

STELLAR CARE☆

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Information

The Stellar Care Chronicle

November 2015



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

Celebrating November

Aviation History Month

Nurse Practitioner's Week

November 8-14

World Kindness Day

November 13

Homemade Bread Day

November 17

International Men's Day

November 19

Thanksgiving Day (U.S.)

November 26



“My Life as I See it”

Dr. Bill Miller

“Let me fix the batteries in my hearing aids...”

In 1997 Dr. Miller retired from a long and successful career as a cardiac surgeon, working from his private practice in Pittsburg Pennsylvania. For nearly 40 years Dr. Miller has seen cardiac procedures grow from early days of rudimentary treatment to precise state-of-the-art surgical techniques. I sat and watched Dr. Miller as he handled the batteries in his small hearing aid with a level of calm precision that can only come from decades of experience in the operating room.

“Now my glasses are fogged up.” He laughed, and continued the nimble task of maneuvering the tiny batteries into place. Even with foggy vision Dr. Miller hasn't lost the steady hands that have brought delicate care to countless patients over his lifetime.

“At first I thought I wanted to be a preacher - to help people. After some thought I decided that I would rather be a doctor. I went into the Air Force as a base surgeon. I mainly did surgery on the appendix – with only a year of training. I was stationed at Drew Air Force base in a small village 60 miles west of Paris.”

Having grown up in the small agricultural town of Ryde Pennsylvania, Dr. Miller knew early on that he was being guided into the medical profession. His first choice was to be an OBGYN but due to program availability his options and curiosity drew him in the direction of cardiac medicine.

After attending primary schools in Ryde his medical studies didn't take him too far from home. Dr. Miller's education and training was primarily in the Pennsylvania area where he would eventually raise a family and go on to work in major hospitals and clinics on the east coast before deciding to open a private practice in Pittsburg.

“[My daughter] Rachael lives in Pittsburg. She's a nutritionist and works with doctors who specialize in esophageal cancer....Jennifer is in Vermont and is the assistant to the school district superintendent. And Sara is a writer for the Christian Science Monitor and lives in Paris.”

In 2000 Dr. Miller started a new chapter in his life when he decided to remarry. His wife Sally was a neighbor of his in Pittsburgh and he knew from the moment they met that she was a match.

Continued inside...

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.

** With cooler weather approaching, please check that your loved one has a supply of warm clothes (jacket, sweaters, pants, socks).

** 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.

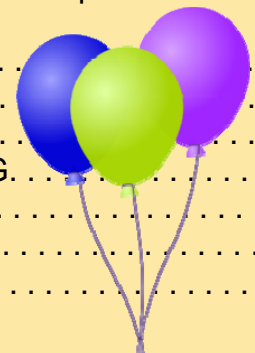
** A reminder to families, we have a policy of no tips or gifts for individual staff members who work here at Stellar Care. We do however have an employee fund. Donations are collected throughout the year and distributed to all staff during the holiday season. If you would like to make a contribution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

November Birthdays

If you are born between November 1st and 21st, your astrological sign is Scorpio. Scorpions are powerful investigators who keep up on the comings and goings of their peers, take control, and lead the way to success.

Those born between November 22nd and 30th are Archers of Sagittarius. Archers are exciting and independent. Their positive attitudes, great senses of humor, and kind hearts make them excellent friends. But get ready for an earful— Archers often also speak their minds.

Gladys P.	Nov. 6th
Ralph K.	Nov. 15th
Robert M.	Nov. 17th
Barbara Ann G.	Nov. 18th
Betty Jane P.	Nov. 21th
Mary F.	Nov. 27th
Ernest D.	Nov. 27th



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“Across the Universe”

When we are first learning to speak, we are taught to say, “thank you” when we are given something. Superficially, we are taught to be polite, respectful beings. But on a deeper level, what we are really doing is immediately giving back “gratitude” to the Giver, so *he* receives. In a sense we are sanctifying and blessing what we receive and the person who has bestowed it. There is an immediate exchange of balance and energy. This is why “Thanksgiving Day” is such a profound holiday to me. How wonderful to have a national holiday where we get to be grateful for everyone and everything that comes into our personal universe. And because each of us is busy being thankful, we’re passing it all around!

I did a little survey and our Residents and Staff at Stellar Care have so much for which they are thankful. Janet is happy that her new pet schnauzer, Grace, found her way into their lives this year to help heal their hearts. Mary is thankful for food, while Pat loves coffee. Vicky and Lita agreed that they are grateful for their lives, while Amisha ponders the new life she carries and will meet on December 6th. Chris appreciates San Diego weather and comfortable shoes and Kenia is grateful for the roof over her head. Laverne is happy for her wonderful family and living here and Florence expressed thanks for the opportunity to enjoy friends. Mai loves the residents; “they are just a pleasure.” Jeanne is thankful to be able to be with, and talk to people. Itoko is happy that she sits with three handsome men at her dining room table. Mary Ellen is thankful for her health, Amelia for the opportunities in her life. Marcos shared that he is thankful for the peace in his soul and Louise had one word, “dancing.” Most interviewed were grateful for family; kids, grandkids, daughters-in-law and parents, health and the gift of life.

I speak for all the Directors when I express our deep gratitude to you, our Stellar families, for trusting us with the care of your loved ones. What an honor and privilege you give us as we celebrate each person’s journey.

In addition, thank you to each of you, for helping Stellar Care raise almost \$30,000 for the Alzheimer’s Association. October 17th, was a beautiful Saturday morning and an inspiration to watch over 5,000 people stand and walk together to defeat Alzheimer’s and other dementias.

One of the Beatles more mystical songs, “Across the Universe” was penned by John Lennon. They sing, “Jai Guru Deva Om,” or loosely translated, “I give thanks to the Divine.”

However you choose to celebrate Thanksgiving or honor the blessing of gifting and receiving, may it be full of abundance, love and Divine.

Om Namaste,
Susan O’Shaughnessy

Alzheimer’s Walk Balboa Park 2015



...continued Dr. Miller

“We knew each other as neighbors. We met and I knew she was ‘it’ pretty quick. She was a fundraiser for Carnegie Mellon. She moved to San Diego and, well, I followed her. That’s when we married. We’re very compatible - a lot of the same interests.”

Love of theatre, art and books are just a few of the many interests that strengthen the bond between Dr. Miller and Sally. It’s their mutual love of life and people that seem to drive their relationship. A relationship that has lasted over 15 years.

“We love to travel. There are intelligent people all over the world. The people in New Zealand and Sydney are very friendly....We would go to the museums and ballet in New York. I was looking at my passport recently and the last place we went was Egypt....Education is also something we have in common.”

Education still plays a role in Dr. Miller’s life. Stacks of books and trade magazines can be found in his room. Always a student, he likes to keep up on the latest news and technology.

“I admit that technology is getting harder to understand. It’s advancing so quickly... I like to read the New Yorker. I’ve been reading that for years. I also like the New York Times. It seems to be the only decent news.”

And of course not too far away are medical journals where Dr. Miller likes to keep up with the latest in medical research. A lot has happened in cardiac surgery since he first set foot in medical school back in 1952.

“When I started training, open heart surgery was new and the mortality rate was at 50%. It was rough back then. The first greatest advancement was the invention of the pump.....”

With 18 years of retirement behind him Dr. Miller still speaks of his profession with the same bright-eyed enthusiasm as the kid from Ryde who wanted to “help people.” Dr. Miller may have passed on the opportunity to reach out to people’s souls as a preacher, but as a doctor, he went straight to their hearts.

EMPLOYEE SPOTLIGHT

Darian Gardiner

Darian, or “Dee” as most people call her, is easily recognized by her somewhat dichotomous personality. Her personality matches her lineage - with a rare combination of Italian and Inuit (Eskimo!). While she is quiet at work, and offers shy, timid smiles to passersby in the hallway, she is also one of the most eager helpers in the community. Although she works mainly in housekeeping, when she isn’t picking up after our residents, she is busy picking up the slack wherever it may be found. She can be seen daily jumping in to help residents in and out of wheelchairs, helping to set up activities, and always being around to lend an extra hand.

Like many of our staff, her proactive personality relates closely to her very active childhood. Darian is a second generation Chula Vista native who was shy growing up but blossomed once she got to high school. She was involved in a long list of sports that also showcased her varied nature. From Kodokai martial arts to figure skating, to hip hop and jazz dance and gymnastics, Darian excelled in sports based upon personal focus and growth. She even joined her school’s cross country team for 3 days, but stopped after being unable to get out of bed on the fourth day.

Now newly turned twenty one, Darian is focusing on getting an education to pursue a long term career. She is caught (once again) between two very unrelated fields, and is trying to decide whether to become a first responder or a professional floral designer. In her free time, Darian enjoys Netflix, trying out new foods (Ramen is her new discovery), origami, and of course, making flower arrangements.

She hasn’t decided yet which career to pursue, but we are happy to have her on board until she makes that decision.

We are Grateful!

To our families and friends for helping us to become the **top fundraising facility** in San Diego for the Alzheimer’s Walk on October 17th, 2015

We are **NUMBER ONE!!!**

