

STELLAR CARE

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Postage
Information

May 2015

The Stellar Care Chronicle

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



Celebrating May

Military Appreciation Month

Guide Dog Month

May Day/Lei Day

May 1

International Firefighters Day

May 4

Mother's Day

May 10

Receptionist's Day

May 13

Biographer's Day

May 16

"My Life As I See It."

Judy Bollam

"What does *Stellar Care* mean? Does *Stellar* mean they only care until we 'kick-off'?"

To sit and interview Judy Bollam is like trying to have a conversation with Johnathan Winters or Robin Williams. The interviewer quickly relinquishes all control and becomes a passenger on a whimsical ride of effortless free-flow observations. The only job I have now is to try and keep up.

"You want me to spill my life story? Let me brush my tooth and I'll be with you in a minute."

Judy has the gift. The gift of harvesting humor from the nooks and crannies of everyday life. From passing notes in the back row of church as a little girl to balancing a life in the workforce while raising three children, Judy's situation may change but her personality withstands whatever conditions life may throw at her. Not only does she light up the room with her sense of humor it's also a light she uses when the world casts a few dark shadows.

"One of the workers here looks just like my ex-husband.... One of these days I'm going to plant one on him and he won't know what hit him!"

While her Irish heritage takes some of the blame for her mischief-making, most of Judy's sense of humor comes from her father, a full-time church Deacon and part-time practical joker. Being one of five children growing up in Los Angeles, most nights in Judy's house were spent laughing herself to sleep as she and her siblings lay in bed, listening to their mother fall victim to yet another one of her father's pranks.

"My father was a Doozer. My mother was prim and proper, always hiding the fact that we were 'rowdy'. One night my mother was hosting a gathering for the women's club and she made sure the house was PERFECT. My father had just installed a new toilet seat that was made of aluminum. He purposely left the bathroom window open all day to let the cold air in...That night we all laid in bed and listened as these "proper" women, one by one, excuse themselves to use the restroom. Once they were in there we would listen closely and wait for them to yell, "Whoa!!!" We were all upstairs *dying!* We always had a good time. I had a really great upbringing"

Pranks aside, there's also a serious side to Judy....Who am I kidding? No there isn't.....

continued inside...

Miscellaneous Announcements

** 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.

** Please refrain from taking loved ones in stairwells, several visitors have used keypad codes in front of residents that have been able to remember the codes.

** To ensure the safety of all residents, do NOT leave the following in resident rooms: sharp objects such as scissors, needles and tools and chemicals such as cleaning supplies. All medications should be in med. dept.

** Do you have a family member, friend, or neighbor who would like to receive this newsletter? Please leave a note or email Barbara (barbaram@stellarcareds.com) with their name and address.

May Birthdays

In astrology, those born from the 1st to the 20th in May have the star sign of the Bull of Taurus. Bulls show steady, dogged persistence. Once goals are reached, they enjoy being rewarded, especially with beauty and peace at home.

Those born between the 21st and 31st are Gemini's Twins. Geminis love conversation, and they are good at it, too! Witty, intellectual, curious, charming, and imaginative, they're often the life of the party.

Lois G.	May 1st
Cora W.	May 3rd
James R.	May 20th
Patricia N.	May 20th
Doris S.	May 21st
William K.	May 23rd
Nancy R.	May 23rd
Callie H.	May 24th
Mladen S.	May 24th
Carl A.	May 26th
Harold J.	May 26th



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We hope you are having a wonderful spring season. As we enjoy the sunshine and the warm spring air, we are also getting ready to do a rain dance to bring a few sprinkles into our little corner of the earth. So if we DO get a few droplets of rain... you're very welcome.

While we usher in the new season, we do have a few spring housekeeping notes that we'd like to share with you.

The code to the stairwells and the elevator has been changed, as many of you have found out. Please refrain from sharing the codes with others (by loudly saying what it is across the room or as you're entering it) and if someone is with you, please block the view with your body or your hand as you enter the code. Resident safety is our primary concern and we'd like to ask you to use the elevator instead of the stairs when escorting your loved one to and from the garage. If you don't like waiting for the elevator, we can escort your loved one through the front lobby as you pull your car to the front of the building.

Speaking of the front of the building; (bear with me as I begin to sound like the recording at the airport) the green zone is for loading and unloading of passengers (or 30 minutes of parking) only and the red zone is NOT for parking, even for a few minutes. We have had emergency vehicles arrive at our community, only to find parked vehicles in the red zone. We've been advised that those vehicles will be ticketed and/or towed away next time. (Yikes!)

For those residents who are using hearing aids, we are always on the lookout for a solution to the problem of misplacement. We find hearing aids wrapped in napkins at the table, or inside the pockets of clothing in the laundry, or simply thrown away in the trash cans. Instead of reordering new pairs that cost thousands of dollars, one family has been successful with Walker's Game Ear Ultra Ear ITC Hearing Enhancers. For around \$25 for a pair, you can order these from Amazon and try them out. We're very excited to try these out. They may not be perfect, but they just may be perfect for our needs.

As we welcome new residents into our community, we have had some families and friends join in the meals in the dining rooms. While we always want to welcome visitors, some of our residents have had difficulty when their seating is rearranged to accommodate visitors. Because we always want to put the needs of the residents first, we would like to ask that families and friends visit in the courtyard during dining hours if you want to bring something to share with your loved one. We are happy to set the table up for you if you'll call several hours in advance. (We have had some weekends with over 12 visitors in the dining room). Thank you for understanding that caring for your loved one is our first and most important priority.

As our residents are enjoying the Carlsbad Flower Fields, trips to Seaport Village and the Chula Vista Nature Center, won't you consider joining them on some of the outings? Please call Rachel and meet her and the residents at the next fun trip around town.

Please have a Maaarvelous May!



Linda Cho
Executive Director

Carlsbad Flower Fields are Beautiful!



... continued from cover - Judy Bollam

I watched in awe as this self-professed "delicate" woman quickly jumped from one subject to the next, lampooning everything from petty in-house gossip to her anger toward jigsaw puzzles. With Judy Bollam you never know what topic is on-deck.

"Have you read Fifty Shades of Grey?" She asked with the intensity of a true fan. "Oh myyy....I've read all three books – couldn't put them down.... Whoa! When I die I'm going to turn fifty shades of grey."

Judy may use a walker to get around the halls of Stellar Care but if there's one thing she *isn't*, it's slow. With a sharp wit and untamed spirt, she seems to live her life much like her free-form style of humor- ready for anything.

"Is it time for me to leave, yet? I don't want to tell you too much. I am a delicate woman after all...Not!"

Judy Bollam's personality is much bigger than this small newsletter. And like Johnathan Winters her comedic gift is so bright that it cannot be contained to a limited space. She may like to play delicate but anyone who knows Judy knows better. Because when those Irish eyes start smiling... it probably means she's up to something.



Interviewed and written
by Bryan Finnigan

WE ARE GRATEFUL...

For the generous gifts to the employee fund by

David & Yoe Kusumoto Family
in loving memory of their dad
Dale Kusumoto

and

Anne Cressey & Robert Walker in
loving memory of their mom
Ginny Gebhardt

Thank you

EMPLOYEE SPOTLIGHT

Seungjin Noh

(aka: Annelie's Chris)

If you ever run into a gentle giant with a beaming smile and glasses who apologizes right away for taking up your time, you will have met our new nurse! Seungjin, or "Chris" as we call him, is our third Chris in the building, and a fast rising star. Since joining the Stellar Care team, he has continued to care for our residents in every capacity, helping out in various departments and putting our residents care before anything else.

Chris was born and raised in Seoul, South Korea, and moved to Los Angeles in 1998. A talented athlete, he played on both his junior high and high school basketball teams. After high school, he attended Cal State Northridge to pursue a degree in nursing. He realized partway through that he was not quite ready to anchor down his life, and joined the US Navy in 2009, serving as a Machinist Mate on the USS Reagan until 2013. After leaving the Navy, Chris was ready to get back to pursuing a career in nursing, and worked as a CNA in a skilled nursing facility while earning his degree as a Licensed Vocational Nurse. Stellar Care was lucky enough to snatch him up soon after he completed his LVN program, and we have put him to good use ever since.

A true altruist, when Chris isn't staying after hours to sit in on meetings and learn as much as he can, he enjoys playing with his dog and fixing up cars for his friends. Currently, Chris also spends some of his spare time working on an equally important project, his wedding! From the short time we have known him, we can all tell his fiancée is one lucky girl.

Down the road, Chris hopes to become a nurse practitioner. We are thrilled to have him on board, and look forward to helping him on his journey and growth as a medical provider while he continues to provide for our residents with the highest levels of excellence.

MARK YOUR CALENDARS...

Join Stellar Care at Collwood as our
San Diego Padres take on
the St. Louis Cardinals



Sunday, Aug. 23rd at 1:10pm

\$25.00/ticket (\$37.50 value)

To reserve your tickets - email
barbaram@collwoodterrace.com