

Miscellaneous Announcements

** We provide laundry service to all of our residents, and in doing so we do our best to care for each garment. However, it is difficult for us handle dry cleaning services or wash items that require special care. Please make sure your family member's clothing is all machine washable.

** Please note that Family Support Group meetings will be held on the 1st and 3rd Tuesday of every month. The meetings will be held on the 4th Floor conference room.

**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.

** Community photos can be seen at: collwoodterracestellarcare.shutterfly.com

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

January Birthdays

It's no surprise that people born in the first month of the new year tend to be natural leaders. January babies are strong, decisive, and trendsetting. They are also loving souls with distinctive personalities and a fascination for life.

- Bessie Mae G. Jan 1st
Jack M. Jan 4th
Jim F. Jan. 8th
Bea C. Jan. 12th
Ella P. Jan 12th
Ann F. Jan 14th
Bernard K. Jan. 14th
Barbara S. Jan. 18th
Virginia D. Jan 21st
Beverly S. Jan. 22nd

HAPPY JANUARY BIRTHDAY!

Postage Information

Collwood Terrace STELLAR CARE
4518 54th Street
San Diego, CA 92115
License # 374602700

The CT Stellar Care Chronicle

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

Celebrating January

New Year's Day
January 1

Birthday of Elvis Presley
January 8, 1935

Martin Luther King Jr. Day
January 18

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

Melissa Chaty
Assistant Director of Marketing

Roxanne Miller
Director of Activities

Chris Cho
Director of Plant Services and Housekeeping

Chris Moore
Director of Food Services

Happy 2010! We hope you've had a wonderful holiday season with family and friends.

At Collwood Terrace Stellar Care, we've had a busy month filled with activities. We've had choir groups, carolers, singers, a guitar concert, holiday parties, a puppet show, casino trips and evening drives to view the Christmas light displays. But what the residents (and all of us) enjoyed the most were the visits by families and friends. It was good to see all of you, and we also want to thank you for all the treats and goodies for the staff. To see all the wonderful pictures, please go to collwoodterracestellarcare.shutterfly.com.

On the subject of treats, proper nutrition is vitally important for our frail residents. Extra sweets can dampen the appetite for regular meals. Please consider sharing goodies with your loved one during your visits, but do not leave extra food or sodas in the residents' rooms if at all possible. Along with three delicious meals, we also serve snacks three times a day, including fruit, fruit smoothies, cookies (regular and sugar free), and yogurt. We supplement with Ensure or equivalent when necessary, and push hydration carts with water, juice and even Gatorade around to make sure everyone is properly hydrated. I know that for some people with a sweet tooth (not me of course); we (whoops) they, have to finish that box of chocolates, so it's easier not to have to fight that battle. ☺

One of the new events for this year will be the celebration of countries and cultures around the world. We have a rich cultural diversity at CTSC, and we'd like to get to know a little more about everyone's heritage. We all have roots to many other cultures, and if you would like to help us celebrate a particular culture or country, please let us know. I know that we have residents with ties to Norway, Ireland, England, Italy, Mexico, Japan, Czechoslovakia, and more. Come tell us about a country that you'd like celebrated.

Remember, the first Tuesday of each month at 11 A.M., Joseph is here to sing and play for us, and the Collwood dancers are out in full force. Come join the fun.

Wishing you a blessed New Year.

CT Stellar Care's Employee of the Month

Maricela Cervantes
Culinary

Congratulations for a job well done!

CT Stellar Care's Employee of the Year

Tim Galloway

Congratulations for recognition of your hard work and dedication!

Santa Claus comes to Collwood Terrace!



It's Puppy Time!



Music & Games



Going out for the day...



RESIDENT RAVE:

Dale Thompson



Born February 28, 1924 in Makoti, North Dakota, one of six children, Dale made his home in Minot until joining the Army in 1944. A combat veteran of WW II and Life Member of the VFW, he was awarded the Bronze Star while serving as a Combat Infantryman with Patton's Third Army, 89th Infantry Division. After the war, he returned to North Dakota and married Louise Walker, his high school sweetheart and love of his life. In 1946 he and Louise moved to San Diego and started their family. Dale retired from Arrowhead Water in 1987 after 36 years of dedicated service. Married for 45 years, Louise passed away in 1991. Always wanting to help, Dale was a longtime volunteer for the American Cancer Society as well as an active participant within the Lutheran community. A member of Shepard of the Valley Lutheran Church in Spring Valley, he spent many hours volunteering there and at First Lutheran Church of San Diego, feeding the homeless, building medical exam rooms, ushering, and ensuring that all is correct, was Dale's method of operation.

STAFF SPOTLIGHT:

This month, we celebrate all CTSC staff members who work every day to bring loving care and warm smiles into our residents' lives. We love what we do!



Chris & Miss Marge Barbara & Chris Renita, Linda, & Miss Amanda
Kate & Annelie Josh, Santa, Burnell & Brandon
Miss Betty & Cheryl Tomasa Mr. Everett & Tim
Susan, Mr. Doyle & Nancy Mr. Dominic & Josh

This December the directors held a door decorating contest. The staff voted for the best door, and the winner was. . . . Annelie!!! Congratulations!



Lupe (with Annelie's trophy) Winning Door
Chris Cho's doors Lupe's door



Med Tech Susan Linda Barbara
Roxanne Melissa & April Chris Moore



Couples Valentine's Dessert night will be Friday, February 12th @ 6:30 pm
If you would like to join your spouse, RSVP by the 9th