

STELLAR CARE

4518 54th Street
San Diego, CA 92115
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Information

The
STELLAR CARE Chronicle

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



RESIDENT RAVE

Rita Micklish

"I feel as if I had opened a book and found roses of yesterday sweet and fragrant, between its leaves." -

Lucy Maud Montgomery

In all transparency, it is a daunting task to write about a writer. Learning about Rita Micklish's life and upbringing, however, feels like finding the roses of yesterday—a treasure of sweet memories, world travel and many touched lives.

Rita was born on February 7th, 1931 in San Diego, CA. From a young age, she loved recording her thoughts and observations about the world around her. She was raised as the oldest of four siblings—two brothers, Bill and John, and a sister, Patricia. According to Rita, her role growing up was to try everything out to pave the way for her siblings. Her mother helped set the family's parameters of morality and instilled values into the children. Her father was the provider, and even built the family a house to live in while they lived temporarily in a large tent.

Rita's childhood was joyful, overall. She attended Our Lady of Sacred Heart Parish and Cathedral High School. She married her husband, Donald, soon after high school and they started a family together. Rita's connection to writing became solidified when her father's best friend needed someone to help out at the Union Tribune. Rita took on the job and was exposed to every aspect of the printing process. It was there, she said, that she developed her formal format for writing and her process of gathering information, doing research, and writing accurate pieces.

Rita's big jump start came with the completion of her book, Sugar Bee. Sugar Bee is about a young, African American girl that longs to see a world different from the neighborhood she describes as old and ugly. She has the opportunity to visit a Caucasian family in the country and learns that the appearance of her surroundings is not most important in life. After Sugar Bee took off as a success, Rita was invited to present her book in different locations. She started teaching in the County schools and taught independent writing in her home. She even started a club called the Liberty Falls Club, where fans of the Liberty Falls Houses could get together, admire the collectibles, and tell stories about them.

Celebrating June

Iced Tea Month

Zoo and Aquarium Month

Fireworks Safety Month

June 1–July 4

Yo-Yo Day

June 6

Flag Week

June 10–16

Father's Day (U.S.)

June 17

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

** Please refrain from taking loved ones into stairwells, several visitors have used keypad codes in front of residents, even said the code out loud. Remember that some days, even with our fading memory, some residents have been able to remember these codes.

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

** 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.

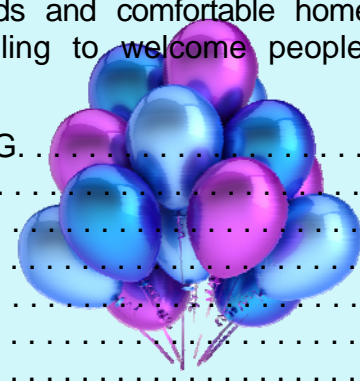
** For a sneak peek at what's going on around here check out our Shutterfly Share Site at <https://collwoodterracestellarcare.shutterfly.com>

June Birthdays

In astrology, those born between June 1–20 are Gemini's Twins. They have two distinct and alluring sides to their personality: sociable and ready for fun, or serious and thoughtful. Sometimes they feel as if one half is missing, so they forever seek new friends.

Those born between June 21–30 are Crabs of Cancer. Guided by their hearts, Crabs are deeply emotional and nurturing. They create deep bonds and comfortable homes and are always willing to welcome people into their circle.

- Richard G. Jun 2nd
- Agnes R. Jun 8th
- Isaura D. Jun 17th
- Lita R. Jun 20th
- Phyllis T. Jun 25th
- Lena V. Jun 26th
- Fred M. Jun 26th



Like us on facebook at facebook.com/stellarcare

Memory

Grizabella is the main cat (character) in the Andrew Lloyd Weber/Trevor Nunn Broadway musical, "CATS." When we are introduced to her, Grizabella, is a very old, tattered and slow-moving feline, who is shunned by her fellow tribe members. All she has are her memories to remind her of a time when she was vibrant, beautiful and desired. As the play moves along and we meet the other cats, all of whom belong to the imagination of T.S. Eliot, we begin to empathize with Grizabella and identify with those that offer her compassion. We are swept up in euphoria and remarkable compassion when Old Deuteronomy chooses Grizabella to be the one cat allowed the honor to go the Heaviside Layer to be reborn. As Grizabella ascends, we can feel her shedding the old, tired and wrinkled exterior as she sings the profound lyrics to "Memory."

The name Grizabella means "Grey Beauty." I like to think that I am surrounded by over 100 Grizabellas here at Stellar Care, all ready to share their wisdom, just by being in the moment now, resting and waiting and being loved. We can't help but be reminded that we are each, one day closer, to the Heaviside Layer, but for now we can reflect on this new purpose in life and listen to the words of a song, which can only be sung by someone who has lived long enough to earn the solo.

The verses of the song, based on Eliot's poem, "Rhapsody on a Windy Night," sing of Daylight, Midnight, Memory and Daylight. Twenty-four hours; a lifetime of twenty-four hours.

"Memory..... All alone in the moonlight, I can smile at the old days, I was beautiful then. I remember the time I knew what happiness was, let the memory live again."

Through this lyric, can you allow yourself to be more accepting of the memory loss? Because those memories have been given to you. They are yours now to cherish.

"Daylight....I must wait for the sunrise, I must think of a new life, and I mustn't give in. When the dawn comes, tonight will be a memory too, and a new day will begin."

It expresses love, intimacy, compassion, protection and memory.

I think the message in this verse is to remind us, we never stop creating memories. They all count; even the new ones. But the last words of the song are most powerful;

"Touch me, it's so easy to leave me, all alone with the memory, of my days in the sun, If you touch me, you'll understand what happiness is, Look, a new day has begun."

The Staff at Stellar Care know how important "touch" is. We touch all the time. You, our family members, touch all the time. It is the sense that requires no cognitive understanding.

How different words and definitions can be when we allow ourselves to open up to a new concept. For me, I feel a new meaning when I say Stellar provides "Memory Care." We are protecting and honoring the old memories and helping you and your loved one create new memories.

Susan O'Shaughnessy

Mothers Day Tea



...Micklish Continued

Over the years, writing, Rita received correspondence from readers all over the world. She kept in touch with some of them, giving writing advice, becoming a confidant for many people and visiting some of them all over the country and beyond. She visited New England, Russia, England, France, Spain and more. Rita even corresponded with other writers, such as Maya Angelou. She explained that the key was allowing herself to be mentored by writers that came before her and using what she learned to serve as a guide for others as well. Through the years, Rita learned to appreciate the diversity of others. She asserts that it is very important to allow people to be who they are at their core and not expect something different, both in everyday life and in writing.

When not writing or teaching, Rita's time was spent with people. She made friends with a couple that owned a travel agency. They needed somebody to help assist with group tours, so Rita took on the task of accompanying senior citizens on trips around the world, taking about thirty people at a time and serving as both an agent and tour guide. She also traveled on cruises with her husband, Donald and saw even more sites on these trips.

With time, Rita and Donald decided to slow down and enjoy being home. They started planting a garden of roses at their home overlooking San Miguel. In all, they planted over three-hundred rose bushes. Rita could name every one of them. Through a lifetime of writing for hours upon end, with her daughter on her lap, to traveling the world and stopping to smell the roses, Rita has accumulated many rich, beloved memories. What a special, one of a kind woman. In sitting for almost an hour together getting immersed in her beautiful life story, all I can say is that I felt fortunate.



Sharon and Rita

Resident Rave and Employee Spotlight
written by Mai Truong

EMPLOYEE SPOTLIGHT

Eileen Thompson

Eileen is a self-described "Island Girl." She is often smiling, very serene and a "go with the flow" sort of person. Eileen was raised on the West Coast of Hawaii and spent her years growing up participating in track and field, in the 440 relay and running long distance. She has loved hula dancing for years, and still dances today. You may have even seen her perform beautiful dances for our residents with a visiting hula group. She raised her children, mostly in Hawaii, and eventually settled in sunny San Diego.

Eileen has worn a variety of hats over the past years. She worked as a security guard for some time and worked at San Diego State University. She later moved into the field of caregiving and has now been with us for over six years. Recently, she took on the role of PM Supervisor and has been doing a wonderful job. Eileen shared that she is passionate about working with our residents. She loves being able to care for each individual and make them smile. According to Eileen, if there is any way that she can make somebody's day, she aims to do so.

Future plans for Eileen include marrying her soon to be husband, Tony and welcoming a tenth grandchild, all in the same year! She'd like to spend time traveling to see many different parts of the world. Eventually, she also aims to go back to school to expand on her knowledge and become an LVN. We are so appreciative of her cheerful, loving personality and are grateful to have her on our team.



Join Stellar Care as our very own
San Diego Padres
take on the Arizona Diamondbacks

Sunday, Aug. 19th at 1:10pm
\$32.00/ticket

Reserve your tickets today
email rachelr@stellarcared.com