



**Celebrating
November**

World Communication Week

November 1-7

Family Week

November 24-30

Origami Day

November 11

World Architecture Day

November 12

Thanksgiving Day

November 27

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*

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.

** 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, pants, socks)

** A reminder to families, we have a policy of no tips or gifts for individual staff members who work here at Stellar Care. We do however have an employee fund. Donations are collected throughout the year and distributed to all staff during the holiday season. If you would like to make a contribution to the employee fund, you can contact Barbara in the business office.

November Birthdays

Those born from November 1-21 are Scorpios. Scorpios are curious investigators and determined executives. They are passionate and rarely lose endeavors they set their heart to. If you were born from November 22-30, you are a Sagittarius, the Archer. Archers are not only confident but also lucky, so they often find success. Their enthusiasm is infectious, so people often help them achieve their ambitious and lofty goals.

Gladys P.	Nov. 6 th
Ann O.	Nov. 12 th
Ralph K.	Nov. 15 th
Margo B.	Nov. 16 th
Robert M.	Nov. 17 th
Betty Jane P.	Nov. 21 st
Mary F.	Nov. 27 th



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

We did it! We're the number one facility in raising funds for the Alzheimer's Association's Walk for a Cure at Balboa Park on October 18th. Number three overall, we've raised over \$27,000 for the Alzheimer Association, and helped to push them over and past their goal to raise \$495,000, which is 121% of their goal! Almost 3,400 people walked on Saturday, to raise awareness and funds to help find a cure for this devastating disease which affects all of us so deeply and personally.

Thank you to all our families who participated in the walk, who made cards and jewelry to sell, who participated in our Bingo games, and who donated so generously. We couldn't have done it without you. A big thank you goes out to Roberta and Randie for leading the Police and Sheriff's departments to challenge each other to help raise funds for our team. We even had an old police car from the museum there to support the walkers and our team. What an amazing bunch of people you are, I am in awe of all of you.

Last week, I sat in the Salon and watched a Doris Day movie, while my mother-in-law got her hair done. She's visiting from Korea and was thrilled to experience what "American Salon" experience was like. While she was under the dryer, our wonderful Gabby, the stylist to the "Stars of Stellar Care" worked on a trim for a resident, while her assistant was helping to shampoo the next lucky individual. It's a fine oiled machine, the Stellar Salon, and Gabby has the system, down pat.

With all that goes on at Stellar Care, for some of our residents, the appointment at the salon is at the top of the list of important things to do for the week. Gabby knows that her weekly morning schedule must include an appointment for Miss Cindy or Miss Lourdes. Sometimes, residents are just not in the mood for a nail trim or a podiatrist's appointment, but a treatment at the salon for a manicure or a pedicure, well, that's a whole 'nother story! With music in the background and a hum of conversation all around, even our gentlemen residents enjoy a relaxing hair and nail trim. We can all get used to pampering very quickly, it seems.

I love sitting out in the courtyard and visiting with residents. My bench mate today is a resident who really loves watching the dogs. "They sure are having a good time," says Miss Tyche, as we watch Bella and Cookie take turns chasing each other around the tables and planters. "They're lucky to live here...I am too...Dogs are just wonderful...Cats, not so much...but they're good companions, I guess..."

My sentiments exactly Miss Tyche. ☺ Bella eventually tires of the chase and comes to our bench to let us pet her and to scratch her belly. I believe Miss Tyche enjoys the encounter even more than Bella does. We sit in the October afternoon sunshine and just enjoy being here. Eventually, I'll have to go back to my office and field phone calls and everyday issues, but for now, I have my dog at my feet, Miss Tyche by my side, and the sun shining down on us all. I am grateful.

Enjoy, enjoy, the blessings of the fall season.



Linda Cho

Walk to End Alzheimer's - 2014



PUMPKIN PATCH FUN



Tea Time @ *The Aubrey Rose*



RESIDENT RAVE:

David Long

Highlights of the life of David Long...

Born in San Diego in 1932, Dave Long has lived an exciting life filled with accomplishments and generosity. He grew up in the North Park and Kensington communities with an older brother and two sisters. As an avid sportsman, Dave played basketball and ran track at Hoover High School. He had a keen interest in car racing and could be seen at Balboa Stadium and later Cajon Speedway.

By the age of 24, Dave was married and had four children. Wow, can you imagine? All that responsibility and his ambitious character drove him to devote much of his time to transforming his father's small pocket door company to a renowned window manufacturing company. During his tenure at the helm of Windowmaster Products, Dave designed, marketed and strategized to build a \$40 million company with nearly 400 employees. He was proud of his accomplishments and found great joy in involving his children and extended family.

He was known throughout the company as a generous, insightful boss who daily walked the factory floor and greeted all employees by name. Weekly he brought donuts for the office staff and was known to show up with ice cream sundaes on Friday afternoons.

His deepest passion was golf and he played regularly at Singing Hills and San Diego Country Club. Known as a fierce competitor and hard worker, Dave kept his handicap in the low single digits. This sport heightened his travel curiosity and he and his wife Cathy traveled worldwide on both golf outings and site seeing expeditions.

Grateful for his success, Dave contributed to his community, friends and family in many ways. He sponsored potential golfers, supported the local boys and girls clubs, and encouraged and supported his grandchildren to attend college and travel the world.



Dave never dreamed he would live, love & experience life to this great extent. He frequently reminisces and says, "It could not have gotten much better!"

EMPLOYEE SPOTLIGHT

Sandy Altamirano

Sandy is a native San Diegan, and joined Stellar Care in 2009. While she worked as a med tech at another community, Sandy joined Stellar Care to provide care in a more hands on, affectionate capacity. Sandy has been part of our caregiving staff for over 5 years now, and is the epitome of someone who has found their niche. She loves what she does because, in her own words, "Eventually, we are all going to get old, and one day I would want my parents to have the same level of care our residents get. In a way, this is practice." While many of our caregivers are very outgoing and prone to public displays of affectionate care, Sandy is very shy, and shows her love through her attention to detail and care from a one on one perspective. Often, family members can tell when their loved one has been cared for by Sandy, as she always puts a special touch to their hair and clothes. She has been recognized as being so quick to respond and reliable that she has become the go to person for many of our residents with special care needs.

Sandy played soccer throughout high school, and continues to play for fun when she has free time. She spends most of her time taking care of her daughter, and likes to relax by watching movies or listening to bachata music. She is currently studying for an entrance exam and plans on going back to school in January to become a phlebotomist.

We appreciate Sandy's thoughtful care and feel blessed to have her as part of the Stellar Team.

Please join the
Family Support Group
 Tuesday, November 4th @ 6:30pm
 for a special discussion
**"Coping with the Holidays:
 Helpful Tips & Suggestions"**

