

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 March

Mardi Gras (Fat Tuesday)

March 8

March Madness Begins

March 15

St. Patrick's Day

March 17

First Day of Spring

March 20

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

** Family Support Group meetings are held on the 1st and 3rd Tuesday of each month. Families are invited to join us in the Library on the first floor.

** Families, it's time to restock toiletries. Please make sure your loved one has:

- * Toothpaste
- * Toothbrush
- * Lotion
- * Powder
- * Deodorant
- * Vaseline
- * Hair brush/comb
- * Denture Cream

** **SPRING IS HERE!** With warmer weather approaching, it is time to start packing away the sweaters, wool socks and sweatshirts. Now is a good time to take inventory and replace worn-out pants, shirts, undergarments, etc. We recommend there be at least a ten day supply of clothing on hand.

SAVE A TREE! GO GREEN!

Email barbaram@collwoodterrace.com to have this newsletter and/or monthly invoice emailed to you each month.

March Birthdays

If you were born from February 19-March 20, you are a Pisces, the Fish. If you were born from March 21-April 19, you are an Aries, the Ram. 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. 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.

Earl N. March 8th
 Catherine S. March 8th
 Dominick S. March 9th
 Helen G. March 12th
 Grace R. March 27th
 Gerrie B. March 28th
 Steve S. March 30th

Happy Anniversary to us, happy anniversary to us! Yes, we are celebrating our third anniversary in March. We are going on our fourth year, here at CTSC, and we'd like to thank our residents, staff and families for helping to make us a very special community. Those who were with us at the beginning of this journey will remember the many changes we've made over the last three years.

We have added a beautiful new salon on the first floor, opened up four additional public restrooms on the floors, added two additional dining rooms for our residents, and have opened up five additional areas for families and residents. In all, we have taken eighteen residents rooms and have converted them into common area spaces for our residents and families to enjoy. Over the next year, you will see improvements throughout the building as we continue to make this a beautiful home for our residents' enjoyment.

It's not just our building that we're so proud of, for if it were not for our staff, we'd be just another pretty hotel or apartment. What makes us special, we think, is the caregiver who brings a special treat for their resident, (after proper approval, of course) because they know how much their resident loves a special snack. It's the caregiver who puts on the makeup and does the hair daily on their resident because it's important to help their resident feel beautiful. It's the directors who took a resident golfing, because even though they only hit a few holes, our resident really missed golfing and truly enjoyed being out on the course. It's often the small things that matter the most.

In the last three years, we have added five members to the activities staff team in order to provide what is the largest activities program of our kind in our county. We know this is the key to resident wellness and well being. We think it's working because we have had full sign-up lists for our outings and have had to add another trip or two a week to accommodate the demand. The popular "cocktail" hour and cooking classes are a hit. We have a movie room with *Matinee* and *Main Feature* showing every day, with popcorn and drinks served. Along with the games, exercises, music therapy, pet therapy, art programs, and entertainment by clowns, puppeteers and musicians, to name a few, one would have to really really try hard, to not be actively engaged in activities at CTSC.

We also appreciate the many professionals who assist us with the care, from Mobile physicians to physical therapists, dentists to podiatrists, home healthcare nurses to hospice nurses, social workers to chaplains. We thank you all and appreciate your help as part of our Stellar team.

We look forward to celebrating many more happy anniversaries with everyone.

Thank you!

Linda Cho
 Director of Operations

CT Stellar Care's Employee of the Month

Diana Solis
Culinary Dept.

Congratulations, Diana, on a job well done!

Fun looking bunch @ Coco's



Fun Friends and Family



Chula Vista Nature Center



Valentine's Couples Night - What a hoot!



Charger's Band with a visit from Malcolm Floyd



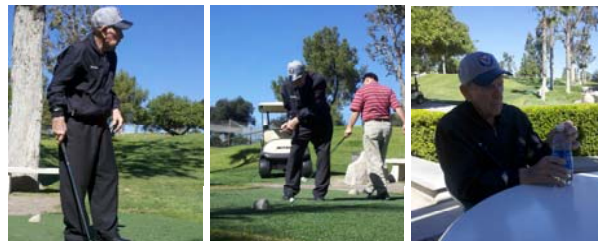
Picnic in the Park... Check!



Cats in Hats



Golf 101



RESIDENT RAVE: Peter, a Man for All Seasons

Peter Briggs was born in Madison, Wisconsin in 1928. His parents were Hazel Farkasch and Alfred Briggs. Alfred was an Economist at the University of Wisconsin, and Hazel was an editor of a company magazine called Cooking With Gas. She was always writing: letters, small books and plays. It was an academic world that Peter grew up in, so it was no great surprise when he chose to attend Reed College in Portland, Oregon. This was just after World War II, and a great many of Peter's fellow students were veterans, young in age but made "old" by experience in the war. Gone were the lighthearted beanies and fraternities. Life was serious and studies were definitely goal-oriented.

After college Peter went to the University of Minnesota for Graduate School and earned his Ph.D. in Psychology. He then joined the faculty in the Division of Clinical Psychology at the University of Minnesota Hospitals, and worked closely with Starke Hathaway who developed the Minnesota Multiphasic Personality Inventory (MMPI) which is still used extensively in both academic and corporate settings.

Peter's best friends were Walter Mink (another Psychologist) and John Sloan, who worked for The Newspaper Guild in Minneapolis, and later as a Labor Union organizer in South America. These three young men were college roommates and forged a life-long friendship. They were bright, funny, and well-read in all areas of local and international events. They all loved the Opera, movies, books of all kinds and camping. They were clearly three of the brightest men I've ever known.

In 1957 Peter married Kit Chaput; in 1959 their daughter Ellen was born, and then on New Year's Eve in 1964, Benjamin was born. Throughout this time Peter's talents in remodeling and home building were put to good use. At one point he spent 6 months, after work, looking at the furnace and plumbing in the basement of a house that had been built in 1895. In the 7th month he reconfigured the furnace and re-plumbed the entire three-story house. Two years later he designed and built a 6 room cottage in the North Woods of Wisconsin. Peter loved to canoe and often vacationed in the Boundary Water Canoe area in northern Minnesota where the fishing was wonderful. Peter was also President of Planned Parenthood of Minneapolis for 2-3 years, and was instrumental in merging 26 clinics into one state-wide organization.

In 1977 Peter and family moved to San Diego where Peter went into private practice as a Clinical Psychologist. Peter and Kit were divorced in 1986 and in 1999 he married a charming and fun-loving Russian woman named Tatiana. She had been an internist in Russia and was the medical director for one entire region around St. Petersburg. Tatiana died in March of 2010 and Peter soon thereafter became a resident at Collwood Terrace where he is visited regularly by his children and their families. Peter continues to enjoy reading The New Yorker magazine and the New York Times Review of Books. And he loves to visit with Annelie to talk about how he thinks Collwood Terrace should be run!

STAFF SPOTLIGHT: Janet Rendon

Janet is our front desk answerer of all questions, redirector of all residents, and the lovely voice on the phone when you call Stellar Care @ Collwood Terrace. Being one of eight (yes, eight!) children, Janet is used to being among many people and growing up, she often helped her dad, who was a local physician, with the front desk duties at his office.

Janet truly enjoys being here where her background and experience is a great benefit for her current duties. Janet's daughter Stephanie had multiple disabilities, including being blind, deaf, and afflicted with cerebral palsy and seizure disorders. Janet's understanding of Stephanie's needs and the methods she used to help her daughter, that of infinite patience & understanding being at the forefront, has helped her in her important role at the front desk when assisting our residents.

When Stephanie died four years ago, Janet went through 10 pairs of walking shoes as she "walked and talked" through her grief with her dogs. Although the pain of her loss can never go away, Janet is at a much better place now and feels what she is doing now, here at Stellar Care, is helping her to honor her daughter by focusing on helping others. Janet feels that if she can help our residents "to feel OK again and to bring a little peace" in their moments of confusion or frustration, she is doing her job.

In her spare time, Janet loves to write and read, and of course, go for long walks with her dogs. We're happy to have Janet in our community as part of our Stellar Care team. Thank you Janet!

*Many thanks to our roving reporter,
Kit Mickelson, for her wonderful Resident
Rave articles each month.*



If you would like your loved one featured in our "Resident Rave" column, contact Tim at tim@collwoodterrace.com