

STELLAR CARE

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Postage
Information

September 2015

The Stellar Care Chronicle

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



Celebrating September

Intergeneration Month

Coupon Month

World Alzheimer's Month

International Day of Charity

September 5

Labor Day

September 7

Balance Awareness Week

September 14-20

Hummingbird Celebration

September 17-20

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. Families are invited to join us in the Library on the first floor.

** When dropping off new clothes for your loved one, please check for fit prior to Stellar Care labeling the new item. Items can be left at the front desk after ensuring proper fit.

** 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.

** If you happen to see some of the beautiful landscape photographs on canvas around the building, they were taken by our one and only Chris Cho. They can be purchased by making a \$100.00 donation to the Alzheimer's association. Some of the locations include La Jolla, Yosemite, Oregon, and Washington.

September Birthdays

In astrology, those born between the 1st and 22nd of September are Virginal Virgos. Virgos are industrious, efficient, and pay close attention to details, which is why they tend to get the job done right on the first try. Those born between September 23rd and 30th balance the scales of Libra. Libras seek harmony and value fairness and justice. Although they'd rather avoid conflict, they are excellent team players who are tactful and polite at soothing those embroiled in argument.

Letha W.	Sep. 9th
Patricia C.	Sep. 14th
Mary T.	Sep. 15th
Edythe H.	Sep. 16th
Neville M.	Sep. 16th
Carol G.	Sep. 17th
Christina C.	Sep. 18th
John J.	Sep. 18th
Dimple S.	Sep. 19th
Dorothy A.	Sep. 27th
Vincent S.	Sep. 29th
Rose F.	Sep. 30th

Our GUEST COLUMNIST this month is DR. ROBERTA FLYNN. Roberta has many talents and interests. She is a psychologist, writer, community volunteer, champion for the Alzheimer's Association, and most importantly the surviving spouse of our resident, Jim Flynn. The following article comes from a different perspective.

In January of 2010, my husband Jim was struggling to stabilize his warfarin levels. One night in January, Jim suffered a series of falls resulting in a brain bleed, traumatic brain injury and Lewy Body Dementia. He was released from Intensive Care, needing 24 hour care. I hired an assistant for days, but he wandered around; often hallucinating or delusional at night.

By May I was frustrated, exhausted, with no end in sight and the American Red Cross invited me to a leadership conference in Chicago. I needed a safe place for Jim when I was gone. As with every step of this journey, I discovered finding an appropriate facility was a difficult task. I discovered Stellar Care, an excellent dementia assisted living facility. Annelie and Susan visited our home and I still consider them "my angels". Jim received excellent care for nearly five years from loving and kind caregivers. Jim knew the names and loved the 100 or so staff members, introducing each person as his "best friend." He was thrilled with the varied activities at Stellar Care, especially the music and art programs. During the almost five years at Stellar Care, Jim had many health challenges including Hospice for a year. I never worried about the care he received. I felt supported as a spouse and took several trips with the knowledge Jim would receive excellent care in my absence.

Jim's last few days were filled with constant love and affection from Stellar Care staff. They visited Jim-first thing in the morning and before leaving at night. We appreciated and will always cherish this love.

Seven months after Jim left us, I was in the hospital with internal bleeding. I was feeling terrible when my "angels", Susan and Annelie visited. Linda kindly offered a place to stay until I was stronger. I felt blessed as the hospital had discussed nursing homes after six days without food. When I arrived at Stellar Care, I was exhausted, hurting and miserable. Amarsch took me to my "room," and brought a wonderful, nourishing meal. Alem and staff regularly checked on me. They were just an emergency button away. The next few days I went to the dining room, but had the option of eating in my room.

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I had a lot of time to reflect on how I would need to adjust my behaviors. I need to ask for assistance...a new experience. An important life lesson I realized is the necessity to take my own advice..."take care of yourself as you are of no use to others if your battery runs down." Advice easier to give than follow.

I felt blessed to be a resident at Stellar Care. I wore my room key so I wouldn't misplace it. The reaction of newer residents and staff was interesting as they encountered this "new" resident. After a few days, I fit in just fine. I would awaken at my normal and shortly I would hear the knock on the door for my "wake up" call. I was excited to get to the dining room and check the menu. The food was excellent; not surprising since I had sampled many Stellar meals for years.

I have been caregiving since I was ten and it seemed strange to have so many kind people waiting on me. My stay at Stellar Care reinforced my sincere belief that all their staff are kind and compassionate. I'd always believed that, observing Jim's care, but my stay at Stellar Care cemented that by my perspective from the inside looking out.

Our Little Luau Day



Cruise the Bay



The Museum of Photographic arts delighted our residents with a sun printing workshop, allowing them to express their creativity through the use of flowers, paper and sunshine. The result was extraordinary. "Better than blackjack," they said.



RESIDENT RAVE

Lourdes Schuler

If you're in the Stellar Care dining room during meal service and hear a steady stream of chuckles and laughter, chances are, you're somewhere near Lourdes Schuler's table. At the age of 83, she still has not lost an ounce of her sense of humor.

Lourdes was born the fourth of five children to a family of a Portuguese tuna fisherman. She grew up with stories of her father and brother catching tuna so big that they required two, and sometimes even three poles to bring in. As a child, Lourdes was quite the troublemaker and prankster, which kept life interesting for her proud Portuguese parents. While her mom went on to become the president of the Portuguese Society and her father pioneered the Tunaman's Memorial in Point Loma, Lourdes kept herself busy running around. A self-proclaimed tomboy, she won awards as a track runner and gave her parents a few early gray hairs.

After high school, Lourdes moved to the city of Orange, where she taught second grade for a brief time before meeting her future husband and moving back to San Diego. After a brief engagement, Lourdes married the love of her life in 1954 at the age of 22, and settled into her new life as a mother and worked as yard duty at a local school. With the mantle of motherhood firmly in place, Lourdes gave up her days of being a prankster. Fortunately (or unfortunately) for her kids, Lourdes' previous role as the family joker was taken over by her husband, who had just as devious a sense of humor as she had in her younger days. Her daughter Janine recalls a childhood full of practical jokes and fun, with her mom as the tolerant recipient. Lourdes had the last laugh however, as she simply became stricter with Janine as time went on.

When she was all grown up, Janine introduced Lourdes to her new boyfriend (and future husband) a dashing young man who seemed oddly familiar her mom. As it turned out, Lourdes used to watch over him when he was a boy in her recess yard. Lourdes has always had a sharp memory with faces and names, and can still remember her teachers' names going as far back as kindergarten. Her sharp mind isn't the only think that hasn't lost a step, for at the age of 80, Lourdes was still able to outrun her daughter. Her grandson seems to have inherited the same sharp mind; he just graduated from San Diego State University with an award for being the academic student of the year.

If you're visiting the community and wonder who Lourdes may be, just follow the laughter and look for the lady with a smile on her face, as if on the verge of letting you in on a favorite inside joke. We are blessed to have Lourdes with us, spreading her good humor with her tablemates.



EMPLOYEE SPOTLIGHT

Mayra Gonzalez

Mayra was born in Hillcrest and was always an energetic child. When she wasn't reading one of her favorite books, she was busy climbing or running around jungle gyms (she would literally run circles around them instead of play in them). In high school, she was actually a bit of an introvert and went through a punk rocker stage. With all the reading she did, it is no surprise that her favorite subject in high school was English.

After high school, Mayra pursued Women's Studies at SDSU, and joined Stellar Care as a part time server. Now, Mayra works full time and is saving up to finish school and go into social work.

Mayra is one of those special people who are able to do many different things and do them all well. Initially hired as a server in our culinary department, she volunteered to help with activities when a few staff became sick and did such a good job at it that she was soon recruited into activities. Both directors fought to keep her in their departments, and eventually settled on a time-share. She has put her energetic personality to good use, bouncing between the two departments so seamlessly that if it weren't for the different colored uniforms, it would be hard to tell which department she's working in on any given day.

When Mayra isn't busy being a renaissance woman, she enjoys reading, dancing like nobody is watching, mud runs, and raising her 4 dogs (2 pups and their parents). She loves doing puzzles with our residents, and says her ultimate goal is to live a life with contentment, fulfillment, and a clear conscience. If Mayra simply continues to be Mayra, there is no doubt she will accomplish all of her goals and dreams.

We are so Grateful!

to Scott and Debra Gossman
for their generous donation to
our employee fund in memory
of their mom, Susan.

Thank You!