockin' and a rollin' at this community.

This month, as always, was filled with trips to places all around San Diego. The USS Midway tour brought back memories for many, and one of our residents had actually served on the ship while he was in the Navy. Barona Casino, of course, continues to be a favorite for many. And the movies, the trips out for lunch, and the many walks to Chollas Lake to feed the ducks are always enjoyed by a large group of our residents.

Inside the building, the visits by the Humane Society with their many furry and not so furry friends continues to be a hit, and the many musical individuals and groups who perform for all of us are welcomed and appreciated.

It's a wonderful experience for everyone involved when we have young (high school age) volunteers at CTSC. The residents love the bright eyed energy of the "young 'uns", and the kids get so much more than they expect from their involvement with the residents. You can see the students' comfort level increasing with each visit, and you can also see the attachment developing with certain residents. What a precious opportunity for both generations! One special young lady, who had a natural ability to relate extremely well with our residents, declared that she was now determined to go into nursing because she found what she wanted to do with her life. How sweet is that?! ☺

It's time to start revving up for our annual walk for the Alzheimer's Association on Saturday, October 23rd. We want a large group of families to participate on our walk and fundraiser. So come on families, make me proud and sign up for the walk under Collwood Terrace Stellar Care.

The joke of the month: One Sunday morning, little Davey was standing next to his grandpa, staring up at the large plaque that hung in the church's foyer. The plaque was covered with names and small flags were mounted on either side of it.

"Grandpa," the boy asked, "What is this?"

"Well my boy, it's a memorial to the young men and women who died in the service," grandpa explained.

They stood together quietly staring at the memorial plaque. Little Davey softly asked, "Which service? The 9:00 or the 10:30?" ☺

Hope your August is totally awesome.

CT Stellar Care's Employee of the Month

Kate Jang, RN
Medical Department

Congratulations, Kate, on a job well done!

Dancing with Our Stars



We love what we do



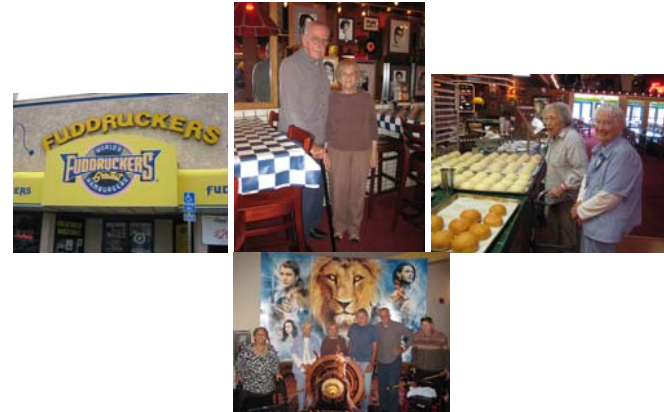
Family Ties



USS Midway Aircraft Carrier



Lunch and a movie



Feeding Ducks at Chollas lake



RESIDENT RAVE:

The Musical Life of Jim Flynn

Jim was born in Kirkwood Missouri, the eldest son of Jim and Rosemary Flynn. His brothers, Bob, Pat and Jerry enjoyed singing but Jim, with a fine tenor voice even as a child, began his life-long singing career as a choir boy. At age 16 he began his vocal studies at the St. Louis Institute of Music, and spent several summers as a member of the St. Louis Muny Opera chorus. During his career he participated in over 40 musical comedy productions including the Fantasticks, Kismet and the Man of La Mancha. Jim also had operatic roles in Carmen, Rigoletto, Madame Butterfly, Cosi Fan Tutte, La Boheme, Pagliacci, Cavalleria Rusticana, La Traviata, Amezigo Goes to the Ball, Lakme, and Amahl and the Night Visitors.

His oratorio accomplishments as tenor soloist, include Handel's Messiah, Elijah & St. Paul by Mendelssohn, Creation & 7 Last Words of Christ by Haydn, St. John's Passion, Wachet Auf Cantata by J.S. Bach and Missa Breve, Missa Solemnis & Requiem by Mozart. He also sang with such opera greats as Beverly Sills, Joan Sutherland, Jerry Hadly and Pavarotti.

His professional singing positions included St. Louis Muny Opera (4 years), St. Louis Opera (2 years), San Diego Opera Chorus (22 years), Chula Vista Community Congregational Church (4 years), First Presbyterian Church (8 years), Kensington Community Church (4 years), Rancho Bernardo Community Presbyterian Church (Guest Soloist), St. Brigid Catholic Church (14 years), La Jolla Lutheran Church (3 years), St. John's Episcopal Church (3 years) and was a Cantor for the High Holy Days at Temple Emanu-El (10 years). If you add up just this section of his career, it comes to 73 years of magnificent performances! Jim was a soloist on two international choir tours, with proceeds going to such things as restoration of stained glass windows in a church in Belgium. He learned several languages well enough to have perfect pronunciation in operas, including Italian, French, German, Spanish, Russian and Hebrew.

One might think that Jim's musical career would have filled all his time – but not so! He continued his education at Washington University, University of Missouri and the University of New Mexico. In addition to all of this, Jim was in the Army and Army Reserves. He taught English and History, worked in The Fine Arts Library at the University of New Mexico and was Sales Manager for Farmer Brother's Custom Coffee Plan.

Jim loves sports of all kinds and played baseball, golf and tennis. He loved history (just finished reading The North and the South.) and cooking (chicken and dumplings were a specialty). He liked to watch old movies, reading Vince Flynn novels, traveling and taking walks with his dogs, Tammy, Angel, Kato and Dingy.

Forty-four years ago, Jim married his wife Roberta, and they have one son, "Jimmy" of whom they are very proud. Roberta, in her own right, taught for 30 years, is a retired police officer and a volunteer for the American Red Cross. She also earned a Ph.D. degree in Clinical Psychology and, "to keep up with the family", learned to sing!

One last and very exciting thing: during this interview, Jim sang to me, and then we sang together! I'm quite confident that if you ask him, he'll sing for you, too. It is a joy and a privilege to welcome Jim as a new and enchanting resident of Collwood Terrace.

STAFF SPOTLIGHT:

Hawa Ghalib
Caregiver

Originally born in Ethiopia, Hawa was raised in Yemen for most of her life. After finishing high school, she moved to Holland to continue her education, and eventually moved to San Diego to pursue her studies to become a nurse. The only girl in the family with four brothers, Hawa's parents emphasized the need for her to pursue her educational goals. Although she has completed courses in medical billing & accounts, Hawa did not feel that working in the office was her cup of tea. She began working as a caregiver almost two years ago and she hasn't looked back since.

The reward of working with residents who need her help, and being able to provide for that need, is something that is important to Hawa's life. She said she gets a certain "peace of mind", from knowing that she is doing something important. "They could be my mom or my dad," Hawa says of our residents, "and it's important for me to take care of them."

We appreciate your care and dedication, Hawa, thank you.

WE'RE ON THE
MOVE
TO END ALZHEIMER'S

Memory Walk 2010

Saturday, October 23rd
Walk begins @ 8:30am in Balboa Park

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