

Collwood Terrace  
**STELLAR CARE**☆  
4518 54<sup>th</sup> Street  
San Diego, CA 92115  
License # 374602700

Postage  
Information

# The CT Stellar Care Chronicle

April  
2011

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

## Celebrating April

Poetry Month

Stress Awareness Month

April Fools' Day

April 1

Passover

April 18-25

Easter Sunday

April 24

William & Kate's Wedding

April 29

**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*

## Miscellaneous Announcements

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\*\* Family Support Group meeting will be held on the 1<sup>st</sup> and 3<sup>rd</sup> Tuesday. Families are invited to join us in the Library on the first floor.

\*\* Because we want to ensure proper nutrition, please be mindful of the amount of sweets (including unhealthy amounts of treats being sent and left in residents' rooms. Abundance of candies and sweets discourages participating in regular dining (proper nutrition). Thank you for your assistance and understanding.

\*\* When possible, please give the front desk a couple of hours notice when you plan to take your loved one out of the facility. This will give staff time to have medication and resident ready to go out.

**SAVE A TREE! GO GREEN!**

Email [barbaram@collwoodterrace.com](mailto:barbaram@collwoodterrace.com)  
to have this newsletter and/or monthly  
invoice emailed to you each month.

## April Birthdays

If you were born from March 21-April 19, you are an Aries, the Ram. If you were born from April 20-May 20 you are a Taurus, the bull. Aries are adventurous pioneers, who are the first to take risks. Aries are not afraid to draw attention to themselves, and they often have big dreams for their future. Taurus is the sign of practicality. These people are faithful, with a need for security and routines, and also possess incredible endurance.

Gerrie J. .... April 5<sup>th</sup>  
Robert S. .... April 6<sup>th</sup>  
Jeanette R. .... April 10<sup>th</sup>  
Penny W. .... April 16<sup>th</sup>  
Vonda R. .... April 19<sup>th</sup>

I guess you'd say "it's a dog's life," here at Stellar Care! Yes, "they called it Puppy Love," when Linda Cho (our Top Dog) brought home our newest member of the family. Bella is just about four months old, a lab mix and the most loveable, energetic and funny puppy you could ever want. Bella is learning to be a companion for our residents, a distraction to the staff and a sister to LC. LC is proving her patience as she shares the spotlight, her tennis balls and even treats with our new little four-pawed puppy. The next time you're visiting, make it a point to look for Bella. She will definitely add a smile to your visit.

Here's a little contest for those of you who like a challenge. The first family member to bring (on paper) the meaning of these expressions will win a gift card from management; *hair of the dog, dog left or dog right, three dog night, go see a man about a dog, my dogs are barking, in the dog house, and dog and pony show.* (Don't tell me this article has gone to the dogs, because you will be barking up the wrong tree).

Speaking of the dog days of summer, it is baseball season! It has become a great Stellar Care tradition to organize a Sunday outing to PETCO. This event is open to everyone. Family members, residents, friends, staff are all invited to join us on Sunday, July 31st as the Padres take on the Colorado Rockies. Because we go in such a large group tickets are discounted to \$24, and we sit on the first base foul line, shaded area at the 100 Section. Please mark your calendars and let us know how many tickets you would like. It's a lot of fun. And who knows? The Pads may even win....

We will be celebrating Mother's Day on Saturday, May 7<sup>th</sup> at 2:00 p.m. with a Stellar Tea. We are requesting two family members per resident for this event so that everyone can be served and seated in a delightful and comfortable fashion. Please watch for your invitation and RSVP at the Front Desk.

Remember everyone is invited and welcome to attend our Family Support Group. We have amazing families and the knowledge and intimate stories that each person shares provide insight and strength for everyone on this journey of caring for the person you love. We meet the first and third Tuesday of the month from 6:30 p.m. until 8:00 p.m. in the library. Please think about joining us.

I love working with all of you and am honored to be part of the care team at Stellar Care. If you see me playing with Bella come join me!

Warmly,  
Susan O'Shaughnessy  
Marketing Director

## CT Stellar Care's Employee of the Month

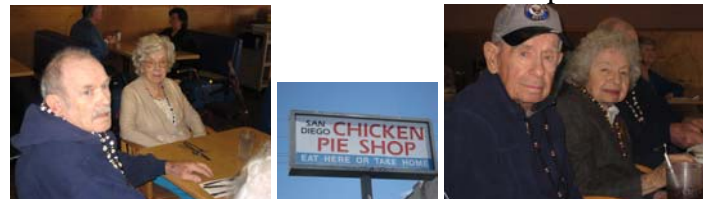
Rachel Robinson  
Activities Department

Congratulations, Rachel, on a job well done!

### Irish Eyes are Smiling



### YUMMERS! Chicken Pie Shop!



### Puppies



### Enjoying the San Diego Sunshine



### Mardi Gras Fun with Frannie



## RESIDENT RAVE:

Sally Derenthal  
She's Irish Through and Through

Sally Kennedy – affectionately known as “Sal” was born in Minneapolis Minnesota in 1926. Her mother, a “Quinn” was from an Irish Clan in Chicago, and her father was a “Kennedy” from Minnesota. Sal had two brothers, Edward and Timothy.

Sal went to St. Lawrence Grade School in Minneapolis, and then to Durham Hall high school on the campus of St. Catherine’s College in St. Paul. She just naturally continued on at St. Catherine’s and earned a BS degree, and followed that up by attending the University of Iowa where she received a Master’s Degree in Food and Nutrition, and became a Certified Dietician. Following that, she worked as a dietician at St. Joseph’s Hospital in St. Paul

Shortly before WW-II, Sal went out on a double date and met Richard Derenthal who was then a student at St. Thomas’ College. Richard was her girlfriend’s date that night, and she didn’t see him again for a few years – largely because Richard went into the US Navy and was gone from 1942 to 1945. They met again after the war when Richard was attending Notre Dame University and Sal was working at yet another St. Joseph’s Hospital, this time in South Bend, Indiana.

Finally, with graduate school out of the way, in 1951 Richard and Sal were married. While in the Navy, Richard spent a lot of time in San Diego, and he wanted to take Sal there, to settle down in a land of palm trees, ocean breezes and sunshine. They started out in an apartment in Ocean Beach, then moved to Allied Gardens and ultimately, in 1959, to La Mesa, where they attended Our Lady of Grace Catholic Church.

Between 1952 and 1963, Sal and Richard had seven children: Ann, Paul, Susan, Mark, Carline, Karen and Timothy. The boys went to St. Augustine’s High School and the girls attended Our Lady of Peace. Richard started to work for the Navy in Pt. Loma, and then in 1955 moved to the Cubic Corporation which at that time was in its infancy, with something like 17 employees!

Sal was one of the original multi-tasking stay-at-home Moms: she was very active in her church, was the Team Mom for Little League, volunteered at St. Agustin’s making lunches for the boys, managed the house, was always home when the kids got out of school in the afternoon – and cherished that special time of talking and bonding with her children. An after school peanut butter sandwich and a good talk with Mom. How great is that!

And then in her spare time, Sal and her girlfriend Mary, took golf lessons. The two of them golfed regularly for the next thirty years! Sal had a delightful sense of humor, and once when they were playing golf, a minister came along and asked what the two women were doing playing golf! Sal replied “golf certainly beats scrubbing floors!” With a loving chuckle, Richard said that in addition to her sense of humor, Sal has her own Irish stubborn streak, and to this day insists that she is going to “do things her own way”. More power to her!!

All seven children went to college; Ann and Paul became attorneys. Susan is an accountant, Mark works for Duke Energy – he has a degree in Environmental Studies from UCSB, Carline is an ER nurse, Timothy is a math teacher at Cathedral Catholic High School and Karen was Senior VP for the Bank of Paris (in Paris), and then became Senior VP for a company that contracts for wind energy projects. Oh yes, in addition to all of this, these 7 children have provided Sal and Richard with nine wonderful grandchildren!

One last thing: Sal loves and finds total relaxation in massages! She has had such a full life doing all the things needed to raise a successful and happy family – and now it’s time to relax and enjoy those well-deserved soothing massages. Sal is truly a lovely Irish Lass, and we are proud to recognize her, her family and her fine Irish heritage!

## STAFF SPOTLIGHT:

Irma Ortiz

Irma Ortiz is the quiet caregiver with the shy smile you’ll see, working the afternoon to evening shift at Stellar Care. She’s been a caregiver for over seven years, but with eight brothers and two sisters, she says she feels like she’s been a caregiver for most of her life. Irma has two children, a ten year old son and a four year old daughter who keeps her busy all day long. They’ve also just gotten a new puppy a few months ago, and although a delight, he’s keeping the family quite busy, just doing what puppies do.

What Irma enjoys most about working in this community is the positive feedback that she gets from residents as she is helping them. The warm thank you’s and the smiles of appreciation is what makes work meaningful for Irma.

In her spare time, Irma enjoys being with her family, going for walks and for ice cream with the children and cooking for them everyday. She also enjoys gardening and fixing up her house. Beginning next week, Irma will be going back to school two days a week to continue to study and to improve her language skills. She wants to be able to converse freely in both English and Spanish and is looking forward to beginning her studies.

We appreciate Irma’s dedication and hard work in our community. Thanks, Irma!

WE’RE ON THE  
**MOVE**  
TO END ALZHEIMER’S

Memory Walk 2011

Saturday, October 22<sup>nd</sup>  
Walk begins @ 8:00am in Balboa Park