



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.”

Ralph and Evelyn Taylor

When walking through the community, you will often see a quiet couple, feistily attached and with a third, younger companion sitting quietly together. They are so inseparable, that most of the staff simply refers to them as “The Taylors”, a single unit that flows from one meal to the next, always with their attendant in tow. Just like their life in Stellar Care, the Taylors lives prior to moving into the community were equally noteworthy and unique.

Ralph Taylor was born in Nottingham England just ten years before the start of World War II. His childhood was one of air raid sirens and furtive glances at the sky. He was a unique, colorful man who was at one point a band leader in England, playing the guitar and Hawaiian music. Meanwhile, Evelyn was born in Iraq, and grew up with a father in the oil business, and parents gone so frequently that she was more or less raised by her teachers and peers in Catholic school.

While in school, Evelyn learned 5 languages, and put them to use working as an interpreter at the American Embassy. It was there that she met Ralph. After moving to the states, Ralph worked at IBM making circuits until his retirement. They both lived very comfortably, but never had children of their own. They filled their time with traveling and social events, buying homes in spots they adored. They owned five homes across the country by the time they decided to slow down on their travels, and they relocated from Florida to an assisted living facility in San Diego. A short while later, the Taylors picked up their belongings and moved once again to Stellar Care to receive a higher level of care.

The Taylors keep to themselves for the most part, but catch Evelyn at the right time, and she transforms into quite the Chatty Cathy. She can spin tale after tale, but always with Ralph nearby keeping a careful eye on things. The next time you visit your loved one in the dining room, see if you can spot them, it isn't too hard. Just look for the couple with an air of comfort between them, and the sparks of shared adventure in their eyes.

Interviewed and written by
Brandon Cho

Celebrating October

Popcorn Poppin' Month

International Frugal

Fun Day

October 1

Do Something Nice Day

October 5

Columbus Day (U.S.)

October 10

Halloween

October 31

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.

Stellar Care's Employee of the Quarter

Micha Vlastic

Assisted Living Department



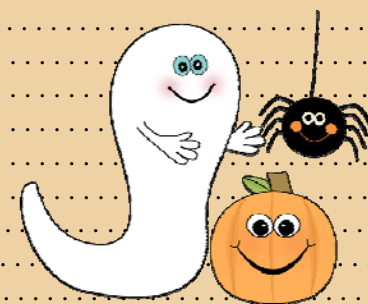
Thanks, Micha. You are the BOMB!

October Birthdays

In astrology, those born between October 1st and 22nd balance the scales of Libra. Libras seek equality, justice, and harmony. Eager to cooperate, Libras are charming diplomats who seek compromise and good will.

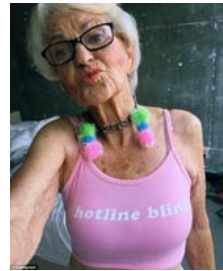
Those born between October 23rd and 31st are Scorpios. Scorpios are passionate and assertive leaders who value honesty and fairness above all, but betray a Scorpio and suffer the scorpion sting. Befriend a Scorpio and you will have not just a friend for life, but an advocate and confidant.

Katsu A.	Oct. 1st
Thomas R.	Oct. 6th
Teresa C.	Oct. 10th
Joseph N.	Oct. 16th
Marie S.	Oct. 21st
Dale F.	Oct. 22nd
Carol H.	Oct. 23rd
Theodore E.	Oct. 24th
Don S.	Oct. 25th
Myung K.	Oct. 25th
Pauline D.	Oct. 30th
Juanita F.	Oct. 30th
Phyllis R.	Oct. 30th
Beatrice W.	Oct. 31st



Do You Know Baddie Winkle?

My daughter, Vicky, suggested I write about “Baddie Winkle,” and when I admitted I didn’t know her, Vicky was shocked. You see, Baddie Winkle is an 88 year old, internet personality. Between Twitter, Instagram and Facebook, she has over 2 million followers, and after speaking to several of you, it is fair to say most of her followers are under 30.



She became an internet sensation, when at the age of 85, while wearing her great-granddaughter, Kennedy’s, outfit to sunbathe, she looked so cute, Kennedy took a picture, posted it, and the rest is social media history. Now Baddie escorts rock stars to awards shows, does television interviews globally, and is the spokesperson for her favorite cigarette and vodka ad campaigns. Young people adore her and want to be like her at 88. Honestly, so do I. Baddie’s irreverence, outspokenness, and eccentricities are also her most endearing qualities. You almost believe she’s got the “old age thing” licked. Her core belief system, lifestyle, and independence have always been a part of who she is, which made it easier for her to transition to the celebrity status she now wears.

Helen Ruth Elam Van Winkle was born July 18, 1928, in Kentucky, where she grew up during the depression, believing she was the poorest kid in the country. She married her husband, Earl, when she was 19, and had two children, a daughter and a son. However, Earl died in 1983 and her son died in 1999. “That’s not supposed to happen,” Ruth states. She still carries those losses with her every day. Ruth confesses she was even mad at God. “I cried all the time. So I made myself over, more interesting. I’m not an old person, I just do my thing.” Ruth says she would like to be a role model for old people.

Recently, a photo of Baddie got 887 “likes” in one minute. Her outrageous clothes, hair, makeup and dance moves, along with innuendo, make her a sensation with young adults. Glitter and false eyelashes aside, I applaud (and now follow) a woman who exercises, engages in social activities, stays current and up to date with the world and its technology, acknowledges life is hard, grieved her losses and is now enjoying and living in the moment. Mostly, Baddie Winkle is surrounded by three generations of her family, who love and respect her. Every day, her family celebrates her.

Although we all can’t learn the latest dance moves or wear see-through costumes on the red carpet, there is merit to the way Baddie Winkle honors what matters the most to her. Isn’t that what we try to do at Stellar Care? Each resident is unique, with his own story to share. Our staff recognizes those life experiences that contribute to molding the personality of each individual, and we tap into those memories everyday with specific activities. We have a community filled with “Baddies.”

I invite you to ask a young adult in your life if she knows Baddie Winkle and then ask what is so appealing about her. After that insightful conversation, go buy some light up shoes and a shirt that says, “Awesome.”

Susan O’Shaughnessy

Summer Concert Series Ends



Let’s Be Friends...



Walk4ALZ | San Diego
Alzheimer’s | EARLY ONSET

Saturday, October 15th
Walk begins @ 8:00am in Balboa Park

Join Team Stellar Care

Log on to www.alzsd.org / Walk4ALZ



We are Grateful...

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

Apreva Hospice

Apreva Hospice was formed in 2008 by Noel Sullivan, after having gone through the hospice experience for his parents, back in Ireland. He was determined to do it better and made it his Vision and his Mission to ensure that hospice patients receive real, true, quality hospice care.

With Leigh Anne Grass, RN, PhN, as the Executive Director, Patty Shigley, Family Nurse Practitioner and two other nurses on the Nurse Management team, just this group has a whopping 120 (!) years of nursing experience combined.

It has been Stellar Care’s experience that Apreva Hospice, locally owned and operated, has that personal touch and the flexibility to get the job done quickly and well. It has been our privilege to work together for the care of our residents.

Thank you  AprevaHospice

EMPLOYEE SPOTLIGHT

Sierra Fackler

Sierra began working with older adults when she was just fifteen while volunteering at an assisted living facility in Los Angeles, California. She describes her experience as “love at first sight.” There she led sing-alongs, bowling competitions, and helped with seasonal events all while growing to love each of the residents she worked with. When she found out that she could major in gerontology and work with seniors forever, it was a no-brainer--she packed her bags and headed for San Diego State University to do just that. While at SDSU, Sierra found herself joining the men’s rowing team as a coxswain (the tiny one that steers and yells) -- and spent two years on the team waking up at 4AM every morning until she and her boat placed third at a national competition in Georgia.

Sierra joined the Stellar Care team a little over a year ago as an SDSU gerontology intern interested in the administrative side of senior care. Once her internship was over, she began working in activities on the 2nd and 3rd floors where she enjoyed braiding hair, showing nature documentaries, and playing music for residents to sing along to. The directors quickly saw her talents were not being fully utilized and made plans to adjust her full time position. After graduating a year early from SDSU with a degree in Gerontology and a minor in Behavioral Neuroscience, Sierra started her position as Stellar Care’s Community Liaison, participating in senior care related events and helping to bring awareness of what memory care facilities can provide.

Born and raised in Pasadena, California, Sierra spent most of her time outdoors. Between chasing chickens, playing field hockey, hiking up the nearby mountains, or rescuing and raising weird animals (which included a crow, a turkey, and a vicious toe-biting turtle), there was never a dull moment. Growing up, Sierra learned how to play piano and violin, and performed often with her sister at a local street fair. And although Sierra now considers San Diego her home, she still makes the trip up to LA to spend time with family whenever she gets the chance.

Aside from Stellar Care, Sierra is also a Hostess at the Banker’s Hill Bar and Restaurant and enjoys the fast-paced setting it provides. In her free time, Sierra likes to cook, nap, and go running. She also enjoys traveling, whether it be local or abroad and can’t wait until next May when she’ll be spending three weeks in Europe.