

Miscellaneous Announcements

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

** If 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.

Mark your calendars for these events coming up

- Fall Festival** Sunday, September 26
Bring the whole family for food, games & prizes, face painting with Franny the Clown, and more. All proceeds are donated to the Alzheimer's Memory Walk.
- MCRD graduation ceremony** Friday, October 8
If you would like to attend, contact Roxanne.
- Alzheimer's Memory Walk** Saturday, October 23
Sign up. Donate. Walk. ---- it's that simple!

September Birthdays

If you were born from August 23rd to September 22nd, you are a Virgo, the virgin. If you were born from September 23rd - October 22nd, you are a Libra, the scales. Virgos are modest, intelligent, reliable, practical, and able to clearly analyze the most complex of problems. Libras, like balanced scales, are harmonious, impartial, and understanding. They dislike conflict and encourage compromise and cooperation.

- Allen W. Sept. 1st
- James F. Sept. 5th
- Samuel K. Sept. 12th
- Sue B. Sept. 13th
- Naomi M. Sept. 15th
- Christina C. Sept. 18th
- John M. Sept. 18th
- Agnes M. Sept. 21st
- Edith H. Sept. 21st

SAVE A TREE! GO GREEN!
Email barbaram@collwoodterrace.com to have this newsletter and/or monthly invoices emailed to you each month.

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

Postage
Information

The **CT Stellar Care Chronicle** 

September
2010

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

**Celebrating
September
Grandparents Day**
September 12

Make-a-Hat Day
September 15

Oktoberfest Begins
September 18

First Day of Autumn
September 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

There is a common thread that is woven through the stories that we hear from staff members at Collwood Terrace Stellar Care. When I speak to someone for the employee spotlight section of this newsletter, I often hear about that person's role, outside of CTSC, as a nurturer, as a caregiver even, sometimes beginning at an early age. Many come from large families, families that pull together in hard times, who continue to care for one another through many challenges. What's interesting is that not only do these wonderful people find jobs where they continue in various ways to care for another, but when questioned about hobbies and down time, they say things like, "cooking for family and friends" and "hanging out with my kids". In other words, they enjoy being with others and still giving. Add to that, the fact that many, many of these same hardworking members of our CTSC family, work other jobs, part time *and* full time (yes, they work two eight-hour shifts a day, five days a week). Superman? Wonderwoman? Don't look for them in the comic book section, look around you, right here. I am forever grateful.

A personal note: My son, Brandon, who worked with us here at CTSC in various departments while he decided on what he wanted to do in life after graduating from college, (taking the scenic route in life, as I like to say) told me something that made it all worthwhile. He said, he had never realized what hard work was until he saw the caregivers doing what they do everyday. Then he realized that many did it for 16 hours a day. Then he heard that those same people took care of family members (often parents) at home. It was the same for every department. And in every conversation, he recognized that his co-workers were stating facts, of one doing what needed to be done, not expecting anyone else to do differently. We hope that this new lesson of responsibility and perseverance will serve him well as he continues with his studies.

In our community, we continue to stay busy with all the events and activities. A family member of one of our residents, after listening to all the activities that went on during the previous month commented, "This is like the Club Med for elderly people!" We like that! The milder summer that we're experiencing made it a perfect time for us to be enjoying the outdoors from a *Hornblower* cruise on the Bay, to luncheons around town, trips to Berry Park and of course, everyone's favorite, Chollas Lake to feed the ducks. Some residents gather in the lobby, "lobbying" to go for a walk to McDonald's for an ice cream sundae. There were several trips to "Mickie D's", just this week.

If you walk into the building and you hear cheering and laughter coming from the library, (no, alas, it's not the staff acknowledging the humor and wit of their administrator...yet) you may see our residents involved in the Wii game. Whether it's Wii bowling, Wii golf, or Wii water skiing, they are having extraordinary Wii fun! Even if you're not playing, it sure is fun to watch and to cheer the player on.

Some dates for you to mark on your calendar: The Fall Festival is on Sept 26. All families are invited to join in the food, fun & festivities. The Alzheimer's Walk is on October 23rd. Don't you think the number one facility in San Diego should also be the number one participant and fundraiser for the walk as well? Come join & help us to raise the most money for the association. Being number two is not an option this year! October 8, we are going with our veterans to the graduation ceremony at the Marine Corp Recruitment Depot. Please contact our Activities Director for details if you would like to go.

Final note, I was invited to join a resident for dinner today, for "if one likes another person and they are friends, they should share a meal together, don't you agree?"

Absolutely. (sigh) Is this not the best job in the world?!?

CT Stellar Care's Employee of the Month

Janice Williams
Caregiver

Congratulations, Janice, on a job well done!

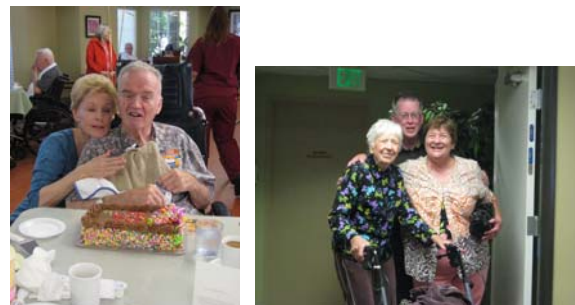
Wii Fun! Let the games begin.



Adventure Hornblower Cruise



Familiar Faces



Bayside Babes Hula Dancers



Stepping out on the town.



RESIDENT RAVE:

Esther Miller

Esther was born and raised in Los Angeles. She raised her own family in Sacramento and San Diego, but also lived in Pebble Beach for many years before retiring in San Diego. She is the youngest in her family and has a sister and a brother living in the Los Angeles area.

Esther loved being a waitress. For over 30 years, she didn't just serve food—no, that wasn't good enough. She made sure the food looked appealing on the plate. If not, she would add garnish or send it back to the kitchen. Only when the food was right would she serve it. The combination of good food served with her funny, friendly and outgoing personality and wonderful smile kept the customers coming back. She made a good living as a waitress and was able to raise her children because her customers tipped so well!

Esther has five kids; one daughter and four sons. She instilled in them a love of family and a strong work ethic. And, it looks like she did a pretty good job because Esther's 10 grandkids are growing up very nicely too!

After retiring from waitressing, she spent her time enjoying her kids, grandkids, working in her yard and garden, and traveling the United States in an RV. When she was home she tended her fruit trees. She would make jams, cobblers and pies from the fruit she grew. Esther was also a very good cook. She cooked from scratch...no packaged food for her! Esther's kids tell her the memories she made for them...especially the days coming home from school to a house that smelled so good from her cooking.

Esther loves flowers too. Her house always had a floral arrangement in every room, and pictures of flowers on the walls—even the bathrooms! So be prepared to see lots of color around Esther. Look for her in the garden where she'll be watching the flowers grow, and quite possibly helping the gardeners with their chores.

In her late 50s, Esther came out of retirement and started her second career as a caregiver when a very good friend's health began to fail. Esther instantly agreed to help Helen when asked. Helen and Esther shared a love of the ocean and cruises. They took trips around the world with Esther taking care of Helen while on the cruise ships. It was 11 years of a wonderful job for a wonderful friend that sadly ended when Helen passed away at 94 years old. After Helen's passing, Esther retired permanently....sort of....Esther doesn't sit still. She began volunteering with the Meals on Wheels program. Although she loved delivering meals to the elderly, she was disappointed that the program didn't allow more time for visiting. Esther felt strongly that the soul needed to be nourished too.

Esther loves all kinds of animals. In fact, she always had one extra "kid"...the furry kind with four legs! She loved her dogs as much as her kids. When she could no longer drive, Esther discovered that the North County Animal Shelter in Carlsbad needed volunteers to make beds for dogs and cats. Esther donated her time and money to make 200 beds! Check out Esther's picture on the shelter's website: <http://shelterbeds.blogspot.com>. Esther also likes to visit to the San Diego Zoo where she is a member. Animals big or small, she enjoys them all.

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.

STAFF SPOTLIGHT:

Janice Williams

Being a "military brat", moving from place to place, making adjustments and learning new things was a way of life for Janice when she was growing up. Taking care of her siblings, essentially raising five of them since she was eight, and continuing to be the mother figure for all *nine* brothers and sisters *and* some of their children is simply what Janice does day to day. So one can see that she is very comfortable in her role as a caregiver and a supervisor at Collwood Terrace Stellar Care.

Janice began working in a convalescent home when she was 15. She has worked in many different fields ranging from painting to office work, but came back to care giving after her mom moved into a facility. It's a natural fit.

Leading by example, Janice works side by side with other caregivers, always making sure that residents' needs are met, and that it's done with kindness and respect. Janice says her reward is when she hears positive comments from residents, and when one resident (Miss I.A.) invited her to come and live with her permanently, it made her day.

In her spare time, Janice works with her church to feed the homeless and works there regularly as well. She loves to cook and to share, and she's often found, bringing in goodies for her staff during the long night shift.

Asked what she does for relaxation and fun, she laughs and says "work is my life and I have fun. As long as I'm around people, I'm good." She did finally admit to enjoying *Forensic Files* on TV and to being a "sale freak". If there's a sale around, she knows about and can advise you on what the best deal is, around town. Holding up a large bottle of soda, Janice says, "This one was on sale for 25 cents!?"

Janice, thank you for all that you do, for us and for everyone else.