



# Stellar Care Chronicle

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



## “My Life as I See it.”

Tom Hatch

One look at Tom Hatch and anyone can tell that he is not your everyday “city slicker”. A visit to his room further confirms his personality, from the bear pelt hanging on his wall, to the belt buckles engraved with decorations; Tom is a cowboy through and through.

Tom was born on a cattle ranch in Walden, Colorado, and grew up helping to raise cattle whenever he wasn’t at school. He stayed active playing football and competing in rodeos as a teenager. He loved roping the calves, and when asked how to tie a calf, he replied with a typical cowboy understatement “well you know the tying was just automatic. You’d get down on the calf, your hands would go blur, and the calf was tied. I didn’t think much of it”. He suffered a broken leg while competing in a rodeo and the injury exempted him from joining the War.

After healing, Tom left the ranch to attend college, and decided to switch things up after graduating. He moved to Los Angeles and had a very successful career managing a chain of automotive paint stores before he grew tired of city life and moved his family to Montana to get back to his roots. After purchasing a 1200 acre ranch in Montana, Tom worked on it for over 26 years, keeping busy as a father, rancher, and handyman. His daughter Erica says he was so good as a handyman, that he could probably build an entire house with his own hands, given enough time and supplies. He also put his charm and charisma to use and served as County Commissioner in Montana for many years.

Still the adventurous man, Tom rode horses with his daughter once a week until just recently when she had her baby. Tom is a man of the best qualities; a soft spoken, gentle but manly-man, whose loyalty to family and friends is undeniable. He is a man who at once wants to fit in, yet also stand apart as a winner. We were walking down the hallway wrapping up the interview, and as if reading my mind, he turned and grinned, “Am I doin as well as the others? I am a bit competitive”.

He summed up his life with the nonchalance of a cowboy, his many successes underscored, and his true triumph defined simply as “I just met a lot of very nice people and grew to know a lot of them, and was lucky enough to keep in touch with most of them.”

*Continued inside...*

## Celebrating August

**Golf Month**

**Family Fun Month**

**Root Beer Float Day**

*August 6*

**Purple Heart Day**

*August 7*

**Vinyl Record Day**

*August 12*

**Senior Citizens’ Day**

*August 21*

**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

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\*\* 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 Alzheimer’s San Diego. Some of the locations include La Jolla, Yosemite, Oregon, and Washington.

## August Birthdays

In astrology, those born between August 1 and 22 are Leo’s Lions. Mixing strength, ambition, creativity, and a flair for the dramatic, it is no wonder that the king of the jungle is a Leo’s mascot. Whether it’s in Hollywood or in the home, Leos accomplish their goals.

Those born between August 23 and 31 are Virgos. Virginal Virgos are considered shy, pure of spirit, and self-sufficient. They take incredible pride in their work, show diligent habits, and are well respected in their circles.

Jerome B. ....	Aug. 3 <sup>rd</sup>
Elinor L. ....	Aug. 7 <sup>th</sup>
Lois B. ....	Aug. 13 <sup>th</sup>
Margaret W. ....	Aug 20 <sup>th</sup>
Jerry P. ....	Aug 24 <sup>th</sup>
Beverly M. ....	Aug 28 <sup>th</sup>



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As humans, we get to experience great historical moments, collectively and personally. Some of those personal moments are births, deaths, graduations, promotions, marriages, retirement. There is a sense of accomplishment, we celebrate and announce these rites of passage. Recently, however, for me, there was one moment that announced a life changer and yet was not celebrated and happened so quietly that I am confused by the lack of enthusiasm I have been shown.

This October I will be 65 years of age. That means I was eligible to enroll in Medicare this July! I was surprised that others my age did not share in my excitement. I learned you no longer have to visit the Social Security office, you just sign up on line. I sat at the computer, alone, and within minutes of typing, I was officially a Medicare recipient. That was it. No fanfare or cyber confetti. I sang to myself, "When I get older, losing my hair, many years from now....." It was now. Two weeks later, I received my card in the mail, and proudly placed it in my wallet, right next to my social security card and driver's license.

Why am I so enthralled and others aren't? Maybe it's my gerontology background or love of American history. Baby boomers had all been born (1946 – 1964) before Medicare became law on July 30, 1965. I was 13 and remember watching the news that night. President Johnson signed the law, and during that ceremony, handed former President Harry Truman the very first issued Medicare card. Every president, regardless of party, since Teddy Roosevelt in 1912, had been interested in some type of national health insurance system. But the 1960's were a time of social reform. The Civil Rights Act became law in 1964 and the Older Americans Act was signed law on July 14, 1965, just two weeks before Medicare. Managed through the Social Security office, Medicare offers those 65 and older, and qualified people with disabilities, a government funded health care program, where the services are based on age or diagnosis rather than financial need. In 1965, the budget for Medicare was around \$10 billion with 19 million individuals on the program. In 2015, the budget was \$606 billion with 55 million people signed up. Yes, the Baby Boomers have arrived and those older, are living longer.

Since my first job at age sixteen, I have been contributing to this social program called Medicare. I agreed with contributing to a program that would fund the healthcare of our nation's seniors. And now, for me, it has come full circle. But in fifty years some things have changed. Most baby boomers are still working and can choose options for coverage. Medicare itself has Part C, offering the Advantage Plans, and soon the "donut hole" will be a forgotten concern.

So I proudly accept my new role of wisdom keeper and place the crone crown on my head. I acknowledge this rite of passage which sociologists call being "the young old." I have an AARP card, entitlement to senior discounts, I'm guaranteed a seat on the trolley, and I'm called Ma'am at the grocery checkout. I proudly wave my Medicare card and look forward to my first visit to the podiatrist. Oh, did a very young Paul McCartney know he was writing the sentiments for a whole generation when he penned, "Will you still need me, will you still feed me, When I'm sixty-four?"

Medicare, I'm ready for you, but are you ready for me?

Susan O'Shaughnessy

Ice Cream on a Sunny Day... So Refreshing



Stellar Care Hitting the Town



Making New Friends



...Continued from front page - Hatch

As we walked back to his room, he stopped me to point at the door we were standing at. Tom would go by this door every day to get his buddy and join in on the fourth floor activities together. It was Dana's door, and Dana was out at the hospital recovering from an ailment. (Check April of 2015's newsletter for Dana's story!)

"That's my good friend's door." Tom said. "Shirley, me, all of us, we are all waiting for him, to get better, to bring him home. It's kinda neat that you're talkin to me and I look over, and there he is."

Tom's easygoing nature and roguish grin make him quick friends, but those who become part of his inner circle are lucky friends indeed.



Interviewed and written by  
Brandon Cho

We are Grateful...

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

Bonded Flooring and Windows

It takes a village to keep this village looking great, and one of the most important companies to help us out is Bonded Flooring and Windows. They accommodate our need for working around our schedule to constantly upgrade the various areas of our building. We are like the Golden Gate Bridge...when we're finally finished with all of our projects, it's time to start all over again. The constant attention is what it takes and we're grateful for companies that understand and support our industry.

Thank you Mitch and Bill!

EMPLOYEE SPOTLIGHT

Noemi Jimenez

This August will mark Noemi's 5<sup>th</sup> year with Stellar Care, and her spotlight has been long overdue. Noemi runs our laundry department, and getting the clothes of over one hundred residents, on top of dozens of sheets, tablecloths and bibs on a daily basis is no easy task.

Noemi was born in Costa Rica, the second of four children. She and her family moved to San Diego in her senior year of high school. Her father worked as an air conditioning technician, while her mother focused on raising the kids. After Noemi finished high school, she quickly joined the workforce, starting off as a private caregiver before moving on to work in larger communities in housekeeping and laundry departments.

On her free time, Noemi enjoys Zoomba fitness, going to church and above all, spending time with her son and family. She also loves to take her son, nieces, and nephews to beach picnics, Seaworld, and Disneyland.

Noemi has always been a consummate professional who understands the importance of getting clothes collected, cleaned, and returned in a timely manner. Just as she would care for her own 12 year old boy, Noemi dedicates herself at work to handling her residents' clothes with care, making sure they are properly labeled and cleaned before being returned. She described herself as "... A happy woman. I like to be nice and work with everybody here. I like working here and being with my family". We are so glad to have Noemi as part of the community, keeping our residents looking sharp and dignified.



Saturday, October 15th

Walk begins @ 8:00am in Balboa Park

Join Team Stellar Care

Log on to [www.alzsd.org](http://www.alzsd.org) / Walk4ALZ

Join us for this event that unites friends, family, and co-workers as we walk to end Alzheimer's.