

Miscellaneous Announcements

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

** Flu Season is just around the corner. Because we have a frail population, we need your help and support. Here are some tips to help us all stay healthy.

- If you are not feeling well, please do not visit. Wait until you are completely well to begin your visits with our residents & staff.
- Be sure to wash your hands frequently. Use the sanitizers that are by the doorways and elevators.
- Avoid touching your nose and mouth.
- Find healthy ways to deal with stress and anxiety. Give someone a hug, watch a funny movie, take your dog (or cat) for a walk.



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

October Birthdays

Libras born between October 1 and 22 seek balance and harmony just like their symbol, the scales. They are very social, seek compromise, and have strong powers of critical thinking. Scorpions born from October 23 to 31 enjoy intense and dramatic personal relationships. Even young Scorpions are thought to be wise beyond their years, with deep emotions and sensitivity.

Katsu A.	Oct. 1 st
Nora B.	Oct. 3 rd
Betty B.	Oct. 3 rd
Bob P.	Oct. 10 th
Teresa C.	Oct. 10 th
Agnes H.	Oct. 11 th
Joe N.	Oct. 16 th
Sally D.	Oct. 19 th
Marian P.	Oct. 25 th
Pauline D.	Oct. 30 th
Susan G.	Oct. 30 th

**Celebrating
 October**

**Polish-American Heritage
 Month**

**World Vegetarian Day
 October 1**

**Carry a Tune Week
 October 2-8**

**Columbus Day
 October 10**

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

Looking out my window at the clear blue sky and watching the hummingbird feeding on the nectar in the lilac flowers, it's hard to believe that we're already in the fall season. But the autumn is upon us, and we are preparing diligently for the harsher (hah!) climate.

With the flu season coming up, those residents who are seen by physicians who come to the building, will be scheduled for flu shots in the next few weeks. Families, if you are scheduled to take your loved one out for doctor's appointments, please make sure a flu shot is given, and then *please* be sure to let us know.

Our annual Fall Festival will be held on Saturday, October 8th. As many of you know, there will be food, games and fun for all. The festivities will start at noon, so come and buy a burger, play a game, and oh, you'll be helping to raise funds for the Alzheimer's Association as well, how great is that!

Of course, don't forget the Alzheimer's Association's walk for a cure on October 22 at Balboa Park. We'd love to have you as part of our team.

The residents here at Stellar Care are a talented bunch, we've always known that. But it's nice to have that acknowledged by an organization, such as the Alzheimer's Association and their Memories in the Making Art Program. As many of you know, we have the art program every Tuesday afternoons for our residents and we submit many of the works each year for the Association's big Annual Art Auction. Well, this year, not one, not two, but THREE art pieces, created by two of our residents, were chosen to be featured as part of a collection that will be auctioned at the huge gala in the spring. CONGRATULATIONS Francis D'Acquisto and Hazel Howard! We are all so proud of you!

As I am writing this column, we have a couple of officers from the San Diego Police Department, speaking to our residents about their job in our community. We often take our safety for granted and fail to recognize the huge task of those who make it all possible. Last week, we visited the SDPD with a group of residents and took lunch to share with everyone in the department. I think we were a rare few who were excited about being at the police station. We love people in uniform!

I know it's warm out, but as the weather cools down, please check your loved one's closets for cool weather clothing. Thank you!

Don't forget to check out all the new pictures on, collwoodterracestellarcare.shutterfly.com.

May your autumn be a bountiful one.



Linda Cho
 Executive Director

CT Stellar Care's Employee of the Month

Shahla Shafiei
LVN

Thank you, Shahla, for all that you do!

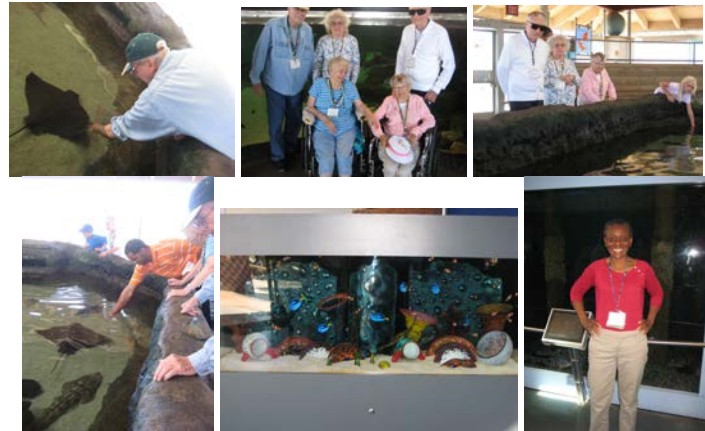
A Day at Seaport Village...



... and San Juan Capistrano



What an experience at The Nature Center



Showing our support for San Diego's Finest!



Drawing with Emily



RESIDENT RAVE:

Beatrix Cooper Redmile
"Tiny"

Born in 1921, Tiny was the fifth of seven children born into the Cooper family from Bryn Athyn, Pennsylvania. Bryn Athyn, a small town just north of Philadelphia is known for the largest Gothic Cathedral in North America and, Tiny's father, William Cooper was the curator. Tiny was born in a small house on the church grounds and at age six, the church wanted to begin landscaping the grounds so they decided that the Cooper house needed to be moved. All the towns' kids were let out of school for the day to watch the move, it was all very exciting.

At 10 years old, Tiny met the man who drove the huckster truck which delivered vegetables door to door in Bryn Athyn and to the neighboring town of Lower Moreland. The huckster drivers name was Tom and he was just a kid who went to Lower Moreland High School. Tiny liked Tom very much and her Bryn Athyn friends told her to come by anytime (especially on Wednesdays and Saturdays when Tom delivered to their homes). Girls from Bryn Athyn did not go out with boys from Lower Moreland, but Tiny did! Tiny and Tom had been seeing each other for quite some time without her parents knowing and Tom told Tiny he was going to write Mr. Cooper a letter telling him that they were "going together", a month later Tom asked Mr. Cooper to announce their engagement and in May 1943, they were married.

After Tom and Tiny were married, they lived in Tom's sister Jenny's' house with Tom's mother, brother and sister in law. When Tiny became pregnant, they decided that the house was too small for 3 kids and 2 couples so Tom's brother and sister in law moved out. In 1966 Tom and Tiny bought their own house just down the street and rented out the apartment above the house.

One day Tiny made a sport coat for Tom and took it to the cleaners to have a pressed thinking that it would look better. The owner of the cleaners asked Tiny if she'd made the coat to which she replied "yes", then he asked if she would like a job working with the tailor doing mending and hemming, they paid her royally.

Tiny loved all kids and she had 3 of her own, Deenie, Bea and Tom. Tiny always had neighborhood kids over to the house being the neighborhood Mom. One day, the elementary school principal from Bryn Athyn asked Tiny if she would like to come and teach at the school. Tiny, not having a college education, told him "I can't teach. I never went to college". The principal went to the Bishop who said that she could work as an apprentice for 1 year and that would be her education. Tiny enjoyed teaching and taught until 1975.

Tiny received her nickname from the nurse in the hospital who named her "Wee Tiny" to keep her from being confused with her older sister who they called "Baby". Tiny's real name is Beatrix from the author of Peter Rabbit, Beatrix Potter.

Tiny has had a "wonderful, wonderful life", we're very fortunate to have her living with us here at CTSC.

Written by: Tim Galloway

EMPLOYEE SPOTLIGHT:

Diana Soler

Diana moved to San Diego five years ago from Bogota, the capitol of Columbia, South America. Not knowing any English when she moved here, Diana was very home sick. As she became more fluent in English, she wasn't quite so ready to pack it in and move back. Diana has a great love of the outdoors, has a passion for animals (any kind of animal), enjoys hanging out with friends, her boyfriend Andres, dancing the salsa and meringue, and most of all walking Luna and Chica, her two little dogs.

Before coming to CTSC, Diana worked at SeaWorld for the summer and graduated high school from Helix Charter School in San Diego receiving excellent grades due to her mother being very strict about her studying. She now attends City College where she wants to become a biologist. On a recent trip to Safari Park with her boyfriend, Diana told him that she wants to come back in her next life as a lion, a zebra or any of the animals there.

Diana is the middle child having an older sister and younger brother. She proclaims that she's shy, but you wouldn't be able to tell by meeting her. Next time you're at CTSC, stop by and say hello to Diana who splits her time between the dining room and activities, serving meals and entertaining residents. We're very lucky to have Diana working with us at CTSC.



Saturday, October 22nd
Walk begins @ **8:00am** in Balboa Park

Join Team
Collwood Terrace

Log on to www.alz.org/walk to register.

Join us in this event that unites friends, family, and co-workers as we walk to end Alzheimer's.