

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\*



RESIDENT RAVE

Alice Garcia

It was Mexican Independence Day, September 16th, 1928 when Trinidad and Joaquina Aramburo went from El Centro, California to visit family in Mexicali, Mexico. Joaquina was expecting the couple's first child, a girl, but wanted to be with family to celebrate. The town was alive with commotion in enjoying the national holiday. With all of the excitement, Joaquina realized that her baby was ready to be welcomed into the world. Alice was born that same day.

Alice enjoyed growing up in Imperial Valley and San Diego with her four younger sisters, close enough to visit family in Mexicali regularly. She has fond memories of spending time at her grandmother's ranch, running errands together, watching her grandmother sew her own clothing, and making homemade cheese.

While attending San Diego High School in the 1940's, Alice met her high school sweetheart, Hector. He and Alice were a couple grades apart, so they didn't have classes together or have many opportunities to converse. They would see each other around school and finally got to know each other when they attended the same school football game. Hector approached Alice and started a friendly conversation. The rest is history. They started dating, got married after high school and started a family together. N Alice was a stay at home for their two children until the kids were in their teens and Hector worked in an upholstery business. Alice was an active member of the PTA, even traveling to a PTA conference in San Francisco at one point to support their children's education. After the kids were in high school, Alice decided to rejoin the workforce and started working at Macy's.

Over the years, the Garcia family took many trips together to go camping or sight-seeing. Alice and Hector have traveled throughout Mexico, the USA and Europe, making friends in different cities along the way. Upon retiring, Alice joined a retirees group for individuals who worked at Macy's and met with the group on a monthly basis. In her free time, she enjoyed gardening and cooking for family. Alice thoroughly enjoyed taking care of a beautiful garden of roses and orchids. She later took a class and learned to make her own clothing, just like her grandmother.

Continued inside...

Celebrating May
Physical Fitness & Sports
Month

Teacher Day
May 7

Mother's Day
May 12

Memorial Day: U.S.
May 27

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

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.

\*\* 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.

\*\* SUMMER IS ALMOST HERE (maybe!?!?) - With the warmer weather approaching, it is time to pack away the sweaters, wool socks and sweatshirts. Now is a good time to take inventory and replace worn-out pants, shirts, undergarments, etc. We recommend there be at least a ten-day supply of clothing on hand.

\*\* Do you have a family member, friend, or neighbor who would like to receive this newsletter? Please leave a note or email Barbara (barbaram@stellarcare.com) with their name and address.

May Birthdays

In astrology, those born May 1-20 are Bulls of Taurus. Bulls are stable, reliable, patient, and determined. They will work hard and finish the job no matter what gets in their way, but they expect to be rewarded!

Those born May 21-31 are Gemini's Twins. Twins seem to have two personalities and can blend into any situation. They have an energetic and fun-loving side that is the life of the party but also a deep and emotional side that needs love and nurturing.

- Birthdays list: Cora W May 3rd, Jeanne M May 3rd, Bob H May 3rd, Mark K May 8th, Augusto V May 10th, Reuben O May 14th, Patricia N May 20th, Doris S May 21st, Jennie B May 25th, Betty Sue H May 26th, Elizabeth A May 27th, Lana F May 28th, Sybil R May 31st, Sylvia R May 31st



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## Happy Mother's Day

It is not by chance that we celebrate Mother's Day in May. This beautiful month that introduces new growth, fertility, abundance and the rebirth of spring after a barren winter, belongs to the feminine. Greek mythology told of an abducted Persephone who had to live the winter months in the underworld, when no crops would grow, but who could return to earth in bountiful spring months. In Western tradition the concept of Mother Nature became popular in the Middle Ages, personifying nature for its life-giving and nurturing aspects. Celtic folklore described the three aspects of a woman as the Maiden, the Mother and the Crone.

At Stellar Care, we honor our mothers, grandmothers and great-grandmothers this May. All of them representing wisdom, repose and compassion, the culmination of a lifetime of experiences, we honor them with the title of Crone.

Among our residents we have almost 60 mothers and close to 50 grandmothers. We even have great-grandmothers! These women hold generations of kisses, hugs, encouragement, joys, sadness, support, hard work and sleepless nights in their bodies and souls. These women, our residents, are strong, funny, resourceful and talented ladies. As the givers of life, they held their babies and watched most grow to be kind humans but sometimes grieved as they buried children, regardless of age. After a lifetime of making difficult choices, hoping the decisions were right, they are less complicated now offering support, when we go to them for advice. It is a privilege to care for these ladies. They deserve to be pampered, entertained and nourished. Their experiences become our history, globally and personally.

If you are one of the blessed, whose mother or grandmother is a resident at Stellar Care, enjoy the Mother's Day Celebration! Laugh, love, hug and laugh some more! There will be tea, cookies and entertainment. There are still memories waiting to be made.

There are no words to describe the heartache of losing your mother. But you can honor her in simple ceremony, by lighting a candle, creating a small altar with a picture or belonging. Make one of her favorite meals, and recall antics with a sibling, or, you may be fortunate to be able to bring flowers to where she rests. Whatever you choose, memories will fill your heart, and peace will fill your thoughts.

The wisdom of the crone is found in the International Council of Thirteen Indigenous Grandmothers. This council, formed in 2004, is made up of grandmother elders who come together every six months to focus on issues such as the environment, internationalism, and human rights. Their goals are to "build our relations and learn about each other's cultures." Who better to inspire and counsel us, then strong, worldly grandmothers?

*"Find me in my field of grass, Mother Nature's son,  
Swaying daisies sing a lazy song beneath the sun."  
(Lennon/McCartney)*

Susan O'Shaughnessy

### Some Bunny Loves You



...Garcia continued

Alice today can frequently be seen walking around the community with a friend or two, chatting about the day. She often has a kind smile on her face and doesn't hesitate to offer a listening ear to anybody looking to chat. We appreciate and admire her warm, friendly personality and look forward to conversing with Alice each day.

Rave and Spotlight are Interviewed and written by Mai Truong

## EMPLOYEE SPOTLIGHT

Adriana Montes

Adriana Montes is a kind, hardworking person. She was born and raised in Guadalajara, Mexico and came to the U.S. in the mid 90's. Adriana lived in Orlando, Florida for some time and became a single mother to her four children while the oldest was just under five years old. In order to make ends meet while still attending to her children, she started working at a daycare center that her children could attend during the day. Other staff members noted Adriana's patience and attentiveness and encouraged her to get her CDA credential. She went to school and obtained her credential with the goal of furthering her knowledge of childhood development. She enjoyed working there for over twelve years.

After leaving the daycare, Adriana returned to Guadalajara for five years to care for her aging mother. There, she had her own child care center that was able to attend to over 65 children under the age of four at one time. Upon her mother's passing, Adriana moved to San Diego, where she started working at an AM/PM. She reflected on the privilege she had to care for her mom and decided to apply here at Stellar Care. Adriana is now a member of our culinary department and feels that she is able to honor her mother by showing care and kindness to our residents. Adriana shared that she loves seeing the individuals in our community smile each day and sees them as an extension of her family.

When not hard at work helping to make nutritious meals for our residents, Adriana enjoys spending time outdoors at the park and going to the gym. She also loves spending time with her grandchildren and cooking delicious meals for them. Adriana shared that she feels happy working here in the community and looks forward to continuing to get to know each resident better. Adriana does a wonderful job and was recently honored as our employee of the quarter. We are happy to have such a kind, compassionate person as a part of our team.

### The Moments We Share

