



STELLAR CARE CHRONICLE

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



Celebrating December

BINGO Month

Nobel Prize Day
December 10

Hanukkah Begins
December 24

Christmas
December 25

Kwanzaa Begins
December 26

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*

“My Life As I See It”

Name: Meyers, Andrew
Rank: Platoon Sgt
Birthplace: Pittsburg, PA, Ward of the state until age two
Enlistment: US Army, 1946 - 1967
Engagements: Korean War
Awards: Bronze Star
Last Served in: Berlin, Germany

While the bulk of Andy's life was spent in the military, his life was much more than a simple military file. As if as an indication of the remarkable life he would lead, Andy was born on Christmas day, with his mother tragically passing away within days of his birth. He was adopted by a foster family, the Ballocks, who lovingly raised him until he enlisted in the US Army at age 17. After boot camp, his first assignment was as part of the occupying forces in Japan shortly after the end of World War II. When the Korean War broke out, his infantry platoon found themselves as the first boots on the ground. He served valorously, and was awarded the Bronze Star for his actions during the war. After the war, he served three tours in Germany, with his last post in Berlin while the Berlin Wall was still up. He was a platoon sergeant and a tank man, and pulled duty at Checkpoint Charlie controlling the movement from West Berlin into East Berlin. Because of this, Andy was present when President Kennedy came by and gave his Ich Bin Ein Berliner speech! Andy would also bump into a somewhat famous musician who was stationed at the same base at that time, by the name of Elvis Presley. Andy led a life filled with historically significant moments, but his proudest and most important service was as a loving father and husband. At the end of each day, Andy would drive the lead tank back into town, and the Army kids would run out when they felt the ground rumbling. The tanks would stop at the end of town, the kids would climb on board, and ride into town with their dads. His love for giving his kids memorable rides would continue on long after his retirement.

Continued inside...

Miscellaneous Announcements

** A reminder to families, we have a policy of no tips or gifts for individual staff members who work here at Stellar Care. We do however have an employee fund. Donations are collected throughout the year and distributed to all staff during the holiday season. **If you would like to make a contribution to the employee fund, you can contact Barbara in the business office.**

** Flu season is here! For your well-being and that of our residents, please make sure you are not sick when you are visiting Stellar Care.

** Because we want to ensure proper nutrition, please be mindful of the amount of sweets (including unhealthy amounts of treats being sent and left in residents' rooms. Abundance of candies and sweets discourages participating in regular dining (proper nutrition). Thank you for your assistance and understanding.

HAPPY HOLIDAYS



December Birthdays

Those born between December 1st and 21st are Archers of Sagittarius. Archers are both confident and lucky, so they often find success. Their infectious enthusiasm attracts friends to help them achieve their ambitious and lofty goals.

Those born between December 22nd and 31st are Capricorn's Goats. Capricorns are independent, detail-oriented, patient, and self-sufficient. These qualities help the sure-footed goats achieve stability and security needed in their lives.

Jeanne C.	12/01
Adele M.	12/02
Mary S.	12/12
Virginia G.	12/14
Barbara M.	12/20
Thu N.	12/24
Andrew M.	12/25
Kathleen M.	12/28
Lois S.	12/29
Trinidad V.	12/29



Twas the night before Christmas and all through our home,
 Not a person was stirring, the front desk staff felt so alone.
 The decorations were hung by Rachel,
 on the floors with great care,
 In the hopes that the residents would leave them all there.

Everyone was nestled all snug in their beds,
 Because Annelie made sure they had all been well fed.
 And Linda and Barbara had more presents to wrap,
 Before Nathan woke up from taking a nap.

When out in the lobby there arose such a clatter,
 Chris Moore sprang from the kitchen to see
 what was the matter.
 Away through Santa Barbara room he flew quick as can be,
 To find Luis and the choir singing carols by the tree.

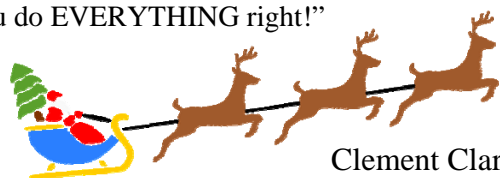
The moon on the face of our own Chris Cho,
 Gave a luster of midday as he took photos
 of everything from above to below.
 When what to our wondering eyes should appear,
 But families and friends bringing love for those here.

With Bella and LC, Brandon was lively and quick,
 Then came his brother, SWAT Officer Nick.
 As we stood in the courtyard we felt joy in the air,
 Because all of a sudden Santa was there.

More rapid than eagles his courers they came
 And he whistled and shouted and called
 each department by name:
 "Now kitchen, now maintenance,
 housekeeping and reception,
 On caregiving, activities and administration!"
 "From the top of the fourth floor,
 to each and every last hall,
 Staff answer their radios and respond to each call."

"The residents are happy, enjoying each day,
 With pool noodle battle, the favorite game that they play."
 "Families visit from far and from near,
 Most moments bring smiles, sometimes a tear...."

He sprang to his sleigh, to our team gave a whistle,
 And away Santa flew like the down of a thistle.
 But we heard him exclaim, ere he drove out of sight,
 "Happy Holidays, Stellar Care,
 you do EVERYTHING right!"



Clement Clarke Moore
 adapted by Susan O'Shaughnessy

A Tea Party with Members of the US Navy



...Continued from front page – Meyer

While stationed in Pennsylvania, Andy and his buddies went on leave to a small coal mining town called Pottsville. It just so happened that at the same time, a young lady by the name of Elsie had also come into town that evening to ride bicycles with her gals. Upon seeing him for the first time, Elsie became so busy whistling at Andy to get him to notice her, that she almost crashed her bike. They began dating soon after, and married a few years later in January of 1952. Andy and Elsie had four children together, and their two sons and two daughters traveled around the world with Andy as he was moved from base to base. As his daughter Cheryl recalls, Andy was a great dad, and "we were not only his children, but an extension (sometimes!) of his troops. Things were always ship shape around the house". While he was a stern father, he was also a fun dad. After his retirement, he moved his family to El Paso, Texas, where he loved throwing big barbecues and birthday parties for his kids. Needless to say, his children's friends always loved coming over. To keep busy, he put his skills as an expert marksman to good use and taught young recruits on the firing range. One of the recruits who came through was Johnny Crawford, who had once played the boy Mark McCain in the popular TV series "The Rifleman". He thought El Paso would be his final permanent home base, until his wife took a trip to San Diego to visit her sister. After she returned from her trip, their house was put on the market and they were on their way to live in San Diego within a week.

Andy always stayed active. He loved his dogs, he loved his boats, he loved hunting with bow and arrow and fishing, and he particularly loved his Sunday drives. Every Sunday, he would load the family up in his car and drive somewhere, anywhere, sometimes for a short trip, and sometimes for the whole day. The kids would never know where they would end up each Sunday, but they would always get a special treat of ice cream at the end. Andy made sure his kids had plenty of exposure to nature and everything life had to offer. When Elsie took up a part time job, Andy became the cook of the house, and his children remember having to ...adapt to the experience of him as a chef, after so many years of being used to their mother's cooking. He frequently cooked meals that the kids eventually learned to like.



Andy's old habit of guarding his home and his country is often still on display these days, as he makes sure no stranger gets by him by the front lobby door. BUT, his need to be helpful overrides this instinct and you can often find him behind the front desk, diligently helping the staff with their tasks.

EMPLOYEE SPOTLIGHT

Allen Cruz

Allen has been a member of the activities team for over a year and a half. He was hired shortly after graduating from San Diego State University with a degree in gerontology. Although he was born in Norfolk, Virginia, Allen has lived in San Diego since second grade, and considers himself a bonafide San Diegan. His father is a retired navy man, and now a plane mechanic, and his mother is a nurse. According to his parents, he was "loud and rowdy" growing up, but mellowed out with age. He loved drawing, cartoons, and video games as a kid.

Allen really wanted to play sports in high school, but couldn't due to a back injury. After living in Japan for a bit, he returned to San Diego to get his degree in Gerontology, and worked as a security guard part time while in school. This led to an unconscious stern demeanor when standing around, but Allen's "at rest" pose could not be more misleading. When it comes to residents, Allen opens up and keeps the residents active with trivia games, interesting facts, and short history lessons, with his strong voice projecting around the room. He always insists that with him, what you see is what you get, but Allen is a perfect combination of humorous and serious that keeps our residents entertained and focused on the activities he leads.

On his free time, Allen likes to go to the gym, hang out with his friends, and draw copies of pictures but with an added twist of his own to them. He enjoys video games as well, and is currently working on getting into nursing school. We are thrilled to have him in our community!

A Visit to CeramiCafé



CHRISTMAS TOY DRIVE

Donate new, unwrapped toys & gift cards

Newborn to 17 years old



Please help us solve family homelessness one family, one community at a time.

solutionsforchange.org

Donations box at the front desk
 Ends December 12th