

STELLAR CARE

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 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 July**  
**Blueberries Month**

**Independence Day (U.S.)**  
 July 4

**Scrabble Week**  
 July 22–27

**Merry-Go-Round Day**  
 July 25

**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**  
**Carol "Shannon" Brown**

Carol, or Shannon, as we know her, was born in Cody, Wyoming to a family of outfitters. She grew up helping tourists and backpackers get their gear together before they hit the trails, and has had a strong connection to animals and nature ever since. Tragically, her parents died in an accident while she was still young, and she was adopted by her aunt. Shannon always craved independence, however, and moved out to create a life of her own as soon as she was done with high school.

After graduating high school, Shannon attended UC Berkeley, where she graduated with a degree in psychology. Ever the adventurer and activist, she then toured Europe for an extended period, traveling throughout Europe with all of her possessions crammed into a single bag. Shannon returned to the US and moved to Los Angeles, where she worked as a waitress and go go dancer, earning enough to support her free spirited lifestyle. She eventually moved to Las Vegas, where her life would take a drastic turn, but not in the way one would expect.

While working as a blackjack dealer in the Hacienda (now Mandalay Bay) Casino, she was struck with curiosity by one of the players at her table with a huge bush of Samoan hair. Even though employees were not allowed to date customers, she asked her pit boss about the man, who was a regular at the casino named Cesar. Shannon and Cesar got married less than a year later, with her pit boss as their best man.

After their wedding ceremony, Shannon and Cesar whisked off to Florida for their honeymoon, where they spent time at Disney World, one of Shannon's favorite spots. They then returned and Shannon cajoled Cesar into giving her a second wedding ceremony on October 31, because she loved Halloween and wanted a more exciting version of their first wedding ceremony.

Shannon was always very strong minded and opinionated, and her husband affectionately refers to her as his "knucklehead", but once she befriended someone, there wasn't a better friend to be found. One day, she decided she didn't like the name Carol, and chose to go by "Shannon" instead, but only told that to her close friends. In a way, she created a secret code, where her closest friends and family could immediately tell who her real friends were by the name they use for Shannon.

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.

\*\* 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 HERE - with the warmer weather, 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. Please leave new items for laundry to label before taking to residents' room.

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**July Birthdays**

In astrology, those born between July 1–22 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.

Those born between July 23–31 are Leo's Lions. Lions are the "kings" of the zodiac: dramatic, ambitious, confident, and hard to resist. Leos are also generous and loyal, putting both their family and friends first.

Domingo L .....	Jul. 3rd
Carol B .....	Jul. 4th
LaVerne C .....	Jul. 8th
Alba S .....	Jul. 13th
Deborah B .....	Jul. 19th
Harry H .....	Jul. 20th
Frances P .....	Jul. 21st
Aileen S .....	Jul. 22nd
Itoko N .....	Jul. 25th
Dean K .....	Jul. 28th
Morton P .....	Jul. 28th



Whether you first heard the words, “To everything there is a season....” From Ecclesiastes 3:1-8, or from the song, “Turn, Turn, Turn,” written by Seeger and made famous by The Byrds, chances are you were moved to reflect and contemplate about your humanity. Most of us are uncomfortable with being vulnerable and we struggle with change. Yet these beautiful words remind us that our lives are defined by these very experiences. Being part of the Stellar Care community and loving someone with dementia, we learn that the only constant is change.

We may find we are living more now in the time of unknowingness, anxiety, loss and even grief. We may lose sight of the season when it is happy, simple and abundant. Hannah Wilder, is the Editor of, “Messenger,” the magazine for the Episcopal Diocese of San Diego. Hannah, is also one of Stellar Care’s family members. Recently, Hannah wrote about “Transition and Change.” She shares; “Transition represents a natural progression. That does not make change easier to swallow....With change comes anxiety. We are tossed out of our comfort zone. Imaginations run wild. We feel anxious about the unknown future. Feeling ungrounded and unmoored, while unsettling, is a natural response to an announcement,” (diagnosis, situation).

While acknowledging the discomfort of change, Hannah offers healing advice, “While we undoubtedly feel unsteady, we can gain perspective from trusted friends, spiritual advisors, and those who have traveled this road. From others, we know the terrain of change and we have acquired valuable skills and experience along the way. We can do it this time, and perhaps even better. As we say goodbye,” (to our present situation, the person we love, to how it use to be), “we emerge onto a new frontier where we are malleable to change. We can use this opportunity to hope, explore and dream for our next chapter,” (as a spouse, daughter, son, sibling, friend, caregiver...).

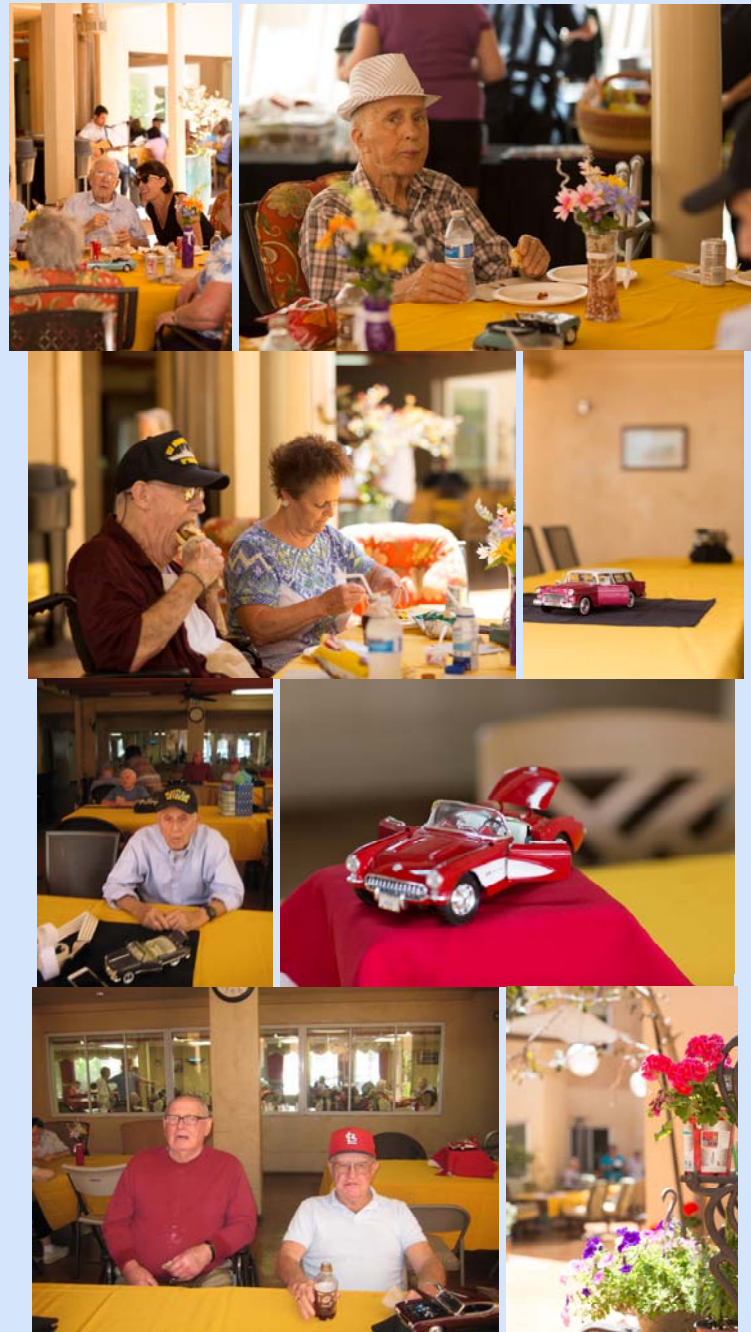
Even the saddest situation offers us an opportunity for change and growth. A barrage of emotions will enter our reality. We won’t be controlled by emotions, but experience them, acknowledge them, and then release them. We know that it is possible that joy and sorrow exist simultaneously. What serves us well, is to acknowledge the change and all its discomfort, and then to surrender and accept. It is in this place we find our inner strength.

As family caregivers, I hope you are surrounded by thoughtful, kind and loving friends and family. I hope you hear words of encouragement and kindness. I hope you see beauty. I hope you feel love and peace. A young Lennon and McCartney sang, “...shades of life are ringing, through my open ears, inciting and inviting me. Limitless, undying love, which shines around me like a million suns, and calls me on and on across the universe. Nothing’s gonna change my world.”

What doesn’t change in your world? What are you willing to change? However you choose to answer, there is no right or wrong. This is your journey and it is honored.

Susan O’Shaughnessy

### Father’s Day Was Relaxing



### Music Master’s Men’s Quartet Group was Fabulous!



...Brown - Continued

Shannon and Cesar moved to San Diego, where she then helped him open up his own fire alarm company. At the start, she came with him to do inspections of the various properties he managed, and then as they grew Cesar insisted she did not have to work and should just enjoy herself. She did not like to stay idle, however, and continued to be involved with the business as the company CFO. Cesar still jokingly recalls that she was adamant about working, and would work very hard every day for the two to three hours she would come into the office. Although Cesar worked nearly sixteen hours a day, Shannon made sure they spent time together outside of the office, and every day from six to eight in the evening was their time to have dinner together, watch Jeopardy and Wheel of Fortune, and then say goodbye as Cesar went back to work.

In their free time together, Shannon and Cesar loved traveling around the country, and playing slots in Las Vegas and Reno. Shannon also loved “trying to garden”, and was very good at planting things, which she then left to her husband to keep alive. Her Wyoming roots never left her, and she loved riding horses, animals, and David Bowie (she named her two cats Ziggy and Stardust!). Shannon always loved to talk, loved anything and everything Disney, and collecting knick-knacks and souvenirs from online shopping.

Shannon was also a very private person, and only rarely shared a genuine smile with people unless she knew them well. But when she was comfortable and happy, her smile was truly special. Cesar remarked that since moving into our community, she sees everyone in the community as family, and she now shares that special smile with everyone.

Shannon was born on July 4<sup>th</sup>, and one of her lasting memories of her mom was of her mother reminding her every year that “All of the fireworks in the sky, they are for you and your special day”. In honor of both the birth of our nation and Shannon, this month we wish them both a Happy Birthday, and we are blessed to have her share her smile with us every day.



### EMPLOYEE SPOTLIGHT

#### Janet Whaley

Janet has been working as part of our night shift team for over a year, and has a passion for her job and caring for her residents. She was born in the Philippines to a family of 8 children, but was raised by her relatives in a different town than the one her parents lived in. One day, her aunt came to visit from America with the intention of adopting one of the children to give them an opportunity in the US. Her cousin was supposed to be taken, but the day her aunt came to visit, her cousin was not at home, and Janet was chosen instead. It was a fortuitous encounter, and Janet was the only member of her family to come to the United States.

Janet moved to San Diego in 1989, and had a fairly normal upbringing. She left high school early to work and support her family, but did finish her high school education in 2010 with nighttime adult school. Before joining Stellar Care, Janet got her Medical Assistant certification and worked with adults with disabilities. She also worked as a supervisor at Burger King, as a caregiver for Accent Care, and even worked as a security guard. She was a great fit for us with her work experience, and Janet enjoys working the late night shift, as it gives her time off in the day to spend with her 6 children. When she has free time, she enjoys being with her kids, singing karaoke, and being out when it rains, as it reminds her of her childhood in the Philippines. Her dream is to go travel the world, and in the meantime, she is happy to be a companion to our residents on their own daily journeys.

### Stellar Care’s Employee of the Quarter



Ana Guzman  
Culinary Department/Baker



We love all the sweet treats you create!

