

STELLAR CARE

4518 54th Street
 San Diego, CA 92115
 License # 374603625

Postage
 Information

The
Stellar Care Chronicle

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



Celebrating December

Bingo Month

Safe Toys and Gifts Month

Hanukkah

December 12–20

Christmas Day

December 25

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”

Louise Leggett

Edith Wharton once said, “There are two ways of spreading light: to be the candle, or the mirror that reflects it.” Many times in her life, Louise Leggett has been a candle, actively shining light on those around her through acts of good faith and love. Each and every day, she shines this light as a mirror by reflecting beautiful qualities such as hope, optimism and kindness to all of us around her.

Many people would call our friend Louise their favorite pen pal. Every birthday, anniversary and new baby is something to celebrate and write a card for, according to her. Louise is a Houston native who was born on April 24, 1930. She and her sister were raised by two loving parents and spent much of their childhood in a beautiful brick house that her father built.

Louise explained that for her, the thread that connects all points of her life is definitely her faith. From her childhood onward, God and the church have always been a help and guide. She even met her husband, Clyde, while attending services together. He had just left military service and come back to town. She and Clyde met, fell in love, got married and moved to Fremont, California. It was there that they began to attend the Fremont First Assembly together. They were a part of this community for over thirty years and saw seven of their friends become ministers. Louise shared that distance has not changed those longtime friendships; she still keeps in touch with many members to this day.

Louise and Clyde always kept busy. She worked as a secretary at Kaiser Aluminum and he worked as a bridge painter on the Oakland Bay Bridge. They had a happy, over 60 year marriage and had one son named Dennis. I asked what her secret was to having such a long happy marriage. She replied that she and Clyde prayed together every night for God’s help and guidance and that He always came through with help and comfort. They also spent quality time together, traveling to many different locations with good friends, including places within the US and Europe.

In her free time, Louise would volunteer in the community, visiting nursing homes. She explained that she was aware that many people in these communities may not have relatives nearby and that if she was available to help, she was happy to do so. She also wrote cards and letters to her many friends around the world. Louise said that she would keep records of when somebody had their birthday or anniversary, and other special dates. She would make sure to send a card to let her friends know that she was thinking of them and that they were loved.

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).

December Birthdays

In astrology, those born between December 1–21 are 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.

Those born between December 22–31 are Capricorn’s Goats. Goats are practical, determined and focused on their ambitious goals. They follow a straightforward, well-planned path and persevere with grit and honesty. Their sympathetic and caring natures make them devoted friends.

Jeanne C	Dec. 1st
Adele M	Dec. 2nd
Qing M	Dec. 8th
Joyce V	Dec. 11th
Mary S	Dec. 12th
Virginia G	Dec. 14th
Yvette A	Dec. 21st
Steven K	Dec. 25th
Lois S	Dec. 29th
Trinidad V	Dec. 29th



Twas the night before Christmas and all through the halls,
The caregivers were busy answering their calls.
The clothing was laundered and being hung with great care,
So residents would have festive clothing to wear.

Housekeeping straightened and made up all the beds,
While the nurses had counted and lined up the meds.
The kitchen was festive as all the silverware was wrapped,
And the chef made sure the staff was aproned and capped.

When out in the courtyard there arose such a clatter,
Reception sprang from their phones to see what was the matter.

Away to the elevator they all made a quick dash,
To find every button lit up and wildly flashed.

All the lights on the panel made quite a glow,
And they realized the elevator was headed below.
When what to our wondering eyes should appear,
But the maintenance staff making sure the way was kept clear.

Santa was being driven by activities in their bus,
Singing karaoke and making quite a fuss.
As we stood in the courtyard we felt joy in the air,
Because all of a sudden Santa was there.

Escorted by staff, all the residents came,
And he whistled and smiled 'cause he knew everyone's name.
From first floor to the fourth, he visited all,
And he laughed and he shook as he walked down each hall.

There was quite a party at Stellar that night,
Santa went to the kitchen where he enjoyed more than a bite.
Then to the courtyard to chat with everyone there,
All the residents and staff who make up Stellar Care.

Later he sprang to his sleigh, and to our team gave a whistle,
And away Santa flew like the down of a thistle.
"One last word," Santa said, "before I depart,"
"Age doesn't matter; it's that Love's in your heart."



Clement Clarke Moore
adapted by Susan O'Shaughnessy

Visit to the San Diego Firehouse Museum



...Leggett continued

In the latter part of our conversation, I asked Louise to share something that we may not know about her. She revealed that she comes from a musical family. Her father played the guitar. She plays the piano, accordion and organ. Her husband played the bass fiddle and her son can play "just about anything," including the saxophone, piano and guitar. I asked why I've never been graced with the honor of hearing her musical talents and she laughed, saying that she would always play the piano in church, but when nobody else was watching!

After Clyde passed away, Louise moved to San Diego to be near her son, Dennis. She explained that with her health more delicate than before, she wanted to be near him and her grandchildren. She currently has two grandchildren and five great-grandchildren. She shared that although her health limits what she can do and how active she can be, she enjoys spending time with others here at Stellar Care. She said that she loves having everything that she needs here nearby. She makes weekly appointments with Gabby and Arianna in the beauty salon and enjoys getting her hair and nails done. She can often be found quietly sitting in the library, reading magazines or chatting with friends in the dining room. Louise is one of the more soft spoken individuals in the building, but is still a mirror, shining light and making everyone around her feel special with her kindness, care and attention.

EMPLOYEE SPOTLIGHT

Francisco Mena

Though we may not always see him, there is a friendly, pensive person in the building who helps behind the scenes to keep everything in working order in our maintenance department. Francisco joined the Stellar Care team about three years ago. In hearing about his life and travels, living in several places, from northern California to Utah, and all the way down to Mexico City, the words of Robert Frost come to mind where he wrote, "Two roads diverged in a wood, and I—I took the one less traveled by, and that has made all the difference."

Francisco was born in Mexico City and was raised with two siblings, a brother and sister. He spent his childhood back and forth between Mexico and the US, obtaining his education both in Spanish and English. He met his wife several ago when a friend from Utah was traveling with him in Mexico City. They were visiting local landmarks and joined the social scene when met he the woman who he would later marry, who works in finance in a major bank in Mexico. They dated for some time, got married and have now been together for six years.

Before coming to Stellar Care, Francisco was employed putting computers together. He explained that he enjoyed working with technology but also likes having a variety of challenges in his job now. In his free time, he likes to spend time in the garden, planting chili peppers and fruit. He is a lifelong learner who enjoys studying about renewable energy and hydroponics, in an effort to be mindful of his carbon footprint. At the end of our conversation, Francisco shared that of all the things he has learned in his travels through life, the most important thing has been this: "We need to be peaceable with all people and have love for one another. We must see each other with eyes we'd like others to see us with. In that way, we can be happy."

We are grateful that Francisco has put some roots down with us here at Stellar Care and look forward to seeing where the future takes him.

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

Season's Greetings

Stellar Care invites you to
a family holiday gathering

Join us for delicious desserts & beverages
plus a visit & photo with Mrs. Claus

Resident w/ last name letter A-L

Monday, December 11th

Resident w/ last name letter M-Z

Tuesday, December 12th

Join us at 7:00 p.m.

TOY DRIVE

a toy donation shows you care

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 14th