

STELLAR CARE

4518 54<sup>th</sup> 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\*



RESIDENT RAVE  
 Norman Vincent

Norman is a man of hard work and dedication. He was born on September 1<sup>st</sup>, 1924, shortly after the end of World War I, and a few years before the Great Depression and World War II. He had a lengthy and successful career in the United States Navy before retiring and continuing to work in civil service. Norman is a dedicated father and husband, having had two long marriages and raising three beautiful children. He is certainly a man you'd describe as responsible, determined and strong.

At the age of 17, Norman joined the United States Navy in order to aid the Allied efforts in World War II. He served as a machinist mate through the Battle of Santa Cruz Islands, during the Guadalcanal campaign. He remained with the Navy during the Korean War, left the military for a few years while his two daughters were young, then reenlisted and served during the Vietnam War. Despite having witnessed pivotal moments in three major wars, Norman was discreet about his military service. He agreed to one interview with the History Channel to discuss the Battle of Santa Cruz, but rarely spoke about his service or military success otherwise.

After retiring from active duty service as a master chief, Norman worked on cars in a civil service position. Even when not working, he always kept busy. He built his family a home in Massachusetts. The Vincent family home always had a perfect lawn. In his spare time, Norman had a talent for making air planes out of beer cans (loved ones still have some of these planes today). He even singlehandedly built a car that was a replica of an MG. Norman was rarely if ever found resting or lounging. If not busy on a project, he'd make sure to go out for a drive or go exercise. Norman was never a fan of idleness.

After some years on his own, Norman met a woman named Alice through some mutual friends. He was interested in getting to know Alice and asked for her number. She insisted on meeting in church. With time, they fell in love, enjoyed one another's companionship and got married. Norman and Alice traveled to different locations in the US on road trips in a motor home.

*Continued inside...*

**Celebrating November  
 Alzheimer's Disease Month  
 American Indian Heritage  
 Month**

**Veterans Day: U.S.**  
*November 11*

**Thanksgiving: U.S.**  
*November 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 Director*

**Miscellaneous Announcements**

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\*\* When possible, please give the front desk a couple of hours notice when you plan to take your loved one out of the facility. This will give staff time to have medication and resident ready to go out.

\*\* If you would like to take your loved one out for a Thanksgiving 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.



\*\* 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.

**November Birthdays**

In astrology, those born November 1–22 are the scorpions of Scorpio. Scorpions are passionate and assertive, yet they are also known to keep cool and calm. This composure makes them good, steadfast leaders and loyal and honest friends.

Those born between November 23–30 are centaur archers of Sagittarius. Archers are curious, energetic, and enjoy change, the restless travelers of the zodiac. They are funny and enthusiastic, cherishing freedom as their greatest treasure.

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|--------------------|-----------|
| Beatrice M .....   | Nov. 4th  |
| Barbara B .....    | Nov. 5th  |
| Diosdado P .....   | Nov. 12th |
| Bernice R .....    | Nov. 16th |
| Eugene R .....     | Nov. 19th |
| Betty Jane P ..... | Nov. 21st |
| Patricia M .....   | Nov. 23rd |
| Mary F .....       | Nov. 27th |



**Alice's Restaurant**

“Thanksgiving is a national holiday in the United States, celebrated on the fourth Thursday of November.” Along with the 4<sup>th</sup> of July, Thanksgiving is the most “American” holiday we observe. We all know the story of the First Thanksgiving celebrated by the Pilgrims in October, 1621, which lasted three days while Native Americans and Pilgrims shared their first abundant harvest. And so as American families, we strive to keep this historic tradition and honestly, put a lot of pressure on ourselves to create a memorable feast day for everyone.

Each of you experiences your own vulnerability and some families are finding your “new normal” as you recognize that Thanksgiving may be different this year. The location may be changed, loved ones may be out of town, one or two seats at the table may be honored, but vacant. Celebrate your Loved One who lives at Stellar Care, and give gratitude for the uniqueness and wisdom that he or she has shared with you through the years, as you contemplate how this Thanksgiving will be celebrated. Honor your past, enjoy your memories, but live in the present. To help with some of the decisions you are facing this holiday, a Group of Former Family Members put together a suggestion list for “Making it Through the Holidays When Caring for Someone with Dementia”:

*If you are planning on bringing your Loved One to a holiday dinner be mindful of how this is a change to their new routine. Consider the size of the party and how your Loved One may react. Celebrate earlier in the day and bring them home to Stellar Care earlier. Consider having your Loved One over for dessert, after the big meal is over. Keep the visit shorter.*

*Communicate your concerns and suggestions with others in the immediate family. If you are “in charge,” Delegate!*

*In every single situation, think smaller.*

*Consider using another day in the holiday week to celebrate with your Loved One. Start a new tradition with your Loved One, while keeping the extended family celebration.*

*If going to a restaurant, pay attention to times when it is more crowded, noisy. This can be overwhelming for the person with dementia.*

*Holidays are filled with emotions and memories. Be aware of each family member's vulnerable point and be kind and understanding of each other.*

*Have few expectations. Now is not the time to strive for perfection. Be flexible, forgiving and maintain a sense of humor.*

*Your Loved One lives in the moment. Don't miss it. Being together is usually the best gift of all.*

Still believe you can achieve that beautifully set table, bake the perfect pie and green bean casserole, while experiencing total family harmony? Let me remind you of the historical facts, direct from Wikipedia, showing just how dysfunctional Americans are as a nation, especially around the topic of Thanksgiving. Although celebrated by the Pilgrims in 1621, Thanksgiving was only observed by Americans, off and on up until 1789, when Washington signed a proclamation. However, Jefferson chose not to observe the holiday, and it didn't become a national holiday until proclaimed by Lincoln in 1863. Lincoln chose the last Thursday in November for the event. With Franklin D. Roosevelt, there arose a great controversy about Thanksgiving being observed on the fourth Thursday, rather than the last Thursday of November with Republicans calling this an affront to the memory of Lincoln! The states were divided over the dates, with Texas celebrating both days as government holidays. Finally, the partisan controversy was overcome and FDR signed a bill on Dec. 26, 1941, fixing the date as the fourth Thursday in November!

But I must give credit to Arlo Guthrie for creating the greatest Thanksgiving mishap in American history, “Alice's Restaurant.” Based on true events, this 18 minute tale, first sung in 1967, has become a tradition for many classic rock radio stations to play each Thanksgiving. Guthrie sings of his friend Alice on Thanksgiving Day, littering, arrest, bail, and “another Thanksgiving dinner that couldn't be beat, and didn't get up until the next morning, when we all had to go to court.”

So don't feel alone or defeated if your Thanksgiving doesn't go as planned. You are in great American company, with Pilgrims, Presidents and Rock Stars! By the way, in 2017, Alice's Restaurant, was selected for preservation in the National Recording Registry by the Library of Congress as being, “culturally, historically, or artistically significant.”

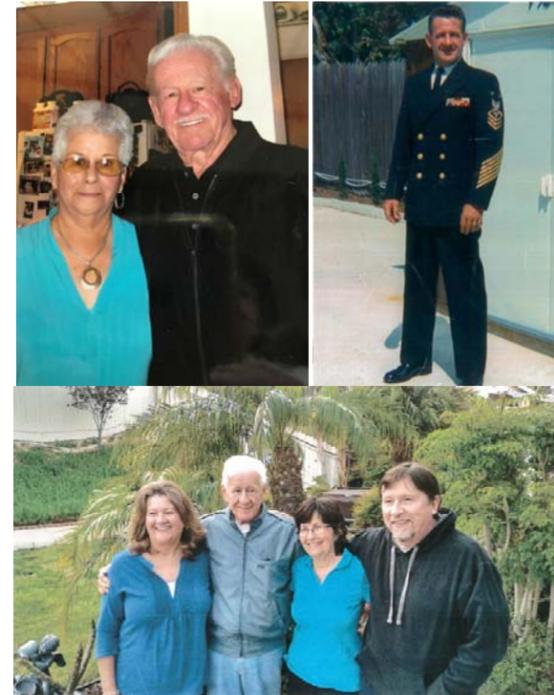
“You can get anything you want, at Alice's Restaurant,”

Susan O'Shaughnessy

...Vincent continued

They went back and forth across the United States and got to see many beautiful locations. Their travels and vacations took them down to Mexico and up to Canada.

Norman's life illustrates that he has always valued taking action. He has lived a full life and has derived great satisfaction from staying busy and working hard. What's not to admire about a man of such dedication, determination and purpose?



Resident Rave and Employee Spotlight interviewed and written by Mai Truong

**Enjoying Balboa Park Concerts**



**EMPLOYEE SPOTLIGHT**

**Maricela Solares**

Maricela's day normally consists of an array of music, games, conversation, laughter, and often some dancing as well. She is a helpful and positive member of our Activities department and has a wonderful way of providing a personal and caring touch to her day to day role.

Maricela was born in Mexico and raised in Orange County. She is often quite busy, as she is a mother of three that is always on the go! She is no stranger to working in assisted living, as she worked in caregiving roles and in the med-room as well. After spending a few years working in assisted living, Maricela decided to return to school to further her education. She obtained her medical assisting certification and later joined our team at Stellar Care.

Maricela shared that she thoroughly enjoys helping out in any role she possibly can, as long as she gets to spend the day with our residents. She loves helping others and values being hands-on when providing care. When she has some free time, Maricela enjoys taking her kids to the park or going out to eat with her husband. She also makes sure to visit her siblings and other relatives. With time, Maricela's goal is to continue on with her education and take on new, different roles working with older adults. We are happy to hear that Maricela is pursuing her passion and look forward to seeing her grow.

**Holiday Meals at Stellar Care**

We have invited families for Thanksgiving lunches in the past, but because we've had to displace residents when seating family members at tables, this has caused some confusion and agitation. We want to make sure that we are focused on the care of our frail population and we do not want to cause, by our good intentions, any increase in confusion or agitation. That is why, this year, **we will have the Thanksgiving meal at lunch for residents only.**

