



# 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.”

Jerry Potts

I stole Jerry from a trivia session in the library to have our interview, but while I may have been driving his wheelchair to the lounge for our talk, as soon as we got there, he quietly folded his hands across his lap and asked “what would you like to know?” With his slight grin and piercing gaze, I suddenly felt like I was the one being interviewed.

The subtle intelligence of Jerry commands attention, and as he began to talk, it was what he left under-stated and implied, that added true color to his life story.

“I was born in Bloomington Illinois,” he began, “the middle child of three. But I grew up in a smaller town near Bloomington. It was good, had all of the smaller town attributes.” He paused to reminisce, lost in his thoughts, and then continued.

“I was a little studious, little adventurous as a boy. Though now that I think of it, more studious than in between.” Jerry skirted away from athletics in favor of playing musical instruments, and particularly enjoyed the trumpet. Upon getting to the high school portion of his life, he said “My daughter discovered it, I had forgotten about it, but I was the student body president-” He grinned crookedly and admitted, “-though, it was a pretty small school” he ended with a shrug.

Jerry went on to Purdue to pursue a career as a pharmacist, but put it on hold upon graduating and joined the US Air Force. He was a bomber pilot, “F-104’s were the plane, I think, and I flew as wingman to the squadron commander on quite a few bombing runs in Vietnam”. His eyes grew heavy as he continued, “I got so tired of dropping napalm on areas without knowing quite who I was dropping it on. And everything was visual back then (no radar guidance on weapons), so we had to drop down from the clouds into anti-aircraft fire to drop our bombs.”

After his service, Jerry scoured the country to find the right place to settle down. He decided on San Diego. “You made a good choice!” I said. He smiled wistfully and responded, “Yes, the weather.”

*Continued inside...*

## Celebrating September

### Classical Music Month

#### Labor Day (U.S.)

September 5

#### Chocolate Milkshake Day

September 12

#### International Day of Democracy

September 15

#### Love Note Day

September 23

#### International Coffee Day

September 29

#### 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

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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.

Have you joined Stellar Care



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Create a Snapchat account, using your loved one’s name as the account name. For example, if your resident’s name was JoeSmith, enter JoeSmith as the account name. If the account name is taken, add a few numbers to the ending, or have some variation of the name.

Once the account is created, add Stellar Care as a friend, and we will receive a notification. That’s it! You will be all set, and we will be able to send you updates upon request and during moments we capture with our snapchat.

Contact Brandon at [brandonc@stellarcaredsd.com](mailto:brandonc@stellarcaredsd.com) if you have questions or have difficulty setting up an account.

## September Birthdays

In astrology, those born between September 1 and 22 are Virgos. Virgos are observant, independent, reliable, and intellectual. Virgos require a sharply organized mind and will analyze points in an attempt to bring order to chaos, no matter the consequences.

Those born between September 23 and 30 balance the scales of Libra. Libras seek equality, justice, and harmony. Eager to cooperate, Libras are charming diplomats who seek compromise and good will.

- Virginia A ..... Sep. 1st
- Albert K. .... Sep. 2nd
- Marjorie F ..... Sep. 6th
- Letha W ..... Sep. 9th
- Mary T ..... Sep. 15th
- Edythe H ..... Sep. 16th
- Neville M ..... Sep. 16th
- John J ..... Sep. 18th
- Dimple S ..... Sep. 19th
- Thomas H ..... Sep. 24th
- James R ..... Sep. 26th
- Kristine M ..... Sep. 27th
- Olive L ..... Sep. 27th
- Vincent S ..... Sep. 29th





## Why Do We Walk?

Each of you carries a deep pain in your heart while you try to process a grief that is often indefinable. When we first meet, you share personal stories of immeasurable loss. Some of you are stressed, overwhelmed, angry and always exhausted. You can't keep the balls in the air anymore. You did your best. You tried to keep her at home as long as possible. You are losing too much time at work, your kids need you, he wandered in the middle of the night again. This is why we Walk.

You tell me about their military service, their careers, where they went to school, if they were published, and all the outstanding contributions they made to our community. This is why we Walk.

You reminisce about holidays and birthdays spent together, special moments that let me know what amazing parents and spouses you have. You have cherished memories, created by them, that they no longer know. This is why we Walk.

If you have had a conversation with me about your Loved One, or if you identified with what I've shared, I am asking you to make out a check for \$100 to "Alzheimer's San Diego." The money we raise, as Team Stellar Care, will be presented at The Walk, Saturday, October 15<sup>th</sup>, in Balboa Park, at 8:00 a.m. If you are joining us, we have a vibrant booth space on the grassy area on the corner of Park Blvd. and President's Way.

If you are unable to join us that morning, please bring your check to the front desk the next time you visit. Your tax deductible donation provides information and referral, support groups, classes for caregivers, family members, and the newly diagnosed. In addition, "Alzheimer's San Diego" funds local research to find a cure. This is why we Walk.

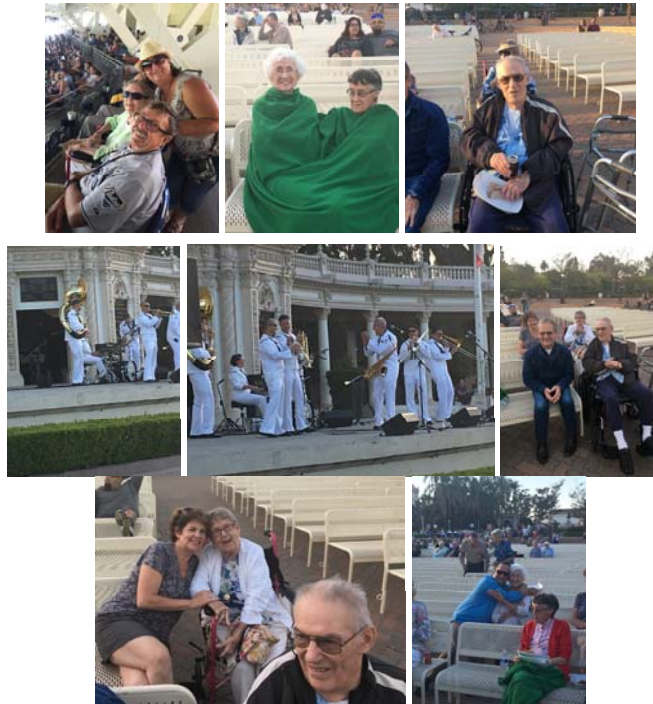
And we are a creative group! So, if you like to take "chances," for the next six weeks, our front desk staff, will be offering tickets for a 50/50 Raffle. The more tickets we buy, the bigger the pot, of which 50% will go to "Alzheimer's San Diego," and 50% will go to a lucky winner. Tickets are \$2 each or 20 for \$20.

Team Stellar Care is comprised of family members and staff. We are passionate and moved by what we experience on a daily basis. The Walk is the only annual capital campaign in which we participate. I am asking you to join us, financially and in person. At the Walk, thousands of people who have been touched in some way by the diagnosis of dementia, come together to honor and respect loved ones on a beautiful San Diego morning. "Alzheimer's San Diego," creates a village with entertainment, contests, food and beverage available. At 8:00 a.m., as the participants walk in solidarity, a momentary silence falls over the crowd as each person's heart is lifted temporarily with the hope and compassion felt by being in the experience.

This is why we Walk.

Susan O'Shaughnessy

## Out on the Town in Beautiful San Diego



## Enjoying Each Others' Company



... Continued From Cover - Potts

Once in San Diego, Jerry started working at the VA hospital as a pharmacist, met his wife Barbara Ann on a blind date, and raised two children. He continued working for the VA as head of smaller pharmacy clinics, and in his free time, "I was kind of into a little bit of everything. Particularly horses and dogs, I trained other people's animals as a hobby. Just learned how to train them as I went along."

He "retired" from the VA several times, but would always grow bored and return. "They would always hire me back" he said "but my final retirement was at 68, because people would keep stopping me in the hall asking me when I was going to quit".

He spoke slowly in his storytelling, considering his words and making them count. There was more to each story he told, but he coyly (or perhaps modestly) breezed over the specifics of his life accomplishments. Time seemed to stretch with the story of his life that could only be imagined between the lines. And just like that, our time was up. With a final pause and a thought, Jerry chuckled and smiled at me "That pretty well covers it".

I took him back to the library where they were still playing Trivia, and the moment he crossed the threshold he was belting off answers to the questions. As I parked his seat and moved to leave, Jerry raised his hand towards me the barest of inches, gave an almost imperceptible nod and a wink, before focusing back on the game at hand. That pretty well covered it indeed.



Interviewed and written by Brandon Cho

## EMPLOYEE SPOTLIGHT

### Mona Liza Batister

At Stellar Care, we are always looking for talented, hardworking caregivers. In the case of Mona Liza or "Lisa" as she likes to be called, we first encountered her when she was working as a private caregiver for a resident in the community. She stood out as being very compassionate and sincere in her care for her resident, and so when Annelie, our Assisted Living Director, ran into Lisa at Red Ribbon Bakeshop, she immediately offered her a job. Lisa has now been working at Stellar Care for over a year and a half, and has been a gift to our residents.

Born in the Philippines, Lisa was raised in a Navy family with ten brothers and sisters. Her father, now a Merchant Marine, moved the family to San Diego in 2008, where Lisa finished up high school. While in school, she played volleyball and dabbled in gymnastics, but stopped sports to focus on working while still in high school. After graduating, Lisa got a job at UEI as a medical assistant, and moved on to work in the Paradise Valley medical office and part time as a private caregiver. She also worked at the Red Ribbon Bakeshop, where Annelie found her again. Lisa has gotten her medical assistant degree, and just got her certification as a CNA, and hopes to pursue a career as a LVN soon.

In her free time, Lisa enjoys spending time with her son and family, and fishing at Imperial Beach. When asked about her work at Stellar Care, she said "I just want people to know that I really work hard, and have been ever since I started in the medical field. I enjoy working here because it's fun, and I'm losing weight".

We are so thrilled that a chance meeting brought Lisa onto our team, and our residents are lucky to have her (sometimes quite literally) running around to see to their needs.

Welcome to the team, Liza!

**PLAY 50/50**

**Raffle Tickets**

\$	<b>\$2.00</b>	<b>1 ticket</b>	\$
	<b>\$5.00</b>	<b>3 tickets</b>	
	<b>\$10.00</b>	<b>8 tickets</b>	
	<b>\$20.00</b>	<b>20 tickets</b>	

**The more tickets we buy,  
the bigger the pot**

**Walk4ALZ** | San Diego  
Alzheimer's | LOW COST

**Saturday, October 15th**  
Walk begins @ 8:00am in Balboa Park

**Join Team Stellar Care**  
Log on to [www.alzsd.org](http://www.alzsd.org) / Walk4ALZ