

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 April

Jazz Appreciation Month

Easter
April 1

Barbershop Quartet Day
April 11

National Coin Week
April 15–21

Earth Day
April 22

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

RESIDENT RAVE

Joe Odle

Reuben Joe Odle is a warm and friendly, happy-go-lucky sort of person. His easy laughter, inviting smile, and the cheerful spring in his step are something to strive toward. To be kind is in his nature, and to be helpful comes almost instinctively.

Joe was born May 14, 1944 and spent the earlier years of his life on a Kansas farm. His family lived in both Kansas and Colorado while he was growing up and raised hogs and cattle. After high school, Joe decided to join the Marine Corps and was stationed at Camp Pendleton. It was while in the Marine Corp that he met his wife, Mallie. One day, Joe was accompanying a friend to Montgomery Ward and was waiting for this friend to apply upstairs for a brand-new credit-card. Mallie worked at Montgomery Ward and it was a slow day at the store, so she and Joe started conversing. After a long, pleasant conversation, Joe asked Mallie on a date and she agreed on the condition that they each bring a friend along. They went out on the Coronado ferry and went to see a movie. They hit it off and got engaged, but before they could get married, Joe was sent on a military tour to Vietnam for 13 months. For over a year, Mallie awaited Joe's return and once he was back, they married and he came back to civilian life.

Joe was able to use the GI bill to go back to college and eventually become an engineer. He obtained a job with Cal-Trans and worked with them in a variety of capacities for over forty years. He worked in the materials testing department for the materials used on bridges and in highway construction. He also helped work on the old Highway 80 and what would become the interstate 8 in Mission Valley. Joe knew highways and backroads like the back of his hand. In the 1970's a hurricane in Baja California caused damage near San Diego and blew out bridges between El Centro and San Diego. The Odle family was traveling through that area and was advised that there was no way to San Diego until damage was cleared, but Joe's knowledge of the backroads brought them back home safely.

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.

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

** Please refrain from taking loved ones in stairwells, several visitors have used keypad codes in front of residents that have been able to remember the codes.

** To ensure the safety of all residents, do NOT leave the following in resident rooms: sharp objects such as scissors, needles and tools and chemicals such as cleaning supplies. All medications should be in med. dept.

April Birthdays

In astrology, those born between April 1–19 are Aries' Rams. As the first sign of the zodiac, Aries are energetic and assertive initiators. With bravery, zeal, and speed, they jump headfirst into life, confident they can navigate any challenges.

Those born between April 20–30 are Taurus' Bulls. Bulls are hardworking, ambitious, honest, and dedicated to finishing tasks with a dogged persistence. And once the work is done, a Taurus expects to enjoy the fruits of their labor.

- Miles G Apr. 4th
- Genevie J Apr. 5th
- David D Apr. 9th
- Ok Boon L Apr. 18th
- Shirley S Apr. 20th
- Joseph E Apr. 21st
- Nancy T Apr. 22nd
- Myrtle L Apr. 24th
- Norman P Apr. 24th



Congratulations Stellar Care
Employee of the 1st Quarter

Janet Whaley

Assisted Living Department
NOC Shift Supervisor



From Our Ancestors Come Our Names, but from our Virtues our Honors” (proverb)

When you are born, the first thing you are given is your name. Nicknames and endearments aside, your first name stays with you until your life time is completed. For many, it is even inscribed where we eternally rest. This gift from our parents is a serious affair and often has a story attached to how it was chosen or whom it may honor. Some of us are named for family members who went before, famous historical personalities who inspire, religious beings who protect. For generations of immigrants, children were named for places, flowers and songs reminding them always of homelands left behind.

In the 1930’s the most popular women’s names were Mary, Betty and Dorothy while the men were Robert, James and John. By the 1950’s, according to Social Security records, we had more Mary, Linda and Patricias and more James, Michael and Roberts. Susan and Janet were in the top ten in 1950s a fact proven by the four Susans in my second grade class.

When I asked Shirley how she came to have her name, she beamed, “I was named for Shirley Temple. I went to all her movies with my parents. I wanted to be just like her.” Callie shared that she was named for her father’s two mothers. Her name is a combination of his birth and stepmothers, two women he loved. One of our caregiver’s middle name is Blair, for the character Blair on the Facts of Life while Emily in activities is named for one of the famous Bronte sisters. And yes, Michelle, at the front desk, is named for the famous Beatles song that the whole world was singing in 1967, when it won the Grammy for Song of the Year.

When we first meet someone and ask their name, the whole energy of the encounter becomes friendly, intimate, meaningful. “A person’s name is the greatest connection to their own identity and individuality.” This is something we believe in and focus on every day at Stellar Care. A resident may not remember the story of her name, but she will always respond to the sound of her name. For someone with dementia, hearing their name spoken in a kind and caring tone, is very important. When a resident’s name is used, he feels respected, important. He matters. Calling a person by name immediately connects us. We are in relationship.

Using a name connects us on a more intimate level. It speaks of friendship, family. It builds rapport. Residents are always so delighted when I say hello with their names attached to the greeting. “How do you know my name?” they ask with a big smile. Remembering their social skills, they look at and read my name tag. When I’m talking to a resident who needs more support, I will say, “Hello, Mary, I’m Susan.” Not only is this courteous, it feels good, especially for the resident. It personalizes the interaction and acknowledges a relationship.

“A person’s name is a doorway into their world.” Literally, that’s what we do at Stellar Care. Once we know where the new resident’s room is going to be, we put up her name on the door plate. That small, simple gesture means the world to the resident and her family. “Look, your name, Dad!” “This is YOUR room. It has your name on it.”

It’s comforting to be in a place “where everyone knows your name”!

Susan O’Shaughnessy



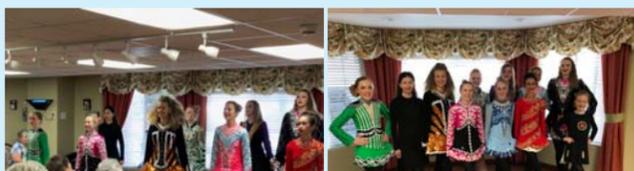
Check Out These Caricatures By Spencer Art!



Love, Love, Love Music Therapy



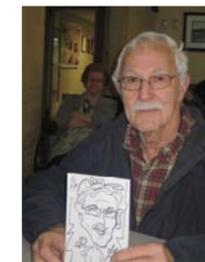
Irish Dancers Performed



... Odle continued

In the earlier years of their marriage, in the 60’s and 70’s, Joe and Mallie spent time traveling from state to state in a van with floral curtains in the windows. When they crossed some of the southern states, police officers would, without fail, follow them until they were across state lines, stopping to eat if Joe and Mallie stopped to eat, all with the intent of making sure these two “hippies” didn’t cause any trouble. They never had any issues with the officers, and always had a nice police escort keeping them safe. Unfortunately, however, as they traveled their van would often break down, and typically not with the friendly officers nearby. They once even had to hitchhike across Texas to obtain a part needed to fix the van. Later in life, Joe and Mallie were able to trade out the van and its mechanical problems for trips on cruise ships. They began traveling outside of the United States, often with friends from church and family, including their daughter and 2 grandsons. They loved cruises and have taken the Alaska cruise, one in Australia and New Zealand, as well as a river cruise through Europe. Through all of these experiences, they saw beautiful sights and have had a grand adventure together.

When not working on making roads safe, or traveling across them, Joe enjoyed golfing, camping and riding a dune buggy through the desert. He was also always involved in the community, helping boy and girl scout troops, even guiding girl scouts down the Colorado river on trips. In addition, Joe and Mallie have enjoyed being active in a spiritual community, as longtime members of their local church. Joe was the head usher for many years and was always on hand to assist with anything needed. Throughout the years, Joe and Mallie built up a community and a wonderful support system through their involvement in their church and with the scouts. In times of need, this community has rallied together to show love and support to the Odles. Looking back, Joe and Mallie reflect and share the thought that they have had a good life. Joe’s days today are still very active. He enjoys going out into the community and spending time both upstairs in our 4th floor library, listening in on the latest news, and dancing in the Santa Barbara room whenever we have entertainment. We truly admire Joe’s love for life with all it has to offer and are grateful to be on his team.



Resident Rave and Employee Spotlight
Interviewed and Written by: Mai Truong

EMPLOYEE SPOTLIGHT

Ashley Andrade

If you have ever stopped by to visit our fourth-floor library, you may have run into Ashley, a kind and cheerful member of our activity department. Ashley is a Spokane, Washington native, but moved to Oceanside, California when she was just two years old, making her an honorary Californian. She was raised in a loving household with a younger brother and many beloved pets. Ashley’s fondest memories from her childhood and onward include family road trips to several national parks, as well as cruises with her grandparents to Alaska, the Panama Canal and Hawaii. She cherishes these memories and feels fortunate to have been able to see parts of the world from a young age, experiencing a variety of cultures.

Growing up, Ashley has always had exposure to the medical field and developed a passion for health care from a young age. She attended Vista High School and went on to get her associate’s degree at Mira Costa College, changing her major five times during the process. Her journey to deciding on a career took a clearer path during college, when she lost both sets of grandparents. Losing her grandparents made a big impact on her and reminded her of how precious life is. She was actively involved in their care and was exposed to and impressed by the hospice team caring for them. It was at this point when Ashley decided that she needed to become a Social Worker. Ashley graduated from Mira Costa College in 2016 with an associate’s degree in social and behavioral sciences. She is currently pursuing her bachelor’s degree in social work at San Diego State University and hopes to obtain her MSW, become a clinical social worker and join a hospice team.

Ashley became a part of our Stellar Care family about 8 months ago and has been an excellent addition to the team. She enjoys working on our 4th floor and on our other activity floors as well. When she is not at work or school, she volunteers with Lightbridge hospice. She also loves spending time outdoors, camping, running, going to the gym and traveling. She plans to keep working toward her career goals and hopes to continue to travel with her loved ones. We appreciate being part of her journey and look forward to what the future

