

STELLAR CARE

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The

Stellar Care Chronicle

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



My Life as I See It
Irving Lefberg

To me, photography is an art of observation. It's about finding something interesting in an ordinary place... I've found it has little to do with the things you see and everything to do with the way you see them. Elliott Erwitt

This is a snapshot of Irving Lefberg's life. Kind, soft spoken and witty, Irving was born in Brooklyn, New York on March 6th, 1947. His mother stayed home to care for him and his father worked on an electrical assembly line. Irving attended the City College of New York for his undergraduate studies, then further developed his skills with a graduate degree and Ph.D. in political economy from MIT. Afterward, he obtained more professional exposure with a one-year fellowship at Harvard University and rose up in the world of finance.

For about twenty-two years, Irving worked at the Washington State Budget office, aiding in the process of managing and balancing the state budget. It was a stressful and demanding job, but one that he enjoyed. While working there, he met his wife, Sheryl. Sheryl also worked in the world of finance and had a good understanding of economics. They dated for a while and later married. Irving's focus included helping to care for Sheryl, as she had some physical limitations that required her to use a wheelchair. They were married for thirty years.

For many years, Irving loved taking photographs. Upon retiring, he decided to take his hobby and make it into a new career. Irving would take photos at a variety of events, such as weddings and parties. He also provided photo retouching services. What he enjoyed most, however, was taking photographs of birds.

He and some friends would often take trips to go bird watching. They'd go to national parks, wildlife sanctuaries, and even the San Diego Safari Park, with the goal of seeing and capturing images of birds. He and friend, Norm, once even went to the Grand Canyon on Christmas to shoot some photographs.

Continued inside...

Celebrating January

Braille Literacy Month

Popcorn Day

January 19

Martin Luther King Jr. Day

January 21

Puzzle Day

January 29

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.

** 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.

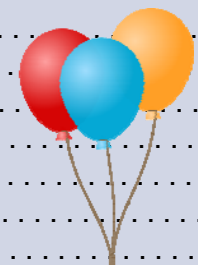
** To ensure the safety of all residents, do NOT leave the following in resident rooms: sharp objects such as scissors, needles, tools and chemicals such as cleaning supplies. All medications should be in med. dept. Please help us keep everyone safe.

January Birthdays

In astrology, those born between January 1-19 are Capricorn's Goats. Goats are focused on lofty goals; these hardworking and determined souls will prevail with grit and resilience.

Those born between January 20-31 are Water Bearers of Aquarius. Water Bearers are deep-thinking intellectuals, unafraid of exploring outlandish ideas. Their strong sense of community makes them good friends and valuable team members.

- Mieko L. Jan. 1st
Dan S. Jan. 1st
Wendy S. Jan. 6th
Shirley F. Jan 6th
Don E. Jan 16th
Amina L. Jan 29th
Robert B. Jan 29th



Congratulations

Employee of the Year 2018

Ruben Leon-Guzman

Maintenance Department

Happy New Year!

All over the world, humanity celebrated the arrival of 2019! We welcomed January 1st with different customs but mostly there was celebration, music, parties, food and champagne. We released what no longer serves us, noted what we learned and how we grew from the events of 2018 and then went to work making those resolutions for a brighter, kinder, healthier, more successful 2019. Sound familiar?

Resolutions work when they become good habits. I am suggesting to you, the Caregiver for a person with dementia, that you make one resolution, "Love Yourself More," until this resolution becomes your habit. What does this look like for you? Each of you has a different relationship with the person you care for and your broader circle of "others." You are so busy making others happy and loving them, when is there any time or energy left for you? In addition to your other responsibilities, caring for a person with dementia causes additional stress and fatigue putting you at serious risk for experiencing your own physical and mental challenges. Aren't you ready to love yourself more?

I recently discovered the website of Dr. Elaine Eshbaugh (<https://welcometodementia.com>), which I highly recommend you visit. Dr. Eshbaugh's articles for caregiver survival are outstanding. She shares Eight Habits of Sane Caregivers, which I list here for your consideration. **1. They sleep.** *Some nights are better than others. But they find a way to sleep.* **2. They leave the house.** **3. They understand that others can give care, too.** *It's okay to accept help. No one is going to do things the way you do. So what?* **4. They laugh.** *This is different for everyone. No judgement. Funny movies, videos of cats on YouTube, Ellen, conversations with friends. Just laugh.* **5. They go to the doctor.** *The people who are the best about getting their loved one to the doctor are often the worst at seeing the doctor for themselves. Go to the doctor for small health issues and preventative care. If you aren't healthy, you can't provide care.* **6. They don't feel guilty.** *This is a particularly important habit to establish, in my opinion. Guilt is a huge energy sucker and boundary for moving on. It implies you have done something wrong. Be kinder to yourself, even if you make a mistake, learn from it and keep moving forward.*

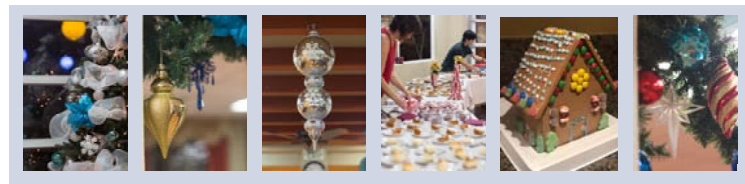
7. They understand that the goal is to have a good day. *They understand that their loved one will not get better. They are realistic in understanding that decline is inevitable. Yet, they can be in the moment, present with their loved one, and aware of other beauty and good in the day.* **8. They forget about people who aren't supportive.** *They don't continue to count on people who don't come through. Sane caregivers make a conscious effort to surround themselves with people who don't disappoint them. They don't do drama."*

These eight Habits of Sane Caregivers are realistic, helpful and achievable. (I also like them because they don't require giving up dessert or going to the gym). If you are open to accepting them, you become a stronger manager of your loved one's care and you get part of yourself back, too. These Habits are some of the ideas which we discuss at the Stellar Care Family Support Group, which I facilitate. We meet the first and third Tuesday of each month at 6:00 p.m. in the first floor conference room. Our Support Group is made up of friends and family members of our Residents and is open to anyone needing support and more understanding of the disease. The emphasis is on providing love, support, information and shared experiences as you move through the stages of dementia, so you can feel vibrant, healthy and valued. All conversation is confidential, each person is respected and has an opportunity to share feelings and suggestions.

As this new year starts off and you are ready to love yourself more, I invite you to consider stopping in to the Support Group.

I do not know what 2019 will bring us. For some, the lessons will be difficult. But even looking back on a serious experience, we can find ways to be thankful for someone or some part of the event. I do know that in 2019 we will also have joy, births, new love, adventures and beauty. I pray that where ever your journey takes you in 2019, you are surrounded by kindness, happiness and gratitude and that this year you can "Love Yourself More."

Susan O'Shaughnessy



...Lefberg continued

When asked if he was ever a member of the Audobon Society, Irving shared that he wasn't. In fact, he'd often see members of the society while taking photographs. The Audobon members would take photographs of birds, but often focus on cataloging the type of bird seen, location and more. Irving shared that he simply wanted to focus on taking photos. He continued on with this work, even winning several awards for originality and having his work displayed in the Escondido Municipal Gallery. He was a member of the Photo Arts Group in Escondido for several years.

When not working or taking photographs, Irving enjoyed being outside. He liked watching baseball and was a Brooklyn Dodgers fan until they moved to Los Angeles. He also enjoyed watching old musicals, like Singing in the Rain. Today, Irving still enjoys watching movies and musicals. His intelligence and wit are clear to those around him. He often impresses his friends with quick and accurate answers to trivia questions on a variety of topics.

Life, like photography, has "little to do with the things you see and everything to do with the way you see [it]"(Elliott Erwitt). Irving's life illustrates this. He was able to take ordinary circumstances and moments in a day and use a camera to show the way he saw the world around him. There is more to Irving than meets the eye. Behind his quiet, unassuming demeanor is a brilliant, caring and creative person, and one that we feel honored to know and call our friend.

Interviewed and Written
by Mai Truong

EMPLOYEE SPOTLIGHT

Jobert James Lim

When coming to visit your loved ones in the community, you may encounter a quiet young man named Jobert. He is a relatively new member of the housekeeping department and has been a wonderful asset to the team. He grew up near Manila, Philippines with two brothers and two sisters. At the age of sixteen, Jobert came to the United States. His siblings and father followed, and with his mother's recent arrival this year, his family is complete and together once again.

Upon arriving in California, Jobert shared that he had to make many adjustments in school. With determination and effort, he was able to learn English and follow along in his classes to graduate. Jobert joined the Stellar Care family and has enjoyed keeping busy in our very active community. He shared that because of his love and experience caring for his grandmother, who has Alzheimer's Disease, he feels compassion and affection for those who are living a similar experience.

When not working, Jobert enjoys playing basketball and videogames. His plans include going back to school and hopefully playing basketball at the college level. He is also considering joining the Navy. We are certain that Jobert can reach these goals and are looking forward to seeing what the future brings for him.

Holiday Party with Mr. and Mrs. Claus

