

The Stellar Care Chronicle

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



Celebrating July Ice Cream Month

Zoo Keeper Week
July 20–26

Independence Day
July 4

World Kiss Day
July 6

Doughnut Days
June 6–7

Talk in an Elevator Day
July 25

Linda Cho
Executive Director

Barbara Moore
Business Director

Annelie Damasco
Assisted Living Director

Susan O’Shaughnessy
Marketing Director

Rachel Robinson
Activities Director

Chris Cho
Building & Maintenance Director

Chris Moore
*Culinary Services &
Laundry Director*

“CHRISTMAS IN JULY,” is the theme this month as we roll out this year’s campaign for the Alzheimer’s Association’s “Walk to End Alzheimer’s.” This is our eighth year participating in a national movement that brings attention, education and advocacy about the devastation of dementia. From today until the Walk on October 18th, CTSC, will be asking you to help us raise funds, \$20,000, to be specific, for the San Diego chapter of the Alzheimer’s Association.

But we like to have fun while we are raising money, so for the next thirty days, it will be “Christmas in July.” Each department has created a beautiful wreath, which will be hung in the lobby and conference room for you to enjoy and bid on through a Silent Auction. Winners will be announced the evening of Tuesday, July 29th, at our Family and Friends Bingo Night.

We have had a lot of success with Bingo Night. Suggested by our Support Group members, we play on the fifth Tuesday of any month. Laughter, friendship, a little hint of competition and lots of good luck are the perfect ingredients for a recipe of fun, while raising funds for our Walk campaign. Please join us at 6:30 p.m., July 29th, and bring a friend.

Together, Collwood Terrace Stellar Care Staff and Family Members have raised over \$80,000, for the Alzheimer’s Association since we first joined the Walk seven years ago. How is this money used? The San Diego Chapter of the Alzheimer’s Association provides 24 hour phone support for caregivers, advocates in Sacramento and Washington D.C., offers classes and support groups, funds research for a cure, has a valuable lending library, and works with first responders and local agencies in putting community safety nets in place in case of a need for search and rescue.

In addition to supporting the noble work of the Association, there is a more personal reason why CTSC chooses to participate in this fundraising event. We do it for our residents and for you, their families. Every day we assist you as you try to stay strong, smile and hold on to your mother, father, spouse, aunt or sibling as the clutches of dementia pull against you, robbing you of someone you love. We know it doesn’t get better; there’s no happily ever after. Not only do we want to offer you quality care and safety, we want to help find a cure.

Please help us with our goal. We hope you will attend Bingo Night, bid on a Holiday wreath, join us for our Annual Art Auction on September 12th and walk at Balboa Park the morning of October 18th.

When a young Paul McCartney wrote the song, “Two of Us,” he penned, “You and I have memories longer than the road that stretches out ahead.” This beautiful, romantic lyric cannot be shared by those we serve.

Susan O’Shaughnessy
Marketing Director

Miscellaneous Announcements

** Family Support Group meetings are held on the first and third Tuesday of every month at 6:30pm. Families are invited to join us in the Library on the first floor.

** Remember to check your family members’ mail on your next visit.

** 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.

** Reserve your Padres game tickets by emailing or calling Rachel (rachelr@stellarcared.com) Tickets are \$26/each.

July Birthdays

Those born between July 1–22 are Crabs of Cancer. Crabs love family and nurturing others. They may be emotional, kind, and gentle, but are never soft. Cancers are strong-willed and tenacious in their search for peace and hominess. If you were born between July 22–31, you are a Leo, the Lion. Creative and ambitious with magnetic personalities, Leos enjoy the spotlight. Warm, loving, and kind, they make loyal and honorable friends.

- Dana H. July 2nd
- Domingo L. July 3rd
- LaVerne C. July 8th
- Alba S. July 13th
- Tyche C. July 15th
- Annette M. July 19th
- Frances P. July 21st
- Carol M. July 22nd
- Itoko N. July 25th
- Betty S. July 27th
- Dean K. July 28th
- Ginny G. July 29th



Like us on facebook at
[Facebook.com/stellarcare](https://www.facebook.com/stellarcare)

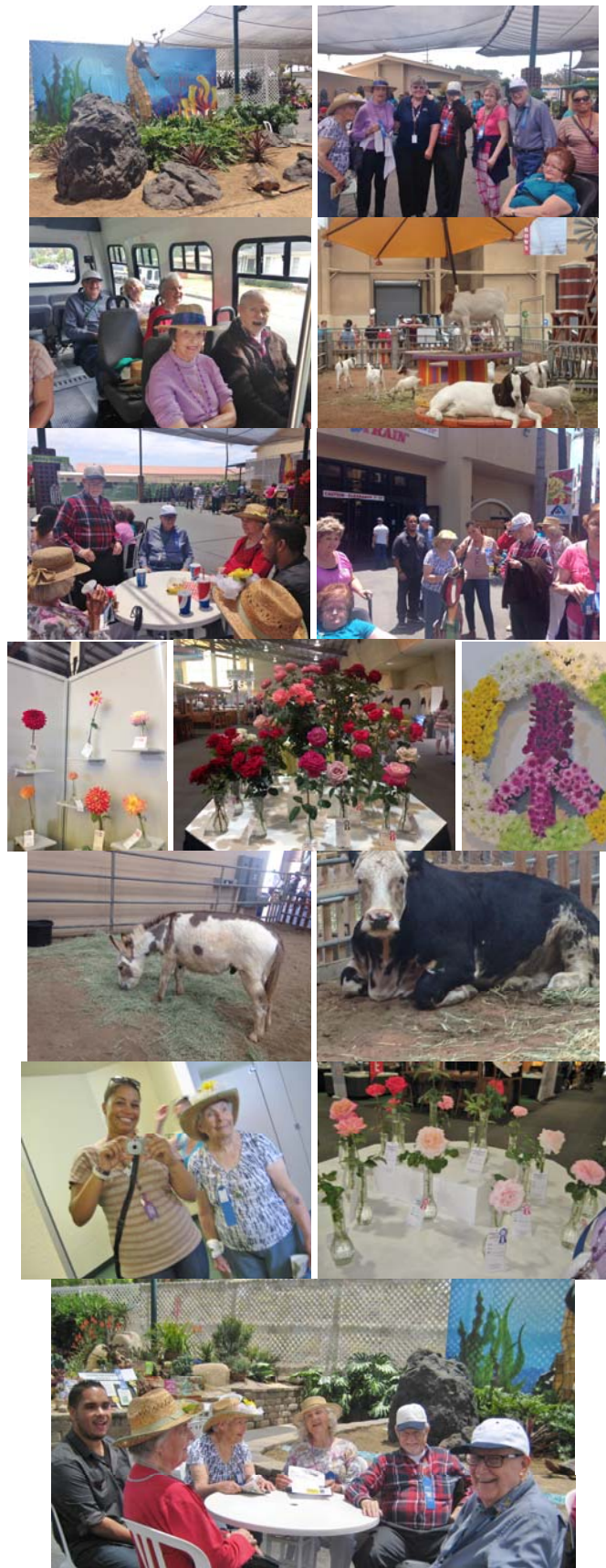
Stellar Care's Employee of the Quarter

Yordanis Tekie
Assisted Living Department

Tribute to our Fathers



Fun at the San Diego County Fair



RESIDENT RAVE

Geraldine Ball

Geraldine Ball's life experience is representative of so many of her generation – a quiet upbringing in Utah during the Great Depression, learning the values of hard work and gaining a thirst for opportunity. She grew up with her sister, mother, and stepfather and was fortunate enough to be able to focus on her studies. After graduating high school, Geraldine attended San Diego State University, and then she went on to teach in the Grossmont Unified High School district for several years.

Geraldine was always a studious student, and passionate teacher of the fine arts. All of her efforts culminated in her receiving an award for teaching excellence in the arts which was coupled with a full scholarship to Harvard. She seized the chance to further her expertise, and attended Harvard University to study Shakespeare and continue her fine arts education. She was such a standout that the London Theater began flying her out every other year to assist them with their shows. For much of her professional life, Geraldine bounced between London and New York, helping theaters with their productions. She was also well traveled, visiting countries around the world.

While Geraldine's exciting and accomplished life did not give her a chance to start a family of her own, she did dote on her nieces and nephew. Now at Stellar Care, Geraldine (or Geri as she likes to be called) still carries the calm, confident air and knowing gaze that she must have put to use in the theater realm. The dedication with which her nephew has taken care of her is a tribute to the influence she had on her family, and likely, to the world of theater.



EMPLOYEE SPOTLIGHT

Maricela Martinez

Stellar Care has been blessed with amazing hard working and talented workers over the years. For the month in which America celebrates its independence, we have chosen to spotlight a staff member who has embodied not only the Stellar Care community's values of excellence, but also the core values of the American dream as well.

Maricela Martinez was born and raised in Tijuana, Mexico, and moved to San Diego in 1999 to start a family. In 2000, she had her first child, and focused her effort on being a good mother and housewife until she got her green card in 2006. Finally able to work, she wasted no time in finding a job with the San Diego In-Home Supportive Services authority, where she helped assist elderly and disabled families with chores and housekeeping services. After IHSS, Maricela was hired in the Stellar Care culinary department, and has been with us for over 5 years now.

Despite all of her hard work and efforts, Maricela's marriage was not working out, and she went through a divorce. Not one to let difficulty keep her down, Maricela still managed to gain her US citizenship while pregnant, going through a divorce, raising two boys, and working full time. Now with her citizenship secured and her divorce behind her, Maricela has set her sights on her next goals. She currently attends night school to work on both her language skills and her GED, after which she plans on attending college to pursue a career in law. She often teases her children that she may one day be their classmate at a university. Due to her own difficult experiences going through a divorce as both a mother and an immigrant, Maricela plans on focusing on family law with an emphasis on immigration. We are lucky to have her in our community, and cannot wait to see what her future will bring!



Christmas in July
BINGO Fundraiser

to support the SD Chapter
of Alzheimer's Association

Tuesday, July 29th starting at 6:30pm

For more information call Susan or Rachel.