

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\*



MY LIFE AS I SEE IT
Dan Siminoski

Dan is a kind, progressive educator. He and his twin brother, Teddy, were born on January 1st, 1947 in Los Angeles, California. Dan's early memories are happy ones. Dan, Teddy and Bobbi, their sister, enjoyed the company of many outspoken and passionate adults. Dan recalls growing up with a politically diverse family, with his parents, aunts and uncles favoring various leftist political parties. The interesting discussions his relatives had at family gatherings inspired Dan to pursue a career in education, social work and political science.

Dan attended UC Berkley for his undergraduate studies and completed his master's degree and PhD in political science at the University of Wisconsin. He worked in Washington for one year as a political scientist and then spent many years as a college lecturer. He lectured at Long Beach City College, Long Beach State, Arizona State University, Texas Tech University, San Diego State University and more. By educating youths in political science and social work, Dan sought to inspire social change. He loved teaching and hearing the opinions of his many students. While teaching and lecturing, Dan worked with several causes, including human rights, AIDS research, gay rights and more.

The 70's and 80's saw many LGBTQ concerns brought into the spotlight. In 1978, Harvey Milk was inaugurated as the first openly gay man elected to political office in California. That same year, inspired by Harvey Milk, Gilbert Baker designed and stitched together the first rainbow flag. The first National March on Washington for Lesbian and Gay Rights took place in 1979, drawing an estimated 100,000 individuals out to participate. In 1982, Wisconsin became the first state to outlaw discrimination based on sexual orientation. That same year, the CDC first used the term "AIDS" and congressional hearings were held to push for research on the subject to help the thousands of individuals already known to have this condition. Dan and his partner of eight years worked together to support these types of causes. They sought to push for gay and lesbian rights. Their goal was to see AIDS research progress toward a cure. These issues were their passion and driving force toward seeking social and political change.

Continued inside...

Celebrating February

Bubble Gum Day
February 1

Groundhog Day
February 2

Valentine's Day
February 14

Tooth Fairy Day
February 28

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

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.

\*\* 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.

Family Rewards Program

Our friends and families are our best referral source. Spread the word and refer a new resident and earn credit toward a future month's rent. It's our way of saying thank you to our current residents and family members.

For more information or when you're ready to share a name, give us a call and we'll take it from there.

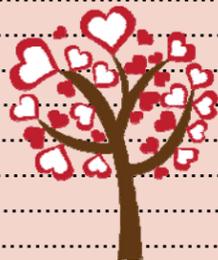
You can reach Susan at 619 287-2920 or by email at susan@stellarcared.com.

February Birthdays

In astrology, those born between February 1-19 are Water Bearers of Aquarius. Water Bearers are deep-thinking intellectuals, unafraid of exploring outlandish ideas. Their strong sense of community makes them good friends and valuable team members.

Those born from February 19-28 are the slippery Fish of Pisces. Selfless Pisces are very wise and empathetic, making them always willing to help others. These deep emotions also make Pisces talented artists and good friends.

- Marilyn V ..... Feb. 2nd
Kathleen C ..... Feb. 6th
Rita M ..... Feb. 7th
Sidney D ..... Feb. 8th
Rosie Z ..... Feb. 12th
Frances G ..... Feb. 13th
Judith M ..... Feb. 16th
Janet D ..... Feb. 25th
Anne Q ..... Feb. 26th
Lourdes S ..... Feb. 29th



### “All You Need Is Love”

Oscar Wilde once said, “Never love anyone who treats you like you’re ordinary.” Great wisdom to share with someone looking for the first / next / right partner. This Irish poet and playwright enthralled the public with his wit and charm but did not necessarily heed his own advice when it came to romantic relationships! In honor of February, the Month of Love, I decided to spend time with some of the residents and ask them about their experiences with “amor”.

We gathered in the fourth-floor library and I asked the group did they agree with the Beatles’ lyric, “All you need is love.” Unanimously, the answer was clearly, “No.” You need a lot more than love to have a loving relationship. The group became serious and quite open about sharing all the components needed to be part of a loving couple. “You need to be able to forgive.” “Love is hard work.” “Patience, kindness are part of love.” “You have to be loyal and dependable.”

The residents wanted to make sure we recognized different types of love. “It’s not always romantic. We love animals, friends, family, nature, music. There’s platonic and fraternal love.” “And there’s grandparent love. It’s great to be loved back by those grandchildren. You can enjoy them, but you’re not responsible for them!”

Everyone started to giggle when I next asked, “Do you remember your first kiss?” They answered unanimously again, but this time the answer was clearly, “yes.” Most admitted they were somewhere between thirteen and sixteen years of age. Shirley caught everyone’s attention when she announced, “I was eight when I was kissed for the first time. He was the neighbor boy, his sister was my close friend, we went to school together.” With a twinkle in her eye, Bea shared, “I was a country girl. My first kiss? I kissed a cow!” Knowing that Bea grew up on a dairy farm and milked the cows daily, this fact made a lot of sense and made all of us smile, as we were each transported to a fond memory in our youth.

“Did you find it easy or hard to say I love you?” I asked. Peg answered in her sweet Southern lilt, “Easy! It starts when you’re little. If parents tell you, you know. Say it all the time.” However, Dr. Tito, found it a little more difficult to say. “Because it’s a special feeling. You save it for someone special.” We found validity in both their answers.

The group went on to discuss advice they would give younger people on love. “Look for someone who can be your best friend,” “you will grow together,” “don’t rush, you have your whole life,” “he should be cute,” (this got a laugh and several nods), “make sure you are ready for companionship,” “you must trust in each other,” “it’s about you, know what you want for yourself,” and lastly, “keep cool.” There is a lot of truth in these suggestions.

“What makes you feel loved?” opened the next discussion. “Having companions,” answered Dr. Stein. “You know you feel loved when those friends aren’t around and you miss them,” added LaVerne. Sincerity and thoughtfulness were qualities that added to feeling loved. Being hugged was expressed at least half a dozen times! Janet looked up from her crochet work, “I feel loved by the Staff here. We know they love us. Everyone is so nice to us. They are sincere. They take care of us. Staff hugs us.” Again, everyone agreed. The Stellar staff was special and made each of them feel loved.

“Did you have an endearing nickname?” I asked as the last question. Maybe family members will identify their parent by these names; Doll Baby, Honey, Little Kitty, Tichi, Monk & Tarzan and Tonto! Sharing the nicknames brought more laughter and comradery, last if sharing the deepest of secrets. I believe our time together proved that romance lives on and love, in many forms, is magical and heals the soul.

Back to the Irish poet, Oscar Wilde. He also said, “You don’t love someone for their looks, or their clothes or for their fancy car, but because they sing a song only you can hear.”

With lots of hugs,  
Susan O’Shaughnessy



*Siminoski cont.*

Through the years, Dan had many opportunities to travel and learn about cultures in various parts of the world. He spent much time in Europe, visiting universities along the way. Dan would also visit theaters wherever he went. Czechoslovakia was a favorite destination, with a rich culture and beautiful sites to see. When home, Dan enjoyed watching movies of all sorts and going out to hike. Dan has lived such a full, passionate life. Today, we still see determination and conviction in Dan’s eyes. We appreciate hearing his thoughts and look forward to more interesting and thoughtful conversations with Dan each day.



Interviewed and written  
by Mai Truong

Congratulations to the Stellar Care  
Artists on their selection by



LaVerne Cording



Elinor Lamade



Eugene Reid

### EMPLOYEE SPOTLIGHT

Michael Burkhart

While visiting your loved ones in the afternoon, it is likely that you’ve seen or said hello to Mike. Mike is a member of our housekeeping team and is very helpful in making sure our building stays fresh and clean. He was born in Oakland, CA and raised in the Imperial Beach/San Diego area with a brother and sister.

At the age of two, living in Oakland, Mike suffered a tragic accident when he was hit by a car, fracturing both of his legs and damaging his back. He spent eight months in a cast and had to undergo extensive therapy to learn to use his legs again. After about a year of healing, the family moved down to San Diego. Mike was able to walk again and attend school normally. In his teenage years, he went to Sweetwater High School and Mount Miguel. He later went to an adult school as well. Mike worked at an arcade for some time, then at 7-11 for ten years. He was employed at a healthcare facility, working in transport and supplies, then joined our team two years ago. We are very happy that he decided to do so.

When not at work, Mike enjoys playing video games, chatting with friends, and creating storylines in dungeons and dragons. His hobbies also include learning about and building computers. In the future, Mike would like to continue on to a supervisory role in housekeeping and also continue to build computers. We enjoy having Mike as a part of our team and appreciate his hard work each day.

