

STELLAR CARE☆
at Collwood Terrace
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San Diego, CA 92115
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Postage
Information

The CT

September
2011

Stellar Care Chronicle

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

Celebrating September

Happy Cat Month

Labor Day
September 5

Grandparents Day
September 11

International Day of Peace
September 21

First Day of Autumn
September 23

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

Have you heard about the show, "Keeping up with the Kardashians?" It's one of the popular reality shows on TV with a large, funny family, running around busy, doing whatever it is they're doing. (Not that I watch the show or anything...)

Never mind them, we have our own "Keeping up with the residents" as far as activities are concerned at Stellar Care. Taking full advantage of the glorious San Diego weather, our residents have gone on an afternoon Harbor cruise, enjoying the beautiful sun & sea that defines our beautiful city.

Of course, nothing defines San Diego quite like our own Balboa Park, and the trips this month to Balboa Park's open air concert at the Organ Pavillion were a smashing hit. Residents thoroughly enjoyed dancing to the big band music.

We will follow that up this month with our dancers going to the *Lucky Star* on Thursday, September 22, for their live band music and some ballroom dancing. Calling all dancers out there, please join us for an evening of music and dancing! (Contact Roxanne to sign up) For those of us with two left feet, perhaps a train ride to San Juan Capistrano is more our style. We will be riding up and having lunch in their lovely town this month, so feel free to join and keep up with us, if you can.

Many thanks to those families who have donated a \$100 for the Alzheimer's Walk this month. As you can see on our giant fundraiser thermometer in the lobby, we've raised over \$3,000 for the Alzheimer's Association so far. Remember, our goal is to beat last year's total, which was over \$10,000. We will also be selling raffle tickets for a TV, Wii, gift cards and baskets of goodies, all for a very, very important cause. Please join us also, on October 22nd for the walk.

Our resident puppy, Bella, was 11 pounds when we got her in March. Now, six months later, she weighs in at 50 pounds and is almost as big as L.C. She's also at her most playful and rambunctious stage, and we're thinking of renaming her *Ramona*, and poor L.C. as *Beezus*. (For those of you unfamiliar, *Ramona the Pest* is part of a very popular children's book series by Beverly Cleary, but I think I'm dating myself.) Bella is relentlessly nipping on L.C.'s ear and tail and wants to play all day long. Poor L.C. is recovering from having a fatty mass removed from her leg and is a little tired of Bella's shenanigans. (I understand, L.C., we older sisters have to put up with so much from our little sisters, don't we? ☺)

Have a spectacular September!



Linda Cho
Executive Director

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.

** It's the responsibility of the families to provide personal items for residents. Please check to make sure your loved one has lotion, toothpaste, toothbrush, deodorant, powder, and other toiletries. Replacement light bulbs for personal lamps and batteries for personal items will also need to be replaced by families.

** 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 the newsletter and/or monthly invoice emailed to you.

September Birthdays

Those born September 1 to 22 are hardworking, practical Virgos. Virgos are often kind and dedicated caregivers. They are at home in the company of animals. Often reserved, Virgos shy away from attention. Libras born between September 23 and 30 seek balance and harmony just like their symbol, the scales. They are very social, seek compromise, and have strong powers of critical thinking.

Allen W.Sept 1st
Jim F.Sept. 5th
Sue B.Sept. 13th
Tina C.Sept. 18th
Jack M.Sept. 18th
William K.Sept. 19th
Vincent S.Sept. 29th

CT Stellar Care's Employee of the Month

Janet Rendon
Receptionist

Congratulations, Janet, you're the best!

Enjoying the beautiful San Diego summer



Happy Birthday to me!



Puppy time is so much fun!



The Future of Collwood Terrace



Erena Yohannes
Future Director in Training

(Watch out, Linda. Someone wants your job!)

RESIDENT RAVE:

Douglas Rodda

A native of Oregon, Doug was born on a 20 acre farm outside of Oregon City at the end of the historic Oregon Trail. The world was a crazy place then as WWII was in full swing but not on their 20 acres. The oldest of 3 children, Doug and his siblings, Marilyn and Bill had to find things to keep themselves busy and busy they were, riding horses, climbing trees and building forts.

Doug's Mom was a homemaker and his Dad was an electrician. Mrs. Rodda was always involved in the kids' lives, making sure that they were doing well in school, cooking meals and involving them in 4H Club. There were always lots of animals around the house, dogs, cats, horses and Doug loved them all. This love of animals continues today as Doug lights up when L.C. and Bella come around to greet him. During high school, Doug participated on the wrestling team and loved cars, NASCAR wasn't around then but Doug would soon become its biggest fan never missing a race.

After high school, Doug went to work for the local newspaper in the circulation department and later worked his way up to become a manager. Feeling that he needed to do something for his country, Doug enlisted in the U.S. Navy in 1966 and worked his way up to the highest enlisted rank, Master Chief Avionics Technician and sailing on many ships, most notably, The USS Kitty Hawk. Doug would spend the next 23 years in the Navy, serving time in Vietnam and receiving numerous awards and accolades, retiring from the Navy in 1989. Doug still had Navy blood running through his veins so, after he left the Navy as an enlisted man, he went to work at North Island Naval Base as a civilian, he was very proud to be serving his country and enjoyed showing his friends and family around the base explaining the history of the buildings and aircrafts.

Doug called Lemon Grove home where he raised his three children Michael, Jennifer and Jeffrey. Collwood has been home now for almost a year where Doug enjoys watching movies, bowling, scenic rides, eating out and sitting in the courtyard where he works on his tan almost daily.

EMPLOYEE SPOTLIGHT:

Ashley Bates

When working the front desk at CTSC, a great smile and a sunny disposition is a must, but it also takes the ability to multi-task and to do it all with compassion, patience and a lot of heart. It takes a special person to do all this.

Ashley has been with us at Stellar Care for almost a year. She started in the culinary services department, where we saw her immediately taking notes about each resident, to better know and remember each individual resident's needs, and is now at the front desk, helping to orchestrate the many calls, inquiries, and requests, to the right people and departments. Her initiative and dedication to the residents were obvious.

As well as being an important member of our Stellar Care team, Ashley is a full time college student, where she is studying to go into nursing, or maybe even medical school. Working here at Stellar Care, as well as having volunteered at Alvarado hospital, Ashley is confident that healthcare is where she wants to make a difference.

"When residents thank me so much for helping with the simplest things, I feel so rewarded", Ashley says, "It makes me want to do more for them." We are confident that Ashley will continue to help many people with her dedication and knowledge. We're happy to have you as part of our family, Ashley!



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

Join Team
Collwood Terrace

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