

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

Postage
 Information

The CT Stellar Care Chronicle

June 2011 

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

Celebrating June

Great Outdoors Month

Fishing & Boating Week
 June 4-12

King Kamehameha I Day
 (Hawaii)
 June 11

Nursing Assistants Day
 June 16

Father's Day
 June 19

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 meeting will be held on the 1st and 3rd Tuesday. 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

** 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 to have this newsletter and/or monthly invoice emailed to you each month.

June Birthdays

If you were born from June 1-21, you are a Gemini, the Twins. If you were born from June 22-30, you are a Cancer, the Crab. Gemini's focus their energies on intelligence and communication. They love using their minds to fully express themselves. Cancers are emotional and nurturing. They have keen imaginations and display a deep empathy and sensitivity to those they love.

Virginia G.	June 2 nd
Maureen R.	June 5 th
Florence S.	June 6 th
George G.	June 11 th
Tiny R.	June 12 th
Beverly H.	June 12 th
Helen B.	June 15 th
Mike D.	June 20 th
Doug R.	June 26 th



We are a musical bunch, here at Stellar Care (and by we, I mean everyone else at Stellar Care, for which I take credit) and not a day goes by without a song, a tune, a note, a melody sung and played by residents, families, staff members and entertainers throughout the day.

We have Joseph on his keyboard with residents and staff dancing to the tunes of the oldies and the goodies. We have Gil who plays the keyboard as well as the flute and a saxophone. Residents enjoy drumming with Kat, a music therapist who puts a little rhythm into our mornings, and everyone enjoys the piano music from Zina. Then there is the lovely guitar and vocals by Laura who performed so well for us during the Mother's Day Tea.

The community support for us is tremendous with performances by the Charger band, the Classic Trio, and the Claremont Church. But one of our favorites, and a staple of our music program, is Music with Alice, a therapist and a musician extraordinaire, every Thursday and Friday mornings. Alice has everyone a singin' and a boppin' while she plays the piano, the guitar, and even the flute. Sometimes we are even treated to a performance by Jim, our resident and a former opera singer, who leads everyone in the wonderful trip down memory lane by the songs he sings. Please take a look at the activities schedule and join in the fun!

Speaking of activities, we are having our annual Father's Day Barbeque lunch for those with fathers in our building. It will be on Saturday, June 18th at 12:30 so please reserve your spaces now. In order to accommodate everyone comfortably, we are asking families to limit the guests to two people. We had a wonderful time at the Mother's Day Tea and we're looking forward to seeing all the families of the dads on the 18th.

As many of you know, we have a house puppy named Bella. She was just shy of 3 months old and 11 pounds when we got her. Now at over 4 months, she weighs 25 pounds and looks like she's grown many times bigger. We are going through puppy training, so please help us to properly teach her by ignoring her and not touching her when she jumps on you, and praise and pet her when she stays down or sits. This is called "Sit to Greet" and that's part of our homework. She is also very diligent about greeting everyone with a salute for she permanently seems to have her right ear up in a salute. ☺

With Bella, LC and even Cassie (Claire's dog at the front desk), we are a pet friendly place here and they are well loved by all.

Have a wonderful summer!



Linda Cho, Executive Director

CT Stellar Care's Employee of the Month

Irma Ortiz
Caregiving Department

Congratulations, Irma, you are Stellar!

Birthday Celebrations



Dancing to Stay Healthy and Happy



Fun Events in May



Mother's Day Tea Celebration



San Diego Landmark Since 1944 Beverly's Old Stomping Grounds



RESIDENT RAVE:

Tina Cunningham
Our Lady of the Crafts.....

"Tina", otherwise known as J. Christine Cunningham, is a native of San Diego. Born at Mercy Hospital, Tina is one of five children: two brothers, Michael and Jimmy both of San Diego and two sisters, Kathleen also of San Diego and Susan who now lives in Arizona.

A close family, they grew up in La Mesa. Their mother was very family oriented, very active in church and a basically fun loving and good person! The family lived in a little house and had very little money – but that made no difference at all since their mother made everything fun! She knew everyone in town, and everyone knew and loved her. That's quite a tribute! Their father, while somewhat more distant (as were many men of that time) was truly good to his wife, and a very good provider.

One of Tina's fondest memories is of the time her father took her deep sea fishing, and she caught a twelve-and-a-half pound yellowtail! She was thrilled – and won the prize for the biggest fish of the day!

Tina grew up a happy and jovial young lady. Her love of animals continues to this day (as a child they had chickens at home and a dog) and her devotion to the animal world clearly carries over to include Collwood's resident dogs: LC, Cassie (a frequent visitor) and our newest puppy, Bella.

At some point after she finished school, Tina married and had three children: Nicholas, Georgina and Juliette. They and their families now live near San Francisco – and have given her five grandchildren ranging in age from a newborn to 5 years.

The most important thing in Tina's life is her family and she is thrilled when any of the children are able to visit from San Francisco. She visits with her sister Kathleen on a weekly basis and often goes to her house to help weed the garden (another of her favorite activities). Once a month or so Tina will fly to Arizona to visit with her sister Susan. Susan "home schools" 4-5 grade school kids, and has a dog! Tina recalls that on a recent visit, her grandchildren went to an orchard and picked oranges and Tina juiced them for lunch. Her "job" when in Arizona is to teach the kids to pick ripe tomatoes and weed the garden.

What does she "love the most"? Well, her family comes first, then LC, Cassie & Bella; she loved to watch her daughter Gina play soccer; she's very happy that her son Nick is learning to become an EMT and a fireman; she loves sports and is an avid Padres and Chargers fan; her favorite foods are salads, pizza and ice cream; she loves her collection of mystery short stories, history and historical novels; she loves going to the fair and thoroughly enjoys the animals and flowers --- and she loves gardening enough to want to create a tomato garden here at Collwood. (By the way Chris...that's one big hint.....)

Tina has an interesting way of talking about "Family". There's her family of origin, her own family, and her Collwood family. Tina loves the staff and the residents – and she loves the Collwood activities, particularly arts and crafts, at which she is a master. She loves making everything, but especially greeting cards. Last year her artwork was chosen as part of the Memories in the Making™ calendar, sponsored by the Alzheimer's Association. She bought one for her kids and signed each one "...from your Mom, the Calendar Girl!" and they loved it. What a wonderful sense of humor she has!

Tina has been a resident of Collwood for about two-and-a-half years. She came here because of a brain injury which happened when she was bucked off of a horse. Her recovery has been very good, except for a loss of short term memory. Nevertheless, Tina remains a real trooper – she talks about her injury in a matter of fact way, yet remains happy and comfortable about the future. She has limitations, certainly, but she knows what they are and enjoys everything and everyone around her to the very fullest. One thing that we can say about Tina is that she loves, and is loved, and is without a doubt one of Collwood's most valued treasures!

STAFF SPOTLIGHT:

Carmen Sandoval

The first thing I noticed about Carmen when she walked in to apply for a position in our Culinary department was her huge smile, something she brings with her everyday to work as sous chef in our kitchen.

Carmen came to San Diego in 1979 from Michoacán, Mexico with her 2 brothers, Manuel and Miguel. As a single Mom, Carmen has 4 children (1 boy and 3 girls) ranging in age from 24 to 30, all whom have graduated from high school, one graduating recently from college as an architect and because of this, Carmen is extremely proud! Carmen was quick to mention that she has 2 beautiful grandchildren. When Carmen's not at CTSC, she enjoys working in her garden growing vegetables and flowers, taking care of her dogs, her rabbit and her double yellow headed parrot. As if Carmen needed something else to be proud of, her biggest accomplishment came in June 2010 when Carmen became a US Citizen. We are very fortunate to have Carmen with us here at CTSC.

HAVE YOU RESERVED A TICKET?

Join Stellar Care at Collwood as our
San Diego Padres take on
the Colorado Rockies on
Sunday, July 31st at 1pm
\$25.00/ticket (\$35 value)

