



**Celebrating
November**

Aviation History Month

Veterans Day
November 11

Homemade Bread Day
November 17

Family Week
November 20-26

Thanksgiving Day
November 24

Linda Cho
Executive Director

Barbara Moore
Business Director

Annelie Damasco
Assisted Living Director

Susan O'Shaughnessy
Marketing Director

Roxanne Miller
Activities & Laundry Director

Chris Cho
Building & Maintenance Director

Chris Moore
Culinary Services Director

Anthony Sandoval
Housekeeping Director

The Alzheimer's Walk on October 22 was so much fun and such a success. It's always very moving to see thousands of people, walking together, determined to find a cure for this disease. As of that date, team Collwood Terrace Stellar Care came in second, for the most money raised among all facilities. Thank you to everyone who donated and walked for this wonderful cause. Our Susan in Marketing led the way with all the preparations for the walk, and Claire-of-the-hearty-laugh at the front desk raised a whole lot of money from her friends and neighbors. (Who'd dare say no to Claire??) The McKeon family, as always, raised money and came out in droves to support the cause and many other friends and families were there to help this wonderful organization. Now the challenge is ON for next year to beat Alpine View Lodge!

At CTSC, we want to partner with other stellar organizations, to be a resource for the community. That is why we are working with San Diego State University Nursing program to be one of the care facilities that third year nursing students visit and spend time at, to learn about senior memory care. In conversations that I have with these students, they all express the same sentiment; that is, one of amazement that there is such a tremendous need, and that we are able to meet those needs with kindness and respect. It is our hope that these brand new nurses will go out there, to work in hospitals, nursing homes, schools and doctor's offices, with an appreciation for the very special memory care needs of our moms and dads, grandpas and grandmas, and all our loved ones.

Dare I say it? It's time to think about the holidays. Yes, Thanksgiving is coming up in a few weeks, then Christmas is right around the corner.

On Thanksgiving Day, we will be having a wonderful Thanksgiving lunch for our residents. And because we need to focus on the care of our residents, we are unable to offer family meals on Thanksgiving Day. If you would like to take your loved one out, please notify the front desk so that we have the necessary medications prepared for you.

Please mark your calendars! All families are invited to our annual holiday party on December 5th and 6th. Families of residents with last names that begin with the letters A-L are welcome on Monday the 5th, and those with residents with last names that begin with the letters M-Z can join us on Tuesday the 6th. As always, we will have desserts and drinks and a lot of fun.

Have I said, how thankful I am, for the support I have from my staff and from all families, that enables me to do what I do?

Thank you and God bless you.



Linda Cho
Executive Director

Miscellaneous Announcements

** In the month of December, Family Support Group meetings will be held on Tuesday the 13th only. Families are invited to join us in the Library on the first floor.

** 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.

** With cooler weather approaching, please check that your loved one has a supply of warm clothes (jacket, sweaters, socks)

** Flu season is just around the corner. For your well-being and that of our residents, please make sure you are not sick when you are visiting at CTSC. Look for announcements for Flu shot dates.



SAVE A TREE! GO GREEN!

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

November Birthdays

Scorpios born from November 1 to November 21 enjoy intense and dramatic personal relationships. Even young Scorpios are thought to be wise beyond their years, with deep emotions and sensitivity. If you were born November 22 to November 30, you are a Sagittarius. Sagittarians are truth-seekers, intellectuals, and need a lot of room to roam for exploration.

Jesus C. Nov. 8th
John M. Nov. 16th



CT Stellar Care's Employee of the Month

Carmen Sandoval
Culinary

Thanks, Carmen, your meals are extraordinary!

Clowning around with Frannie



Coronado Ferry trip



The gents enjoyed building adirondack chairs



Gardening has become a favorite activity.
Thanks, Doreen and Joanne, for making it possible!



Funny Hat Day at Collwood Terrace



RESIDENT RAVE:

Nora Harp Block
"Caring and Loving"

Born in Utica, NY in 1922, Nora was the 5th daughter born into the Harp family, 8 years later, Nora's little brother arrived. Growing up, Nora enjoyed school, being active in cheerleading and playing on the girls' basketball team. Nora was a self proclaimed tom boy. During the great depression when jobs were scarce, Nora's family moved to Sherburne, NY where her Mom and Dad worked in the local woolen mill. While living in Sherburne, Nora met Harry, Harry's Mom also worked at the mill. Harry and Nora dated and in January of 1942, they were married.

Harry and Nora set off on building their family and in doing so they had 5 children, all boys, Paul, Leonard, Rick, David and Doug. When Nora speaks of her boys, she beams. Being a stay at home mom while the boys were in school, she was always there when the boys got home, not just tending to her own kids but the neighborhood kids, Nora was considered the neighborhood mom. Nora's boys all slept together in one room in bunk beds, she would go in to the boy's room at night and read bible stories to them and she was very eloquent in her reading, mesmerizing the boys.

Nora loved to cook; she would allow the boys to hide under the kitchen table while she was baking cookies so they were close by. The best however was the love that she put in to making Thanksgiving dinners with Harry's Mom, Nora and she were very close.

When the boys were out of school, Nora went and got a job working for Sarah Coventry selling jewelry, when Nora's boss told her she had to wear jewelry; she said "I don't wear jewelry" but she gave in and started wearing clip on earrings.

When speaking to Paul and David, the words they kept using to describe Nora were loving and caring. That love shines through today for when the boys come to visit, Nora lights up with a huge smile. Nora moved to San Diego 3 years ago first living with David and Paula before moving into Collwood.

We're grateful to have Nora with us at Collwood, she's a bright light in our community.

Written by: Tim Galloway

EMPLOYEE SPOTLIGHT:

Jane Hynes

Born in Long Island, New York, Jane moved out west to Agoura Hills, California 26 years ago. She came to San Diego to be closer to her family and she has been a caregiver for over eight years.

Jane has been at Collwood Terrace Stellar Care for several months but prior to CTSC, Jane worked at our sister facility, Bermuda Dunes Stellar Care.

After working for many years in retail, Jane wanted to find a career path that was more rewarding than sales and management.

At CTSC, Jane enjoys the everyday challenges of making sure that her residents are well cared for. She also enjoys the relationships that are developed with the families. Jane believes in being simple and from the heart. When actions and words are kept simple, and when it comes from the heart, communication and relationships, she believes, work well.

Jane enjoys her family and she has four grown children and two grandchildren. She also enjoys traveling, camping and fishing. She hopes to travel around the United States with her "Little Guy" trailer when she eventually retires.

Until then, we are lucky to have Jane as part of our Stellar team. Thanks, Jane!

Buy a ticket(s) for a chance to win...



37" VIZIO LCD/HDTV

Tickets \$10.00/ea.

Buy 5 tickets, get one free

Drawing will be held Wed., Nov. 23rd

Proceeds will be donated to the Alzheimer's Association