



Stellar Care Chronicle

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



Celebrating February Spunky Old Broads Month

Candy-Making Day
February 1

Celebration of Love Week
February 12–18

Valentine's Day
February 14

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

RESIDENT RAVE Barbara Morgan

Barbara was born Barbara Gay Bristow on December 20th, 1927 in Oakland, California. Times were hard, and Barbara's birth parents couldn't provide the life they wanted for her to have, so they gave her up for adoption when she was eight years old. Barbara was adopted by Lewis and Ida Rowley, and her new name became Barbara Gay Rowley. Ida and Lewis were in their late 40's when they adopted Barbara, with two sons and a daughter of their own.

Soon after her adoption, the family moved to Pismo Beach, California. There Ida and Lewis bought the Pismo Beach Hotel also known as El Pismo Inn. Soon after, the Great Depression was in full force and effect. Times were hard, and Barbara, now 10 years old, remembers how her parents struggled to keep the hotel going. In 1930, Ida and John Rowley sold the hotel and moved to Sacramento, California. This is where Barbara grew up.

With the Great Depression still in full swing, Barbara's mother Ida turned their home into a boarding house to supplement their income. Barbara said she didn't even have her own bedroom and had to share her room with a boarder. Despite the lack of privacy, having the boarders join the family for meals was always fun for young Barbara.

Breakfast and dinner were always eaten in the dining room. There was always a lot of conversation at the table and a lot of laughter. Barbara remembers times when her father Lewis, whom she called "papa", would perform and do crazy things after dinner to entertain the family and boarders. Her mother, Ida, would get upset and stomp off into the kitchen. Barbara said, "Papa loved acting. He missed it dearly." (Lewis was a former vaudeville actor that toured with Billie Burke prior to marriage) Every morning, Barbara said, she and Zelda would have to help make the lunches for the boarders, a daily task that started at 5:30 AM.

In High School, Barbara was crowned Freshman Queen, and in her sophomore year she was selected as the Art Ball Queen and was crowned by the Governor of California, Earl Warren. During High School, Barbara was very active in drama and had a lot of friends. She was very beautiful and full of life.

Barbara attended Sacramento City Community College, then University of the Pacific where she was still very active in the Drama department and participated in nine plays and musicals during her four years.

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.



SAVE A TREE! GO GREEN!

Email barbaram@stellarcared.com to have this newsletter and/or monthly invoice emailed to you.

** When dropping off new clothes for your loved one, please check for fit prior to Stellar Care labeling the new item. Items can be left at the front desk after ensuring proper fit. Please do not leave unlabeled clothes in rooms.

February Birthdays

In astrology, those born between February 1st and 18th are Water Bearers of Aquarius. Aquarians may be shy and quiet, but they are energetic, unique, and independent visionaries. They are often unemotional and intellectual, and they will pursue wisdom to the ends of the earth.

Those born between February 19th and 28th are Pisces. Fish are compassionate, gentle, intuitive, and artistic. Known for their wisdom, Pisces are not judgmental and are very forgiving. They never hesitate to put others' needs before their own.

Kathleen C	Feb. 6
Margaret G	Feb 8
Rose Z	Feb 12
Frances G	Feb 13
Paul P	Feb 15
Louie D	Feb 16
Francine N	Feb 23
Betsy M	Feb 25
Amy Q	Feb 26
Lourdes S	Feb 29



Stellar Care's Employee of the Quarter



Netsanet Asres
Assisted Living Department

CONGRATULATIONS!

Stellar Care's Family Support Group meets twice a month. Those present, offer each other guidance and suggestions to situations that may arise, based on the outcome of what someone else has already experienced. Not only do they share valuable lessons with each other on getting through memory loss, behaviors, stages of dementia and preparing for what's next, but people will often reflect on an intimate thought or emotion. One evening, Dr. Barry, bravely shared a thought that everyone in the room, not only agreed with, but understood and honored.

Dr. Barry said, "We all have dates that are forever etched in our memories; birthdays, anniversaries of weddings and deaths, when we graduated, joined the military or started a new job. But now I have a new date forever with me. It's the date I placed my loved one in memory-care." The significance of that statement is monumental. I felt the energy shift in the room, and as I looked at each person, I realized not only do you remember the date, but you relive that day, each time you tell your story. That day is as much about you, the caregiver, as it is about the person you love, for whom you've been caring.

The Group participants could say in years, months, weeks and days how long their family member had been in the community and relate the events of the move-in day in vivid description, including all emotions and conversation. Most often, I was part of the memory, bearing witness, supporting and holding you in my heart as you hoped you were making the right choice.

Your story continues after your "sacred date." That date becomes a benchmark as you find your new normal and understand alternative ways to address existing needs and those yet not known. You meet other residents, and family members. You begin to know personally about staff members and the Stellar relationship develops, all while you continue to care for, love and honor your resident family member. Your ongoing hope is validated daily.

"Hope is the belief that better things are possible. Regret shows us what those better things we hope for are. Regret hones hope, sharpens and clarifies the desire at the heart of it. If you're alive, even if you're on hospice, you can still work on making those hopes come true....Hope is a shape-shifter that can appear and grow in even the tiniest of cracks, at even the last hour," (On Living, Kerry Egan). This quote is from a book written by a hospice chaplain and shared with me by another Group participant, Trisha.



It struck me on several levels as Truth. Every day I am blessed to be part of your stories and I always observe your hope. Hope is what gets you here; hope is what gets you through the unique and life-changing experience of dementia. Your hope initiated our first conversation and when ready, gave you your "sacred date." Hope initiates action and change because we want to make someone's life experience better. Better things are possible, I see them every day.

Ann, Group participant and Wisdom Keeper, carries and bestows hope just with her presence. Recently, after nearly three years, Ann's husband, Bill, peacefully passed away. And from that place of profound grief, Ann generously shared some of her personal feelings. She actually finds it hard to separate from her "Stellar" family. She enjoyed visiting Bill and his buddies with their poodle, Norma. She delighted in the friends she made and sharing with others during Support Group. She donated her time and talents creating the lovely cards you all purchase at the front desk. But she wants you all to know that you, too, will find yourself marveling at moving on at some point and she is full of hope for that next "sacred date."

Blessings,
Susan O'Shaughnessy

Just Another Day at Stellar Care



...Continued from front page – Morgan

In June of 1950, Barbara graduated and landed a teaching job in Monterey, California at a high school. She lasted one year, got bored, and decided to continue her pursuit of an acting career. She moved to Hollywood where she landed a few bit parts in Marx Brothers movies and one with Lucille Ball. She then joined a private acting company that traveled the U.S. and parts of Mexico performing in Hotels. The company landed a job in San Felipe, Mexico in the basement of a hotel. One night following her performance she met her future husband, Jack Schmidt. They began dating and he followed her back home to Sacramento. Barbara started working at Weinstock Lubin again, and performed at the Music Circus in Sacramento.

Jack and Barbara married in June of 1952 in Sacramento, California, and then moved to San Francisco, when he found employment with Macy's Department store as a window decorator. Barbara started modeling in newspapers and magazines in San Francisco and also in private wardrobe stores. Barbara had two daughters, Kandis Schmidt in 1954 and Michelle Schmidt in 1957.

Barbara's marriage lasted until 1965, and soon after the divorce, Barbara started teaching high school in the Bay Area at Sequoia High School and then Carlmont High School. She stuck to her roots and taught drama, speech and English. In her spare time, she became very active in Community Theater. She performed in several musicals and plays in San Francisco and the Bay Area. Life was never a dull moment for her, and Barbara was always known to have great dinner parties at her home with all of her theatre friends that would last until the next morning

In 1988 she moved to San Diego and taught English and Drama at Santee High School. Barbara's students loved her. They honored her with several gifts and speeches at the end of every performance she directed at Santee High school. She was also very active in the theatre in San Diego. She never gave up on acting, and even made several commercials for Budweiser beer and landed a speaking part in a movie with Parker Stevenson called "Are You Lonesome Tonight". Barbara's favorite place to eat in San Diego is "Café on Park" in Hillcrest where the staff, as well as the owner, Andy, always look forward to her visits. Even the cook won't let her leave without receiving a hug. At the age of 89, she was still interacting with the community theatre in Hillcrest, San Diego. Her family and friends are reminded of Barbara daily, seeing her smiling face on the side of a local bus line in San Diego, advertising a senior living apartment building, along with several magazine ads.

EMPLOYEE SPOTLIGHT

Fabiola Nava

Fabiola was born in Mexico City, but moved to San Diego in 1999. The oldest of 3 children, she grew up loving school, and as an older teenager, loved to work with kids. After high school, she began studying at Mesa College as a Child Development major.

Three years ago, Fabiola was working at Denny's when she met an amiable coworker named Miguel (yes, the same Miguel from last month's newsletter!). They began dating shortly after. Two years later, Fabiola had to put a pause on her schooling to take care of her mother who became sick. Shortly after that, Miguel recommended that Fabiola take advantage of her time off from school to get experience in a field more relevant to her career goals. Fabiola came to Stellar Care to apply, and was hired just this past October. She has quickly become one of our residents' favorite caregivers, and we are thrilled to have her on board.

When not at Stellar Care, Fabiola still works as a part time server at Denny's and helps take care of her mom. With what little free time she has, she enjoys arts and crafts, painting, and going to the movies. She especially loves going to Disneyland, where Miguel proposed to her earlier this month!

Fabiola hopes to get back to her studies next year after she gets married, after which she hopes to apply her degree towards a career in working with kids as a counselor or as a pediatric nurse. We are so excited for what the future holds for Fabiola, and are thankful that Miguel introduced her to Stellar Care!

