



The Stellar Care Chronicle

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



Celebrating January

International Brain Teaser Month

New Year's Day
January 1

Someday We'll Laugh About This Week
January 2-8

Bobblehead Day
January 7

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”

Betty Jane Pearce

“Number please... I'll give you information...” Betty Jane said as she playfully channeled a younger version of herself. With a laugh and a roll of her eyes she sat on the edge of her bed and recalled the time she worked for the phone company.

“I worked as a telephone operator right after high school. I didn't work there too long. I was living in Long Beach at the time and just graduated from Poly Tech High School. I enjoyed school, except for math. I really enjoyed studying History. Long Beach was my favorite place to live. I loved looking at the ocean and all the ships lined up along the coast.”

Betty Jane Pearce was born in Ontario California. Her mother moved to California from Colorado to find work and avoid the cold winters. After settling in Southern California Betty's mother took a job packing oranges while Betty Jane recalls her father working in the military. “I think my father was in the Navy. He may have retired as a Commander...I know Dad liked boats.”

A large oil painting of a masted ship hangs on Betty Jane's wall. A large ship effortlessly cutting through rough waters, protecting the framed pictures of her children and grandchildren that are proudly displayed on her nightstand. A love for ships and the ocean is something that has been passed down from Betty Jane's parents.

“My parents bought that painting during their first visit to Tijuana. Now I have it on my wall. I love the ocean. And swimming.”

While Betty Jane has an eye for the sea it was during a USO show in Long Beach that she caught the eye of a young sailor.

“The USO shows were fun. Lots of entertainment. There was music, parties, comedians, all sorts of things to do. That's where Jerry came up to me and said 'Hello there.' And that was it. We had a few dances and then married a year later.... He went about 10 years ago and I think we were married for about 30 years...I'm not sure.”

Betty Jane and Gerald “Jerry” Pearce were married in a small church with only a few members of family and friends in attendance. As a Navy couple, their life was always on the go and practically served their life together.

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.

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

** Flu season is here! For your well-being and that of our residents, please make sure you are not sick when you are visiting Stellar Care.



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

Congratulations Stellar Care Employees of the Year 2015



Delia Valdez
Med. Tech. Department
and
Tori Perales
Activities Department



January Birthdays

In astrology, if you were born between January 1st and 19th, you are a Goat of Capricorn. Goats are the most stable and sure-footed of astrological signs. Reliable, economical, practical, and organized, they make good multi-taskers and politicians.

Those born between January 20th and 31st are Aquarian Water Bearers. Aquarians have attractive personalities, vivid imaginations, strong intuition, and a thirst for knowledge. They also share a strong desire to help humanity and create unity.

- Lawrence M.Jan 1st
- Margaret H.Jan 2nd
- Kenneth M.Jan 5th
- Shirley K.Jan 13th
- Dorothy W.Jan 30th
- Barbara M.Jan. 31st

The start of a New Year. Ten days after the winter solstice, it's an opportunity for all of us to begin anew, an opportunity to reset the start button, to clear away all the successes and excesses of the holidays and to begin fresh with new resolutions, new goals and new determination.

As always, I'd like to begin by thanking all who continue to make this all possible.

Our families who understand our need and take our calls, day and night, I thank you. As you travel the journey with your loved one through good times and some challenging ones, your perseverance, understanding, and strength astound me. And for those who continue to replace the lost socks, missing belts and never-to-be-found favorite sweater, God bless you. We know that you understand that while we continue to look for those items in closets, drawers and on Mr. (or Mrs.) Jones; in our world, 23.9 hours of everyday is dedicated to care, comfort, safety, and security of our residents. Each day presents new missions, and some days we are just happy that your loved one has the right clothing on! We'll replace items that cannot be found, but please don't bring anything that cannot be replaced. (That also applies to dry cleaning items, please)

Our staff who come in to work daily, I thank you. It's been a tough few months. We've said good bye to many beloved residents and their families. But in their final years, know that you've made a difference in their lives. With your hands that have fed, washed, bathed and changed; with your voice as you whispered, encourage, redirected and reassured; and with your face as you smiled, laughed, cried and loved, you've mattered and you've made our resident's lives better.

Our residents. Many people have asked how we do what we do. We simply focus on our residents. We look at how each and every person strives to make the best of the situation in the very best way they know how. That is how most have lived their lives. While we cannot say that each day is easy, we can say with certainty that our residents are able to find that silver lining and create ways to bring joy to their world, and share it with ours.

We have Mr. J who never hesitates to let staff members know how much he appreciates them. With a huge smile and kindness that radiates, he brightens all our days.

Ms. A always, always, lights up when someone is near, and then tells them that they are a delight.

Ms. F is often frustrated, and will let you KNOW... but will also thank you when her concerns are addressed.

Reverend J will happily give a short sermon and I can testify that wise words and sage advice will never be forgotten.

Mr. J, never forgets who I am and waves to me each and every time I go by and asks me about my family.

Mr. G will not mince words and will tell it like it is. No dancing around a subject with Mr. G. We have a clear understanding and no nonsense plan of care, and that is that! (love it!)

With the love and understanding of our families, with the care and dedication of our staff, and with the spirit and resolve of our residents, we will have another memorable, blessed year.

Happy New Year everyone!



Linda Cho – Executive Director

Family Holiday Fun



EMPLOYEE SPOTLIGHT

Shawny Panaligan

One of our newer activities staff members and currently cross-training receptionist, Shawny has been a bright addition to Stellar Care since last May. Shawny is a San Diego native and the second of five children who has put her bubbly vivacious personality to good use. Ironically, although she is now one of our most enthusiastic and energetic staff member, she was actually very quiet and shy as a kid.

Growing up, Shawny was a bookworm and otherwise self-proclaimed "nerd". It was not until college that she came out of her shell. She graduated with a degree in gerontology from SDSU, and is now busy putting her degree to good use. Shawny works with Mai (whom you may remember from our August issue) to run our specialized small group work with our residents.

When she isn't busy researching debate topics and current events for her group of the day, Shawny enjoys staying active through hiking, yoga, and paddle boarding, and trying out new foods. She is still an avid reader with a propensity towards young adult fiction (think, Harry Potter not Twilight) and loves to travel. She has already been to Brazil and an array of tropical islands, and hopes to go to Croatia soon.

In the future, she hopes to put her experience, drive, and education together and run her own memory care community. We are excited for when that time comes, and until then, are thrilled to have her working throughout Stellar Care!

...continued from front - Betty Jane

She and Jerry moved up and down the coast and have been to places such as Birmingham Washington and Norfolk Virginia where she and Jerry drove cross country. "I liked the whole trip. I loved seeing new places and new people. We would stop overnight at a Motel then continue on the next day."

Betty Jane and Jerry raised three children together; sons Dick and Joe and daughter Mary. Raising children was easy for Betty Jane. "They were great kids. Really good. We would play games and travel to the beach when they were young."

She loves to stay active and can't get enough crossword puzzles but admits drawing the line at the New York Times version of the game. "Don't even try those!" When she's not busy reading mystery novels or the Peanuts cartoons she can finish a book of crossword puzzles in a matter of weeks. A skill inherited from her mother who was also a fan of word games.

In the corner of her room stands a Teddy Bear. Dressed in full Navy uniform it stands at attention, ready to serve. Around its neck are Jerry's military dog-tags. Still in sight they hang around the neck of the Teddy Bear as a reminder of a life well lived.

"I used to call him my Teddy Bear. So there he is..."

She looked at the Teddy Bear from the edge of her bed and continued to struggle with how many years they had been married. I watched patiently as Betty Jane made attempts to give me an accurate number. It was then I realized that the reason it was hard for her to remember how long they were together is because they never left each other's side.



Interviewed and Written by: Bryan Finnigan

ALZHEIMER'S SAN DIEGO

The San Diego Alzheimer's Association has become an independent entity, along with Orange County, New York and other chapters around the nation. The new name is Alzheimer's San Diego.

The National organization made the decision to incorporate all the independent chapters into one organization, making it mandatory to send 100% of the funds raised by local chapters to Chicago.

The National organization would then make all decisions on programming, services and research. As a board member and vice chair of the board, I looked closely at the National operations. Our board found that while compensation for the National leaders and staff, travel expenses, and other expenses rose astronomically, the percentage of the revenue for research decreased significantly.

With the great strides made in San Diego with the support for families and the cutting edge research that is being done here in our city, the board of the San Diego chapter couldn't justify sending 100% of the funds raised here to Chicago, instead of the 40% that was currently allocated to the National organization. Along with other successful chapters around the nation, the San Diego chapter is now an independent organization under the name of Alzheimer's San Diego. It will continue to provide care and support and will continue to help fund research to help find a cure for this devastating disease.

Because families have told me that they are confused by emails from the national organization, I want to let you know that you can *unsubscribe* to the emails by going to the bottom on their email, click on [Click here to change your email preference](#), then unsubscribe and remove your email address from the list. The new Alzheimer's San Diego continues to have the great support of the community and the community leaders. The work to support those in need and the cause to find a cure will continue. Please contact alzsd.org for more information. The same dedicated and committed staff are there to assist you. (It has the same location and phone number as well).

Thank you.
Linda Cho

Holiday Stocking Contest



2015 WINNER:
Congratulations, Susan O'Shaughnessy!