

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

Hanukkah
 December 2-10

International Mountain Day
 December 11

Crossword Puzzle Day
 December 21

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”

Patricia Martin

"Oh yeah, I liked having people over...well, some people." With a wry smile and a dry sense of humor, Patricia Martin can make almost anyone laugh. She grew up in the forties in Nashville, Tennessee as the middle child of three. The family attended Southern Baptist services and her father was an administrator at Baptist hospital. After some time, the family moved to Rome, Georgia.

It was in Georgia that Pat met her soon to be husband, Robert, through an introduction by their mothers. They dated for a while, got married and started a family together. Patricia completed two years of college and learned Spanish along the way. Robert completed his schooling at Georgia Tech and was offered a job in San Diego. They and their child packed up their belongings and moved to sunny San Diego. The family expanded to include two daughters and one son.

After some time in San Diego, Patricia remarried to a man named Ron. He was an electrician at the time and Pat sold Avon products. After getting married, Pat was active volunteering in the school district and as a campfire girl leader for both of her daughters. In 1982, she took on the role of bookkeeper when she and her husband opened Cashway Electric Supply. They operated this business together for thirty years. The Martin family was well known for the annual Cashway Electric Christmas Party, where Patricia would prepare a delicious Southern BBQ for the employees.

When not working or volunteering, Pat enjoyed playing the organ, being an active member of the Elks lodge with Ron, going to Viejas and Barona, riding in her 50th anniversary silver Ford Thunderbird, and spending time with the family pets. The family had eight different miniature schnauzers over the years and later eight different giant schnauzers! Pat was always an animal lover and explained that "having a good dog is a necessary requirement to raise kids. Kids learn responsibility from taking care of it." Pat shared that she is proud to have seen her children grow up to be kind individuals. She now has five grandchildren and five great-grandchildren.

Continued inside...

Miscellaneous Announcements

* * * * *

** Family Support Group meetings are held on the first and third Tuesday of every month at 6:00pm. Family and friends are invited to join us in the conference room on the first floor.

** If you would like to take your loved one out for a holiday 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 concerns or special needs that your loved one may have recently developed.

December Birthdays

In astrology, the Archers of Sagittarius are those born between December 1-21. These open-minded travelers are in constant motion, searching the globe for meaning. Curious, optimistic, and enthusiastic, they are not afraid of change and treasure freedom.

Those born from December 22-31 are Capricorn's Goats. Goats are focused on lofty goals; these hardworking and determined souls will prevail with grit and resilience.

- | | |
|------------------|-----------|
| Jeanne C | Dec. 1st |
| Adele M | Dec. 2nd |
| Joyce V | Dec. 11th |
| Mary S | Dec. 12th |
| Virginia G | Dec. 14th |
| Joanne C | Dec. 17th |
| Lois S | Dec. 29th |
| Trinidad V | Dec. 29th |



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

A Stellar Care Holiday Story

Nearly eight years ago, July, 2011, to be exact, I had the opportunity to meet with a wonderful couple who was considering options for his mother. After falling and breaking her pelvis, his mother was completing rehab in skilled nursing and was showing signs of confusion. She would not be able to return home. Following serious family discussion and logistical planning, Mary became a resident of Stellar Care. Rick and Terri were devoted to Mary. They visited frequently, joined the support group and Terri discovered that it gave Mary joy if she accompanied her on the activity outings. Over the months, everyone got to know Mary, Rick and Terri. When Mary passed away in May, 2012, we witnessed a family in grief and once again braced ourselves to say goodbye to a kind and loving family. Terri had made a difference for her mother-in-law and other residents when she joined the activities team for the outings.

Then something outstanding happened. Three years ago, Terri contacted Rachel and asked if she could volunteer and go on the outings again. She really missed helping the residents, and spending time at Stellar Care. Now, once a week, Terri joins the outing and has made an incredible difference for staff and residents. "Terri is kind, compassionate and goes out of her way to make the residents feel special and loved," shares Rachel.

Terri's joy is deep rooted in understanding the whole journey of dementia, and reminds us there is healing at the other end of grieving. She honors Mary, who loved sharing outing time with Terri, by being the extra hands and eyes that are so valuable to Rachel. Terri's memories of Mary are happy and she is grateful for the times they enjoyed each other. But this story only gets better.....

At their annual meeting, the Southern California Association of Activity Professionals, choose a Volunteer of the Year. Nominations come from all over So. California. Stellar Care Staff, as well as some of the residents and the Resident Council, wrote letters to accompany the nomination Rachel submitted for Terri. Staff described Terri's "supportive, compassionate, and empathetic way with the residents." "She is cheerful, helpful and brings an uplifting energy to those around her."

"Terri is awesome!" The residents wrote:

"The Stellar Care Resident Council would like to nominate Terri Pocock for Volunteer of the Year. She makes us feel comfortable and safe, she takes an interest in us. We love seeing Terri every week, she gives up her work time to come volunteer....."

Needless to say, Terri won the much deserved title of "Volunteer of the Year," and was presented a crystal award at a vibrant recognition dinner in October. During her acceptance speech, Terri thanked Stellar Care for letting her do what she loves, for helping her and Rick through a difficult time in their lives, and she honored the residents and families of Stellar Care.

Stellar Care is a community. A group of families with a common interest. We have purpose and vision. We care for each other. Terri Pocock reminds us of this sense of community, every week when she brings her smile and gifts of caring and time, to just "be here now." It means the world to so many.

Wishing you the best for a joyous Holiday Season. May you always know your special gifts to share.

Susan O'Shaughnessy



...Martin continued

Days for Pat now are spent walking around and socializing with the different members of our community. She can often be found even in the offices, sharing a diet coke with our directors. "Diet coke is the lesser of all evils," according to Pat. When asked to describe their mom, Pat's daughters expressed, "Although small in size, she has always been a major force. No matter what challenge has come up, she has stood tall and made her voice be heard." We see this strength in character and resiliency in Pat. Lao Tzu reflected, "Being deeply loved by someone gives you strength, while loving someone deeply gives you courage." We see both sides of this in Pat. She is so beautifully loved by many and has shown love and courage as a mother, sister and friend.

Interviewed and Written by Mai Truong



EMPLOYEE SPOTLIGHT

Abigail Hernandez

Abbi is a sweet, bubbly member of our "department of fun," activities. She is relatively shy at first, then opens up to show her cheerful personality. Abbi grew up in Los Angeles as the youngest sibling of three. She spent many afternoons as a child playing with the family dog, Lucky. Lucky was a German Shepherd that would wait for Abbi every day after school, then take her backpack and put it inside the house so that she could stay outside to play.

Abbi's connection to this field is a personal one. Growing up, she was able to participate in caring for her grandmother and great-grandmother. This encouraged her to continue working with older adults and make it her career. After attending community college in Los Angeles, Abbi transferred to SDSU to complete her bachelor's degree in Gerontology. She worked for a home care agency for a while, then joined our team. She has been a member of our activities department for almost two years and shared that she loves making our resident's smile throughout the day.

When not working, Abbi enjoys watching Netflix and working out at the gym. She loves going to watch horror movies and comedies as well. Plans for Abbi include going on a cruise next year to the Bahamas and Mexico. She hopes to continue on in making memories with our residents each and every day.

WE ARE GRATEFUL....

for our California Fire Fighters who put their lives on the line every day to protect us. Thank you for your courage.



Photos of Annelie's brother-in-law and his Hot Shots Crew fighting a wildfire