

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

Poinsettia Day
December 12

Winter Solstice
December 21

Hanukkah
December 22-30

Christmas
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

RESIDENT RAVE
Robert Torbett

This month's featured individual is a man that they call "Baja Bob." Robert Torbett grew up in Atchison Kansas as the youngest of six and the only male of seven siblings. Both his father and grandfather worked on the railroads. Bob lost his father at a young age, so his mom moved the family to San Diego to find work.

Upon graduating from Hoover High School, Bob decided to enlist in the Army and served during the US occupation in Japan. He remained in the Army for a couple of years, before completing his service. Following his honorable discharge, he helped to build racing yachts for a while, but decided that he wanted to pursue a career in law enforcement.

Bob had a long and successful career with the San Diego Sheriff's department and wore a variety of hats. He served as the Information Liaison for San Diego. He later worked as a Gold Shield Homicide Detective Sergeant. Bob helped to found and edit the Silver Star magazine. He also established the Retired Sherriff's Deputy Association and often assisted with fundraisers for the community.

Throughout the years, Bob saw that after law enforcement equipment was used for some time or replaced with updated items, it often would simply be discarded. He also realized that many police officials across the border in Tijuana were often responsible for purchasing their own uniforms and some of their own equipment. Bob saw that this situation opened up the possibility of improving San Diego's relationship with Tijuana and decided to act. He helped make arrangements for San Diego law enforcement equipment to be donated to Tijuana's officers. In this manner, there would be a spirit of cooperation between the two cities along the border, and Tijuana police could have much needed equipment to aid them in enforcing the law. The program was implemented and was extremely successful. It was because of this program that Bob was endeared to Tijuana police and known as "Baja Bob."

Continued inside...

Miscellaneous Announcements

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\*\* With the colder weather, many residents enjoy having a personal comforter on their bed. Please remember, however, that we are not able to launder comforters in our laundry. We will notify you when a comforter becomes soiled, but please check regularly to switch out or launder personal comforters.

\*\* 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.



December Birthdays

In astrology, those born between December 1-21 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.

Those born between December 22-31 are the horned goats of Capricorn. As goats climb to great heights, Capricorns strive to get to the top, using discipline and common sense to find fame, prestige, and money.

- Adele M ..... Dec. 2nd
Edmund T ..... Dec. 10th
Virginia G ..... Dec. 14th
Thu N ..... Dec. 24th
James N ..... Dec. 25th
Trinidad V ..... Dec. 29th



## Stellar Care Christmas

*Twas* the night before Christmas and on each of the floors,

The Residents were sleeping – we could hear all of the snores.

Decorations were hung on the trees with great care,

In hopes in the morning, they would all still be there.

Staff in the laundry had put fresh sheets on the beds,

While all of the Residents had taken their meds.

And Barbara with family reservations, and Chris with the food,

We're planning tomorrow's dinner and in a festive mood.

When suddenly all the alarms started ringing,

And over the radio Janet started singing,

“Check all of the stairwells, no one can leave,

Unless they sign out, it's a rule, I believe!”

When who to our wondering eyes should arrive,

But Santa and his elves, they'd been out for a drive.

They explained they were “touring” for a place Santa could rest,

And they had determined Stellar Care was the best!

He was dressed all in fur, from his head to his foot,

And his clothes were all tarnished with ashes and soot.

“The night started out great, I delivered toys from my pack,

But somewhere over Europe, I pulled out my back.

I got lost over Canada, too much snow blocked my view,

I tried to use MapQuest....honestly, I don't have a clue.

The traffic was awful when we got to LA, Please Stellar Care, please let me stay.”

A wink of his eye and a twist of his head,

And Linda Cho knew, he needed a bed.

She spoke not a word, but went straight to his room,

Gave him cookies and milk, a bath and a groom.

In the morning he awoke and to his team gave a whistle,

And away they all flew like the down of a thistle.

But we heard him exclaim, ere he drove out of sight,

“Happy Christmas, Stellar Care, you made Santa, all right!”

Clement Clark Moore  
adapted by Susan O'Shaughnessy

Activity Staff and Volunteers Always Bring Big Smiles



...Torbett continued

After retiring from the Sheriff's department in 1978, Bob decided to continue working and served as the Del Mar Racetrack head of security. He continued on working at Del Mar for 10 years before deciding to branch out to open his own security firm to work as a private investigator and bodyguard. Through this company, he had the opportunity to work with several prominent officials and use the skills that he learned over the years with the military, Sheriff's Department, and at Del Mar.

Even though Bob was constantly working, he made sure to have fun as well. He enjoyed playing softball on the Sheriff's Department team. He loved to take time to head out with his wife and children at a cabin they had in Tecate, California. They'd spend time together in an open area of land and enjoyed fishing, hunting, cooking what they caught and barbequing together. The family would often drive together down the Baja coastline as well. Bob was rarely at home and would take any free days to visit his friends and catch up. He has certainly had a fun and adventure filled life. We admire Bob's industrious nature and can absolutely still see the diligent and determined Sheriff in him.



Resident Rave and Employee Spotlight  
Interviewed and Written by Mai Truong



## EMPLOYEE SPOTLIGHT

Patricia Sands

Patricia is a woman who values learning, helping others and staying active. She was born in Mexico City and lived there until she was 29 years old. While in Mexico, Patricia studied accounting at a technical school. She later moved to San Diego, took English classes and caregiving classes and raised two beautiful daughters.

Patricia has always valued spending time with older adults and showing her appreciation for them. In order to spend more time with them, she applied to work at Stellar Care. She joined our housekeeping team and has thoroughly enjoyed seeing our residents and working to make sure that their environment is comfortable and clean.

When not at work, Patricia volunteers at both of her daughters' schools. She is the president of a committee that helps bilingual students to learn English and continue to practice their native language as well. Patricia also volunteers alongside her daughters at their local church, cooking and baking for fundraisers to help those who are less fortunate. When she has some free time, she loves reading, embroidery and knitting.

Patricia hopes to continue on with her education to study a technical career or a veterinary one. Her main goal is to live each day to the full. She aims to be a lifelong learner and hopes to instill this attitude into her daughters as well.

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