

STELLAR CARE

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Postage
 Information

The
Stellar Care Chronicle

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



Celebrating September

Dancing Month

Ice Cream Shake Month

Assisted Living Week
September 10-16

Love Note Day
September 26

Good Neighbor Day
September 28

“My Life as I See it.”
 Pat Malone

For as long as we have known him, Mr. Malone has been a quiet, kind and gentle man. After his wife Beverly moved into Stellar Care, Pat visited on a regular basis, coming in nearly every day to be with her. Always with a positive attitude, Pat would spend the day with “his lady”, supporting her with his quiet strength and loving touch. Now that he himself has moved in, it is our distinct pleasure to finally be able to share his life with the rest of our Stellar Care families. I met with him in the courtyard, as he sat half in the shade, absorbing the rays of the sun with his sunglasses on, leaned back with his hands on his knees. He propped himself up a little as I sat down next to him, and began his story.

Born in Colorado, Pat was a self-described “little farm boy, doing farm boy things like swimmin, fishin, and we always had horses to ride”. He had a very large family, and played every sport he could in school, but never was able to play football. Thinking about it, he smiled and said, “You see, we couldn’t have a football team because we were too small. Our graduating class had 21 students!”

Shortly before starting high school, Pat’s life took a permanent turn for the best when a family moved in next door to him with a little girl named Beverly. Although there was a bit of an age gap, Pat and Beverly went to school together, and after he left high school and joined the US Navy, they made sure to stay in touch. He would return to Colorado while on leave to marry Beverly shortly after she graduated high school.

The war broke out soon after Pat joined the Navy, and he found himself on Tarawa as part of the Allied campaign on the Marshall Islands. He served as an Aviation Ordnance man, and spent his days loading up literal tons of bullets and bombs (some individually weighing as much as 2000 pounds) onto warplanes. “Those bombs had some weight to them. Not a bad work out.” Pat says with a shrug.

After the war was over, Pat and Beverly moved to Alameda for a few years before settling permanently in sunny San Diego. Pat finished up 20 years in the Navy and sold sporting goods for a few years before getting hired at 3M as a service manager. He worked at 3M for close to 23 years.

Moving on to his life outside of work, Pat grins and says “We had three kids, so they took a little time, but they were good kids. We didn’t have to worry about them. Great kids, great kids.” Pat’s eyes grew distant as he began to reminisce, but when I asked him about his hobbies, his face lit up again.

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.

** 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.

** Do you have a family member, friend, or neighbor who would like to receive this newsletter? Please leave a note or email Barbara (barbaram@stellarcared.com) with their name and address.

September Birthdays

In astrology, those born from September 1-22 are Virgos. Detail-oriented Virgos have a deep sense of humanity, a trait that makes them careful, tender, and practical. Since all that attention to detail is put into the service of others, Virgos make perfect humanitarians.

Those born between September 23-30 balance the scales of Libra. Libra epitomizes fairness and harmony in all dealings large and small. Sincere, beautiful, and romantic, Libra will work hard to keep all relationships on an even keel with boundless grace and charm.

- Judy A Sep. 4th
- Marjorie F Sep. 6th
- Letha W Sep. 9th
- Mary T Sep. 15th
- Edythe H Sep. 16th
- John J Sep. 18th
- Anne H Sep. 19th
- Dimple S Sep. 19th
- Evelyn B Sep. 20th
- Thomas H Sep. 24th
- James R Sep. 26th
- Olive L Sep. 27th



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But, Are You Happy?

Sometimes you meet a person, and although their time in your life is relatively short, the effects of even a casual relationship can be profound. So it was for me when I was introduced to Harry Duff. Harry was the stepdad of my friend, Pat. I first met Harry when Pat brought him, (he was 88 at the time), and her mother to a social gathering we were all attending. We had a grand time talking and getting to know each other. Although Pat's parents needed a caregiver to assist them with some tasks, they were still socially connected and interested in everyone they met. Harry had a great sense of humor and was a talented storyteller, but he listened, too. I only got to be around Harry a few more times and about five years ago he passed away at 93.

Harry lived a full and rewarding life. He was intelligent and in the early part of his life, was studying to be a lawyer at USF, when it became clear to him that what he really wanted to do was teach high school. He not only taught high school drafting, but wrote the text book that San Francisco schools used in the days before computer science. He raised a family and after his wife died he eventually met and married Edie, a widow with her own adult children.

It wasn't surprising that the day of Harry's funeral, the church was filled to capacity with three generations of blended families and friends to honor his life. But why was Harry so special to everyone? I understood the whole impact Harry had on all of us during the eulogy given by one of his sons.

His son explained that Harry had the ability to help each of us reflect on our own inner truth and purpose by simply replying, to whenever we were spewing our lists of accomplishments and absorption with self-importance, "But are you happy?" Harry wasn't impressed by titles, degrees, income and power. Harry was impressed by honesty, genuineness and someone who was living his truth and passion. There was tremendous silence in the church, as we each reflected on our own thought-filled conversations with Harry. "But are you happy?" Yes, he had asked me that. What a pure way to measure what I was doing with every aspect of my life.

Yes, Harry, I am happy. I love coming to Stellar Care and being with our residents, many of whom would be your cohorts. Each resident and staff person has the capacity to change and improve my life every day. Each act of kindness that I witness, serving a meal, assisting with care, making someone smile, teaches me the value of finding purpose. There isn't anything more important than being of service and we each have this opportunity daily.

It is such a simple question and yet is so empowering. It can put us back on track when we get lost or stray a little. It is a reminder that dark days are only temporary. I wish you only happiness and I know that Harry does, too.

Susan O'Shaughnessy

Cold Treat on a Hot Day! Yum!



Another Fun Day!



...Malone Continued

"Oh! Golf took up the better part of my free time. I did some fishing, did go hunting a little bit, but not much. Mostly golf and taking care of the house was my free time. Mowing the lawn, doing the dishes. And golf, I spent some time golfing" he finished with a wink.

Now, Pat has the same effect on those around him as I'm sure the golf course had on him. His calm, steady manner puts a sense of peace and serenity on his surroundings and his interactions with staff and visitors always seems to leave them with a smile on their faces. Thank you for letting us care for you Pat, and we are blessed to have you in our community.



EMPLOYEE SPOTLIGHT

Ana K. Guzman

Many of us have smiled after biting into a warm, baked good from the kitchen. Ana is the woman behind these delicious treats. She has been a part of our Stellar Care team for about two and a half years and recently took on the task of baking, four months ago. She shared that she has enjoyed it so much she'd like to attend baking school one day. It seems as though a talent with food runs in the family, as two of her aunts are our beloved chefs Lore and Rosa. Ana has several years in food service under her belt and we are honored to have her with us.

Ana is a person who can take on unique challenges. She was born in San Diego but was raised in Tijuana until returning here in the 7th grade. When she first came back to San Diego, she didn't speak any English. She quickly picked up the language in ELD classes and realized that just as her teachers helped her, she could have an impact on others. Motherhood allowed her to do this in raising her two children, a nine year old daughter and six year old son.

As a working mother, leisure time for Ana is spent with family. Sunday is reserved for her kids; they go to the park, the movies, Sea World, anything together. One passion she shares with her kids is a love of music. Her eyes lit up as she revealed that she loves music of almost all types. She excitedly relayed that her daughter will soon learn to play the trombone and that she'll undoubtedly do well, as she got a head start learning to play a bit with her father.

We are so happy to have Ana with us at Stellar Care. As much as she says she enjoys baking, we feel that our residents, staff and families love that she bakes even more. Thank you, Ana, for enriching our mealtimes!

Walk4ALZ | San Diego
Alzheimer's | ALZ | ALZ | ALZ

Saturday, October 21st

Walk begins @ 8:00am in Balboa Park

Join Team Stellar Care

Log on to www.alzsd.org / Walk4ALZ

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



Have you joined Stellar Care



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Create a Snapchat account, using your loved one's name as the account name. For example, if your resident's name was JoeSmith, enter JoeSmith as the account name. If the account name is taken, add a few numbers to the ending, or have some variation of the name.

Once the account is created, add Stellar Care as a friend, and we will receive a notification. That's it! You will be all set, and we will be able to send you updates upon request and during moments we capture with our snapchat.

Contact Mai at mait@stellarcare.com if you have questions or have difficulty setting up an account.