

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\*



RESIDENT RAVE

Cathy Cary

Cathy is a dynamic woman that is often on the go. She was born in Boston on October 24th, 1931 as one of six siblings, including 5 brothers. Her mother and father were hard working and kind people. Cathy was especially close to her father, who was a fireman. Every chance she got from the time she was six years old, Cathy would bring lunch and dinner to her dad at work. She recalled with excitement, afternoons spent crossing a couple of key intersections with food in hand, eager to say hi to her dad. He would always greet her warmly and often carried candy in his pocket. Cathy would sit with him for a while and he'd say "you know, I think it may be time for some candy, what do you think?"

After finishing grade school, Cathy attended secretarial school at Boston College. Through word of mouth, she met her husband, Cliff. Cathy shared, "It was one of those things, you know? Where one fellow tells another fellow and one mom tells another one, 'well, that gal is a nice one.'" Cliff agreed that Cathy was a nice gal and they soon married and had five children of their own—4 girls and 1 boy, including 1 set of twins.

The Cary family had the opportunity to live in several states and locations over the years, as Cliff was in the Navy. They lived in Boston, Maine and even Japan for three years. While living in Japan, Cathy helped to open the first childcare center on base and taught English to Japanese speaking children. She shared that she loved working near her husband, expressing, "Oh he always had good ideas!" He was an instructor for machinery and was great with science and math. Cathy explained that between her experience in teaching English and his love for mathematics and science, the children were always expected to complete their homework and do well in school. She loved that her family was able to have the chance to live in Japan together and saw the center as an opportunity to introduce exciting new programs to the community. At the same time, she and Cliff valued the ideas and culture that they learned about as well.

Continued inside...

Celebrating March

Mardi Gras
March 5

International Women's Day
March 8

Pi Day
March 14

St. Patrick's Day
March 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 &

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. Please do not leave unlabeled clothes in rooms.
\*\* 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.



March Birthdays

In astrology, those born March 1-20 are the slippery Fish of Pisces. Selfless Pisces are very wise and empathetic, making them always willing to help others. These deep emotions also make Pisces talented artists and good friends.

Those born March 21-31 are Rams of Aries. Like rams, Aries charge forward with courage, confidence, and enthusiasm. They embrace action, take risks, and will fight for their goals.

Table listing birthdays: Teresa O. Mar. 5th, Irving L. Mar. 6th, Inge R. Mar. 9th, Jean V. Mar. 12th, Terry R. Mar. 17th, Virginia B. Mar. 20th. Includes an illustration of three balloons (purple, green, pink).



**“I’m Happy Just to Dance with You”  
(Lennon/McCartney)**

We are all familiar with the term “Sandwich Generation.” Most of you reading this probably identify with that demographic. The phrase was “introduced to the social work and the gerontology communities, by Dorothy Miller and Elaine Brody in 1981. It referred originally to younger women in their thirties and forties who were taking care of their children, but also having to meet the needs of their parents, employers, friends and others.” In July, 2006, Merriam-Webster officially added the term to its dictionary. Carol Abaya, a nationally recognized “aging expert” even went as far as to categorize three sandwiches:

\*Traditional: those sandwiched between aging parents and their own children

\*Club Sandwich: those sandwiched between aging parents, adult children and grandchildren

\*Open Faced: anyone else involved in elder care.

Wow! Society and the experts do really well at labeling, compartmentalizing and defining us. So, as a “baby boomer” I was comfortable and understood my role in the Sandwich Generation as I cared for my three children, balanced a career and supported my aging parents, from long distance. My father died in 2002, and with my sister taking the lead with caring for our mother, we tag teamed until mom passed in 2016. By then, my adult children were independent and I was no longer part of any sandwich.

But this month, something changed. I mentioned to my kids that I had a consult with a surgeon for an upcoming procedure. San Francisco daughter came into town and accompanied me to the visit. I was happy for the company and amazed when she revealed her list of questions to the doctor. But I was truly surprised when the doctor made eye contact with her and answered her directly and respectfully, because it was at that moment, I realized he was seeing an adult daughter who cared for her aging mother. I was part of the sandwich again, but this time not in the middle. As I am on the down slide to approaching seventy, I mistakenly assume I have experienced every emotion there is to feel in a lifetime, until the inevitable happens and I am left in awe. This was one of those moments.

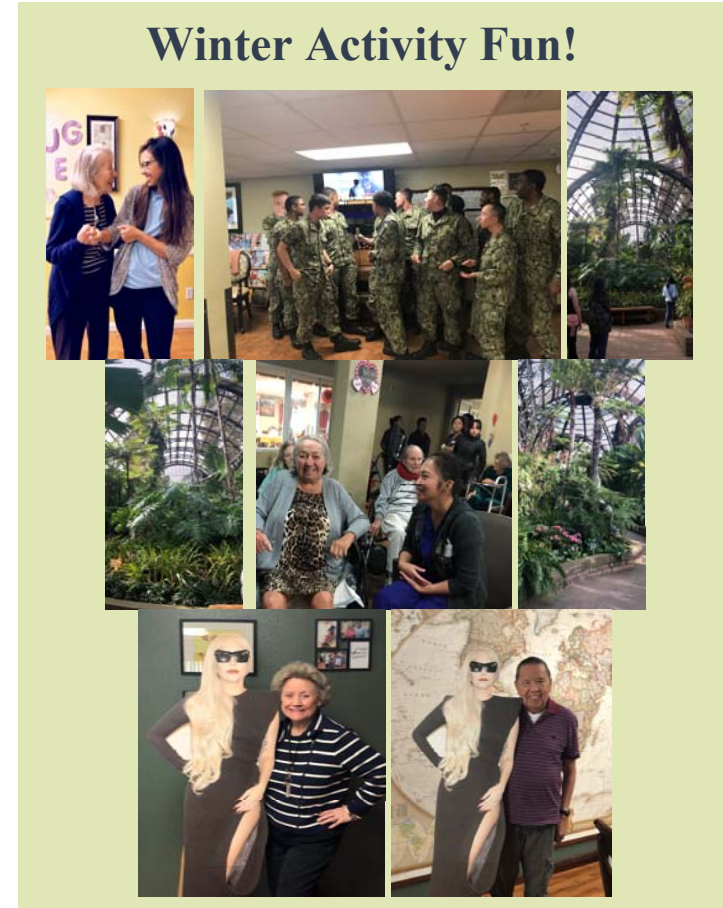
I share this with you because physically, intellectually and emotionally I am facing a different perspective on what this aging part of my life looks like. And because of this, I am even more empathetic to your experiences as family caregivers, and those of the residents, your loved ones, as their needs increase.

I have found it is hard to ask for help, especially from my children. (I’m the one who always provided the help). I’m struggling with losing control. (I won’t be able to drive for a month). My internal conversations are about my mortality. (I love being alive and being part of what this wonderful world offers me daily). The medical/healthcare system is overwhelming. (And I know the language). And sometimes I’m cranky and defensive. (Pain and physical deficits can do this).

But I also know I have three wonderful, mature children who are organizing, texting each other and planning for the outcome. My legal paperwork is in order, and I listen to your advice when we meet in the dining room or at the front desk. I have learned that in this beautiful, wonderful life we all take a turn in these very different stages of the aging process. When we are in community the support is love filled and strong.

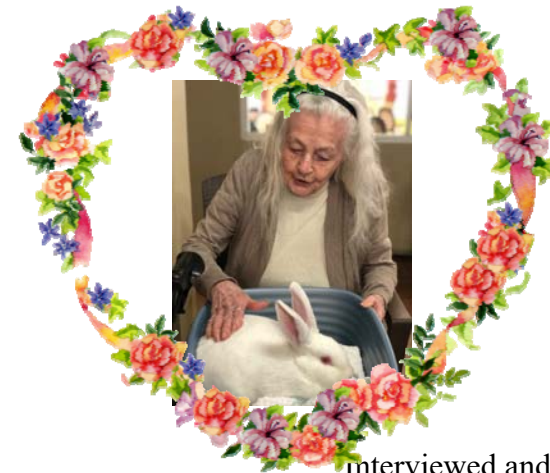
Rather than describing these life experiences in terms of “sandwiches,” wouldn’t it be more uplifting to describe them in terms of dancing? In order to “Lead” there has to be someone to “Follow.” In every person’s lifetime we “lead”, we “follow”, and in each person’s memory we have all had our “Solo.”

Susan O’Shaughnessy



... Cary Continued

After three wonderful years, the Cary family moved back to the United States and lived in California. Cathy spent time teaching defensive driving classes for older adults, as well as conducting traffic school for individuals who received speeding and other tickets. She later worked as an administrative secretary at Edgemoor and retired to spend over twenty years volunteering with the Red Cross. In her free time, Cathy enjoyed bowling, having barbeques, spending time with kids and playing card games. Cathy is such a wonderfully lighthearted, vibrant person. Her enthusiasm for life and determination is still clear as she walks through our community, leaving smiles in every room she enters. We admire Cathy and hope to emulate her kind and gracious heart.



interviewed and written by Mai Truong



**EMPLOYEE SPOTLIGHT**

Stephanie Arellano

Stephanie is a cheerful and creative member of our “department of fun.” She was born and raised in Los Angeles, California as the oldest sibling of two. Growing up, she was a bit of a book worm, spending much of her time reading and watching any movies based on books. After high school, Stephanie moved to San Diego and completed her bachelor’s degree in interdisciplinary studies with minors in gerontology and biology at San Diego State University. Her focuses in this major were counseling and social change. After graduation, she obtained her Master’s degree in counseling and student development from Point Loma Nazarene University.

Before joining our team at Stellar Care, Stephanie worked for the State of Georgia in preliminary service construction, ensuring that any major construction contracts had payment assured before construction commenced. She later assisted kindergarten students as an instructional aide and spent some time with middle and high school students as well. Stephanie joined our team a little over a year ago and shared that she loves waking up knowing that she gets to come to work each day and see our residents. She has proven to be a wonderful contributor to our daily program of activities.

When not working or studying, Stephanie enjoys trying new taco shops. She even has a blog dedicated to her search for the best tacos around. Stephanie also likes to try different craft beers with friends and watch movies such as The Lord of the Rings and Star Wars. In the near future, she would like to continue on in her education to complete her goal of having three degrees by the time she is thirty years old. Stephanie plans on completing her PhD in social work or social justice for education. We truly admire her compassion and love for learning and look forward to seeing her continue to make a difference in the lives of others.

**Family Rewards Program**

Our friends and families are our best referral source. Spread the word and refer a new resident and earn credit toward a future month’s rent. It’s our way of saying thank you to our current residents and family members.

For more information or when you’re ready to share a name, give us a call and we’ll take it from there.

You can reach Susan at 619 287-2920 or by email at [susan@stellarcared.com](mailto:susan@stellarcared.com).