

STELLAR CARE

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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*



Celebrating August

Watermelon Day
August 3

Farmers' Market Week
August 5-11

Senior Citizens Day
August 21

Toasted Marshmallow Day
August 30

RESIDENT RAVE

Arthur Cavender

'Hey, hey good lookin', watcha got cookin'? How's about cookin' somethin' up with me?' You may hear these Hank Williams lyrics while walking through the hallway. If you follow the voice, it will almost certainly lead you to a pair of bright blue eyes and an easygoing smile that belong to Arthur Cavender.

By the time Arthur was fourteen years old, he was already working with his father on pipelines in Illinois. The working days were long and arduous, as the men worked 12-14 hours a day, 7 days a week. He loved the hard work, however, and keeping busy. Arthur shared that he learned to operate very heavy equipment, but never found it to be too strenuous a task.

Mary Lou and Arthur had three children together, Annette, Steve and Tami. They later moved to California. According to Arthur, 'Mary Lou decided that she wanted to move to California and I said, okay. Missouri is colder than the dickens! I like California weather, it's nicer.'

Continued inside...

Miscellaneous Announcements

** Please refrain from taking loved ones into stairwells, several visitors have used keypad codes in front of residents, even said the code out loud. Remember that some days, even with our fading memory, some residents have been able to remember these codes.

** Remember to check your family members' mail on your next visit.

August Birthdays

In astrology, those born between August 1-22 are Lions of Leo. Leos are natural-born leaders: confident, charismatic, creative, and warmhearted. Leos also use their humor and loyalty to bring people together to work for a common cause.

Those born between August 23-31 are Virgo. Virgos are one of the most careful signs of the zodiac. They pay attention to detail, analyze problems, and plan so as to leave nothing to chance. These amazing listeners give excellent advice.

- Jane T Aug. 5th
Elinor L Aug. 7th
Lois B Aug. 13th
Barbara L Aug. 15th
Eleanor R Aug. 16th
Walter H Aug. 23rd
Barbara L Aug. 24th
Madeline H Aug. 25th
Doris D Aug. 31st



Walk4ALZ San Diego

Saturday, October 20th

Walk begins @ 8:00am in Balboa Park

Join Team Stellar Care

Log on to www.alzsd.org / Walk4ALZ

“As I Write This Letter” (*Beatles, PS I Love You*)

My three adult children are proclaimed “Utilitarians.” In addition they are “Minimalists.” So you can imagine their horror when they come by my house, filled with a rich history of Beatles albums, baseball bobble heads and a vast assortment of Benihana Sumo wrestler mai-tai cocktail glasses. You see, I am a proclaimed “Collector.” At some point during every visit, I am lovingly encouraged to go through the clutter (such an offensive word) and donate it to Goodwill, because, frankly, my kids don’t want my stuff.

Recently, I decided that maybe there were a few items with which I could part, and with a determined goal in sight I headed for the “Box.” Hidden deep in the back of my closet this box contains some of my earliest treasures. I sat quietly with it and was carried away to the 1950s and 60s, my memories filling my heart as I unfolded the letters. I was carried back to a time when your address was the place you lived and the cost of a long distance phone call made it financially impossible to connect with someone in New Jersey from New York. You had to put film in a camera and wait for it to be developed, before you could share photos of a trip or special event. How did we manage to stay in touch without emails, text messages and selfie sticks? We wrote letters and sent postcards from those lush vacation spots!

The art of letter writing was a skill and introduced to us before elementary school ended. Stationery was a coveted gift, air mail letters were written on tissue paper or onion paper and we studied stamps and postmarks with awe. A love letter might smell like cologne and lipstick kisses on pages spoke of unending affection. I cherish the hand written letters from my grandparents, aunts and uncles who passed away long ago but whose words of wisdom still remain. I found letters from a college friend, drafted during the Vietnam War, describing his experiences on the battlefield as well as my younger sister’s letters sharing, in confidence, her high school adventures. But the greatest gift from the past was reading once more, a three page letter that my father wrote me on my 18th birthday. And at that moment, my teenage self, embraced my 65+ self as I marveled at how amazing our human lives are.

Most of you share with me the huge task of going through your parents’ belongings as you downsize or prepare to sell their homes. It is time consuming and often overwhelming but along the way you are struck with a feeling of reverence when you find that one treasure that unlocks all the memories. For each of you it is something different, but it always happens. For my sister and me, it was easy to separate from the Welch’s jelly jar glasses and three foot tall wooden fork and spoon that reminded my parents of their trip to the Caribbean.

But finding that Dodgers/Yankees world series admission ticket was like finding gold for me! And even our kids were moved to tears when we discovered my parents love letters, hidden away in the “Box” at the back of their closet.

I have no doubt that my adult children will laugh and cry as they take on the task of my treasures, hopefully decades from now. I also believe that their generation has its own way of acknowledging their history and leaving a footprint in the halls of time. But for now, I honor who we are and what those of us who are caring for aging parents are experiencing. The journey is full of emotions but the memories can be brilliant and healing.

Susan O’Shaughnessy

**Balboa Park Concert Series
is Always a Big Hit**



...Cavender continued

Visiting with Arthur today, you can still see lots of charm and a bit of mischief behind his handsome blue eyes and warm smile. Arthur will still sing for anybody that would like to listen. His days now are walking around the building, chatting and socializing with anybody that he passes in the hallway. He’ll stop and take a break, converse with the nearest person, and start to sing. You really can’t help but smile when hearing his voice fill the hallways and know that you are hearing a dear friend, Arthur.

Resident Rave and Employee Spotlight
interviewed and written by Mai Truong

Yoga and Pets Are Such a Delight



EMPLOYEE SPOTLIGHT

Sally Harris

This month’s spotlight features a very dear person to us, our friend and volunteer, Sally Harris. Sally was born and raised in Sunny San Diego with four brothers and her two loving parents. Her mother was a dietician, and her father a lawyer. According to Sally, she and her siblings always got along. Her brother, Jerry, is often a friendly face in the building, as he works closely with the Cho and Moore families in management. Sally visits regularly and loves coming to music therapy/dancing, blackjack, painting and bingo night.

Sally has fond memories of many trips with her family. She said that one of her favorites was a trip to Alaska, where she was able to enjoy seeing the northern lights. When not traveling, she can be found listening to music at a local restaurant, attending dances at a recreation center or chatting with friends while having a diet coke at the Regal Bar. Sally also loves going to the casino to try to win big at the slot machines, walking around Seaport Village and playing bunko with friends. One thing that impresses about Sally is that she visits many of these locations by bus and trolley. She is very adept with routes to all sorts of locations in San Diego and is a person you’d like on your side if you need to find your way in the city.

We thoroughly enjoy Sally’s company and help when she visits us at Stellar Care. Her easy laughter, inviting smile and helpful attitude are really a delight. Sally shared that she loves visiting us as well, seeing her many friends, especially Luis in activities. We look forward to more days dancing, singing, painting and playing games with our friend, Sally.

Check Out Our New Look...

