

STELLAR CARE

4518 54th Street
 San Diego, CA 92115
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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

Louise Gungle



Walking through the halls, you may meet a woman named Louise Gungle. If you see a kind, soft spoken woman with serene blue eyes and a cockatiel named Sweetie Pie on her shoulder, it is likely her. Louise and I sat in the courtyard on a cool but sunny afternoon to chat about her life. She admired the soft breeze and the blooming flowers around us and started to tell me about her life story.

Louise is an Ohio native who entered the world during the roaring twenties on April 4, 1923. She was raised by loving parents who as she said, “were kind enough to look the other way” when she sometimes got into a little mischief. Her father worked on the railroad being built in Ohio and her mother tended to the children. She has two older sisters named Dorothy and Virginia, and a younger brother named Bill. She shared with a sparkle in her eye that her “baby brother, Bill,” grew up to be a wonderful person. With three older sisters, he surely was under the most attentive care. She and her family were very close growing up. She, her mother and sisters even waited patiently during wartime when her brother served in the military.

Growing up, Louise took a job at a 5 and 10 cent store, helping customers with whatever they needed. Money wasn’t plentiful, as the effects of the Great Depression were everywhere. Regardless, she said that since everyone was experiencing the same circumstances around her, she didn’t feel the effects so keenly. After some time, she began to work as a telephone operator, physically connecting the lines on large switchboard. She was even working on the telephone lines when it was time to alert the public about the horrific events that took place at Pearl Harbor.

When not working, Louise enjoyed going with friends to roller skate, playing volleyball and ballroom dancing. It was during a dance that she met her husband, Gordon. When I remarked on how nice it was that they met by a mutual love of dancing, she exclaimed with a chuckle, “well, actually, I’m not sure if he really did go to that dance because he enjoyed it, maybe he just wanted to meet me!” As it turns out, Gordon was no Fred Astaire, but he did manage to dance his way into Louise’s heart. As a married couple, Gordon and Louise had one son, Gordon Jr. They moved to California in the fifties, as their son had severe allergies. Gordon worked as a fire protection engineer and Louise found a job with IBM as a telephone operator.

Continued inside...

Celebrating November

**Aviation History Month
 Veterans Day (U.S.)**

November 11

World Diabetes Day

November 14

Homemade Bread Day

November 17

Thanksgiving Day (U.S.)

November 23

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

** 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.

** If you would like to take your loved one out for a Thanksgiving meal or overnight stay, please let us know ahead of time so that medications can be ready for you to pick up. Also, have a conversation with the assisted living director about any special needs that your loved one may have recently developed.

** Company policy prohibits employees from receiving gifts from residents or families. You can contribute to the employee fund which is collected throughout the year and distributed to all the employees during the holidays.

November Birthdays

In astrology, those born between November 1–21 are Scorpios. Scorpios are passionate, deep, and intense—qualities that help them counsel others in deep and meaningful ways. Resourceful and determined, Scorpios give their all when it comes to following their hearts.

Those born between November 22–30 are the Archers of Sagittarius. Sagittarians are travelers, open-minded, and constantly in search for meaning. Extroverted and optimistic, Archers seek change and take concrete steps to achieve their goals.

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|--------------------|-----------|
| Barbara B | Nov. 5th |
| Gladys P | Nov. 6th |
| Charles P | Nov. 10th |
| Donna E | Nov. 13th |
| Bernice R | Nov. 16th |
| Eugene R | Nov. 19th |
| Betty Jane P | Nov. 21st |
| Ruth K | Nov. 23rd |
| Mary F | Nov. 27th |



**Stellar Care’s
 Employee of the Quarter**

Christine Lai
 Front Desk Receptionist

Thank you, Christine, we appreciate you!

Thanksgiving Blessings

“The Charites” or the Three Goddesses in Greek Mythology, known as Charm, Grace and Beauty, are thought to be created to fill the world with pleasant moments and goodwill. They show up in the arts, architecture and in nature. Both our human and spiritual selves find comfort and joy, knowing that even in the most challenging times there will always be Charm, Beauty and Grace, if we are aware and look for them.

If we study the word, Charites, from which the word Grace comes, we can also find charity, gratitude, graciousness, gracias, gracefulness, favor, mercy, goodwill and a prayer of thanksgiving before a meal.

I ponder all this as we prepare for the November holiday, Thanksgiving. It is almost a year since my mother passed away and the first Thanksgiving we will share as a family without her. This has been a year of grieving, reflection, memories, organizing and tying up loose ends, and countless hours of conversation with my sister, who is the closest person to me and understands and shares my process. I know we will miss my mom but that void is filled with Grace as I accept all the favor, love, words, prayers, hugs and friendship that has been offered me.

Each of you experiences your own vulnerability and some families are finding your “new normal” as you recognize that Thanksgiving may be different this year. The location may be changed, loved ones may be out of town, one or two seats at the table may be honored, but vacant. But by allowing Grace to bring you favor, love and beauty, you will feel peace. Celebrate your Loved One, who lives at Stellar Care, and give gratitude for the uniqueness and wisdom that he or she has shared with you through the years. Honor your past, enjoy your memories, but live in the present. Be totally aware of the miracles that are happening now.

Often, we find Grace in the acts of others, offered to us freely and with love. I believe that is what defines our Staff. Daily, each person in each department gathers and shares their personal talents, beauty and charm with your loved ones, developing kind and caring relationships. As we touch, dress, bathe, cook, nourish, clean, launder, and entertain we are also protecting, loving, encouraging and celebrating.

“The Charites” are often painted and sculpted holding hands. This symbolism could suggest we need each other, or depict the beginning of a dance and celebration. Today, I would like to imagine those ideas and additionally that “The Charites” holding hands represents gathering to offer a prayer, a Grace before a meal.

May the Grace you offer before your Thanksgiving meal be filled with gratitude for the blessings you have in your life and may you continue to unconditionally celebrate your family and friends.

Gratefully,
Susan O’Shaughnessy

Walk to End Alzheimer’s 2017



...Gungle Cont.

Later in life, Louise spent time traveling with friends on cruises such as an Alaska cruise and one to the Panama Canal. She retained a love of birds throughout the years, keeping one cockatiel for many years, and then getting Sweetie Pie. She eventually remarried and joyfully spent time with her two grandchildren. Her family has a tradition of grandparents caring for their grandchildren as they grow up. She even enjoys a great-grandchild named Hunter, who often visits. Days now are spent with family, chatting with friends in the Stellar Care courtyard, Santa Barbara room and dining room, and spending time with Sweetie Pie, her now longtime companion of about fifteen years. While we sat together for a few quiet moments, I asked Louise one last question- what advice did she have for living a happy life? She answered, “Find somebody that wants you and needs you. Everybody should have that in life.” Everybody definitely should love and be loved, and it is evident that love has been a driving force for our dear Louise throughout her lifetime.

Resident Rave & Employee Spotlight
Interviews and Articles Written
by Mai Truong

Holiday Meals at Stellar Care

We have invited families for Thanksgiving lunches in the past, but because we’ve had to displace residents when seating family members at tables, this has caused some confusion and agitation. We want to make sure that we are focused on the care of our frail population and we do not want to cause, by our good intentions, any increase in confusion or agitation. That is why, this year, **we will have the Thanksgiving meal at lunch for residents only.**



EMPLOYEE SPOTLIGHT

Anna Nilstomt

This month, we chose to spotlight one of the newer members of our culinary department, Anna. Anna moved to San Diego away from her parents and brother a year ago from a small town in Sweden, near the border of Norway. She came here with a desire to see the world and experience a culture different than her own. She has a background in Psychology and is currently attending San Diego State University, taking more psychology classes before conducting a yearlong practice to receive her license as a psychologist.

Anna is a woman of diverse interests and passions. Aside from working here at Stellar Care, she works with a research team at San Diego State University to study the effects of Cognitive Behavioral Therapy on individuals suffering from fibromyalgia. The goal of the study is to see whether psychiatric intervention can help these individuals to better manage their pain. She also works with the License to Freedom organization in helping refugees assimilate to a new life in the USA and to also help victims of domestic violence.

When not at work, Anna enjoys being active and outdoors. She is an avid hiker and has even hiked Mount Whitney. She also likes to swing dance whenever she has the opportunity to do so. When I asked her how she got into swing dancing, she explained that friends told her that it was an amazing experience that she had to try and that she would love it. She was skeptical, but fell in love with the active and vibrant dance. Finally, at the end of a long day when she has a quiet moment to herself, she also enjoys reading and baking as forms of relaxation. We appreciate having this kind, intelligent person on our Stellar Care team and are excited to see where life takes Anna.

Back by Popular Demand

Family Support Group

Reverend Courtney Mys

Sharp Grossmont Hospital Chaplain

Returns as our guest speaker to address how to cope with the feelings and emotions that arise during the Holidays.

Tuesday, November 21st, 6:30 p.m

1st Floor Conference Room

EVERYONE IS WELCOME