



Celebrating May

Family Month

Arthritis Awareness Month

Intergalactic Star Wars Day

May 4

Mother's Day

May 8

International Nurses Day

May 12

Memorial Day

May 30

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”

Kathleen Capper

Kathleen Capper is full of life. Her eyes and spirit are still filled with wonder and appreciation for everything that surrounds her. Kathleen and I sat outside on a perfect San Diego sunny day and just as we sat down together she was excited to point out all the plants and flowers that make up the picturesque landscape of the sun-dappled courtyard.

“Isn't it beautiful!..My friend who takes care of this place does such a wonderful job. Absolutely beautiful....those plants over there...I don't like it when people tromp all over the flowers....”

New York city can be a hard and rough place to live; and to make a living in the arts can be an even tougher road in a town that either makes you or breaks you. Kathleen was one of the few who made it through, unbroken. Born and raised in New York city Kathleen worked her way through life as a professional dancer.

“I only worked the *top* clubs....great bands....great food.....only the best. In the beginning I worked parties and other jobs, you know...trying to make sense of things. My brother was in the military and he used to borrow the company car so I could get to all of my jobs.” Kathleen said with a laugh. “There he was standing at the back of the club in full uniform, watching me dance. He never missed a show. My mother and I used to worry that he would get in trouble for using the company car but he kept saying, 'Be cool, little sister.' He loved his little sister. Always protective.”

Kathleen's dancing career started early in life at school as well as the front room of her house. Her father filled their home with music and his extensive record collection would provide Kathleen and her sister hours of accompaniment as they danced their way around the front room, honing their craft and style.

“My father worked with cars when I was little. He was one hundred percent Sicilian. And my mother was Irish as “patty's pig” they used to say. She worked in the home and was a great cook. Everyone loved my mother. She made the best chocolate cake...They always made it work. They would say 'I don't know how this is working out but it's working out.”

Kathleen's career took her from club to club and her life was surrounded by musicians, writers, artists as she danced her way in clubs and recitals. It was during this time she met her husband with whom she would eventually start a family of her own.

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.

** 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.

** Do you have a family member, friend, or neighbor who would like to receive this newsletter? Please leave a note or email Barbara (barbaram@stellarcared.com) with their name and address.

May Birthdays

In astrology, those born between May 1–20 are Bulls of Taurus. Bulls show a steady persistence in endeavors both professional and personal, and after working hard, they are not shy about rewarding themselves for a job well done.

Those born between May 21–31 are Gemini's Twins. The Twins represent energetic communication and interaction. Curious Geminis love to collect and share information. Witty and intellectual, they attract many friends, mentors, and colleagues.

- Lois G May 1st
- Cora W May 3rd
- Jeanne M May 3rd
- Bob H May 3rd
- Felice P May 6th
- Ramona P May 12th
- Patricia N May 20th
- Doris S May 21st
- Nancy R May 23rd
- Harold J May 26th
- Laura R May 27th



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“It’s a Beautiful Day in This Neighborhood”

The word “neighborhood” was first used in the mid 15th century and described neighborly conduct and friendliness. In the 1620s, the term “neighborhood” was first recorded as meaning a community of people who lived close together. In 1857, people were using the phrase, “in the neighborhood of” meaning, near or somewhere about. In 1968, when PBS introduced the program, “Mr. Rogers’ Neighborhood,” it didn’t take us long to feel the love, sincerity, safety and kindness that Mr. Rogers shared as soon as he came home and put on his cardigan sweater.

Stellar Care is certainly a community of people who are living and working closely together, sharing experiences, developing relationships, and learning from each other. But we are also part of a bigger neighborhood, and I thought I’d share some history of this part of San Diego with you.

Our building, located at 4518 54th Street, is on the westerly border of the neighborhood of El Cerrito. El Cerrito, which means “the little hill” in Spanish, is a neighborhood of the Mid-City region of San Diego and also part of a group known as the College Neighborhoods. This “little hill” rises from 55th St. to 58th St. El Cerrito is a residential neighborhood, consisting mostly of suburban homes, with commercial activity along the streets that make up its borders. Our neighborhood is centered on this small hill surrounded by Overlook Drive, within the borders of 54th Street/Collwood Blvd. to the West, Baja Canyon to the North, College Avenue to the East, and University Avenue to the South.

Originally, this part of San Diego was primarily orange and lemon orchards. In the 1920s, with the installation of El Cajon Blvd., (soon to be U.S. Highway 80), and the establishment of San Diego State College, subdivisions blossomed with residential homes, even as other local tracts were impacted by the Depression. The opening of Collwood Blvd. in the 1960s saw the development of some of the earliest condominium communities, giving El Cerrito some of the oldest and newest housing in the College neighborhoods. Today, three of the homes in El Cerrito are listed on the City of San Diego’s List of Historical Properties.

Directly to the west of El Cerrito is the neighborhood called Talmadge. Its borders are defined by Collwood Blvd. to the East (which is the back of Stellar Care!), Montezuma Road to the North, Fairmount Ave. to the West and El Cajon Blvd. to the South. This neighborhood is named for the silent film stars, the Talmadge sisters, who in 1927 opened Talmadge Park Real Estate Development. To this day, three of the streets are still named for them, Norma, Natalie and Constance.

Dozens of our family members and residents have shared great stories with me about growing up and living in this historical part of San Diego. Many of you attended Hoover, Crawford and SDSU. Several of our residents were professors on campus. Some of you own businesses here in the neighborhood. Everyone has a favorite restaurant nearby. From those of us at Stellar Care, who participate everyday with your Loved One, please know that we understand the emotional connection you have to your memories, and we thank you.

Please won’t you be my neighbor,
Susan O’Shaughnessy

Having Fun Inside and Out



... “My life as I See It” – Capper cont.

“I have a very good husband. When we met we both knew that we had something. Both of my children are wonderful. The kids are very bright. They appreciate all things that come from the heart...Children are curious, and full of intelligence. They’re not logs just sitting around. Sometimes they’ll let you speak....We all really love each other. I had a wonderful time raising a family – the happiest time in my life.”

“What’s the secret?” I asked Kathleen.

“What do you mean?” she said.

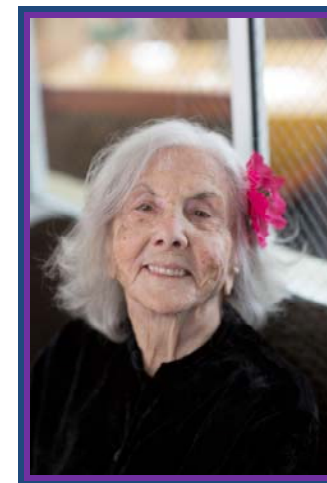
“You know, THE secret.”

“Love.” she said. “True love...Children see it in everything around them. From here to that flower pot over there.”

We sat in the sunny courtyard a talked until music started in the other room. Instinct or curiosity Kathleen was ready to move on. As she stood up from her chair I offered my arm and we slowly walked back inside where a group of people were sitting and listening to music. I said 'good-bye' and left Kathleen to find her seat with the others. As I was leaving I looked over to find her making her way over to her seat, by dancing with one of the staff members.

Some flowers may get tromped on, but once in awhile a flower can be so beautiful and full of life that you have no choice but stop and take in its beauty. Sometimes asking it to dance.

Interviewed and Written by Bryan Finnigan



EMPLOYEE SPOTLIGHT

Maria de Jesus Urena

If you’re visiting your loved one in the afternoon at Stellar Care, you may come across a caregiver with a sunny smile, a bubbly personality and a powerful voice. That will be our own Maria de Jesus Urena.

Maria has been with Stellar Care since 2012, and has been a caregiver for over ten years.

Maria was born in Los Angeles and moved to San Diego in 1984. She is single, enjoys meeting people, and is waiting for her “prince”. Maria takes care of both her mother and her father and on her days off, she loves to take them to the casinos, or to the beach to relax and to listen to the ocean.


Maria loves to listen to classical music and to watch plays. Her favorite is the Phantom of the Opera.

Maria has an amazing voice, so next time you see her, have her sing for you! Another favorite past time is to take care of her plants, and with her green thumb, she enjoys helping her plants to thrive, just like the residents she takes care of.

Asked what she sees herself doing in ten years, Maria’s response is (with a smile) “to be in Maggie’s position.” (Caregiving Supervisor) She giggles, and says, “It’s true!”

We’re happy to have a 10 year commitment from Maria.

MARK YOUR CALENDARS...

Join Stellar Care as our very own San Diego Padres take on the Philadelphia Phillies 

Sunday, Aug. 7th at 1:40pm

\$28.00/ticket (\$40.25 value)

To reserve your tickets - email rachelr@stellarcared.com