

STELLAR CARE

4518 54th Street
 San Diego, CA 92115
 License # 374603625

Postage
 Information

The

Stellar Care Chronicle

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



Celebrating October

Emotional Wellness Month

Vegetarian Awareness Month

World Pasta Day

October 25

All Hallows Eve

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*

Jackie Ihde Pruhna

My mother, Jackie Ihde, was born near Cookeville, TN as the eighth child of eleven, on May 21, 1921. She went through the tenth grade of school and decided to move to St. Louis to live with her oldest sister. While in St. Louis, she helped to take care of children in an orphanage. Then, she learned that one of her older brothers in the army was leaving overseas, so she caught a bus to San Diego to see him. While in San Diego, she worked in a service station changing tires and oil in cars. She learned about an opening at the aircraft factory, Convair, and applied. Mom installed equipment in the tail of B24 airplanes. A young man, Roscoe, from Kansas installed equipment in the cockpit of the same plane and noticed mom. He asked his supervisor to introduce them. Later, they were married. I like to say that my father is from KS; my mother is from TN; they met in CA, and married in AZ, Sept 16, 1942. Mom also had a second brother who served in the Army and two who went into the Navy. One served under General MacArthur.

Mom and dad lived near downtown San Diego. Dad rode his bike to work. They had twins, who were born too early and died. Later, I arrived on the scene. They made the decision to move to Fresno, CA, where dad had a brother and mom had several brothers living in the area. They operated a dairy farm with dad's brother and helped mom's brothers in the vineyards and orchards. While in the Fresno area, a son was born.

Dad and mom then moved with two young children and very few belongings to central KS. They lived in a home built by dad's aunt in the late 1800's, located on land owned by dad's father. It had a huge red barn on the property. Later, they build a shed to protect the farming equipment. These were very hard years. We raised cattle, sheep, pigs, corn, and wheat. Mom and dad planted trees, and every day, mom would carry water to each tree. She had a huge garden and canned produce from the garden. She made sure we all had something new to wear on Easter. During harvest season, she would prepare the midday meal for up to twelve men and dinner at four pm to take to the men in the fields. She took milk and pasteurized it, made cottage cheese and even baked our bread. She also had the tasks of cleaning the house and caring for the children. During this time, she had physical issues to deal with and gave birth to two more boys and a daughter. In the beginning, we did not have running water or an indoor toilet. Just before we moved to CA, we got an indoor bathroom. We felt rich. We attended a Baptist church that dad's grandfather had attended in the 1800's. My oldest brother and I attended a one room school house that our father had attended. One year, we had snow at Thanksgiving that was deep enough to cover the fences, and left us with no electricity. After getting up one morning and finding that the grasshoppers had eaten everything in the garden down to the ground, mom said she was not planting one more thing. So, after seven years, my parents decided to move back to San Diego and had an auction to sell just about everything.

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.

** 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.

Flu Season is Coming Soon

Time for a FLU SHOT



Flu Shot consent forms can be picked up at the front desk.

Return completed & signed forms to Chris Noh or Bernadette Bowman.

October Birthdays

In astrology, those born from October 1 to 22 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.

Those born between October 23 and 31 are Scorpios. Scorpios are passionate, deep, and intense, qualities that help them counsel others in deep and meaningful ways. Resourceful and determined, Scorpios give their all when it comes to following their hearts.

Katsu A	10/01
Thomas R	10/06
Darlene A	10/07
Teresa C	10/10
Candice P	10/19
Maria S	10/21
Pauline D	10/30
Vicki F	10/30
Phyllis R	10/30



“A couple of months ago, Rachel Robinson, sent you a letter asking you to donate \$100 or more payable to “*Alzheimer’s San Diego*.” For those who have already responded, thank you.

Since December, 2006, I have had the privilege of getting to know the many wonderful Residents and their families and friends of Stellar Care. Actually, it has been over 600 Residents whom I have assisted with moving in to our community. The youngest person was in his 40’s. I have assisted homemakers, Holocaust survivors, pastors, salespersons, teachers, doctors, veterans and a professional baseball player. Most had families, some were single. Each had a unique life experience and a heart that held love and sometimes disappointment but mostly love. And in spite of their generational, economic, educational or ethnic backgrounds every single person had Alzheimer’s or a related dementia.

(Are you ready to write your check for \$100 to “*Alzheimer’s San Diego*?”)

Of the 600 wonderful people whom I have met over the last ten years, 120 residents live with us today. The other 480 were not cured. Alzheimer’s is the only cause of death among the top 10 in America without a way to prevent, cure or even slow its progression. Deaths from Alzheimer’s increased 66% between 2000 and 2008 (and continues to grow), while deaths from other major diseases, including the number one cause of death, heart disease, decreased.

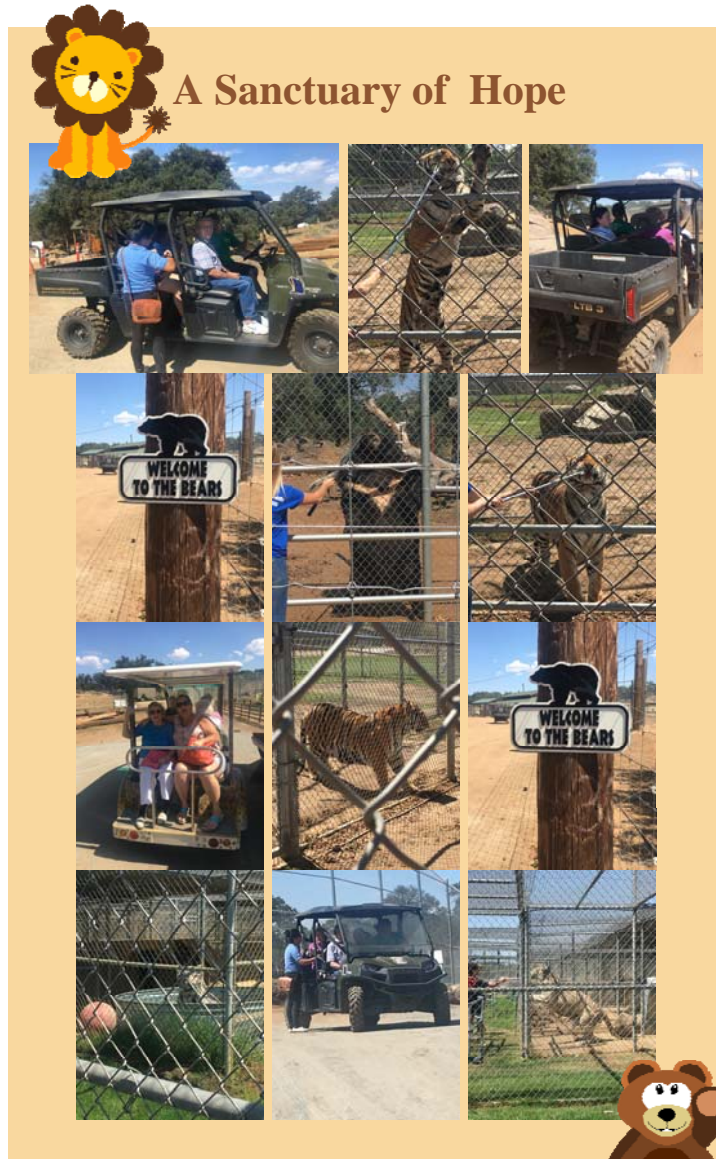
The owners and staff of Stellar Care are honored that many of you recommend us to other families knowing we will provide quality and dignified care but it is also a sobering reality when a family is turning to us with another relative who needs our assistance, and just seven years ago, she was a visitor. *(Please make out your check.)*

Stellar Care is inviting you to join us Saturday, October 21st, 8:00 a.m. for the “Walk4Alz,” Balboa Park. I know you want to make a difference. Join Team Stellar Care at our booth, in the grassy area between Presidents Way and Park Blvd., and meet other family members, staff and former family members for a “stellar breakfast,” and then walk in solidarity with thousands of San Diegans remembering those who went before, praying for those currently diagnosed and hoping for a cure in the near future. All the money donated to “*Alzheimer’s San Diego*” stays in San Diego and finances research, programs and services, information, education, care and support for local families navigating the journey.

Each of you carries a deep pain in your heart while you try to process a grief that is often undefinable. When we first meet, you share personal stories of immeasurable loss. Some of you are stressed, overwhelmed, angry and always exhausted. You reminisce about holidays and birthdays spent together, special moments that let me know what amazing parents and spouses you have. You have cherished memories, created by them, that they no longer know.

If you have had a conversation with me about your Loved One, or if you identified with what I’ve shared, please consider joining us at the “Walk4Alz” and please make out your check for \$100 to “*Alzheimer’s San Diego*.”

Susan O’Shaughnessy



With Honor and Respect,
We Salute Our Veterans



...Pruhna cont.

They packed up dishes, linens, baby clothes, an ironing board and a crib into a small, two-wheel trailer made from a truck bed, put their five children in the car and headed to San Diego. We arrived at Dad's cousin's home in San Diego. He had a beautiful two bedroom, one bath home and two girls. Can you imagine a family of 5 children moving into this very nice home? They were so welcoming and helpful. We lived with them for a least one month. During this time they were able to find an 800 sq. ft. three bedroom, one bath home in El Cajon and dad found a job with Convair. We moved into the home and shortly after, the sixth child, a boy, was born. Mom found employment at a state run nursing home and later found employment at Grossmont Hospital as a nurse's aide. She worked at Grossmont for ten years and enjoyed her job and coworkers. In 1961, they moved into a four bedroom, two bath home with a two car garage. So much room. The family attended First Baptist Church of El Cajon.

After their children were no longer at home, my parents decided to move to Kingsburg, CA. Mom had several brothers and sisters living in the area and wanted to be close to family and help them when needed. My parents enjoyed camping. In 1982, they pulled a fifth wheel around the country going north from MS to VA to watch their first grandchild graduate from high school. They then went to Niagara Falls through Canada and progressed down through Oregon on highway one, then home. Sometime later, when dad started having health problems, they moved to Yucaipa, within a couple of miles of the youngest daughter. They attended the First Baptist church of Yucaipa. Dad died June 2005 at the age of 89, after 62 years of marriage.

While retired, mom made each one of her children and grandchildren a quilt and a crocheted table cloth. She visited nursing homes and hospitals, often crocheting booties for the patient. The most important things to her in life are her faith and her family. She has 6 children, 16 grandchildren, and 9 great grandchildren. Most of us live in Southern CA. But then there are some that live in VA, NC, IL, OH, TX, and AZ. She is well loved and a treasure to have in the family.

EMPLOYEE SPOTLIGHT

Emily Gonzalez

This month, our employee spotlight centers on one of our quieter members, Emily. Emily is a San Diego native who was raised in a close knit family and has two sisters. She attended Catholic grade school and went on to study history at Chico State University. While in college, she got a head start on helping others. Emily worked with the Newman Center to feed the homeless and help disadvantaged mothers to get supplies they needed to care for their babies. After graduating, she moved back to San Diego to work in the activities department of a skilled nursing/rehabilitation facility and then join our team. She has now been with us at Stellar Care for over two years. When I asked Emily how studying history connected with her job now, she responded that her favorite part of working here is getting a quality, one on one experience with residents, during which she is able to hear their stories, benefit from their life experience and see history come alive.

In her free time, Emily enjoys being active and being outdoors. She regularly hits the gym, and spends time hiking. She shared that for her, being active is a great way to relax and relieve stress. She also likes going out and spending time with friends, especially if it includes going out for a good cup of coffee or listening to some great music. “I am a big coffee drinker,” she shared. When I asked what type of music she enjoys listening to, she said that she absolutely loves country music. She and her best friend like to go to any country music concert that comes our way.

Another interest that Emily shared is that of traveling. After visiting some closer spots, like Ensenada and Rosarito, she revealed a desire to travel more. In fact, she will soon fly overseas to experience the beauty of Italy. Some future locations on her list of places to go include Ireland and England. When asked what draws her to those locations she confessed that she is a long time Harry Potter fan and would love to see the locations mentioned in the books and movies in person. For that, England is the place to go.

Some future plans Emily has include traveling more and going back to school to become a Physical Therapy Assistant. She shared that in her time working to help others in college, in the rehabilitation facility and here at Stellar Care, her desire to help others live well and feel well have only increased. We are happy to have such a kind, compassionate person with us and look forward to seeing Emily achieve her goals.



Walk4ALZ | San Diego
Alzheimer's | and more

Saturday, October 21st
Walk begins @ 8:00am in Balboa Park

Join Team Stellar Care
Log on to www.alzsd.org / Walk4ALZ