



The STELLAR CARE Chronicle

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



RESIDENT RAVE

Robert Beck

“Anyone can be a father, but it takes someone special to be a dad, and that’s why I call you dad, because you are so special to me. You taught me the game and you taught me how to play it right.” (Wade Boggs)

Robert Beck is a man who is deeply cherished by those around him. He is a wonderful father and a loving husband that is known for always introducing a spark of creativity in all that he does. Robert is a dad that taught his kids to “play” the game of life and play it well. He was born on January 29, 1924 in San Diego, California as the youngest of four children. Right after high school, he joined the Navy Air Corps and was stationed in various areas, including Hawaii and Enewetak. After completing his service in the Navy, Robert met a beautiful woman named Joan. They dated for some time and have now been married for 63 happy years. Together, they have three children and seven grandchildren.

Robert has always been a creative person. He worked for many years in design, film and graphic art, designing brochures for a large hotel company. Even when not at work, he always had a different project to complete, whether it was a painting, woodwork or various other artistic crafts. When his wife’s birthday came near Halloween, he would always find a way to create something for her that was Halloween themed. Every birthday and celebration included a custom card and envelope. Robert even spent time making wooden ships, model aircraft or skate boards for the kids. If any of the children were running for office at school or had an event, he would spend time with them creating posters, decorating their bikes and more. He was an involved parent who always made time for his family and instilled a good work ethic and strong morals while with them. With him spending time helping with the kids’ school projects and events, and Joan working as a school secretary, the kids always had a parent nearby and available, helping their family to be a loving and tight knit one.

When not working secularly or on an art project, Robert loved visiting air shows and going on trips with the family. Over the years, they were able to take cruises to locations such as Hawaii, Alaska and Canada. They also spent time outdoors, going camping, or entertaining family and friends at home. Over the years, the Becks had several wonderful pets, but one stood out in particular. There was a local cat that arrived at the family home one day and made itself comfortable.

Continued inside...

Celebrating April

Poetry Month

Jazz Appreciation Month

Scrabble Day

April 13

Easter

April 21

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*

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.

** 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 April 1–19 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.

Those born April 20–30 are Bulls of Taurus. Bulls are stable, reliable, patient, and determined. They will work hard and finish the job no matter what gets in their way, but they expect to be rewarded!

Miles G	Apr. 4th
Dave H	Apr. 4th
Genevie J	Apr. 5th
Philomena H	Apr. 7th
Ok Boon L	Apr. 18th
Aldona G	Apr. 19th
Shirley S	Apr. 20th
Myrtle L	Apr. 24th



Congratulations Stellar Care

Employee of the 1st Quarter

Adriana Montes

Culinary Department



“Mankind was waiting for you to come fly along...”
 (Seals and Crofts)

Our Stellar Care family has been given a priceless and beautiful gift. As you enter the courtyard from the lobby being quietly aware, you will notice the hummingbird nest with two nestlings (soon on their way to being fledglings) on an extended branch of the first tree of unknown species. Every twenty minutes, from dawn to dark, the babies need food. So if you are patient and silent, you will get to marvel as mama returns and feeds her babies pieces of insects and nectar that she has gathered.

All during the stormy month of March, the nest was constructed, mama laid her eggs, and in spite of severe wind and driving rain, she protected and stayed with her two bean-sized blue eggs. The wonder of nature, the love of a mother and the reminder that some things are out of our control are powerful messages, always present, from the tiniest bird in the tiniest nest on a fragile branch in our garden.

Hummingbirds are small, colorful birds with iridescent feathers. Their name comes from the fact that they flap their wings about 80 times per second, creating a humming noise. They can fly right, left, up, down, backwards and even upside down. They can hover by flapping their wings in an eternity pattern. They have a specialized long and tapered bill that is used to obtain nectar from the center of tubular flowers and they have a long tongue which is used to lick their food at a rate of up to 13 licks per second. Their feet are used for perching only, they never hop or walk. And they are only found in the Western Hemisphere, from southeastern Alaska to southern Chile, although most live in the tropics. There are more than 300 species of hummingbirds, 12 of which summer in North America and winter in tropical areas. When we consider all this information our visiting family becomes all that more miraculous.

Over the last couple of weeks, touring families have stopped in their tracks, momentarily let go of their stress, and allowed themselves to be amazed by the cherished sight before them. Wonder-filled, with cell phone cameras in hand, many people have taken pictures of the little family, feeling blessed for being given the experience.

Hummingbirds are not found in Old World fairy tales because they are unique to the Western Hemisphere. But every Native American tribe, and all indigenous cultures have folk tales honoring the tiniest of birds. The hummingbird has powerful, spiritual significance. Hummingbirds are often symbolic in dreams and become power or totem animals to those on a mystical journey.

It is agreed that hummingbirds are often viewed as a symbol of joy, happiness and love and come to awaken us to the beauty of the present moment. Many of us develop an unusual bond with these creatures. We learn independence, courage, persistence and vitality. The Quechua people in the Andes of Peru teach us that the hummingbird is the symbol of resurrection. This is because each hummer appears lifeless on cold nights, but come back to life again when the sunrise brings warmth.

Hummingbirds also inspire us to protect the environment and preserve traditions and memories. When American Indian ways were being destroyed by Euro-American culture, the Ghost-Shirt religion was established to try to bring back the animals and old ways through dancing. The leader of the dance was a hummingbird.

There are so many tales about hummingbirds; so much symbolism to investigate. In the meantime, Stellar Care is home to our feathered family and we are happily observing them every chance we can! Come be in the moment, lighten your heart and find peace with Stellar Care’s hummingbird medicine.



Susan O’Shaughnessy

Stellar Care’s Extended Family



January 2019



March 2019



April 2019

...Beck continued

The Becks looked for its owners and were able to locate them to return the cat, but somehow, this feisty feline made its way back to their home, choosing them as its new family. The prior owners didn’t seem to mind, so the Becks ended up obtaining a new pet. This cat is still a very special member of the family and one that both Robert and Joan love dearly.

Here in our community, Robert is still as social as ever, always interested in spending time with friends in activities or in the dining room. He is affectionate and kind, often uttering loving words of appreciation to individuals walking by, and giving a gentle kiss on the hand to those who come to greet him. We can see very clearly that Robert has had such a positive impact on those around him. We feel grateful to know him and appreciate having the opportunity to honor him each day.

March Madness



EMPLOYEE SPOTLIGHT

Teresa Sandoval

Teresa is a positive and cheerful member of our housekeeping team. She was born and raised in Tijuana, Baja California and lived there until the age of fourteen. Afterward, her family moved to San Diego, where she attended middle and high school. She started working at the age of seventeen at a local deli before getting married and starting her family. Teresa now has five children with the oldest in his thirties and the youngest being seventeen years old.

For twenty-two years, Teresa worked with the Sheraton hotel group in their housekeeping department. Twelve of those years were spent as a supervisor. At some point, she even won a trip to Hawaii and was able to spend a wonderful vacation in Maui. After so many years as a supervisor, however, Teresa hoped to find a job that had a little more flexibility to spend time with her kids and family. She joined another housekeeping company that provided services for our community and has now been at Stellar Care, assisting our housekeeping supervisor for nine years. Recently, she moved into the position of supervisor and has done a wonderful job. She shared that over these nine years, she has learned to be a more patient and compassionate person; she has enjoyed being here and beautifying the community for our residents.

When not working hard keeping the individual rooms and common areas fresh and clean, Teresa enjoys going out with friends to have a cup of coffee or winning big at a local casino. She also goes to Tijuana regularly to visit family and enjoys trips to Ensenada with her husband. We love having Teresa as part of our Stellar Care family and appreciate her daily efforts and kind heart.

Join us for Family Night

Wine, Hors d’oeuvres, and Insight

Tuesday, April 30th 2019
 6pm – 7:30pm



Ambiguous Loss -
 Dementia and Dealing with Grief

Guest Speaker
Amy Abrams, MSW/MPH
 Director of Education at Alzheimer’s San Diego