

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

Postage
 Information

The CT Stellar Care Chronicle



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

Celebrating January

New Years Day
January 1

**Martin Luther
 King, Jr. Day**
January 17

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

Happy New Year! As always, our December at Collwood Terrace Stellar Care was jam packed with events, activities and contests, and it was great to see all the families at the holiday parties. If you would like to see the holiday pictures or would like a copy of a picture, please go to www.collwoodterracestellarcare.shutterfly.com.

It is with deep regret that I must inform you that your dear administrator was not the winner of the annual holiday door decorating contest. The prized trophy went instead to the activity department. (sigh) I must concede that the huge door (Christmas) card that not only opened, but also sang, was quite impressive. Good job, activities team! Thanks to all the families who participated in casting the votes.

Many of our residents received gifts of new clothing this Christmas, but Santa's forgotten to label many of the new items. If families could help us out and check with the housekeeping department to help identify the unmarked clothing, we'd be ever grateful.

The entire staff at CTSC would like to thank all our residents and families who were so generous with gifts, treats and donations to the employee fund. Your thoughtfulness was very much appreciated by all.

Before beginning the New Year, the staff held our annual candle lighting ceremony to remember those residents that we lost in 2010. There were many, and with each name read, we lit a candle and all of us remembered a face, a smile, an action that crossed our minds when that name was recalled. There were many "Oh"s with the names that were read as caregivers remembered a special resident, a tear as the culinary service staff remembered someone very special to them. At the end though, we reflected on how these residents impacted our lives and we were hopeful that we gave love and support for them in the end as well. It is with this hope that we continue to do what we do.

Our goal, at CTSC, is to provide exceptional care. As partners, your ideas and input will always be welcomed and we hope you will share them with us.

Have a blessed New Year.

Linda Cho
 Director of Operations

Miscellaneous Announcements

** Family Support Group meeting will be held on the 1st 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
 to have this newsletter and/or monthly
 invoice emailed to you each month.

January Birthdays

If you were born from December 22-January 19, you are a Capricorn, the Goat. If you were born from January 20-February 18, you are an Aquarius, the Water Bearer. Capricorns are the most stable and serious signs of the zodiac. Reliable, resourceful, and determined, they make excellent leaders and managers. Aquarians are very original and independent thinkers. They are emotional, intuitive people who have a great desire to help humanity.

Bessie Mae G.	Jan 1 st
Janie D.	Jan 1 st
Emmett S.	Jan 2 nd
Ella P.	Jan 12 th
Bernard K.	Jan 14 th
Ann F.	Jan 14 th
Virginia D.	Jan 21 st
Beverly S.	Jan 22 nd
Dorothy W.	Jan 30 th

CT Stellar Care's Employee of the Month

Brenda Elliot
Caregiving Dept.

Congratulations, Brown Sugar. Great job!

Look at all the smiling faces...



Puppy Time is so much fun!



Visit from Saint Nicholas



Holiday Door Decorating Contest



RESIDENT RAVE:

John "Jack" McKeon

A Lovely Man Whose Priorities are Family, Church & Country

Jack McKeon was born in Joliet, Illinois. He has one sister, Kay. They grew up in a close knit Irish-Catholic family, and have all the qualities that we know and love about Midwesterners.

Jack earned a degree in Civil Engineering at the University of Illinois, and shortly after graduation joined the Navy. When he was discharged 4 years later, he remained in the Navy Reserve. After a while he was recalled to service in Vietnam where he rose to the rank of Lt. Commander, and was given command of a Sea Bee Battalion.

When Jack left the Navy he stayed in Hawaii and worked as a Civil Engineer on the Kaneohe Marine Corps Air Station. This allowed him to continue his affiliation with the military world he had come to know so well.

A few years later, Jack went on a business trip to San Diego, where he met Sue, who was to become his future wife. They dated "long-distance" until she moved to Hawaii and they were married. They both loved Hawaii and spent lots of time bicycling, playing tennis, boating, going to the beach and relaxing at the yacht club. Three years later, they adopted their first daughter, Maile, from Korea. That was such a wonderful experience that they soon adopted a second child, Kimberly, also from Korea. With their young and growing family Sue & Jack decided to move back to San Diego to raise their family near grandparents and extended family. Soon after returning to San Diego they adopted their third daughter, Lisa, yes, also from Korea.

Jack was an attentive, hands-on, loving father. He loved being a parent, and his family was the most important thing in his life: Sue, their three daughters and his two children from a previous marriage, John and Lehua. The children were never in doubt about being loved and cherished. They had a great childhood. Jack coached their soccer and softball teams, and always went to their games. Family and his church were his life.

When the kids went off to college, Sue & Jack suffered through the empty-nest syndrome, missing the children terribly but also learning to be a couple, again, with bicycling, long walks, and gardening. Jack loved being outdoors puttering, clipping, planting and raking.

Jack retired early from Civil Service and went to work as a construction inspector, overseeing construction of schools, libraries and several commissaries in the San Diego area.

When asked what she would like to say about Jack, Sue said Jack is a kind, loving and friendly man with a great smile. He filled his life and the lives of his family with saying things like - 'I love you', 'You are beautiful', 'You are wonderful', and 'You are so good to me', and complimented all of that with heartfelt hugs and kisses. Jack is now a resident of Collwood Terrace; he is a quiet man, but continues to hug and kiss his family and new friends and can be found, on occasion, dancing in the halls with his wife.

Next month, their daughter Kimberly will be married in Hawaii, to a young man named Brandon. Jack won't be able to be there, but Sue assures me that Brandon has all of the qualities that she found and loved in Jack, and that Jack, without question, would approve of him and this marriage. Kimberly and Brandon will have Jack's picture at their wedding ceremony, and will light a candle in his honor.

STAFF SPOTLIGHT:

Rachel Robinson

When Rachel began working as an Activities Leader, she realized she "finally found my niche". Coming from an administrative background, Rachel never thought that working with the elderly would be her calling. But with her job, Rachel feels that every day she is making a difference and meeting someone's needs.

Rachel was born and raised in San Diego but lived in other states prior to coming back to San Diego to assist with her ailing father. She learned firsthand, how difficult it was to work with healthcare agencies, facilities, physicians and other caregivers when caring for a loved one. So it is even more important to Rachel to make sure that residents under her care in activities are well cared for.

Although some aspects of her job can be challenging, Rachel feels that her daily reward of smiles and: I love you's is an extraordinary job benefit that only this position can provide.

We'd like to thank Rachel for her dedication and commitment to our residents, here at Collwood Terrace Stellar Care.

2nd Annual Door Decorating Contest Results

Thank you, family and friends, for your participation in the door decorating contest.

Your votes were tallied, and here are the results:

- 1st Place: Activities Department
- 2nd Place: Susan O'Shaughnessy
- 3rd Place: Barbara Moore

