



## Celebrating February

### Black History Month

**Groundhog Day**  
 February 2

**Chinese New Year**  
 February 3

**Super Bowl XLV**  
 February 6

**Valentine's Day**  
 February 14

**Presidents' Day (U.S.)**  
 February 21

**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 anticipating a full month of events and activities at CT Stellar Care and we'd like to invite the families to join us in the fun.

We begin with the Lunar New Year on the 3rd, when we celebrate the year of the rabbit. They say, those born in the year of the rabbit are wise and tend to be cautious. They are also tactful and considerate so they are popular with a wide circle of friends. Well, we think everyone at CTSC has a little bit of those rabbit traits, since we're all tactful and considerate (☺) and we're all great friends, but I'm not so sure about the wise part... at least for some of us...

Super Bowl Sunday will be celebrated with food, fun, and the football pool. Serious bets will be placed by residents for serious prizes. If you'd like to donate a prize or two, let the activities department know.

Our annual "Valentine Couples' Evening" will be celebrated at 6:30 on the 14<sup>th</sup>. Desserts and "Champaign" will be served, and entertainment will be by Laura on the guitar. Please contact our Activities director if you would like to attend.

We have a lovely family member of one of our past residents, who wanted to stay in touch with our wonderful residents. Since she is an experienced yoga instructor, we are lucky enough to begin a weekly senior chair yoga class on Wednesdays at 10:30. All are welcome.

The ever popular Charger band members will be here on the 16<sup>th</sup> to add a little musical "umph" to our day. Come dance with us!

In celebration of the Black History Month, we are fortunate enough to have a visit by the members of the Tuskegee Airmen Group. These are the brave and dedicated African American Airmen of WWII who not only fought for our country, but had to fight discrimination as they paved the way for the future brave soldiers. We are looking forward to a fascinating talk and the veterans in our building will all be proud. The date and time is being finalized, so please call the front desk for the info if you'd like to attend this event.

We love and enjoy all family visits. But just a reminder that during this flu & cold season please make sure you are well before visiting a loved one. We only want to share in the joy of your presence, let's keep those germs away. ☺

Walking down the hall recently, I got a big hug and a kiss from a resident. Holding my face in her hands, she kissed both cheeks and said, "I love you so much, you are in my heart!" I've already gotten my Valentine. This is indeed, a job with benefits.

Have a fantastic February. **Linda Cho, Director of Operations**

## Miscellaneous Announcements

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\*\* Family Support Group meeting will be held on the 1<sup>st</sup> and 3rd 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.

## February Birthdays

If you were born from January 20-February 18, you are an Aquarius, the Water Bearer. If you were born from February 19-March 20, you are a Pisces, the Fish. Aquarians are very original and independent thinkers. They are emotional, intuitive people who have a great desire to help humanity. Pisces are mysterious and alluring. They are very creative and imaginative people, leading them to pursue the arts and reject a nine-to-five life.

- Vincent C. . . . . Feb 12<sup>th</sup>
- Louie D. . . . . Feb 16<sup>th</sup>
- James D. . . . . Feb 19<sup>th</sup>
- Bill S. . . . . Feb 23<sup>rd</sup>
- Mike M. . . . . Feb 26<sup>th</sup>
- Ann B. . . . . Feb 27<sup>th</sup>

## CT Stellar Care's Employee of the Month

**Eulises Hernandez**  
Maintenance Dept.  
(with a brief stint in Culinary)

Congratulations, Eulises, on a job well done!

We had ball at the bowling alley!



Puppy Love



Drawing with Emily



Having fun in our little community



## RESIDENT RAVE:

Irene Batchelor  
A Most-Beloved Grandmother

Irene was born in 1934 in Hartsford AK. She had beautiful red hair and freckles, and was called “Willie” after her grandfather. Only after she met and her married Vern Batchelor did she revert to using her given name, “Irene”.

Affected by the great depression of the thirties, Willie, her mother and stepfather and two siblings traveled together as they worked their way West. They finally settled in Madera, California.

When Willie was 15, she was visiting her aunt in San Diego and met Vern who was then 19 and in the Navy. Irene caught Vern’s attention at a movie theatre by throwing popcorn at him! They married a year later, when she was 16, and she moved to Oregon to live with Vern’s parents until she finished high school, and he got out of the Navy.

In 1998, after 47 years of marriage, Vern died., and Irene later said that she’d never date anyone again – because she’d always be comparing that person with Vern and no one else could win her heart the way he did. When asked about how she made her marriage work, she replied “...we were best friends, and I always let him think he was in charge”. Clearly a smart lady!

Irene’s grandchildren, Steve and Jeremy, lived with her for many years. They called her Nana, and according to Steve, “she spoiled them rotten!” For example, Steve is a vegetarian, and Nana would always cook special dishes for him – things like making extra gravy without using a meat base, and things like that. And those little “extras” always worked to endear her to the boys. Life was good for them all, and whenever she could, she and Vern would take the boys on camping trips to the mountains and desert – trips which were high-lights of their young lives.

Irene’s daughter, Cindy said that her mother loved knitting, gardening, taking care of her house and her beloved Poodle, Candy, who died at age 20.

Irene worked for the Chula Vista School District, in the cafeterias, and the other school kids always called her “grandma” -- which really bothered Steve & Jeremy, because “Irene was our grandmother – not theirs!”.

Steve said “We see Nana at Collwood nearly every day, and always take her out for her favorite strawberry frozen yogurt. Nana was always there for us, and now we are there for her. Now it’s our turn to “spoil” her and we love being with her.”

Steve said, in closing, “what else can I say: she’s my Grandma and has always been a central feature in both my life and Jeremy’s. We’re very close, and we get to hang out with her all the time. A lot of people don’t get to spend much time with their grandparents and we’ve had the opportunity to spend decades with our Nana. What could be better?”

## STAFF SPOTLIGHT:

Shala Shafiei

Since childhood, our friendly CTSC nurse, Shala, always knew she was going to be a nurse someday. Because of her dad’s health issues, Shala was assisting with her dad’s health care since she was a little girl. She was determined to be a healthcare worker with heart, caring for the whole person, and not just treating the disease. Being here allows her to get to know and to care for the residents for the long term, instead of treating the illness for just a few days as in a hospital setting. Although sometimes it takes time to earn the trust of a resident, eventually, Shala feels she does become friends with the residents in our care.

A self-proclaimed “nerd”, Shala graduated as a Valedictorian in her nursing class. She also has a second job as a research assistant in the biology field. When not working, Shala enjoys drawing and knitting for relaxation. We are happy to have Shala in our medication management department where her compassionate care is very much appreciated by all.