

# STELLAR CARE

4518 54<sup>th</sup> Street  
 San Diego, CA 92115  
 License # 374603625

Postage  
 Information

The

October 2015

# Stellar Care Chronicle



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

## Celebrating October

### World Day of Architecture

October 5

### Pet Peeve Week

October 5-9

### Columbus Day

October 12

### International Artists Day

October 25

### Halloween

October 31

### 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"

Virginia Glass

(\*facts gleaned from an LA Times interview circa '88)

"I love meeting new people and getting to know their stories. I got to meet all kinds of people in there, people from all over. Living in a concentration camp opened my eyes to the world..."

To look into Virginia's eyes is to see a woman of tremendous strength, love, resilience, intellect, and wisdom; eyes that have not only seen dramatic social and political changes in our world but eyes that shine bright in knowing that she did her part to help create a better world for us all.

Virginia Glass was born in the Philippines to a Filipino mother and African-American father. Both parents were working professionals; her mother as a teacher and her father as a lawyer. Life on the island for young Virginia was a childhood mixed with joy and tragedy. In December of 1941 the Philippines' capitol city of Manila was occupied by Japanese forces and Virginia and her family were forced to live in an internment camp for three years.

"Life was different. There were Japanese guards everywhere, watching our every move. If anyone went against their rules, the punishment could be severe...My father died [\*along with two of her sisters] in that camp."

Community and literature were Virginia's only escape during those trying years. She immersed herself in books and study, and drew strength from the diverse company of others in the camp until the American liberation in 1944.

\*\*"I loved to read. That's how I survived. That's how I kept on."

Virginia's thirst for knowledge followed her to New York where she and her family relocated after the family was freed from the internment camp. It was while living in New York, that at the age of \*16, she was offered a scholarship to attend any university of her choice.

"I went to Columbia University and majored in English and Journalism. For years I worked as a freelance writer, interviewing other people and writing articles about my life."

But it was later on in life that Virginia felt she had found her true calling. Tennis would not only open her eyes to a love of the sport but also took her around the world as an ambassador for the sport for the United States. She became a mentor to countless children all over the globe.

Continued inside...

## 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.

## 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.

Ronald S. ....	Oct. 2 <sup>nd</sup>
Thomas R. ....	Oct. 6 <sup>th</sup>
Bernice O. ....	Oct. 7 <sup>th</sup>
Teresa C. ....	Oct. 10 <sup>th</sup>
Gail L. ....	Oct. 12 <sup>th</sup>
Loretta M. ....	Oct. 12 <sup>th</sup>
Joe N. ....	Oct. 16 <sup>th</sup>
Marie S. ....	Oct. 21 <sup>st</sup>
Carol H. ....	Oct. 23 <sup>rd</sup>
Don S. ....	Oct. 25 <sup>th</sup>
Pauline D. ....	Oct. 30 <sup>th</sup>
Juanita F. ....	Oct. 30 <sup>th</sup>



**Saturday, October 17th**  
 Walk begins @ 8:00am in Balboa Park

**Join Team Stellar Care**

Log on to [www.alz.org/walk](http://www.alz.org/walk) to register.



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

In one of his lesser known songs, Bob Dylan wrote, "I'll remember you, When I've forgotten all the rest ... When I'm all alone, In the great unknown, I'll remember you". Although he wrote these lyrics in 1985, they could not be more relevant today with the current rates of Alzheimer's Disease and Dementia. It is a set of phrases that work in both ways, for just as our loved ones struggle to hold onto their memories, we too must work at remembering them for who they were and not let current challenges neither cloud times of past love and affection, nor let them preclude and overshadow future moments of joyful escape. More often than not, this terrible sickness is more of an hour to hour struggle rather than a day to day challenge. Still, we are all striving to make a difference.

San Diego has become one of two national hubs for Alzheimer's research. As such, we are blessed in that we get more bang for our bucks raised each year for our local branch of the Alzheimer's Association. We are proud to have been among the top three teams in fundraising in the county for the past four years, and look to continue that streak this year. To help with donations for this year's Walk to End Alzheimer's we held our annual art auction and it was as fun and touching and productive as always. Our resident artists contributed wonderful pieces of art, and your thoughtful contributions have helped us raise \$18,000 so far. We hope to reach our goal of \$20,000 by the time we get to the Walk on October 17. Thank you all for your continued support, and we hope to see many of you walking by our sides at Balboa Park on that Saturday morning!

Looking back at pictures of last year's auction, nearly half the residents pictured have moved on to a better place. This is a devastating reality of what we face, but despite these difficulties, we are thankful and hopeful that our combined effort will continue to make the future look brighter for those with dementia in any and all of its forms.

As we go through our own day to day events, it is important that we remember those that have come and gone, help those that are still with us, and renew our commitment to finding a cure.

"I'll remember you, at the end of the trail, I had so much left to do, I had so little time to fail."

Brandon Cho

An evening with friends, wine, hor d'oeuvres, art, & music



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

**Mai Truong**  
Activities Department

Thanks, Mai, for helping to make each day special for our residents!!!

...Continued - Glass

Self-taught, Virginia would go on to reach great heights in the world of professional tennis for her skill as a player and was recognized for her dedication to running many youth out-reach programs. \*At one time Virginia was listed in "Who's Who Among Black Americans" for her community service and dedication to minority organizations.

"Arthur Ash was an inspiration. He was a minority in the sport at a time where there were none. He reached out to children and I wanted to do the same."

Virginia's own two children, Sydney and Luis, would go on to excel at the professional level, with both earning tennis scholarships as well as many prestigious awards of their own.

"I love tennis because it's fast, it's clean, and it brings friends together. When I started, there weren't any minorities in the sport. Now, everyone is accepted."

Virginia eventually settled in San Diego where she continued her love of the sport as a player, mentor, administrator, magazine editor, and an activist. For two terms, she was the first female president of the American Tennis Association, the oldest sports organization for African-American players.

Virginia Glass is an inspiration. She has endured the horrors of a concentration camp, she has fought her way through racism and sexism during a time that didn't accept minorities or females. She achieved success at the highest levels and did it all on her own terms. And when I asked her the secret to becoming a successful tennis player, her answer was brief, but her eyes told me that it was the answer to a much bigger question.

"Educate yourself."



Interviewed and written by Bryan Finnigan

**EMPLOYEE SPOTLIGHT**

**Michelle Horn-Gray**

Michelle joined Stellar Care in July, and within a few short months, she has made herself an integral part of our community.

Originally from Merced, CA, Michelle has always been a country girl at heart. With a firefighter dad and school bus driving mom, she was no stranger to hard work. Growing up, she excelled in sports, playing softball and volleyball (both sports for which her parents were her coaches), and spent her vacations camping all around the country in true roughneck fashion. Often, her dad would only bring tarps to construct lean-to's (but Michelle still took her dolls). After high school, Michelle went to college in Modesto before moving down to San Diego to pursue a degree in business management.

After having her daughter, Michelle worked as a regional trainer at Chili's for over 10 years, specializing in the opening of new Chili's restaurants throughout San Diego County. Despite being a busy mom, Michelle has maintained her active lifestyle, and enjoys taking her daughter on outdoor adventures during her free time. When they're not venturing off on a camping trip or jet skiing or fishing, Michelle spends her time volunteering at the VA in La Jolla.

Now, Michelle shares her time within the community between activities and the front desk. She is so good at both, that there is a constant (but friendly) battle between the departments to pull her permanently into one side over the other. We are thrilled to have her on our team, and are thankful for the energy, professionalism, and compassion she shares with everyone in the community.

**We are Grateful!**

To Maxine Mahon for providing *stellar care* to her husband and others. She has graciously hand sewn her husband's torn clothes and other residents clothes as well.

Thank you, Maxine