

STELLAR CARE

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 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\*



**RESIDENT RAVE**

Sue Sachs

Stephen Hawking once said that we should “look up at the stars and not down at [our] feet.” He encouraged all to “be curious.” Sue Sachs is someone who values the importance of being curious about the world and people around us. Sue was born on August 9<sup>th</sup>, 1945 in Eagle Rock, CA. She and her two brothers enjoyed an active and happy upbringing. Sue spent years dancing ballet and staying busy at school. She was in several societies in high school and the school flag team.

After graduating from high school, Sue moved toward the coast to study history at UC Santa Barbara. One day, at a social function, she met Steve Sachs, who would later become her husband. Upon graduating from college, she and Steve got married and started a family together. They enjoyed living on Balboa Island for some time, and then moved to Santa Rosa before settling in San Diego. Sue became a teacher for elementary school children while working with Steve to raise their two daughters. Sue was a wonderful teacher and would focus on multicultural events for her students. She helped to organize festivals at the school and had an activity where she would analyze the “Cinderella Story” from different countries around the world. She enjoyed her work and made a difference in the lives of her students for more than twenty years.

In raising their daughters, the Sachs placed importance on making time for family, working with their daughters on homework and also setting time aside for fun. The family enjoyed yearly ski trips to Mammoth Mountain in the winter. They also enjoyed going camping or up the coast in the summertime. Even when both daughters married and started their own families, the Sachs would continue to take their annual ski trip. They thoroughly appreciated making precious memories as a family.

Sue and Steve retired at the same time and decided to spend more time traveling. They explored Europe, Alaska, Hawaii and many more locations. They also took regular hiking trips to enjoy being outdoors. When not traveling, Sue loved having a variety of hobbies. She and Steve were in a book club for over thirty years. She would also spend time making delicious meals for friends, painting, making jewelry and even arranging flowers.

Sue’s fifty years of marriage, twenty years as an educator, two daughters and three grandchildren are all a testament to the fulfilling life she has led. May her positivity, curiosity and warm heart encourage us all to spend a little more time looking up at the stars.

**Celebrating August**

**American Artists  
 Appreciation Month**

**Sandcastle Day**  
*August 3*

**Bowling Day**  
*August 10*

**Bow Tie Day**  
*August 28*

**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**

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\*\* 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.

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

**August Birthdays**

In astrology, those born between August 1–22 are Lions of Leo. Leos are natural leaders: intelligent, courageous, and bold. Leos’ social natures also make them excellent friends.

Those born between August 23–31 are Virgo’s Virgins. Virgos love paying attention to details—not to be picky, but to help others. Their industrious efficiency makes them smart problem-solvers and fact-finders.

Jane T .....	Aug. 5th
Elinor L .....	Aug. 7th
Sue Ann S .....	Aug. 9th
Dee B .....	Aug. 17th
Walter H .....	Aug. 23rd
Doris D .....	Aug. 31st



**Walk4ALZ | San Diego**  
 Alzheimer’s | AND MORE

**Saturday, October 19th**

Walk begins @ 8:00am in Balboa Park

**Join Team Stellar Care**

Log on to [www.alzsd.org](http://www.alzsd.org) / Walk4ALZ

### The Healing Power of Water

Because the surgeon strongly recommended that I join a water exercise class after my procedure, I find myself in the YMCA pool three times a week. It's a large, indoor pool where the temperature can be as high as 91 degrees. There are dozens of classes a day, with areas roped off for children's swim lessons, lanes created for Master's swimming, and the section where I participate in the older adult's water aerobics and gentle arthritis exercise. I enjoy every part of my time at the Y and in the pool. The diversity, and the abundant acceptance from staff to participants is tremendous. You are immediately aware that each person has their own unique personal obstacle to overcome or goal to accomplish and these are only met with positive, vibrant and sincere encouragement. Just being there begins the process of feeling better and knowing that success is possible. Although it is noisy and busy, there is something quietly inviting and introspective as the water seems to welcome you into its magical ability to heal.

There have been a number of times, when in the pool, that I have observed moments of success, joy and inspiration that have moved me to tears. I will share one. The arthritis class, held on Saturday mornings takes place at the end of the pool where there is a ramp, accessible for special equipment and people not able to use the stairs into the water. As the group of us is led in gentle, stretching movements, an adult daughter will join us with her disabled, aphasic mother. First she must park the wheelchair, cue her mother with kind and patient words, assist her to the ramp and guide her stiff and almost immobile body in the pool. However, once her mother is fully immersed in the water, and she feels the buoyant sensation which her limbs have lost, mom's entire face fills with happiness. Her expression is almost child-like delight, and with her daughter's assistance, she is able to move her arms and legs to the instructor's words. I am filled with compassion, wonder and happiness for this woman and her daughter as they appreciate their hour in these healing waters.

"Water gives us life and has been recognized for its therapeutic properties for centuries." Swimming and exercising in water, strengthens muscles without stress, encouraging the body to heal naturally. Water covers 70% of the planet, and our bodies are made up of 65% - 78% water. Even 31% of our bones are water. The more water we lose, the more we deteriorate. We are water in human form. Water is symbolic and is used in the ceremonies of all religions. Dr. Masaru Emoto (1943-2014) was a Japanese researcher and author. He proved that human consciousness has an effect on the molecular structure of water. The revelation that our thoughts can influence - water has profound implications for our health.

Stellar Care staff is aware of the healing power of water. Every time a shower is given to a resident it is done with care, kindness and dignity. It is honoring an aging body. All through the day, staff is offering water from our hydration cart, making sure our residents are hydrated and maintaining the balance of each person's systems. I offer you some suggestions you can do as activities when you visit your loved one. Drink water with cut up fruit and ice in a tall, exotic-looking glass, take a short walk around the neighborhood lakes close to Stellar Care, take a drive to the ocean, go for a pedicure, reminisce about a beach or lake vacation (old photos help prompt these memories), go to a park and play with bubbles, visit the aquarium or fish tanks in a pet store, set the television to a waterfall or an ocean scene. You can also ask if the tub in the Stellar Care spa room is appropriate for a bath on occasion for your loved one. I hope you find joy and healing with water.

Susan O'Shaughnessy



Apreva Hospice presents \$5000.00 check, payable to Alzheimer's San Diego, to Linda Cho, as we kick-off the 2019 Walk for ALZ campaign.



**GALBOA PARK • WALK4ALZ**  
**Alzheimer's | SAN DIEGO**

Stellar Care remains one of the leading fundraisers for Alzheimer's San Diego, with the help of our past and present family members, friends and professional partners.

This year's Walk will take place **Saturday, October 19, 8:00 a.m. at Balboa Park**. The purpose of the Walk is to bring awareness to the increasing numbers of San Diegans affected by and diagnosed with Alzheimer's and other dementias. Money raised is used for educational programs, support groups, advocacy and research donations all managed and run by Alzheimer's San Diego.

Please make your donation to Alz.San Diego, join the Stellar Care team, and walk with us the morning of October 19<sup>th</sup>. See you there! 😊

### EMPLOYEE SPOTLIGHT

Karla Hurtado

As you are likely well aware, our community is always bustling with a variety of activities. One activity room may have music therapy going on, while another one has a heated game of pool noodle battle. At the same time, there may be a third group in the courtyard working on our garden. Karla is a member of our activities department and contributes to making each day fulfilling and enjoyable for our residents.

Karla was raised in Tijuana's playas area and attended a Catholic grade school before studying graphic design at the local university. She worked for over twelve years in that field, designing magazines, logos, business cards, restaurant menus and more. After getting married, she and her husband moved to San Diego and started a family together. She continued to do freelance design on and off, then started working at the County of San Diego in an office position. After leaving the county, Karla worked as a one on one caregiver. She joined our team two years ago and assisted in the kitchen as a server, baker and in prep before transitioning to our activities department.

Karla shared that she appreciates coming to work every day. For her, coming to the community doesn't feel like a job because she loves it so much. She affirmed that she feels happy to get to know each resident and work with coworkers that share her passion and enthusiasm. After work, Karla likes to go home and spend time with her two sons, Ricky and Leo. She hopes to continue on in the medical field, become a CNA, and work in an administrative position in a medical community. We are happy to have Karla refereeing our (*very competitive*) pool noodle battles and appreciate the kindness and positivity that she lends to our community every day!

#### STELLAR CARE

#### Caregiver Support Group

After a summer break, our Support Group will begin meeting the first and third Tuesdays of each month, starting September 3 and 17, at 6:00 p.m.

The purpose of the support group is to discuss your questions, and emotions through the journey of dementia. You gain valuable insight, suggestions and validity as you share experiences, high and lows with other family members.

Meet with us on Sept. 3 and see if this is right for you. Facilitated by Susan O'Shaughnessy