

Celebrating February

Time Management Month

Groundhog Day

February 2

Periodic Table Day

February 7

Chinese New Year

February 8

Random Acts of Kindness Week

February 14-20

Valentine's Day

February 14

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.



SAVE A TREE! GO GREEN!

Email barbaram@stellarcared.com to have this newsletter and/or monthly invoice emailed to you.

** 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. Please do not leave unlabeled clothes in rooms.

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



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

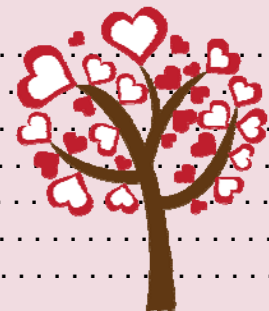
** Save the Date: Stellar Care's next **BINGO NIGHT** will be on Tuesday, March 29th at 6:30pm.

February Birthdays

In astrology, those born between February 1st and 18th are Aquarian Water Bearers. Aquarians have attractive personalities, vivid imaginations, strong intuition, and a thirst for knowledge. They also share a strong desire to help humanity and create unity.

Those born between February 19th and 29th are Pisces. These Fish are spiritual types who feel comfortable in their introspective natures. As passionate, romantic, creative dreamers, they are charitable helpers who "go with the flow."

Raymond B.	Feb. 1 st
Kathleen C.	Feb. 6 th
Frances G.	Feb. 13 th
Paul P.	Feb. 15 th
Louie D.	Feb. 16 th
Burke E.	Feb. 19 th
Sam R.	Feb. 20 th
Elizabeth M.	Feb. 25 th
Lourdes S.	Feb. 29 th



"Chances Are Your Chances Are Awfully Good"

The month of February is the month of Love. With Valentine's Day right in the middle, we have two weeks to prepare and surprise and then two more weeks to discuss the gifts, cards, candy and flowers that we received. We wear red, some of us go on dates, and all of us have a funny memory of a past Valentine's Day. Romantic love, Cupid, new relationships.....a Hallmark card poet's dream.

But that is only one form of love. Watching you, our family members, interact on a daily basis with your "Loved One," has taught me about a deeper, richer love. Whether you are a spouse, child, friend, relative or partner, you all express your love in a profoundly tender and affectionate way. Most of you are met with joy, warmth and recognition. You can share the current events of others in your circle and feel blessed because that part of memory is not damaged. Many of you are met with recognition and intimacy that is not verbalized but can be seen in the eyes or the smile. Your love is expressed by touch; hands holding fingers linked, hugs and gentle kisses. You have learned that love surpasses any other emotion, over comes every obstacle and will remain intact as all the other gifts dissolve.

So many songs have been written to express love with lyrics addressing "valentine." I would like to share three with you that I find capture the affection that you have for your Stellar Care Loved One.

"My Funny Valentine," was written in 1937, covered by over 600 artists and peaked in popularity in the 1950's. It is being sung to a man named Valentine, by a woman who finds his looks and personality quirks to be what she finds most endearing about him. "You're my funny valentine, Sweet comic valentine, You make me smile with my heart. Your looks are laughable, un-photographable, Yet, you're my favorite work of art." She goes on to sing, "Is your figure less than Greek? Is your mouth a little weak? When you open it to speak, are you smart?" I have learned from you, when we love someone, we don't see imperfection.

In 1957, Johnny Mathis had a hit with, "Chances Are." Can you identify with these lyrics? "Chances are, 'cause I wear that silly grin, the moment you come into view; chances are you think that I'm in love with you....chances are you think my heart's your Valentine." I have learned from you, when we love someone, just being with them is all that matters.

Continued inside...

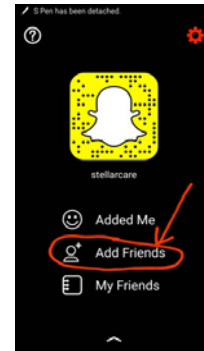


This month we are excited to announce the launch of Stellar Care Snapchat. Using this application, we will be able to send families short clips and pictures of their loved ones. Pictures and videos automatically erase once they are viewed, but will provide wonderful little “snapshots” of your loved one’s day.

5.) Click the “Add Friends” option. –*pictured right-*

6.) Enter “Stellarcare” in the search box, and then click on the “+” box to add our account as a friend.

It’s as simple as that!



If you have any questions or difficulty setting up the account, please ask for me when you visit or contact Brandon at brandonc@stellarcared.com, and I will help out as best I can.

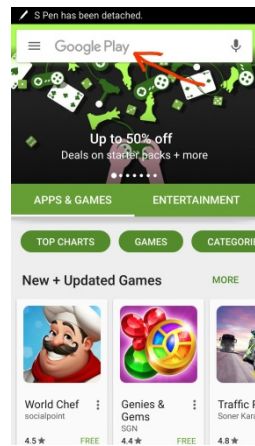
We look forward to helping you share more memories with your loved ones. Have a wonderful month!

How it works: Simply create a Snapchat account, using your loved one’s name as the account name. For example, if your resident’s name was JoeSmith, enter JoeSmith as the account name. If the account name is taken, add a few numbers to the ending, or have some variation of the name.

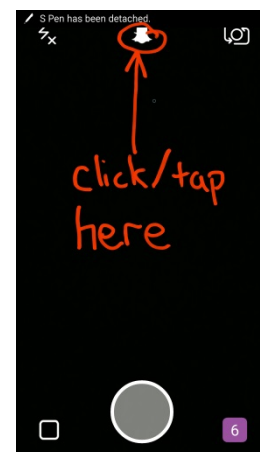
Once the account is created, add Stellar Care as a friend, and we will receive a notification. That’s it! You will be all set, and we will be able to send you updates upon request and during moments we capture with our snapchat.

HOW TO INSTALL THE SNAPCHAT APP

1.) Go to the Google Play store and search for “Snapchat” in the search box. (For iPhones, go to the AppStore and search for Snapchat. If you are using an iPad, Snapchat will not appear as an available app until you turn the setting to iPhones only.) –*pictured right-*



2.) Find Snapchat and click it to open the next window.



3.) Click on the “Install button” and once it is installed, open it up. Set up an account, using your loved one’s name or an easy to recognize variation of it as an account name.

4.) Once your account is setup, log into snap chat and press the bell shaped icon at the top of the screen. – *pictured left-*

“Bay Babes Hula”



Fun in Activities



... *Continued from front page*

Paul McCartney wrote “When I’m Sixty-Four,” in 1958. He was 16 and really had no idea about aging and romance. Or did he? “When I get older losing my hair, Many years from now, Will you still be sending me a valentine, Birthday greetings, bottle of wine? ... Will you still need me, Will you still feed me, When I’m sixty-four?” I have learned from you, when we love someone we are a team ‘til the finish, love grows deeper with age, and you never stop needing that person.

Thank you to all the family members who have helped me understand a mature and wisdom-filled love. My wish would be that everyone could be so fortunate to experience such compassion. Happy Valentine’s Day.

“All you need is Love,”

Susan O’Shaughnessy, Marketing Director

We are Grateful...

...to our partners and suppliers, vendors and friends who help us to do what we do.

Silverado Hospice

Established in 2003, Silverado Hospice has been a strong partner in our building from the beginning. They “get” what we are about, with personalized care, with staff who understands the importance of communication. It truly is a partnership, at a time when it is critical for the needs of our residents. Nick Delgadillo is the contact at (858) 626-9449 (ndelgadillo@silveradocare.com) if you have any questions.

Advance Care Pharmacy

Medication management is a huge part of our job at Stellar Care, and our partnership with Advance Care Pharmacy allows us to do our job well. Maryam Sharafsaleh, the pharmacist and owner, oversees 120 staff members in four locations. Locally based, we receive deliveries 24 hours a day, 7 days a week. (Now that’s service!) They can be reached at (888) 424-0862 maryam@advcarerx.com

Thank you, partners!

EMPLOYEE SPOTLIGHT

Jasmine Pablo

Although you won’t see much of her in the first half of this month (she will be vacationing in Argentina for her birthday!) you will probably see Jasmine often once she returns. Jasmine joined Stellar Care last August in our activities department, and is currently cross training with the receptionists to spread her talent throughout the community.

A California native, Jasmine comes from a large family (4 brothers and 2 sisters) that she jokingly says helped prepare her for work at Stellar Care. Growing up, she was a self-proclaimed sporty bookworm, enjoying softball and water polo to stay active, and reading fiction and autobiographies on her downtime. After high school, Jasmine moved down to San Diego to pursue a degree in Gerontology at SDSU. While she works full time at Stellar Care, Jasmine also works as a Nanny on the side, and still manages to squeeze in time to enjoy reading, beach trips, and hiking.

Although Jasmine was born with dislocated hips, she quickly recovered and now has unending energy to stay busy and always on the move. In fact, despite joining Stellar Care just last August, she has already applied and been accepted into a graduate program and will start working on her Master’s Degree in Public Health this spring, throughout which she still plans to work full time. Predictably, Jasmine keeps very active on her free time and enjoys Pilates, Yoga, and arts & crafts. Her favorite projects are making scrapbooks of all of her travel adventures, which include journeys to eight (and nine next month) counties across four different continents. Ironically, her travel bug has not yet taken her to Mexico or Canada. We are thrilled to have her working with our residents, and wish her happy travels on her upcoming journeys!

HAPPY CHINESE NEW YEAR



YEAR OF THE MONKEY