



# The Stellar Care Chronicle

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



## RESIDENT RAVE

Sheila Maxin

The second to last of 15 children, Julia Patricia Hallisey was born in Queens, New York, in her home rather than in a hospital. Her brother Frank started calling her Sheila at a very young age and it stuck. Sheila grew up in the early 30s and 40s in New York City. She was an orphan by the time she was nine but her older sisters May and Rita took her in and helped raise Sheila and her sister Cathy. Growing up in such a large family made her a very social and loving person. This played a big role in her life, when at the end of World War II in 1945, she joined the large groups of pretty ladies who made their way to Times Square New York to kiss and celebrate with all the servicemen now that the war was finally over. During the celebrations, she met the man of her dreams, Stephen Maxin and married exactly 6 months to the date later in the early 1950's. She moved with her husband from New York to Rhode Island, and eventually to California where they settled in 1958.

Together, Stephen and Sheila had six children, the oldest is Stephen and a daughter named Mary who died at childbirth. To this day, Sheila says she likes to think that Mary will be there in heaven to greet her there in the future. She has a daughter Catherine (whom the family calls Katrina) who lives on Catalina Island, a son Chris who served 30 years in the United States Navy, and a son Jeff who is a captain in the San Diego County Sheriff's Department. Her youngest child Robert, or Robby as she likes to call him, runs his own transportation company and in fact is the main source of transport for many of our residents to their appointments, and part-time bus driver for our residents during their weekly outings. As a friend and mother, Sheila was doting and caring, but always ready to stop and correct anyone if they misspelled or misspoke a word.

From the Family:

On July 4<sup>th</sup>, 2007, dad passed away. Mom had been suffering with a lot of depression and anxiety since he passed. As a family the hardest thing we had to do was put her into a facility, Stellar Care. But as it turned out it was the best thing that we did. Mom hasn't been happier or healthier since before her husband passed away. We love, honor & cherish our mother but we know she's better off with Stellar Care.



Thank you very much to everybody at the facility who helps take care of our mother.

Written by Sheila's youngest son Robert

## Celebrating January

**New Year's Day**  
January 1

**Cuddle Up Day**  
January 6

**Martin Luther King Jr. Day (U.S.)**  
January 16

**Chinese New Year**  
January 28

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**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.

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

\*\* Flu season is here! For your well-being and that of our residents, please make sure you are not sick when you are visiting Stellar Care.

\*\* 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.

## January Birthdays

In astrology, those born between January 1st and 19th are Capricorn's Goats. Capricorns are independent, detail-oriented, patient, and self-sufficient. These qualities help the sure-footed goats achieve stability and security.

Those born between January 20th and 31st are Water Bearers of Aquarius. Aquarians may be shy and quiet, but they are energetic, unique, and independent visionaries. They are often unemotional, intellectual, and will pursue wisdom to the ends of the earth.

Mieko L.....	Jan. 1st
Margaret H.....	Jan. 2nd
Shirley K.....	Jan. 13th
James R.....	Jan. 14th
Evelyn T.....	Jan. 16th
Barbara M.....	Jan. 31st



**SAVE A TREE! GO GREEN!**

Email [barbaram@stellarcared.com](mailto:barbaram@stellarcared.com) to have this newsletter and/or monthly invoice emailed to you.

**From the Director's Desk.....**



If we are completely honest, there are some years that we like and celebrate more than others. For me, 2016, won't make my top ten list. It did however teach me countless lessons and hopefully make me a kinder person. Many of you have followed along as I've shared stories about my mother and the growing concerns that my sister, Eleanor, and I struggled with, as mom started becoming less independent. As family members dealing with similar concerns, I sought your wisdom and respected your suggestions. I even wrote about my mother a couple of times, because there was value in sharing my experiences with you, family members on the same journey. My sister and I had a six month plan to move mom to assisted living. Then on December 8, I got the most unexpected phone call from Eleanor. In that surreal place, where you go when your mind and heart need to be protected, I learned that our mother had gently passed away while taking an afternoon nap. My mother had a different plan in place.....

What are some of the lessons I learned for which 2016 gets the credit? Firstly, I learned that surrender is not a bad word. It's not about giving up; it's accepting the outcome. In this acceptance we find deep, inner strength and peace. When we surrender to grief, profound as it is, then we begin to heal.

I learned I wasn't the center of my mother's universe. My mother had memories, life events to process and relationships to learn from, all which contributed to making her the person she was. My mother was a complex human being with her own support system in place. She had interests, opinions and friends who valued her and thought she was talented, funny, generous and caring. I was just part of her universe.

I was reminded that life is fleeting. Make time for each other. Hug and kiss the people you love, and say, "I love you," every chance you can. Family is to be honored and respected. Family matters. My sister is my best friend. I adore her and want her to be happy, always. Our children, my mother's grandchildren, brought laughter into the home and raised our spirits every day, reminding us life moves forward.

In this lifetime, I no longer carry the title, "daughter."

And lastly, I learned to pay more attention to voice messages and texts on my smart phone. The two tasks Eleanor and I saved for last were to go through my mother's wallet and phone. It was that respect and intimacy lesson with which we were raised. We gently made our way through some cut up photos of grandkids, a Joe DiMaggio card, and a picture of our dad from 1950. Then we read her texts and emails. It was like listening on the extension, with your hand over the receiver. If someone had to go through your phone tonight would it tell of a life well-lived? My mother's did.

I do not know what 2017 will bring us. For some the lessons will be difficult. But I do know that we will also get joy, births, new love, adventures and beauty. I pray that where ever your journey takes you in 2017, you are surrounded by love, kindness and happiness.

Blessings,  
Susan O'Shaughnessy

**The Gift of Song**



**Spreading Holiday Cheer**



**EMPLOYEE SPOTLIGHT  
Miguel Lopez**

Miguel has had a long, wonderful work history with Stellar Care, and we are thrilled to have him back with us as of last November! If you haven't met him yet, Miguel is the jolly-faced guy in the maintenance department who is always smiling cheerfully.

Miguel was born in Mexico, the second of four children, and was raised by his grandmother. When he turned 17, he moved to San Diego and started working his first job as a dishwasher at Denny's. After Denny's, Miguel came to work for Collwood Terrace, and did everything from dishwashing, to serving, to even cooking when the need arose. He was part of the original group of workers that were in the building when Stellar Care's team came in and took over operations of the building in 2008. We quickly saw the broader potential in Miguel, and moved him from culinary into maintenance, where he excelled for over three years.

Sadly, Miguel left us for some other job opportunities, as he took on a job as a cook in an Italian restaurant. From there, he went on to become a manager at Denny's for four years before we reached out to him and brought him back to our team last fall.

Since coming back, Miguel has continued to work with the same cheerful and diligent attitude we loved, and has proved to be a great asset to the building and to our residents. Miguel actually enjoys fixing things around the house as a hobby, so maintenance work is more of a calling than a job. Still, Miguel hopes to one day open up his own business, and in particular, hopes to put his culinary experience to good use and open up a restaurant. Until then, we are thankful that he is part of the team beautifying the building and keeping facilities safe for our residents. Welcome back, Miguel!

**Congratulations Stellar Care  
Employee of the Year 2016**

**Anna Melissa Balala**  
Culinary Department