



## Miscellaneous Announcements

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\*\* Family Support Group meetings are held on the 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of every month at 6:30pm. Families are invited to join us in the Library on the first floor. Please contact Susan O'Shaughnessy if you have any questions.

\*\* Flu season is just around the corner. For your well-being and that of our residents, please make sure you are not sick when you are visiting at CTSC. Look for announcements for Flu shot dates.

\*\* Please call ahead if you plan to visit during meal hours so that we can arrange alternate seating for you and your loved one. This will help avoid disruption and increased confusion for other residents.

\*\* It's the responsibility of the families to provide personal items for residents. Please check to make sure your loved one has lotion, toothpaste, toothbrush, deodorant, powder, and other toiletries. Replacement light bulbs for personal lamps and batteries for personal items will also need to be replaced by families.

## October Birthdays

If you were born from October 1-22, you are a Libra, the scales. If you were born from October 23-31, you are a Scorpio, the scorpion. Libras, like balanced scales, are harmonious, impartial, and understanding. They dislike conflict, so encourage compromise and cooperation. Scorpions are determined, independent, and resourceful, which makes them very ambitious.

Joe N. ....	Oct. 3 <sup>rd</sup>
Nora B. ....	Oct. 3 <sup>rd</sup>
Peter B. ....	Oct. 6 <sup>th</sup>
Agnes H. ....	Oct. 11 <sup>th</sup>
Sally D. ....	Oct. 19 <sup>th</sup>
James S. ....	Oct. 19 <sup>th</sup>
Leroy J. ....	Oct. 21 <sup>st</sup>
Eleanor B. ....	Oct. 23 <sup>rd</sup>
Marian P. ....	Oct. 25 <sup>th</sup>
Joe N. ....	Oct. 26 <sup>th</sup>
Pauline D. ....	Oct. 30 <sup>th</sup>
Susan G. ....	Oct. 30 <sup>th</sup>

**SAVE A TREE! GO GREEN!**  
 Email [barbaram@collwoodterrace.com](mailto:barbaram@collwoodterrace.com)  
 to have this newsletter and/or monthly  
 invoices emailed to you each month.



## Celebrating October

**World Teachers' Day**  
*October 5*

**Columbus Day**  
*October 11*

**Mother-In-Law's Day**  
*October 24*

**Magic Week**  
*October 25-31*

**Halloween**  
*October 31*

**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*

We are halfway to our goal! So far the families, friends and staff of Collwood Terrace have raised \$5,000 for the 2010 Memory Walk sponsored by the Alzheimer's Association.

The Walk will take place Saturday, October 23<sup>rd</sup> at Balboa Park, 8:00 a.m. You can't miss the Village that hosts the event at the corner of Presidential and Park Way. I hope many of you will join us at the Walk.

It's always a beautiful morning and I am brought to tears as I watch thousands of San Diegans walking for the cause to END Alzheimer's. Every one of us has been touched by this devastating illness, but we can make a difference. And that's what we are doing at Collwood Terrace.

Now those of you, who know me, may have picked up on the fact that I'm a bit competitive! So when we were given the opportunity to show that Collwood Terrace can raise more money for the Alzheimer's Association than any other assisted living community in the county, I accepted the challenge. But I need your help; we are a team! Initially, I asked each family to raise \$100 and many of you have already generously responded.

Being a talented Marketing Director, I now present you with additional opportunities to continue to raise funds, and yet have a chance to enjoy gifts and prizes. Please stop by the Front Desk in the next couple of weeks and consider which one of the gifts you would like to win in the "Raffle Fever." There is the hand-crafted necklace and earrings donated by Debbie Salisbury (her dad Bob lives with us), a 32 inch LCD/HD television, and \$100 gift cards to Vons, Toys R Us, Wal-Mart and Arco. Not a gambler? One dollar will buy a pretty purple paper flower to put your name on and add to the wall by the clock.

Thank you to Activities and Dining Staff for all the hard work that went into the successful Fall Festival. The residents and families that attended had a great time while supporting the goals of the Alzheimer's Association. Bales of straw, pumpkins, entertainment, games and food were enjoyed by young and old. Look for all the colorful pictures from the festival on the website.

It is my hope that one day a cure will be found, but until then, the staff at Collwood Terrace is committed to providing the best and kindest care for our residents, and on October 23<sup>rd</sup>, we walk for each of you.

**Susan O'Shaughnessy**

### CT Stellar Care's Employee of the Month

Rosa Estrada  
Culinary Dept.

Congratulations, Rosa, on a job well done!

#### San Diego Seal Tour



#### Visiting Angels



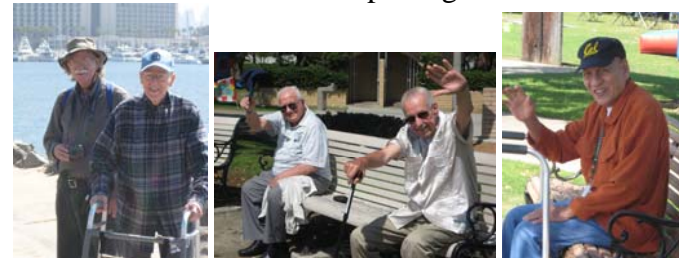
#### Cooking Corner... Yum!



#### Fall Festival Fun!



#### Plane Spotting



### RESIDENT RAVE:

Around the World With Dorothy Watts

Dorothy began her life near the end of The Great Depression as the fourth child in a family of eight children, four sisters and three brothers, in Western Oklahoma. Surviving the Depression as a self-sufficient family of farmers, they raised chickens, kept milk cows and grew their own food -- as well as a few cash crops. They all worked in the fields and even the children knew full-well what it meant to pick cotton, tend the crops and care for the animals. They had their life-line and they used it well!

Dorothy loves music and loves to dance. Growing up Dorothy often joined her father and his brothers and sister when their small band performed at dances, small functions at church and elsewhere around the county. Dorothy learned to play the piano and she and her father often played music together. Dorothy on the piano and her father on the banjo.

At age 18 Dorothy left home and went to Clinton, OK, and worked as an accountant/bookkeeper for the Dept. of Social Services. Soon thereafter, encouraged by a friend who said "Dorothy, I know the perfect man for you," she agreed to a blind date and met her husband-to-be, Lee Watts. They were married in January, less than a year later, and their first daughter was born the following December. Four years later their second daughter, Dorotha, was born. Lee's family owned an oil company in Clinton.

Dorothy's husband joined the US Army in 1959/60 and served in the Intelligence Branch for nearly ten years. During this time he and his family travelled extensively. They were in Europe during the Cuban Missile Crisis and then lived for a few years in Germany. Lee spoke fluent German, and Dorothy and Anitha took lessons from the German people that lived around them and picked up the language quickly and well.

Lee reached the rank of Captain with the result that he and Dorothy did a lot of entertaining -- which Dorothy loved! They thoroughly enjoyed dancing, and of course all of the old country music that Dorothy loved....Dorothy often said that these were the best and happiest years of her life!

Lee was sent to Vietnam and spent three years there, while Dorothy and the girls "the three musketeers" lived in Lawton, OK. Tragically, just a year after leaving Vietnam, Lee was killed in an auto accident.

Life was difficult for a Single Mom with two young daughters, and in 1971 the three of them moved to Oklahoma City where Dorothy had a good job, but at significantly lower pay than her male counterparts. Dorothy lived in the same house for 40 years, and just two years ago moved to San Diego to live with her daughter Anitha and Anitha's husband Monty.

Throughout her life, in addition to travelling whenever possible, Dorothy kept herself busy making ceramics, crocheting, sewing for her girls and playing Dominoes. Actually, Dorothy would probably accept a good game of dominoes right now, as she continues to be very good with numbers.

This is a family in which the military lives on: Lee of course was in the Army as well as Anitha's husband, Monty, and Monty's father who retired as a Lt. Colonel, and Dorotha's oldest son Jordan who served in South Korea. Monty's mother was a Chief Petty Officer in the Navy and Dorotha's youngest son Justin and his wife were both Marines! They are a wonderful, close family with healthy traditions which will carry them far into the future! We know that you will all welcome Dorothy Watts to our Collwood Community.



### Memory Walk 2010

Saturday, October 23<sup>rd</sup>  
Walk begins @ 8:00am 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.

### STAFF SPOTLIGHT:

Janeth Malveda

Janeth's shy smile and her infectious laugh brighten up a room when she is here at CTSC. She is a medical assistant, and works in our med room and on the floor passing meds, checking vitals, and doing all that med techs do to make sure that all residents are well cared for.

Janeth has six siblings, and one of her brothers, Jay, also works with us here at CTSC. Janet is married, with two daughters, twins, who are eight years old. Her life centers around her family and Janeth and her husband work different shifts so one of them can stay with the girls before and after school. Asked what her hobbies are, Janeth answers that she is a homebody and enjoys being at home the most, but shopping with her husband is something she enjoys very much as well.

Janeth has been a medical assistant for two years, and she enjoys helping the residents. And when the residents remember her name, or thank her for her help, or have kind words for her, Janeth says, "That makes me feel so good, and it give me my strength."

Although Janeth's busy with work and with raising her children, she is continuing to pursue her interest in computer science. She is an excellent typist (70 wpm) and she wants to continue to learn various computer skills. Working at CTSC, Janeth says, has made her more confident in herself, and she would not change a thing in her life.

We're proud to have you on our team, Janeth, and thank you for your dedication and your smile.