

STELLAR CARE

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San Diego, CA 92115
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Postage
Information

STELLAR CARE Quarterly

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



Celebrating Winter

Martin Luther King Jr. Day

January 20

Compliment Day

January 24

Groundhog Day

February 2

Valentine's Day

February 14

St. Patrick's Day

March 17

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

Joaquin Rodriguez

In the Bible, Mathew 5:3 says that "Happy are those conscious of their spiritual need." Joaquin is a person who has always been interested in spiritual matters. He was born in Puerto Rico on March 9th, 1927 as the oldest child of Joaquin and Angelita Rodriguez. Joaquin grew up on a farm, learning how to plant beans, corn and other foods. The family had a hill on their property where their two cows would roam. It was on this farm that Joaquin developed a love for plants, gardening and nature.

When Joaquin was young, his family moved to the city of Barceloneta, where there was abundant work in sugar factories. He attended school there and upon graduating, Joaquin decided to continue on with his education studying scripture and theology. He moved to Nayak, New York to attend seminary school. It was there that he met Sarita. Upon graduating from seminary school, they married and started a long career in the ministry together.

Joaquin and Sarita stayed for some time in New York, observing how other ministers worked to support the local churches. After some training, they received orders for Joaquin to be a pastor in Corpus Christi. He helped organize a church of over 300 people. Sarita played the piano and they made a good team. New orders took them back to New York where they remained for a few years and had their two eldest children. They returned to Corpus Christi later on, so that Sarita could benefit from the warmer weather while undergoing some health issues. Once she recovered, they assisted congregations in New Jersey, Connecticut and San Diego. Despite living in different cities over the years and having an active and busy life, Joaquin and Sarita always made sure to tend to the needs of their five children. They were focused on the well-being on their family and strove to raise their children to be physically, emotionally and spiritually healthy. They traveled back at times to visit Puerto Rico and get some much-needed rest, but always made sure to keep an eye out to help anybody in need.

Continued inside...

Miscellaneous Announcements

** 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.

Winter Birthdays

- Mieko L. Jan. 1st
Dan S. Jan. 1st
Shirley F. Jan. 6th
Jose S. Jan. 9th
Amina L. Jan. 29th
Robert T. Feb. 3rd
Kathleen C. Feb. 6th
Rita M. Feb. 7th
Rosie Z. Feb. 12th
Randall C. Feb. 14th
Judith M. Feb. 16th
Janet D. Feb. 25th
Judith P. Mar. 1st
Teresa O. Mar. 5th
Deborah P. Mar. 5th
Irving L. Mar. 6th
Ingeburg R. Mar. 9th
Joaquin R. Mar. 9th
Jean V. Mar. 12th
Virginia B. Mar. 20th



2020 Vision

We have made it through the holidays, celebrations, toasts, and family gatherings to find ourselves in the year 2020, high according to optometrists means a year of normal sharpness and clarity of vision! Some of us have made resolutions and promises to have a year of travel, adventure and desire for “the best year yet.” But if you’re a caregiver for a loved one with dementia how does this even relate? You share your thoughts, insights, struggles and heartbreak with me. I know that sharpness and clarity of vision is not how you visualize your world. And few of you have time to list resolutions, and dream of distant shores; your “lists” contain scheduling appointments, replacing items, calling family members and your “travel” would be to doctors, pharmacies and Costco for Ensure.

I searched around the internet to find helpful New Year’s resolutions for caregivers. There are endless lists, but they all require you to do more work. I was looking for inspiration, insight and wisdom; not time-consuming activities to improve you. In my mind, you are already perfect. And then, quite by accident, I came upon a website called, “Dementia Queen.” Sue M. Paul, has been working in the aging field for over thirty years. She is a physical therapist, public speaker, author, and business owner. Sue advocates for seniors, nationally serving on boards and councils. Her website is the real deal. Sue came up with five New Year’s resolutions, specifically for caregivers, which hopefully you will find helpful.

I will embrace the New Normal. Each step of the dementia journey is difficult. What is the Normal you are experiencing now? There is no predicting what behaviors or care challenges will surface next for your Loved One. What you need to do is practice being even more patient and flexible. Because we know, as soon as you figure out the New Normal you are moving to a Newer Normal.

I will celebrate remaining abilities. We know Alzheimer’s and dementia are progressive. When you are exhausted with wandering, repeating, rummaging, humming, think of these behaviors as today’s awesome skills. “They are milestones in reverse.”

I will educate myself about what’s next. Although it may be difficult to see those further along on the dementia journey, listen to the stories of their caregivers. Learn from them and prepare your heart. There is so much value in support groups.

I will plan on “me time.” You absolutely need “me” time. You must keep yourself healthy physically, emotionally, mentally and spiritually. What does that look like for you? Pay attention to how and what you eat, how are you sleeping, where is your stress level. Are you seeing your doctor, dentist regularly? When was the last time you had a massage, read a book, took a walk or did something with a friend? Your Loved One needs a happy, healthy caregiver.

I will tell my story. Real-life testimonials are the most powerful agents of change. The world needs to know the impact this disease has had on you and your family. “If you want to see a world without dementia, you must make noise.” Advocate and share your story.

“Embrace, celebrate, educate, plan and tell” are five powerful words that each of you can carry into 2020. They will help make you stronger and healthier.

I do not know what 2020 will bring us. For some the lessons will be difficult. But I do know that we will also get joy, births, new love, adventures and beauty. I pray that where ever your journey takes you in 2020, you are surrounded by love, kindness and happiness.

Susan O’Shaughnessy

A Joyous Holiday



...Rodriguez continued

After many years helping others, Joaquin decided to retire and stay in San Diego, as he says it reminds him of Puerto Rico. Time for Joaquin is spent outdoors as much as possible. He continues to have a green thumb and enjoys tending to all sorts of plants, especially if they yield fruit or vegetables. Joaquin can often be found out in the courtyard, tending to the garden. He also likes writing, studying scripture and coming to the dining room early to catch up with friends. We appreciate Joaquin’s polite, kind and helpful nature and look forward to conversing with him each day.



Employee Spotlight and Resident Rave interviewed and written by Mai Truong

Reminiscence Gardening



EMPLOYEE SPOTLIGHT

Alissa Chheang

Alissa has a heart for helping others. She is a San Diego native and the oldest of six. Growing up, she was quite responsible, checking on her younger siblings and helping to tend to their needs. Alissa became familiar with certain chronic health conditions through experience with family and realized that she enjoyed caring for others. With this realization, she decided to enroll in the Medical Pathway at her high school. Through this program, she was able to learn about the medical field and do externships at clinics.

Upon graduating from high school, Alissa moved to Temecula where she obtained her associate’s degree in nursing and a medical assistant certification. In 2015, she started working as a caregiver, to get some experience in an assisted living setting. She later became a med-tech. Alissa joined our team early in 2018 and has been a wonderful asset to our med-room, with her detailed, caring nature.

When she has some free time, Alissa likes to go out with her siblings, reading comics with them, taking them to arcades, or going to the movies. She also loves cooking and is always trying out new recipes to share. Alissa is currently studying for her TEAS test and is hoping to enroll in a nursing program to become an RN. We are excited to see Alissa continue to grow and have no doubt she will reach the goals she has set.

