

RESIDENT RAVE

Joe O'Rourke

Joseph O'Rourke surprised everyone when he came into the world on October 1st, 1929. His parents had met on a ship sailing to America. His mother was a young Irish woman. His father was one of the ship's engineers. They met, fell in love, came to America and settled in New York. While on holiday back in Ireland, Joe's mother was in for a surprise when she realized she was not only pregnant, but due to give birth very soon. Joe was born in Ireland and the family decided to stay a few years to begin raising him there.

Growing up, Joe spent time living in Ireland, England and the United States. He first decided to begin a military career while living in England, after the end of the Second World War. He was about sixteen years old when the troops began coming back to England from Germany and other countries. It was then that he decided that military life interested him. Later on, back in the United States, he and some friends decided to enlist in the American Air Force. His friends eventually backed away from the plans to enlist, but Joe saw it through. He joined the Air Force and was sent to Germany to train and help in the post-war Allied occupation of Germany.

After some time in Germany, Joe returned to England to serve at an American base. One day, he was visiting some friends when he passed by a group of boy scouts, trying to learn how to tie knots. Joe had volunteered with the scouts and decided to stop and assist one young boy, about five years old, that was struggling. He did so and went on his way. About a week later, he passed by the same area and the boy scouts were also there. The young boy who he had helped called to him and said, "I told my mother about you. She wants to meet you." Joe went to meet the young man's mother. She shared that she was grateful for his assistance. She even invited him to coffee. That invitation to coffee became an invitation to lunch. The invitation to lunch became invitations to dinner. The rest is history. They eventually married and began their life together. As Joe says, "I met my son before I met my wife!"

Continued inside...

Celebrating March

Women's History Month

Shakespeare Week
March 12-18

St. Patrick's Day
March 17

World Poetry Day
March 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 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.



STELLAR CARE☆

Celebrating 10 Years of Awesomeness

Congratulations to the ORIGINAL SUPER SEVEN

- Susan O'Shaughnessy
- Maggie Castaneda
- Ammarsh Solomon
- Lourdes Castaneda
- Yessica Quiroz
- Lore Flores
- Luis Jackson



March Birthdays

In astrology, those born between March 1-20 are Pisces. Friendly and selfless, Fish are always willing to help others with their hearts on their sleeves. Thanks to an intuitive understanding of life, Pisces make deep connections with other living beings.

Aries' Rams are born between March 21-31. As the first sign of the zodiac, Aries are energetic and assertive initiators. With bravery, zeal, and speed, they jump headfirst into life, confident that they can navigate any challenges.

Herbert P	Mar. 1st
Florence C	Mar. 2nd
Sylvia R	Mar. 3rd
Teresa O	Mar. 5th
Irving L	Mar. 6th
Jean V	Mar. 12th
Edward B	Mar. 13th
Terry R	Mar. 17th
Virginia B	Mar. 20th

CELEBRATING STELLAR CARE

March 1, 2018, is a time of celebration! This date marks the 10 Year Anniversary of Stellar Care. As I raise my glass and offer a toast, I find myself amazed at how quickly this decade has passed before me. And as I contemplate how I should begin to acknowledge this momentous occasion, I am moved with emotion by what has become the Stellar story.

By definition, Stellar Care is a **community**, which is “a group of people living in the same place or having a particular characteristic in common; a feeling of fellowship with others, as a result of sharing common attitudes.” Isn’t this true? As each family goes through the initial process of finding the right community for your loved one, you all share with me how moved you are by the interaction of the residents, the level of enthusiasm in activities, and that even with experiencing memory-care issues, the residents are capable of having friendships, enjoying and caring for each other.

This sense of community doesn’t just happen. It is developed by our **team**. Over one hundred devoted, caring individuals come together shift by shift to prepare and serve food, wash clothing, make beds, assemble furniture, answer phone calls, administer medications, entertain, engage and offer personal care. This team holds each other accountable, accepts only respect and honor for each resident and offers all care with dignity for everyone.

The Stellar Story is not complete without honoring the hundreds of **residents and families** who have crossed through our doors during the last decade. Each person unique, offering perspective and wisdom on life as we learned of each one’s adventures and biography. We remember you all, the youngest not even fifty, the oldest more than a century; the laughter, the successes, and when the time came, having to say farewell. We honor the diversity and talents of those who came before, and hold you in our hearts as we prepare for those who will come next.

As we commemorate Stellar Care, I salute the **leadership** which is offered by the Chos and Moores, every day for the last ten years. Their vision and passion to bring dignity and quality care to those dealing with dementia diagnoses has been realized. It’s possible. They offer it consistently. What makes them leaders? Daily, they inspire, communicate, are transparent, generous, honest and kind. They participate with local government and non-profit organizations to help make San Diego a safe County to live, for those diagnosed with dementia, by providing continuing support and education and have raised over \$100,000, to fund research to help find a cure for Alzheimer’s and related dementias.

How do you measure **success**? Usually with the realization that you have accomplished your purpose. But today, as we acknowledge STELLAR CARE, for ten years of outstanding service to all they serve, I raise my glass and offer this toast:

“Your success is measured in the number of hugs, smiles, tender thoughts and acts of kindness, seen and unseen. Your success is measured by being of service to all who have come here to be cared for and to rest. Your success is measured in the countless thank yous that have been whispered. Congratulations, Stellar Care, you are composed of **stars**.”



Susan O’Shaughnessy



Hearts of RED



...O’Rourke continued

After about a year of marriage, the O’Rourke family moved to America for Joe’s next military assignment. He served in the Air Force for thirty years before retiring. Over the years, he had a civilian service job unloading supplies for the troops at the Marine Corps base at Camp Pendleton. Later on, he assisted the Navy in a civilian position as well.

Time passed and Joe’s beloved wife passed away. He decided to sell his home, buy a double wide motor home and travel. He spent time in several national parks, spending most of his time in Washington and Canada. He eventually settled down in San Diego and enjoyed his days in the company of two cats. According to Joe, every night, the cats would sleep on each of his sides, curled up. Once the morning came, one of the cats would bat his nose so he would let them out. If he overslept, the cats would take it upon themselves to bat his nose even harder. They were his wakeup alarm every morning.

Nowadays, Joe can be found spending time in our 4th floor library, catching up on the latest news and stories, journaling in his room or having an afternoon cup of tea in the courtyard. Robert Baden-Powell once said, “A scout smiles and whistles under all circumstances.” Joe’s sunny disposition and gentle smile absolutely reflect that. We hope that you all have the opportunity to meet our dear friend, Joe.



EMPLOYEE SPOTLIGHT

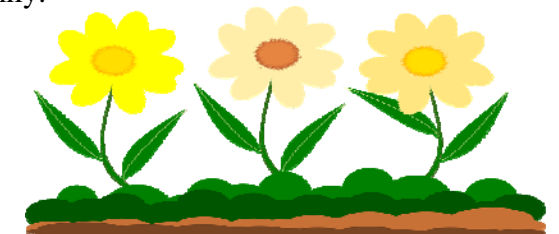
Annette Ball

This month’s employee spotlight centers on a Long Island native, Annette. Annette is a middle child of five and was raised in a very large Italian/English family. Some of her most vivid memories growing up include experiencing four distinctive seasons. Some days here in San Diego, we couldn’t tell the difference between it being a summer day or a winter one. On the east coast, Annette was able to enjoy warm summer days fishing and camping at the beach, beautiful, large piles of autumn leaves, snow days with a driveway path shoveled out and walls of snow four feet high, and beautiful spring flowers.

After leaving Long Island, Annette spent some time living in several southern states before coming to San Diego. According to her, as soon as she came to California, she fell in love with the warm, temperate weather and majestic surrounding mountains. She raised her children here and worked for several years in Human Resources before coming to Stellar Care.

Annette’s first connection to us came from her longtime friend and our beloved marketing director, Susan. Susan introduced Annette to Stellar Care by inviting her to our art auctions, bingo fundraisers, and even a dance at one point. Annette joined the Stellar Care team this past year and fell in love with our residents. She shared that she loves hearing each individual’s unique story and seeing their eyes light up with something as simple as a hello and a smile. She currently works in our activity department and also assisting at our reception desk.

In her free time, Annette loves going to the beach and the movies, and spending time with family and friends. She shared that she will be a first-time grandmother very soon and is excited to spend time with her new grandson. Future plans include completing her studies in Human Resources at San Diego State University and traveling. Annette’s dream is to spend months absorbing the life and culture of Greece. We feel honored to have such a wonderful, kind person as a part of our Stellar Care family.



FAMILY CAREGIVER PRESENTATION

There are several programs and studies available through UCSD, La Jolla, for family caregivers, including spouses, to help learn to better manage your stress. On Tuesday, March 6, 6:30 p.m., a Guest Speaker from UCSD will join us to talk about options for family members dealing with the challenges of dementia and share some of the research results.

**Please join us in the Conference Room.
Everyone is invited.**