

**Celebrating  
 January**

**Letter Writing Week**  
*January 8-14*

**Dr. Martin Luther King, Jr.  
 Day**  
*January 16*

**Chinese New Year:  
 Year of the Dragon**  
*January 23*

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**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*

Happy New Year!

Hope you've all had a wonderful holiday. It sure was a lot of fun around here with all the holiday decorations, contests and parties. Thanks to everyone who were able to join us for the parties, and especially to those who voted for the best decorations in (or around) the building.

The winner of the best decorated area this year ... (drum roll please)... is the ACTIVITIES DEPARTMENT!

I am convinced that the staff in the activities department, as part of their activities, are making phone calls to the families, asking them for their vote. How else can they be winners, two years in a row? It couldn't possibly be because of all the lights and figures and bows and packages that filled the courtyard. (Could it?) Congratulations to the activities department, and to all the staff who worked so hard to make Stellar Care at Collwood Terrace, dress up for the holidays so beautifully.

Another big thank you must go out to all the families who were so generous with all the sweets, gifts and donations to the employee fund. The entire staff truly appreciates your generosity and thoughtfulness.

Our goal every year is to make this a better year, in terms of care, for your loved ones. We are doing that by making their home, a more beautiful one, by continuing with the redecorating and the remodeling. For those who have been with us from the beginning, I'm sure you can attest to the big difference to the building in the last several years. You will continue to see improvements through the year and we hope you will be proud to call this, your loved one's home.

We have a great group of caregivers and support staff. But families are always the extra set of eyes and ears for their loved ones and we will always welcome comments, observations and advice. Please let us know how we can improve services and care for your loved one. By being partners in care, we are that much stronger.

Because it's the beginning of the year, we will be updating the information we have on the resident's files. Please be kind and respond to the requests you may be receiving from our office. The beginning of the year is also a good time to check on your loved ones supplies. (Don't forget to write the names on all the clothing).

Is this enough nagging to start off the year? As I always tell my sons, "It's my JOB to nag you so that you (your loved one) can be (receive) the best (care) possible!" I know you understand. ☺  
 Have a fabulous 2012!

Have a wonderful holiday!



Linda Cho  
 Executive Director

**Miscellaneous Announcements**

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\*\* Family Support Group meetings will be held on the 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of every month. Families are invited to join us. We will be meeting on the 3<sup>rd</sup> floor Dining Room for the month of January.

\*\* Because we want to ensure proper nutrition, please be mindful of the amount of sweets (including unhealthy amounts of treats being sent and left in residents' rooms. Abundance of candies and sweets discourages participating in regular dining (proper nutrition). Thank you for your assistance and understanding.

\*\* With the cooler weather here, please check that your loved one has a supply of warm clothes (jacket, sweaters, socks, etc.)

\*\* Community photos can be seen at:  
[collwoodterracestellarcare.shutterfly.com](http://collwoodterracestellarcare.shutterfly.com)

 **SAVE A TREE! GO GREEN!**  
 Email [barbaram@collwoodterrace.com](mailto:barbaram@collwoodterrace.com) to have the newsletter and/or monthly invoice emailed to you.

**January Birthdays**

Capricorns are born from January 1 to 19. Capricorns are pragmatic and forthright, so they have no problem sharing their advice. Great improvisers, Capricorns can adopt new ideas and make quick judgments in tricky situations. If you were born between January 20 and 31, you are an Aquarius. Water Bearers have attractive personalities and are very imaginative and intuitive. Aquarians have a strong desire to help humanity, create unity, and thirst for knowledge and truth.

Bessie Mae G. ....	Jan. 1 <sup>st</sup>
Janie D. ....	Jan. 1 <sup>st</sup>
Buzz H. ....	Jan. 1 <sup>st</sup>
Ella P. ....	Jan. 12 <sup>th</sup>
Mary Lou J. ....	Jan. 17 <sup>th</sup>
Toni P. ....	Jan. 17 <sup>th</sup>
Ginny D. ....	Jan. 21 <sup>st</sup>
Beverly S. ....	Jan. 23 <sup>rd</sup>
Kay K. ....	Jan. 23 <sup>rd</sup>
Dorothy W. ....	Jan. 30 <sup>th</sup>



## CT Stellar Care's Employee of the Month

Noemi Jimenez  
Laundry Department

Thanks, Noemi. We are proud of you!

### A visit from Puppy Claus



Residents enjoyed birthday cake thanks to the Christensen family. Happy Birthday, Lewis!



### Enjoying the festivities with family and friends



### Family visits are always fun!



### RESIDENT RAVE:

#### Virginia Groat "It's all about family"

Virginia and her family moved to Albany, Oregon from her birthplace in Marysville, Ohio when Virginia was very young. The youngest of eight children, Virginia was raised on a farm where her father farmed and her mother was a school teacher. Virginia was very athletic in school, lettering in Volleyball and Basketball, participating in swimming and played the saxophone in her high school marching band.

While in high school, Virginia met Merrill Groat. Merrill and Virginia enjoyed each other's company very much and one day Merrill had to go to neighboring Washington State for work, he asked Virginia if she wanted to go with him and marry him, she of course jumped at the chance. She asked her best friend if she and her boyfriend wanted to go with them and she said yes, they had a double wedding in November of 1938. When they returned from Washington, they never told anyone that they were married until Virginia's sister contacted the records bureau in the county she'd travelled to and found out that they had in fact married...the cat was out of the bag.

In 1939, Merrill became ill and ended up in the hospital for nearly a year. Nine months after Merrill's release from the hospital, Virginia had their first child, Michael; three more children were to follow, Ronald, Christine and Debi.

In 1967 Merrill and Virginia decided to buy an auto parts store in El Cajon, and they up and moved the family from Oregon (where Virginia said you grow webs between your hands and feet) to sunny Southern California. Virginia was heavily involved in the Republican Women's Club, Institute for Creation Research (ICR) and the Baptist Church.

Virginia loves her family; she was always cooking (made the best turkey dinners), enjoyed baking apple pies, going to every sporting event the kids participated in and tended to her children and grandchildren. When Virginia's daughter Christine called her to let her know that she was having triplets, Virginia moved in with her to help take care of her and the triplets, afterward, the triplets would spend a week a month with Grandma and Grandpa. Virginia now has 13 grandchildren, 17 great grandchildren and 1 great, great grandchild.

We enjoy having Virginia at CTSC, she always has a smile on.

Written by: Tim Galloway

### EMPLOYEE SPOTLIGHT:

#### Diana Soler

Diana has been part of the culinary team at Stellar Care for over two years. Her bright enthusiasm and friendliness have been noted by many residents and families alike.

Diana is currently a full time student, majoring in biology in college where she hopes to pursue a career in medicine. She enjoys science and research, but her love of animals is steering her toward veterinary medicine as well.

Diana lives with her family and five dogs. Her phone is filled with pictures of her many dogs and like any proud parent, she will whip out her phone to show them all to you.

In her spare time, Diana likes to go shopping, enjoys going to the beach, listening to music, and to clean. (Yes, she did say she liked to clean!)

Being at Stellar Care gives Diana an opportunity to connect with our residents which she enjoys immensely. Having conversations with those that she serves and having them appreciate her efforts is very gratifying for Diana.

We're very grateful for all your help Diana, and good luck with your studies!

## mobile dental services

available to visit Collwood Terrace



Dental Hygienist services available

Call Dr. Lapor at 619/286-8994  
to schedule an appointment

