



The Stellar Care Chronicle

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

Celebrating March

Humorists Are Artists Month

Women's History Month

St. Patrick's Day
March 17

Quilting Day
March 21

Quirky Country Music Song Titles Day
March 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

"MY LIFE, AS I SEE IT" Shirley Klindt

Shirley Klindt is an observer. An unassuming presence who feels that she is more comfortable listening to a conversation than participating in one. The walls in her room are decorated with several intricate cross-stitchings, little framed reminders of a "dried-up" hobby she once had. Still an avid reader she shows me the latest technology provided by the Braille Institute; a computer which magnifies any given text to allow people with limited eyesight the freedom to read any book or periodical of their choosing. Shirley enjoys reading biographies and autobiographies as well as books on parapsychology and spiritual beliefs. Shirley is quiet and contemplative. She likes to hold her thoughts in reserve for the right person or what I would soon find out, the right topic of conversation.

"I'm afraid I'm just not that interesting," she tells me. "I wish I had some great stories for you...or have traveled somewhere exciting."

"But you do travel." I suggested. "You like to travel within yourself."

"I never thought of it like that." She smiled. "I guess I do travel."

Shirley's curiosity with parapsychology began with her grandfather, a spiritual explorer himself who opened her eyes to a wide variety of thoughts and beliefs.

"I have attended just about every kind of church you can imagine. It just doesn't make sense to me that there could only be one way to believe. There is so much more to this life and it's all just so fascinating. After my grandfather passed away I know he visited me. I felt his hand on my head – comforting me."

Shirley's passion for wanting to understand this world on a spiritual level has led her down paths only a few dare to explore. She has studied metaphysics, psychology, parapsychology, psychic abilities as well as astrology. Her curiosity, however, isn't just limited to books. Shirley went on to share several personal stories of direct experiences with unexplained phenomena. She even drew my chair closer to her for an impromptu astrology session, another "dried-up" hobby that once included calculating personalized astrology charts – most of which she still can recall from memory. With a youthful vibrancy she shared with me a little more about myself in relation to the zodiac.

Continued...

Miscellaneous Announcements

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

**Donations anyone? – With increased confusion and incontinence comes unnecessary wear & tear. We have a need for men's belts preferably sizes 36-44. Please check your closet for any unneeded items.



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



WE ARE GRATEFUL...

for referrals from family & friends

Thank you, Jennifer Jow, for entrusting us with the care of your beloved Uncle Harold.

March Birthdays

In astrology, those born between the 1st and 20th in March are Pisces, the Fish. Selfless, spiritual, and intuitive, Pisces swim an inner journey. They're emotional, compassionate people, always willing to help others.

Those born from the 21st to the 31st in March are Aries, the Ram. Rams are adventurous go-getters, full of enthusiasm, charm, and energy. They make dynamic pioneers and adventurers, undeterred when the going gets rough.

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|------------------|------------------------|
| Sue R. | March 3 rd |
| Nona H. | March 5 th |
| Edwin J. | March 10 th |
| Dorothy L. | March 17 th |
| Marjorie S. | March 25 th |
| Alice S. | March 27 th |
| Geri B. | March 28 th |
| Michael C. | March 30 th |



My spring cleaning has begun. But instead of going through closets and drawers for old clothing and dated items, I am going through files and records and updating documents and contracts. This is the administrator part of my job that I do not enjoy. I am reminded why I never pursued a career in law. Nevertheless, this is an important part of my job, one that ensures that we remain in compliance with the laws and it is also an opportunity to reassess our policies and procedures.

Susan's column last month reminds me that every event and challenge presents an opportunity for growth. Even when it comes to seemingly dreary tasks such as updating documents and doing general office housekeeping, it does make the entire organization stronger to have all the documents in place with updated and accurate information.

So my dear families, I'd like to ask for your help so that I can complete this task as quickly as possible and move on to the things that I LOVE to do (walking the floors, talking to residents and families, talking to my staff...OK, just talking, in general! ☺). Please send me your current email address so that any updates in forms can be emailed to you. If I send you requests for updates, please please please, complete and send back as soon as possible. I do have some of your emails, but for most families, I do not. Even if you think we have your email address, please send it again. It will greatly speed up the process so that we can focus on what we do best, resident care.

Beginning in February, we have added additional staff to the activities department so that Kim could be free to begin another activity in the building. She is in charge of creating small activities for our residents who are more independent and haven't fully participated in our activities programs. More outings and walks, and participation in the greater community programs are all in the works. Perhaps you'd like to join in the coffee and conversation sessions with Kim and our residents in the courtyard or the library.

Have a sensational St. Patrick's Day!



Linda Cho
Lindac@collwoodterrace.com

Laura Flores performed for a beautiful chocolate fondue night enjoyed by our couples



Wipe that smile off your face... or Chopper will lick it off.



"MY LIFE, AS I SEE IT"

Shirley Klindt

...Concluded

"Wow. I haven't talked about this stuff for a long time. It felt like my world was closing in, but now it feels like it's been blown wide open!"

In a way Shirley's life has been closing in on her. For a person who enjoys introspection, lately she has had to put her thoughts aside to hold loving space for the wellbeing of her husband of 66 years, George, whom she visits on a daily basis since moving into Stellar Care 3 months ago.

"I can feel him. I just sit by his bed and hold his hand and I can feel what he is going through...George and I have had a good adventure together."

Shirley moved to San Diego from Butte, Montana at the age of 17 when her father relocated for his job with an aircraft company in Chula Vista. Shirley went to Jr. College and was introduced to George during a blind date set up by one of Shirley's sorority sisters.

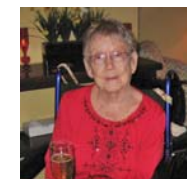
"My only concern was how tall he was. We were going to a dance in Mission Beach and I was wearing high heels for the first time - I didn't want to be taller than him."

George and Shirley went on to raise 3 children and stayed in San Diego where George ran a plumbing company that he took over from his father. Shirley happily did secretarial work for George's company but her main focus was raising the kids and being a housewife.

Now Shirley quietly supports George with her daily visits and continues to draw from her rich past to meet any challenges she may face in the future.

"All these experiences that have happened to me in my life have happened to let me know that everything is all right. We all need to be reminded that we are not alone in this world and everything happens for a reason."

Written by: Bryan Finnigan



EMPLOYEE SPOTLIGHT

Delia Valdez

Delia is one of the few workers still with us who has been working within the community since the building itself first opened. Her caring personality and the amount of experience she has, working with our residents, combine to make her one of our community's strongest med. techs. The oldest of three children, she set a good example for her siblings, and they both followed in her footsteps and now work at Stellar Care as well.

Shortly before starting at Collwood, Delia received her medical assistant's degree from Concorde Institute. While she started off as a caregiver, she became the med. tech for Collwood Terrace within two months. As such, she played an integral part in creating and running the medication management program that currently exists in our community. In 2009, Delia left Collwood to further her career, working first at a pediatrics clinic and then for an adult clinic. After having her second child, Delia ran into our head caregiver Maggie, and felt that the time was right for her to return and become part of the new team that had formed at Stellar Care. She quickly made herself useful, and we have been thrilled to have her back ever since.

On her free time, Delia enjoys spending time with her family and kids, reading mystery novels, and making her famous ceviche. She also enjoys karaoke and dancing merengue. She truly loves her job here and when asked about the residents said, "[having left before] I saw that you get used to the residents, and they become family. So when I left, I had this feeling like I had left my family, and I missed them too much to not come back". In the future, Delia hopes to apply what she has learned and pursue her Licensed Vocational Nurse's license.

BINGO Fundraiser to support the SD Chapter Alzheimer's Association

Tuesday, March 31st at 6:30 p.m.
in the Conference Room

Join the fun as we raise funds for our local chapter of the Alzheimer's Association.

\$2/card * Play for Prizes * Last Game 50 / 50
For more information call Susan or Rachel.