

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

Postage  
 Information

The CT

August 2011

# Stellar Care Chronicle

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

## Celebrating August

**Cataract Awareness Month**

**Respect for Parents Day**

*August 1*

**Sisters' Day**

*August 7*

**Elvis Week**

*August 10-16*

**Poet's Day**

*August 21*

**Dog Day**

*August 26*

**Linda Cho**

*Executive Director*

**Barbara Moore**

*Business Director*

**Annelie Damasco**

*Assisted Living Director*

**Susan O'Shaughnessy**

*Marketing Director*

**Roxanne Miller**

*Activities Director*

**Chris Cho**

*Building & Maintenance Director*

**Chris Moore**

*Culinary Services Director*

**Anthony Sandoval**

*Housekeeping Director*

## Miscellaneous Announcements

\*\*\*\*\*

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

\*\* Sign up for a massage by Christy, offered on Thursdays from 2-5. It's \$30 for a half hour or \$60 for a full hour massage. You or your loved one will feel soooo good after a relaxing massage.

\*\* Remember to check your family members' mail on your next visit.

\*\* Community photos can be seen at:  
[collwoodterracestellarcare.shutterfly.com](http://collwoodterracestellarcare.shutterfly.com)

\*\* 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.



**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.

## August Birthdays

Leos born August 1 to 22 are outgoing and creative. It's hard to resist a Lion's natural charm. And their fiery magnetism is likely to attract attention, which is just how they like it. Those born August 23 to 31 are hardworking, practical Virgos. Virgos are often kind and dedicated caregivers. They are at home in the company of animals. Often reserved, Virgos shy away from attention.

John K. .... August 13<sup>th</sup>  
 Gloria W. .... August 16<sup>th</sup>  
 Peggy W. .... August 20<sup>th</sup>  
 Jim F. .... August 21<sup>st</sup>  
 Eitha J. .... August 23<sup>rd</sup>  
 Adalene K. .... August 29<sup>th</sup>

Annually, the San Diego Alzheimer's Association has a Walk to raise money and awareness to END Alzheimer's Disease and related dementias. Each year, Stellar Care at Collwood Terrace is proud to be a sponsor for this event. Collwood Terrace claims bragging rights to the fact that last year we raised more money for the Alzheimer's Association than any other facility in San Diego County! That total was over \$10,000.

But we didn't do that alone. It was through the generosity and support of our residents' families that we raised the most money. So again this year we are asking each family to donate \$100, payable to this incredible organization, the Alzheimer's Association. Please mail or leave your checks at the front desk so we can collectively hand them in from CTSC.

We would love for you to raise more money. You could start your own family challenge, have a car wash, ask your friends to donate \$20, ask your pharmacist, doctor, neighbor....Everyone knows someone suffering from this devastating illness. Everyone wants to find a cure. The McKeon Family has already accepted the challenge and has raised over \$300 for this year's walk.

You are also invited to join us the morning of the Walk. The "Walk to End Alzheimer's" takes place, Saturday, October 22<sup>nd</sup>, in Balboa Park at 8:00 a.m. If you can't walk, join us at the Stellar Care at Collwood Terrace booth and enjoy music, snacks, information and a beautiful morning. To join our team visit [www.sanalz.org/walk](http://www.sanalz.org/walk) and click on join a team. There you can click on / type in Collwood Terrace and you're done. It's easy!

We need you to do this. Our Residents need you to do this.

BTW, in case you didn't hear about the outing to Petco Park, the Padres beat the Rockies in one of the most exciting games of the season. Last Sunday, residents, family members and staff (we totaled nearly 50) had fun at the ballpark with great weather, hot dogs, an emotional salute to our military and a boisterous rendition of "Take Me Out to the Ball Game." Life doesn't get much better than an afternoon with people you love and having the home team win.

Thank you to everyone who shares personal stories and information about Collwood Terrace with friends who are exploring memory-care needs. Choosing the right community for a loved one can be a difficult time and your confidence in our staff is humbling and appreciated.

See you at the Walk,  
 Susan O'Shaughnessy  
 Marketing Director

## CT Stellar Care's Employee of the Month

Marcos Valdez  
Maintenance Department

Congratulations, Marcos, job well done!

A Day without dancing is... well...like Night



Out having fun with friends and family



Padres Game was incredible (Especially the 8<sup>th</sup> inning)!



FINAL	1	2	3	4	5	6	7	8	9	R	H	E
Rockies	0	1	1	0	1	0	0	0	0	3	10	2
Padres	0	0	0	1	0	1	0	6	X	8	10	0

## RESIDENTS' RAVE: "Moments of Joy"

Who are the residents at Collwood? Men, women, younger and older – the age range may be from early 50's to well into the 90's. Backgrounds may range from fairly well-off to not-so-well-off, financially speaking. Professionally, our residents represent the military (enlisted and officers), farmers, storekeepers, carpenters, contractors, butchers, homemakers, teachers, pastors, actors, dancers and singers, artists and craftsmen (craftswomen, too!), professors and physicians, psychologists, psychiatrists and nurses. Some have survived wars and concentration camps. Some have survived hurricanes, tornadoes, earthquakes or The Great Depression.

Physically, our residents may be completely mobile while others may be in wheelchairs, use walkers or canes, or may at times, be bedridden. Some are totally quiet, while some are eager to talk to almost anyone about almost anything, at any time. Many show signs of dementia, Parkinson's or Alzheimer's, often with either short or long-term memory loss. Some may have had strokes while others may have had debilitating accidents.

All of them have stories to tell, and every story is as interesting and different as are snowflakes or falling leaves. And all of them have something in common; they need our help, love and understanding. Whatever their backgrounds, education or training they need our attention and our interest. What they have to say is important, certainly to them, and most definitely to us, their families – spouses, children, grandchildren – and to their caregivers who in fact become their extended families. Even when what they say is confused, scrambled or nearly unintelligible, in their own minds they know what they are trying to communicate, and they deserve all the respect and tender loving care that we can give.

My husband, a retired Colonel in the Marine Corps, has Alzheimer's, Parkinson's and Diabetes, is 83 years old and has been at Collwood for just over two years, although the symptoms of all of this began nearly nine years ago. Early on in this process, when we were still trying to figure out what all of this was about and what we were going to do about it, a friend told me that our job in life is to provide "Moments of Joy" for our loved ones. I believe that this is essential not only for those of us who are afflicted by one disease or another, but also for the rest of us who, in the course of our everyday lives, will benefit greatly from being given "A Moment of Joy". That can be a smile, an ice cream cone, a loving touch or a shared memory. Even tears can be moments of joy.

## EMPLOYEE SPOTLIGHT: Kat Piamonte

Kat came to CTSC originally as a caregiver, then moved on to become a med tech and is now the supervisor in the med room. The health field isn't all foreign to Kat who graduated from a nursing school in the Philippines where she was an RN. Kat has applied to take her California State Board exam to become an RN here in the U.S.

Born on Christmas day, the eldest of three children, Kat was raised by her grandparents with whom she has a very close relationship. Her grandmother taught her many things, but cooking stands out as one of the important lessons. When not working, Kat enjoys going to the gym, hanging out at the beach, hiking and shopping. Kat is a self proclaimed "shy, quiet type" and she says she is often misunderstood as stand-offish. (We can vouch that she is indeed friendly and approachable!)

Kat currently lives with her Dad and sister but looks forward to moving into her own place one day. Eventually, Kat wants to get married and begin having kids.

Kat thoroughly enjoys her position at CTSC and has exclaimed, "Everyday is different!" We thank Kat for her dedication to CTSC and our community.



Saturday, October 22nd  
Walk begins @ **8:00am** in Balboa Park

Join Team  
Collwood Terrace

Log on to [www.alz.org/walk](http://www.alz.org/walk) to register.

Join us in this event that unites friends, family, and co-workers as we walk to end Alzheimer's.