

The Stellar Care Chronicle

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



Celebrating October

Halloween Safety Month

Roller Skating Month

Freedom of Speech Week

October 19–25

Balloons Around the World Day

October 1

Blessings of the Fishing Fleet Day

October 5

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

“The long and winding road that leads to your door, Will never disappear. I’ve seen that road before. It always leads me here. Leads me to your door.”

As I type these lyrics, two daughters hug and cry silently, outside their Mother’s door. They have just said their last goodbye. All of our hearts break, one more time.

The statistics for Alzheimer’s are staggering. We’ve heard them. But as each of you takes this brave journey, you are not a statistic to me. I see a family devastated and aching as this monstrous disease rips away every memory, removes all intellectual thought, hides conversation but leaves a person unable to make decisions, frightened of the shower, unable to dress and most often reduced to wearing diapers.

Some of you are spouses, most of you are adult children. Siblings, friends, neighbors.....all of you are losing someone who matters. But the human spirit is remarkable. Through the journey, you find joy. You share when you have a good visit, when your loved one laughs at a joke, remembers a story and always when you are recognized.

I know you want to make a difference. We CAN make a difference. One last time this year, I plead with you to join the Collwood Terrace Stellar Care Team on Saturday, October 18th, 7:45 a.m. at the “Walk to End Alzheimer’s.” A large contingency of families, providers, advocates meet at the corner of President’s Way and Park Blvd. in Balboa Park. Thousands join us in the Alzheimer’s Association “Village.” The presence of so many people sends a strong message to the media, our elected officials and the researchers who struggle to find necessary funds so they can do their work and find a cure. To date, Stellar Care has raised over \$23,000, putting us in first place in the county and one of the top fifty teams in the country. Thank you for your contributions and words of support.

I will miss seeing the two daughters who lost their mother today. One daughter has short, curly hair and the other has long, straight hair. They are so unique with different lifestyles but always had common ground when it came to the abundance of love they gave to their mom. They came to support group and bravely shared their anger, sadness, frustration and loss as they journeyed through Alzheimer’s. Often, they counseled, inspired and uplifted others in the group. I will miss their mother. She was proud of being a nurse and even more proud of her family.

“The wild and windy night that the rain washed away, Has left a pool of tears crying for the day. Why leave me standing here, Let me know the way.....”

Together, we find the way,
Susan O’Shaughnessy
Marketing Director

Miscellaneous Announcements

** Family Support Group meetings are held on the first and third Tuesday of every month at 6:30pm. Families are invited to join us in the Library on the first floor.



Saturday, October 18th
Walk begins @ **8:00am** in Balboa Park

Join Team Collwood Terrace

Log on to www.alz.org/walk to register.



Like us on facebook at
[Facebook.com/stellarcare](https://www.facebook.com/stellarcare)

October Birthdays

If you were born between October 1–22, you balance the scales of Libra. Libras are very social, seek harmony through compromise, and have strong powers of critical thinking. Those born between October 23–31 are passionate Scorpios, considered the most intense sign in the zodiac. While on the outside Scorpios are calm and composed, inside they are forceful, emotional, determined, and ambitious.

Tom R.	Oct. 6 th
Lucille O.	Oct. 7 th
Teresa C.	Oct. 10 th
Joe N.	Oct. 16 th
Hazel B.	Oct. 23 rd
Don S.	Oct. 25 th
Pauline D.	Oct. 30 th
Susan G.	Oct. 30 th
Vicki F.	Oct. 30 th

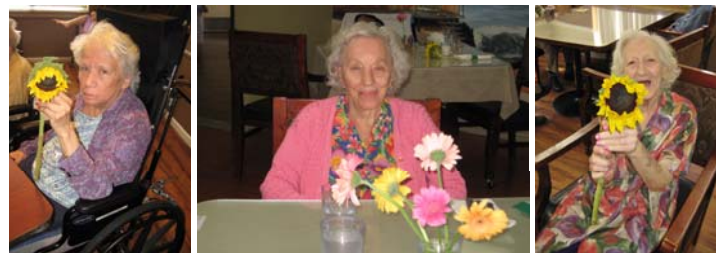


**Stellar Care's
Employee of the Quarter**

Tori Perales
Activities Department

Thanks, Tori, for bringing the fun!!!

A special delivery of fresh flowers.



A great night with art and wine!
Oh, yeah hor d'euvres and music too.



Celebrating Mexican Independence Day



**RESIDENT RAVE:
Bill Burgess**

William C. Burgess was born in the summer of 1930 in Raleigh, North Carolina. A lifelong coach for various colleges and overall family man, his childhood was typical and yet atypical of boys of his era. While slow to learn how to walk and sickly as a child, Bill made up for his physical limitations with tenacity and wit. Upon losing his tooth, he once left a note for the tooth fairy which read "Dear Fairy, Please put a dime on my box for my tooth. If I can't have a dime, give me a nickel. With love, Billy Burgess". As Bill grew up, he blossomed as an athlete and became active in both basketball and swimming. Whether due to his early ailments or simple appreciation for health, Bill was always very health conscious and never missed a day of exercise even as an adult. He also stayed active with other extracurricular activities, serving as camp counselor for the YMCA during his summers of high school and college. His high school, Needham Broughton High, was the flagship high school of North Carolina, and was a fitting place to start his journey into sports and coaching (it just placed 2nd in a national competition for overall high school athletic programs in 2013).

After high school, Bill attended the University of North Carolina, where he received his Bachelor's in Physical Education and also was initiated into the nation's most prestigious honors society Phi Beta Kappa. He stayed at UNC and earned a Master's in Education, after which Bill served in the US Army from 1953 to 1955. After being honorably discharged, he went on to Teacher's College, Columbia where he pursued his doctorate in education. While there, he met Ann Shuman, whom he married a few years later in 1959.

While at Columbia, Bill taught at a high school on Long Island as well as at Hunter College, where he refined his teaching methods and adapted them to coaching. Two year later, he joined Kansas State Teachers College as professor, head swimming coach and Director of Health Services. Having given two years to that program, Bill moved to California to accept a position as a professor at San Diego State University and organized and coached its first swim team. In 1965 Bill led the Aztecs to their first ever NCAA championship, the first athletic team to win a NCAA national title in SDSU history.

Outside of his career, Bill had 3 children with Ann, and was often called "The House Husband" by her because of how involved he was with the children. He went to every one of their games, and was always signing them up for new clubs and activities. Despite his busy coaching schedule and duties as a professor, he always found the time to be a complete family man, and made sure to iron Ann's uniforms before she started her shifts teaching nursing students. This December will mark Bill and Ann's 55th wedding anniversary, a lifetime of marriage throughout which their focus has always been on their family, and the love and support they gave their children can readily be seen through their successes.

Continued in next column...

**EMPLOYEE SPOTLIGHT:
Gael Cariaga**

Gael was born in Guam on a naval base before moving to San Diego at the age of 2. She has been a San Diegan ever since, with her father eventually retiring from the Navy and joining a campus police force.

While attending Southwest High School, Gael was very active with her extracurricular activities, participating in multiple forms of dance as well as volleyball, tennis, basketball, and soccer. When not busy with her team sports, she would practice the violin and saxophone, but always felt the biggest form of expression for her was through her art. After graduating from Southwest High School, Gael decided to make use of her artistic talents and began pursuing a career in cosmetology. She is currently working through the Paul Mitchell Beauty School - she has only 8 months remaining.

When not working, practicing hairstyles, or studying for exams, Gael enjoys going on food adventures and shopping trips. She has joked that on her free time, her real favorite activity is to sleep, since she rarely has enough time to do so.

After graduating, Gael plans on traveling, and has already made a tentative itinerary to visit various European countries from Switzerland to Italy.

This November will mark Gael's 2nd year at Stellar Care, throughout which our activity department has benefited from her adventurous spirit and willingness to try new things. Gael says that her favorite part of working in the community is talking to the residents and gaining experience and wisdom from them. She says that working with the residents has taught her to love freely and appreciate our residents for their different personalities and senses of humor. When you visit the community and see Gael in action, it's easy to see that the love is mutual.

While Bill retired from SDSU after 30 years of teaching in 1992, Ann continued to advance in her career and was the Director of Nursing at Grossmont College until she retired in 1997. She continues to be the Admin of a website she developed to support placement of nursing and allied health students for all the major schools and clinical agencies in San Diego. Of their three children, the oldest is now an internal medicine physician in North Carolina, their daughter is a CPA and executive editor for Thomson-Reuters PPC Accounting and Auditing Publications, and their youngest son is a high school teacher, publisher, and author of a widely popular book.

When he was teaching, Bill's students often remarked on his different kind of humor (he would pretend not to recognize students during role call whenever they came in with new hair styles or dyed hair) and while dating lovingly called Ann a "meathead", a joke she did not find very funny. Here at Stellar Care, you can still see a humorous glint in his eyes as he walks around, often smiling and chuckling to himself over a secret joke that he can't wait to share (though he was never one to initiate telling a joke).