



# The Stellar Care Chronicle

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



## Celebrating June Audio Book Appreciation Month

**Corn on the Cob Day**  
June 11

**World Blood Donor Day**  
June 14

**Father's Day**  
June 19

**Take Your Dog to Work Day**  
June 24

**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."

Elinor Lamade

*"I've gotta warn ya, my mother-in-law always used to tell me 'El, you don't always have to tell everything you know. She was right!'"* With a grin and twinkling mischief in her eyes, Elinor Lamade lounged on her couch as she prepared to tell *"entirely too much about my life, so feel free to leave out all but the good bits"*.

Elinor was born in Pennsylvania, and recalls running away frequently from home after her baby sister was born. Jealous of all the attention the baby was getting, Elinor ran away so often that her parents resorted to putting a dog leash on her attached to a clothesline, so that she could run up and down the hall without running out of the house. "Don't worry though, they were not malicious, they just needed me to stop running away all the time" she laughed.

After high school, Elinor went on to William and Mary College in Virginia for one year, before transferring to the much more affordable Penn State where she finished up her bachelor's degree. Elinor worked and took night classes at Bucknell University until she earned a Master's Degree and a slew of other certifications she applied toward a career in teaching.

"I loved dancing, mostly ballroom, but I also liked fast dancing at places in the countryside where you could put a coin in the jukebox and keep up with the beat" Elinor recalls. While never achieving a professional level of skill, she did learn most styles of ballroom dancing. A moment later, her smile shrunk as she admitted she "never learned to do the Tango though, darn it."

Elinor and her would-be husband, Dietrick Lamade, both grew up in the same town and attended grade school, middle school, and high school together. They both had different sweethearts at the time, however, and would not end up together until after Dietrick had returned from his service in the war. "He (Dietrick) was in his senior year at Dartmouth when Pearl Harbor was bombed, and he left to enlist before graduating". He went on to join the 2<sup>nd</sup> Marine Air Wing, and lost half his squadron over heavy air fights over Japan. Thankfully, he returned from the war and finished his schooling. Around that time, Elinor and Dietrick reconnected and as for the rest, "I don't know how it happened, but it happened!" she said.

*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.

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

\*\* SUMMER IS ALMOST HERE (I think!?!?) - With the warmer weather approaching, it is time to pack away the sweaters, wool socks and sweatshirts. Now is a good time to take inventory and replace worn-out pants, shirts, undergarments, etc. We recommend there be at least a ten-day supply of clothing on hand.

\*\* Remember that when you bring new clothing items into the facility for your loved one, it needs to be labeled before it is taken to the room. Please bring the items to the front desk so laundry can label the items then deliver it to the appropriate room.

## June Birthdays

In astrology, those born between June 1st and 21st are Gemini's Twins. The Twins represent energetic communication and interaction. Curious Geminis love to collect and share information. Witty and intellectual, they attract many friends, mentors, and colleagues.

Those born between June 22nd and 30th are Crabs of Cancer. Kind and protective, Crabs love to nurture others. While they may be emotional, they are never soft. Cancers are tenacious in their pursuit of domestic harmony.

|                  |                       |
|------------------|-----------------------|
| William B .....  | Jun. 4 <sup>th</sup>  |
| Florence S ..... | Jun. 6 <sup>th</sup>  |
| Helen B .....    | Jun. 15 <sup>th</sup> |
| Florence K ..... | Jun. 16 <sup>th</sup> |
| Wayne H .....    | Jun. 19 <sup>th</sup> |
| Lita R .....     | Jun. 20 <sup>th</sup> |
| Phyllis T .....  | Jun. 25 <sup>th</sup> |
| Lena V .....     | Jun. 26 <sup>th</sup> |
| Sara O.....      | Jun. 26 <sup>th</sup> |



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Recently, I read, "HOME, the part of our minds that finally lets go of questions and answers and finds instead the ability to simply be." So with this definition as my mantra, I headed to Boca Raton, Florida, for a few days this May to celebrate my mother's 85th birthday. My sister, who lives in Connecticut, and I had agreed to be a united front as we would knowingly assess our mother's needs and gingerly approach the "it's time to sell the house" conversation.

After all, my mother lives alone (my father passed in 2002) in a large home with a piece of property that requires weekly manicuring. She rarely drives her ten year old car (it has 20,000 miles) relying on the occasional neighbor or a more agile, but elderly friend to get her to the store or church. And she never uses the complex amenities for swimming and tennis. We live in different parts of the country, making it difficult to visit and phone conversations are frustrating at best since mom is now hard of hearing. She sleeps too much, doesn't eat well, takes too many prescription pain pills, and the house is just full of too much stuff. My sister and I had decided. Mom would move closer to one of us.

However, Mom beat us to the punch. When we arrived, five of the six adult grandchildren surprised us all by joining in the birthday celebration. Over the course of four days, every photo album, saved letter and article of memorabilia had been rediscovered and brought to life with my mother's version of the honored item's history. My mother's hearing seemed to improve when she was asked to recount stories of family members long since gone and share the gossip of family skeletons. The refrigerator was full of healthy and appropriate food, she made enough vegetable lasagna for a sit down dinner for twelve and drove to the store to pick up her own birthday cake. The house was clean and the clutter organized. For now, Mom had won this round. When we said our goodbyes, Mom let us know how much she loved her home and her independence. Was I imagining a snicker behind that matriarchal smile?

My sister and I continue to struggle with this delicate situation and we know that we are progressing with what will be the obvious. This will not be an easy transition. We are using the words, "quality of life, safety and downsizing." Our mother is using, "my choice, independence and happiness." It is our turn. All of you, who are my Stellar Care family, are so generous with your empathy. I learn from you daily.

My daughter, Vicky, helped me put this in perspective when she said, "Grandma is the last single thread that holds this family together to everyone who is no longer here." Then she smiled, or was it a snicker,

"And mom, you have way too much stuff in the garage."

Susan O'Shaughnessy  
Marketing Director



## Visits to Seaport Village and Museum of Making Music



## Arts and Crafts



## Music and Dancing



...Elinor Lamade cont.

After their marriage, Elinor continued to teach while Dietrick worked at his family's newspaper company, Grit Publishing Co. They soon had their first child, a son they named Dietrick after his father, and Elinor joked

*"I said, 'now that we have a Dietrick, we should name our second son Fredrick.' but my husband said, 'Only if we name the third son Heinrich.' I said, 'We will NOT!' so we ended up naming our second son Phillip, and our third child, a daughter, Sara Kathryn."*

It was easy to pick up on the core of humor that Elinor weaved into her everyday interactions, and her eyes lit up as she thought about the hundreds of stories she had to tell from her 28.4 years of teaching. When discussing her own kids, she smiled with pride and described the athleticism of her children. From "Rick" the baseball player and Phillip the wrestler, who were "both darn good at it" to her daughter Sara Kathryn, the horse rider and now golfer, Elinor could boast with the best of proud mothers on the accolades and physical feats of her children.

"Overall, motherhood was a wonderful experience. And I feel blessed with three wonderful healthy children who all grew up, got married, and are well employed" she remarked with a wink. With both sons having fought in the Vietnam War and returned safely, and a happy family around her, Elinor ended with a poignant understatement "I must have done something right."

Interviewed and written by  
Brandon Cho



## HAVE YOU HEARD????

Stellar Care has been nominated as one of San Diego's Best Assisted Living Facilities by Union-Tribune Readers Poll under the Healthy Living category.

HELP US BECOME THE BEST, vote today!!!

<http://uniontrib.secondstreetapp.com/1/sdbest-2016-vote/Ballot/HealthyLiving>

Voting closes on June 27<sup>th</sup>.

## EMPLOYEE SPOTLIGHT

Yvonne Morton

While she may seem like a new face, Yvonne has been a part of the Stellar Care family for over 8 years. Before transferring to our main community, Yvonne worked at the smaller six bed Stellar Care community in Bonita where she created a cozy, homelike environment for our residents. She served as supervisor there, and for good reason.

Born in Los Angeles as the youngest of four children, Yvonne moved to San Diego in middle school, where she ran long distance track events and had a fairly typical teenage experience. Her father was a construction worker, and her mother and grandmother were both Delta Stewardesses, and the combination instilled in Yvonne a sense of hard work and propriety that serves her to this day.

After high school, Yvonne attended Southwestern College, but stopped to get a job and support herself. Her first job was in the floral department at Ralphs, where she flourished for over 7 years. After Ralphs, she decided to make use of her hospitality skills and began a career at Sunrise Senior Living, where she kept busy doing everything from taking food orders to doing laundry, and assisting residents with all other activities of their daily lives. After six years, Yvonne looked for a change of pace and began working for Atria in Bonita as a Medical Technician, where she stayed for two years until joining our Stellar Care team at Bermuda Dunes.

Now that she is part of our main community, Yvonne has been adjusting to the larger sized community, and enjoys spending her free time with her 3 boys, her two sons and a nephew she has raised since he was one year old. Needless to say, Yvonne has led a superwoman life with a career background focused on care and compassion, and hopes to one day go back to school and become a preschool teacher. We are so thankful to have her with our residents.

## GOT TICKETS?!?!?

Join Stellar Care as our very own  
**San Diego Padres**  
take on the  
Philadelphia Phillies



**Sunday, Aug. 7th at 1:40pm**

\$28.00/ticket (\$40.25 value)

Reserve your tickets today  
email [rachelr@stellarcared.com](mailto:rachelr@stellarcared.com)