



Stellar Care Chronicle

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



Celebrating November

Memoir-Writing Month

Diabetes Month

Use Your Common Sense Day

November 4

Dear Santa Letter Week

November 7-13

Apple Cider Day

November 18

Thanksgiving Day (U.S.)

November 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

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.

** With cooler weather approaching, please check that your loved one has a supply of warm clothes (jacket, sweaters, pants, socks) and heavier comforter for their bed. Remember, the comforter will need to be laundered by the family.

** If you would like to take your loved one out for a Thanksgiving meal or overnight stay, please let us know ahead of time so that medications can be ready for you to pick up. Also, have a conversation with the assisted living director about any special needs that your loved one may have recently developed.

** Please remember that company policy prohibits employees from receiving gifts from residents or families. If you wish, you can contribute to the employee fund. The fund is collected throughout the year and is distributed to all the employees during the holidays.



November Birthdays

Those born between November 1 and 21 are Scorpios. Scorpios are passionate and assertive leaders who value honesty and fairness above all. Betray a Scorpio and suffer the scorpion sting, but befriend a Scorpio, and you will have a friend for life.

Those born between November 22 and 30 are Archers of Sagittarius. Archers are both confident and lucky and so often find success. Their infectious enthusiasm attracts friends to help them achieve their ambitious and lofty goals.

Sheila M	Nov. 03
Gladys P.	Nov. 06
Charles P.	Nov. 10
Ralph K.	Nov. 15
Jim S.	Nov. 17
Barbara G.	Nov. 18
Betty Jane P.	Nov. 21
Mary F.	Nov. 27



“My Life as I See It.”

Paul Petrig

Born in Evansville, Indiana, Paul is the second youngest of seven children. His father worked as a dry cleaning operator and his mother had her hands full raising a rambunctious group of 6 boys and 1 girl. Although a bit of a bookworm growing up, Paul was like any other boy, and took full advantage of his family's ten acres of woodland to run around and explore when he felt like he needed exercise. In high school, he stayed active, putting his strength to good use as a fullback and inside linebacker on his school's football team. He also worked part time for D.L. Little Well Drilling, a water well drilling company owned by one of his neighbors. Growing up, he was always thinking about how to put his schooling to good use. When asked about career goals, he told me “At one point, I asked myself, should I be a doctor? And I looked into that and said, No.” His self-deprecating chuckle revealed much about the humble, easy-going man he is.

After high school, Paul left Indiana to attend St. Procopius College in Chicago, chosen for its good reputation as a science school. It was a college founded by Benedictine monks, and Paul remembers that his teachers “were quick to take a hand to students, it kept their students in line”. Paul graduated college and immediately joined the Navy to fly as a pilot. He wanted to fly the single engine bombers, but recalls injuring his leg and cutting his career as a pilot short.

“There was a wreck in '67” he says. “I kinda totaled the car, ran into a tree or a concrete block late at night.”

He sat thoughtfully for a moment, before admitting, “sometimes I think that accident is still gonna get me. The injuries from it have been a problem ever since”.

Despite the life-altering accident, Paul stayed in the Navy for four years, serving on a variety of naval ships, before being discharged into the Naval Reserves. Reflecting on his life in the Navy, Paul says, “I really had an easy life in the Navy. I worked eight hours a day, and then took off, went to relax. I think I'm still in it (The Navy) too, if they haven't gotten my last letter yet”. Grinning to himself, he takes a moment to contemplate before answering my question about his family.

Continued inside...

Welcome to the month of November! By the time you are reading this, we will know who won the World Series and who America has chosen to be our next President. We are cheering for our favorite football teams, looking forward to Daylight Standard Time, and preparing for Thanksgiving and the beginning of the Holiday Season.

To quote the famous American scholar, Erma Bombeck, "Thanksgiving dinners take eighteen hours to prepare. They are consumed in twelve minutes. Half-times take twelve minutes. This is not coincidence."

Harvest Time is about gathering, giving thanks, sharing our bounty. But it's also a time for introspection, visiting memories, and honoring our past with Veterans' Day, USMC Day, All Souls' Day and Dia de los Muertos. We are beings who love ceremony and tradition and November is jam-packed with emotionally charged celebrations.

Some of our families are struggling with finding their "new normal" as they make peace with the fact that Thanksgiving this year may be different. The location may be changed, loved ones may be out of town, one or two seats at the table may be honored, but vacant. As I wrap my arms around each of you, I ask you to cherish your memories and find joy in today, because we must be mindful that we are creating memories for the generations coming up. "If there is one day each year where food and family take center stage, it is Thanksgiving. It is a holiday about 'going home' with all the emotional content those two words imply."

Because we know how challenging the holidays can be for many of us, I invite everyone interested to join us on Tuesday, November 15, 6:30 p.m., in the conference room. Chaplain Courtney Mys of Sharp Grossmont Hospital, will be our guest speaker and address feelings and emotions while coping with all that comes with the holidays. Courtney is a gifted and loving individual (and personal friend of mine).

We did gather, give thanks and share our bounty at the "Alzheimer's San Diego" Walk in Balboa Park on October 15th. Proudly, I can announce that Team Stellar Care raised over **\$42,000!** Past and current Stellar Care families joined us at the Walk, and financially donated funds to our local organization, which does so much to support those of you living with dementia. It touches my heart to read your words of encouragement and love in the notes that accompany your generous donations. Your good wishes are always shared with our staff.

And what an incredible staff we have! Daily, each person in each department gathers, and shares their personal uniqueness with your loved ones, developing kind and caring relationships. Each staff person's hands are used to touch, dress, bathe, cook, nourish, clean, launder, and entertain. But their hands also encourage, protect, console, and pray. For these hands, I give thanks.

Wherever you find yourself this Thanksgiving, I hope that your heart is full and grateful for the blessings that you have in this present moment and the memories you cherish from years past. As you use your hands to prepare or pray may you think of our hands.

Abundantly,
Susan O'Shaughnessy

We are Grateful.... for our very own, Miss A.



A smiling face, a hearty laugh
She's a favorite of the staff
Positive energy abound
Whenever she's around

While caring for a loved one
Work that is never done
She never ceases to give praise
To all who toil in their days

To make sure that all are secure
In the knowledge that we'll ensure
You are cared for with love
With dignity bestowed from above

With humor and wit she handles with grace
Challenges day to day she is ready to face
Kind words and gestures big and small
Makes our day, what a doll!

Our Miss A. also makes greeting cards galore
To help raise funds to find a cure
But our favorite, by far, are the visits w/ Nora
Both Nora and Miss A., we ADORA!

Love you!
Linda & the entire staff of Stellar Care

...Continued from front page – Petrig

"I met my wife dancing at a nightclub or whatever you want to call it. Doing a dance, I can't remember the name but a popular one at the time. We met somewhere around April, started getting involved by May or June, and got married in February of '72, I think. It was an awful long time ago". And his kids?

"Two kids, a 38 or maybe 40 year old girl, and a boy who is 3 years younger". Jokingly, he pointed out even though they are well past childhood, they are still a "girl" and a "boy" to him. As for Paul, "Hell I'm 72 or something like that. Born '45, so what does that make me? I think I'm going on my 72nd year".

He lapsed into thoughtful silence, and we sat together while he thought about what else he wanted to add to his story. He ended with "Oh, I kept bees. Had three hives, did it on a small scale."



His final addition captured his personality well, answering a question in a way that often created more questions instead, questions he saw me about to ask, before waving them off with a grin. "I'm ready to go back to the activities now" he said softly. And so we did.

Interviewed and written by
Brandon Cho

Alzheimer's San Diego Walk



October 15, 2016

MUSIC IS THERAPY

If you are interested in our new music therapy program & would like to donate a "personalized" iPod for your loved one, please see Rachel for the exciting details.



EMPLOYEE SPOTLIGHT

Cristian Linan Martinez

Cristian is a relative newcomer to both Stellar Care and San Diego. Born in Mexico, and raised in Riverside, Cristian grew up as the oldest of four children. He was always an active child, taking advantage of the ranch he grew up on and spending his free time outdoors. In high school, he played baseball for his school and was also part of a hip hop dance crew. After high school, Cristian decided to follow in his mother's footsteps and entered the healthcare industry. He quickly got his CNA certification and then worked as a caregiver for special needs patients for a few years until moving down to San Diego this past spring.

At Stellar Care, Cristian came on board with our activities department, and his bubbly personality and zest for life keeps our residents entertained and energetic. He is currently working on finishing his general education requirements, and hopes to then pursue a Bachelor's in nursing. When not at school or work, Cristian stays true to his roots and spends his time hiking, bike riding, and even horseback riding. He is an experienced bronco rider and also knows how to lasso!

Despite his rugged rodeo participation, Cristian is a loving person at heart, hence the reason he entered the healthcare industry rather than following his father into construction. Although he just joined us in August, Cristian has made himself at home with the residents and has endeared himself in their hearts. We are thrilled to have him on board and in the community.

Holiday Meals at Stellar Care

We have invited families for Thanksgiving lunches in the past, but because we've had to displace residents when seating family members at tables, this has caused some confusion and agitation. We want to make sure that we are focused on the care of our frail population and we do not want to cause, by our good intentions, any increase in confusion or agitation. That is why, this year, **we will have the Thanksgiving meal at lunch for residents only.**

