



**Miscellaneous Announcements**

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

\*\* Remember to check your family members' mail on your next visit.

\*\* SUMMER IS HERE (I think!?!?) - With the warmer weather, it is time to pack away the sweaters, wool socks and sweatshirts. Now is a good time to take inventory and replace worn-out pants, shirts, undergarments, etc. We recommend there be at least a ten-day supply of clothing on hand.

\*\* Remember that when you bring new clothing items into the facility for your loved one, it needs to be labeled before it is taken to the room. Please bring the items to the front desk so laundry can label the items and deliver it to the appropriate room.

**June Birthdays**

In astrology, those born between the 1st and the 21st of June are Gemini's Twins. Gemini's love conversation. Witty, curious, charming, and imaginative, they're often the life of the party.

If you were born in June between the 22nd and 30th, that makes you a Crab of Cancer. Crabs are nurturers, dedicated to their home and family. Gentle and kind, they love storytelling around the dinner table and enjoy upholding traditions. Celebrities born in June include:

- Willard B. . . . . Jun. 3rd
- William B. . . . . Jun. 4th
- Florence S. . . . . Jun. 6th
- Marie B. . . . . Jun. 11th
- Helen B. . . . . Jun. 15th
- Florence K. . . . . Jun. 16th
- Wayne H. . . . . Jun. 19th
- John H. . . . . Jun. 23rd
- Phyllis T. . . . . Jun. 25th
- Lena V. . . . . Jun. 26th



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**Celebrating June**

**Stress Awareness Month**

**Jazz Appreciation Month**

**Golden Rule Week**

June 1-7

**Passover**

June 4

**Easter**

June 5

**Karaoke Week**

June 19-25

**Earth Day**

June 22

**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*

**"My Life as I See it."**

**Nancy Ray**

"Sometimes when I fall off into sleep, I dream of jumping into that picture. For 15 years I could see the ocean from my home in Escondido. Me and the kids would have to stand on the sidewalk and look but we could see it...This picture is my ocean view now."

Nancy Ray says she has always had a strong connection with the ocean. A large print she has on her wall of a single wave at its crest is a powerful image Nancy loves to get lost in. And it's no surprise she has such admiration and respect for the ocean as it represents strength, constant motion, and for many, a call to adventure. All of which Nancy knows firsthand.

Raised in Lincoln Nebraska, Nancy's family moved around a lot due to the nature of the oil industry where she says her father worked for Halliburton. "He was an oil man. My sister and I would move from place to place; new house to new house all the time. One time the permits were due and Mom and Dad had to sell the house and we had to move again." Nancy jokes that she grew up in 18 states, Texas and Illinois being just two of the many places she called home. Even though Nancy's scenery changed often throughout her childhood there's one thing that remained stable; her desire to pursue a career in journalism.

"It was in Jr. High School when I started writing stories for the school paper. It was a class. They would bring the news to me because everyone wanted their name in the paper. Then I would take the story and write it. When I was 18 I started writing part-time for the Lincoln Star Newspaper. For some reason they had all the girls working the night shift. I never understood why. The night is when it's the most dangerous."

But Nancy would find out that danger was all part of the job being an investigative reporter. After moving to Connecticut to get her Master's degree in Journalism she was quickly back at the paper full time doing what she loves best.

"There was a famous murder trial I was covering. One night I was following the accused in my car when they stopped and got out. They started walking toward my car and I ran and hid in an outside toilet. I hid until they left. They didn't search too much but I followed at a longer distance from then on. I was the "switchman" for that trial. I would report to all the major media outlets what was happening during the trial. My parents didn't want me to get too close to that story. I told them that I was just working "on the edges." That was an exciting time. I was good at writing but that's really where I learned how to write."

*continued inside...*



The point of this writing is not to make you sad but to inspire you and give you hope as you are asked to deal with an illness that consumes your time, your family and your total being. Even in the darkest hours we are called to a higher purpose where we can find a transcendent joy and understanding.

Once again I was blessed to attend a performance that reached into the depths of my soul and infused the entire audience with a reminder that even from the worst condition, the human spirit can be elevated to one of glory. On May 7, the San Diego Symphony Orchestra and Master Chorale performed, "Defiant Requiem."

The concert was to commemorate and honor the 150 person choir and their conductor, Rafael Schachter, who performed Verdi's Requiem 16 times between 1943 and 1944. The setting was the Terezin Concentration Camp and the participants were all Jewish prisoners. Schachter, (1905 – 1944), used a smuggled score and single piano and chose this composition for its music and Latin text.

The performance at Copley was a tribute to those that sang in this Camp outside of Prague, and between each part of this sung Catholic Mass, a video screen projected powerful testimony from five survivors of the original chorus and alarming Nazi footage of life inside the Camp. Although the survivors experienced the most deplorable conditions in the world, their memories were of the temporary solace while rehearsing and performing, "an assurance of God's presence and a desire to express a collective spiritual belief in their own humanity." Schachter was their leader and gave them courage and inspiration. Performing the Requiem became their purpose and from that hope.

On October 16, 1944, four months after the last performance, Schachter and most of the choir were deported to Auschwitz and immediately sent to the gas chambers. "The lessons of Terezin are powerful, dramatic and inspirational, with a contemporary message of hope for all who are caught up in conflict and who hear this story."

The realization for me is that through our most difficult experiences we receive gifts; often passion and commitment to take on the adversary, and from that we discover a new purpose.

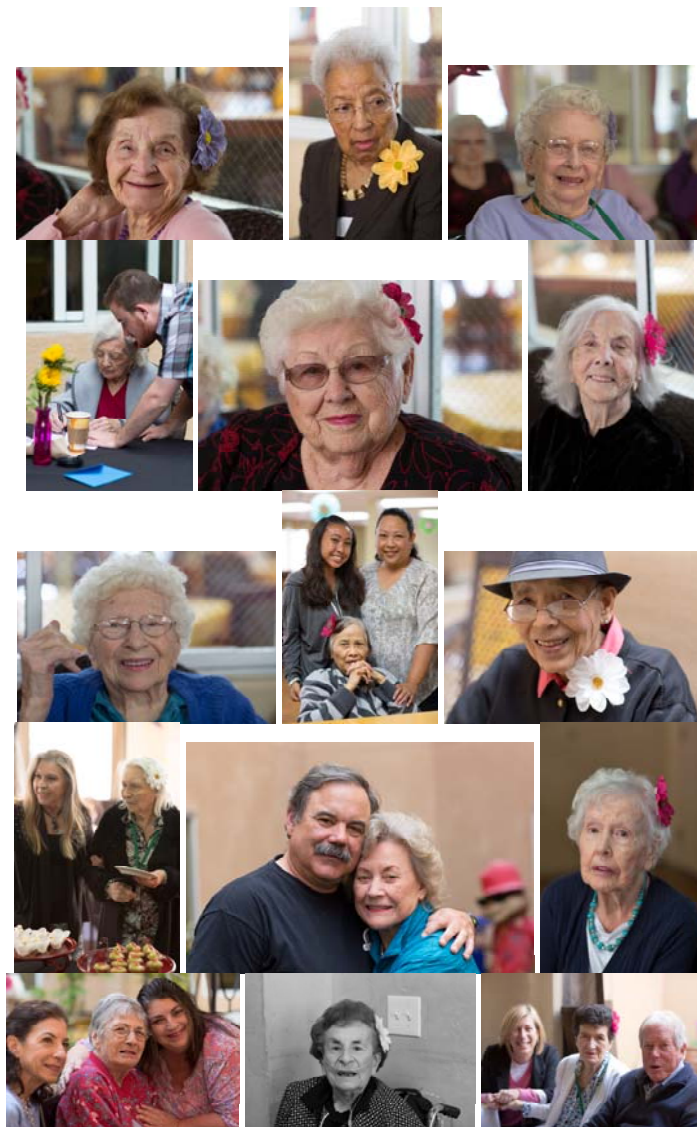
As always, my prayer for you is one of peace, compassion and love. Sometimes understanding comes much later.

Susan O'Shaughnessy

### Happy Cinco de Mayo



### Celebrating our Beautiful Mothers



... continued from front page - Nancy Ray

Doing a little investigative reporting of my own I found out that Nancy's writing career had more of an impact than she leads on. Not only did Nancy write for several papers including the LA Times she was also the first to report from the thick of the LA riots in 1992. After moving her family to San Diego she became the first ever female editor of the Union Tribute. Her hard work and determination earned the recognition and respect of many and she has collected a number of awards for her achievements in a traditionally male dominated field. But to Nancy it was just all part of the job.

"That paper (The Tribune) was the best group of writers I have ever worked with."

From a life of tailing murderers to covering history-defining moments, Nancy is adjusting to a quieter pace and now has time to reflect on her long life. Sitting in front of her picture of the ocean Nancy's memories, like the tides, wash in and out at a graceful pace; giving us small glimpses into the depths of her experiences. Thoughts of her two children and husband of nine years would surface, as well as thoughts of her mother. Nancy enjoys thinking of her family and for a woman whose life was dedicated to getting all the facts, when it comes to family, the facts are ones she keeps quietly in her heart.

"I quit writing years ago. The Escondido paper was the last one."

While Nancy doesn't have a favorite writer she is "very impressed" with those who can write novels. She claims to never have had the desire to write a novel herself but when asked if she would ever consider sitting down to write one I witnessed a plot quickly unfold before me.

"It would be about a small hometown with a lot of characters. One of them has to die. And another one moves the New York to pursue big money...but I'm not quite sure."

Not far from Nancy's beloved ocean picture is an Electra 120 typewriter. A typewriter that Nancy says is used for writing letters to friends. When I asked her if she would consider using her time to write that novel her gaze broke away from her beloved view of the ocean. With a chuckle and slight grin she looked at me.

"Who knows, maybe I will..."

Knowing Nancy's trailblazing spirit she just may write that novel. And prove to the world that you're never too old to answer a call to adventure.

*Interviewed and written by Bryan Finnigan*



### EMPLOYEE SPOTLIGHT

#### Janie Vu

Janie is a San Diegan born and raised, and joined the activities department of Stellar Care in August of last year. The oldest of three sisters, she grew up surrounded by her six uncles who were actually very close to her in age. As a result, her memories of herself were of afternoons spent running around getting dirty, playing sports and being an all-around tomboy. After graduating from Mira Mesa High (where she excelled in math), she moved on to San Diego State University, where she earned her degree in Gerontology.

While at SDSU, Janie interned for the Community-based Care Transitions Program run by San Diego County, and helped seniors in the community. From installing grab bars and non-slip pads in bathrooms, to helping seniors apply for Medicare, Janie did everything she could to help the elderly adjust to changes in their lives. She hopes to one day continue her service to the community and become a social worker.

Aside from interning, Janie also worked in retail for four years at large clothing companies, and currently also works at a restaurant downtown. When she isn't keeping her schedule packed with work, Janie enjoys her three S's – shopping, sewing, and snacking.

Janie loves shopping, and supplements the great deals she finds in stores with maxi skirts she makes with her grandma. When she isn't busy scouring swap meets for skirt material or out finding discounts and sales, Janie loves going on food adventures, and is particularly fond of dessert shops in Orange County. We are so lucky to have someone with a sweetness that glows from her taste buds to her fingertips and know that our residents are in good hands.

WE ARE GRATEFUL...

To the Hon Family for their generous contribution to upgrade our 2<sup>nd</sup> floor med. room in honor of their father,

**Dr. Samuel Hon**