

STELLAR CARE☆

4518 54th Street
 San Diego, CA 92115
 License # 374603625

Postage
 Information

The Stellar Care Chronicle

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



Celebrating June

Camping Month

Corn on the Cob Day

June 11

Worldwide Day of Giving

June 15

Father's Day

June 18

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

Jim Romig

James (Jim) Romig was born in Maple Hill, Kansas, a small town with a population that rarely grew past 500 residents. The middle child of three boys, he filled his days by being active and dreaming about muscle cars. He fancied himself as a bit like James Dean (they were born just a year apart after all), and played football in his high school days. After graduating, he left to join the Navy, and served in Korea as a Gunner's Mate.

Following his service, Jim came to San Diego, where he attended SDSU and earned a Master's Degree in Industrial Arts while also playing on the Aztec football team. He became a teacher soon after that. In between teaching at Horace Mann Middle School, Jim would travel up to Yosemite in the summer to work as a Park Ranger. He got more than a simple paycheck when he met a spunky Park Ranger secretary named Molly, and Jim was soon smitten. Although his work as a Park Ranger had come to an end as the summer came to a close, Jim was not ready to leave Molly, and so together they drove up to Reno and got married just three months after the first meeting!

With Molly in tow, Jim came back to San Diego, where they had a son and daughter and lived an active, American life. Jim moved jobs from Horace Mann to Crawford High School, and eventually to Cuyamaca College, but Jim was always steadfast in being an "awesome dad" to his kids. His daughter Kelly recalls frequent evening and weekends spent playing with him, and going to theme parks and the zoo, where he always made funny truck sounds on the road.

When Jim's Molly passed, his daughter was just turning 21, and they used that moment to turn sadness into love. Leaning on each other became a bonding experience from which his daughter Wendy recalls how they "became best friends", and the mischief they got into as a daring duo are some of her fondest memories.

Now, Jim has mellowed out, and likes time to himself to quietly reflect and relax. His competitiveness still comes out during his favorite Pool Noodle Battles in activities, though. We are thrilled to have such a kind, thoughtful man in our community.

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.

** SUMMER IS ALMOST HERE (maybe!?!?) - With the warmer weather approaching, 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.

June Birthdays

In astrology, those born between June 1–20 are Twins of Gemini. Twins have two distinct and alluring sides to their personality: sociable and ready for fun, or serious and thoughtful. Sometimes they feel as if one half is missing, so they forever seek new friends.

Those born between June 21–30 are Cancer's Crabs. Kind and protective, Crabs love to nurture others. While they may be emotional, they are never soft. Cancers are tenacious in their pursuit of harmony at home and in the workplace.

- | | |
|------------------|-----------|
| Florence S | Jun. 6th |
| Florence K | Jun. 16th |
| Lita R | Jun. 20th |
| Phyllis T | Jun. 25th |
| Lena V | Jun. 26th |
| Fred M | Jun. 26th |
| Marian K | Jun. 29th |



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

In 1963, I was 12 years old and just learning to play the violin when my grandfather, Gerard McNamara, an Irish immigrant, who was clearly the self-proclaimed patriarch of our growing immediate family, announced at a holiday gathering of the clan, "When Susan can play 'Danny Boy' by heart, I will give her the family violin." Silence filled the room. All adult eyes were on me, a child. PopPop never spoke directly to the children. We were a blur in the importance of his world. Family violin? I had no interest in the story of the fiddle or how my grandfather came to inherit it. What caused me to accept the challenge along with my competitive nature, was the attention I had managed to capture from this mysterious, intelligent and self-made man. I could feel the envy oozing from the other cousins. I knew he didn't believe I could do it, but somehow I persevered, and by Thanksgiving, to a packed room of adult kinsfolk and their offspring, I offered my rendition of Londonderry Air. I was successful and awarded the grand prize violin as I stood next to the dining room table eerily displaying Tom Turkey's carcass and a forgotten bowl of mashed potatoes.

Truth be told, I came to love the violin and went on to play in the high school orchestra and a year in college. I love classical music and know that my relationship with my stringed companion introduced me to a world of beauty. As I became a young adult, I began to realize what a gift my grandfather had given me. This violin belonged to Professor Patrick McNamara, my great grand Uncle, who was the founder of the famous McNamara's Band, when he immigrated to New York from Limerick in 1905. In 1982, my grandfather, Gerard, visited me in Florida. He came to take back the violin. St. Mary's Prize Fife and Drum Corps. Band Hall in Limerick, Ireland, was opening a museum to honor the original members, of whom the McNamara brothers all belonged in the late 1800's. Gerard wanted to donate the violin when he traveled there that year. I said no. He was devastated. We never reconciled that conversation. Gerard went to Limerick for the opening of the museum but without the violin and died a couple of years later.

Recently, something amazing happened for me. My sister and I reconnected with a favorite cousin and we put together the family tree. We realized everyone in the preceding generations was now gone. We only had memories and great Irish stories and I had a violin. We planned a trip to Limerick and researched the museum, which was still operating as St. Mary's Prize Fife and Drum Corps. Band. To our delight we found McNamara relatives, who knew who we were and wanted us to come back to the Ole Sod. And yes, the museum would love to accept the violin donation.

On May 13, 2017, two dozen American-born McNamara descendants embraced at least fifty Limerick McNamara relations and then we celebrated Mass in St. Mary's Parish where the whole little village was present. After the service, as we exited the church, the entire band greeted us in full uniform and as they played their instruments we marched behind the band through the streets of Limerick to the museum where I would formally present the violin. My sister and I stood together at the dais.

My mother was a McNamara. Gerard was her father. I felt their presence as I gave my little speech about this historic violin, and knew that they were happy. In my aging I have learned that possessions are ours just temporarily. We borrow what rightfully belongs to everyone. The violin is now home. The plaque will read, "Donated by Gerard McNamara, posthumously."

We are all part of a family constellation. Honor the generations who came before and share their stories to those that follow us. This is how we came to exist.

Happy Father's Day,
Susan O'Shaughnessy

Mother's Day Tea



San Juan Capistrano Trip



RESERVE YOUR TICKETS TODAY!

Join Stellar Care as our very own
San Diego Padres
take on the Washington Nationals
Sunday, Aug. 20th at 1:40pm
\$30.00/ticket (\$40 value)

Reserve your tickets today
email rachelr@stellarcared.com



EMPLOYEE SPOTLIGHT

Bernadette Bowman

Our newest smiling face in nursing scrubs is none other than Bernadette. While she may be new to Stellar Care, she has been friends with Annelie our Assisted Living Director for (more years than we are allowed to disclose)!

Bernadette moved to San Diego when she was seven years old, the oldest of four siblings. She grew up fishing on the pier, going to the beach, and staying out in the sun as a true San Diegan. After high school, she went to SDSU, before transferring to become a Licensed Vocational Nurse. It was at LVN school that she first met Annelie, in their early 20's! After getting her license, Bernadette worked for Bayer Plasma Center in downtown San Diego for five years. Her life changed when she was transferred to be the floor supervisor for a blood bank in Sacramento.

While in Sacramento, Bernadette met her husband, and it did not take long for them to get married and move to Vallejo, where they had a son. After working up in northern California for a few more years, Bernadette returned to San Diego to work with physically and mentally disabled children in a facility by Paradise Valley Hospital. She worked as a charge nurse there for another half decade before looking for a change of pace and entering the assisted living industry.

Bernadette loved the change, and has now been in assisted living for nearly a decade, and we were fortunate enough to have her join us this year. We are thrilled to have her in the community, and look forward to many more fruitful years to come!



Saturday, October 21st
Walk begins @ 8:00am in Balboa Park

Join Team Stellar Care

Log on to www.alzsd.org / Walk4ALZ