

STELLAR CARE<sup>®</sup>

4518 54<sup>th</sup> 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 August

What Will Be Your Legacy?  
Month

## Lighthouse Day

August 7

## Social Security Day

August 14

## Kiss and Make Up Day

August 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*

## 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.

## Walk4ALZ | San Diego

Saturday, October 21st

Walk begins @ 8:00am in Balboa Park

## Join Team Stellar Care

Log on to [www.alzsd.org](http://www.alzsd.org) / Walk4ALZBINGO Fundraiser to support  
Alzheimer's San DiegoTuesday, August 29<sup>th</sup> at 6:30 p.m.Join the fun as we raise funds for  
Alzheimer's San Diego

\$2/card \* Play for Prizes

Last Game 50 / 50

For more information call Rachel

## August Birthdays

In astrology, those born between August 1–22 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.

Those born between August 23–31 are Virgos. Detail-oriented Virgos have a deep sense of humanity, a trait that makes them careful, tender, and practical. Since all that attention to detail is put into the service of others, Virgos make perfect humanitarians.

Elinor L.....	Aug. 7 <sup>th</sup>
Lois B.....	Aug. 13 <sup>th</sup>
Barbara L.....	Aug. 15 <sup>th</sup>
Walter H.....	Aug. 23 <sup>rd</sup>
Jerry P.....	Aug. 24 <sup>th</sup>



## Lita Reynolds

A Homegrown San Diegan

Known as one of the friendliest residents of Stellar Care, Lita Reynolds says, "I love this place, everyone here is so friendly, and they take such good care of us!" Lita has been a resident of Stellar Care for almost two years.

Lita was born and raised here in San Diego, which, her father remembers, in 1904, as a horse-and-buggy town with unpaved roads.

Lita was born on June 20th 1925 at home (near 15th and J). Some of her earliest memories were of her dog, Ceni, and her adopted kittens. Her parents would take the children to friend's homes where her father would play the guitar and harmonize with her mother who would sing 'like a nightingale'. She remembers playing in the sand at Mission Beach, Balboa Park on Sundays, and to 4th of July Fireworks at Mission Beach every year.

She went to Lincoln Elementary School where she remembers her best friend, Jeni, and her favorite teacher, Miss Raaf.

Like many she learned 'Ballet Folklorico' at the Neighborhood House and she and her sister performed in recitals for their parents wearing beautiful dresses. She was a devoted Catholic, and frequented Our Lady of Guadalupe.

After Lita finished elementary school, her mother moved the family to Little Italy close to a fish cannery where she obtained work. There, Lita went to Roosevelt Junior High School, and was invited to become a Girl Scout. In Little Italy she and her siblings made new friends, mostly Italian, and one of those (who later became her brother-in-law) enjoyed jitterbugging. He and his friend made up new steps, and with Lita as a good follower, soon dancers would stop dancing to watch them as they 'took the floor'.

When there was a call-out for female workers at the Naval Air Station during WWII, Lita went and applied, and was immediately hired; she was a local 'Rosie the Riveter'. Not long after, she heard talk of a job opening upstairs working on aircraft instrument panels. She decided to apply, took the test, did well and got the job. (black & white photo) She worked at Naval Air until she decided it was time to stay at home with her four children, Tana, Olivia, Eileen and Glenn. She was the model housewife, and Betty Crocker cook.

Continued Inside...

## Oh, Those Emotions

After twenty years of working with families and witnessing first-hand the struggles and decision making processes that are attached to long term care placement, I am ready to talk about the emotional onslaught that accompanies such a move. Often, the person moving is declining in health, needing more assisted services, or looking for socialization to fill in for growing isolation. Although there is some sense of loss, there is agreement and understanding on the part of the new resident, and family members are there in a supportive role. However, this is not the scenario when the new resident has dementia. Suddenly, family members, dealing with a devastating diagnosis, find themselves in charge (ready or not) and navigating health care choices, dealing with finances and real estate, interviewing and touring facilities, hiding car keys and trying to have reasonable conversations with a person they love, who is no longer capable of reasoning. Enter Stage Right: All Emotions, taking Center Stage. We find ourselves in a drama, or theatre of the absurd, when what we've rehearsed for is a Broadway musical.

What is the definition of emotion? "It is a mental state or feeling that arises spontaneously rather than through conscious effort." Emotions are neither good nor bad, they are reactions and they have purpose. They play a part in how we think and behave. 'They motivate us to take action, they help us survive, thrive and avoid danger. They help us to make decisions and allow us to understand others and others to understand us.' Yes, an emotion arises spontaneously, but how we experience the emotion, how we react to the emotion and how we behave in response to the emotion, should be within our control. This is our human life and we get to have love, joy, euphoria, happiness along with sadness, grief, fear and guilt.

When you are dealing with the memory-care placement of a loved one who has been diagnosed with dementia it is understandable that your emotional state is going to be on overload. "While your experiences are valid, finding ways to let go of the negative emotion will help your health and sanity." You may find yourself overwhelmed, frustrated, angry, confused and anxious. Please find comfort in knowing you are not alone in how you are feeling. Everyday other family members share their emotional struggles with us. Talk to people who can offer you support – your personal network, pastor or doctor. Remind yourself that you cannot change an uncontrollable circumstance. You can only control how you respond. When anger shows up, acknowledge it, feel it and then try to do some form of exercise or meditation. Remember to eat well, rest, and spend time with someone who will make you smile. Be good to yourself, love yourself, ask for help.

In Support Group, we often talk about emotions. We have three headliners, sadness, grief and guilt. It is normal to be sad. You are watching someone you love, slowly slipping away. But you must be careful that your sadness does not become depression, you should not be sad all the time. That is not okay. Grief is a very real emotion and can carry physical as well as emotional changes to your body. Actually, grief is not only an emotion but a process of healing. Guilt, is such a little word, but carries so much emotional energy. "Guilt occurs when we believe (real or not) that we have compromised our standards or violated a universal moral standard and bear responsibility for that violation." So guilt, for our situation, is "false guilt", and becomes habit not emotion. If you find yourself feeling guilty, review the action over which you feel guilty. Ask yourself was the action appropriate or acceptable under the circumstances? If so, let go of the situation. It is easy to get stuck in guilt. I have tried to honestly describe some of the emotions that teach us and give us wisdom. But Stellar Care offers you and your loved one the emotional experiences of joy, love, laughter, hope, nostalgia and peace every day. I hope your journey with us is filled with an abundance of love and beauty. It's available to all of us, always.

Susan O'Shaughnessy



## *...Reynolds Continued*

As a mother, Lita was heavily involved in fundraisers at Montezuma Elementary where her children attended, participated in the neighborhood women's 'Sewing Circle', and of course, Blessed Sacrament Church. When her children were in their late teens, she decided to go back to school, receiving her AA degree from Mesa college before transferring to San Diego State. About six months later, her husband became terminally ill with cancer and passed. After his passing, Lita did not return to college but instead busied herself with her ten grandchildren, some of whom are pictured below. She spent her days taking them to Girl Scouts, Boy Scouts, music and tap lessons, Bobby Sox, Little League, and school. (color photo below)

Also, she was an active member of Blessed Sacrament's Altar and Rosary Society for several decades, and served two-four year terms as Regent of Court Saint Clare #1413, Catholic Daughters of the Americas.

Today, she is grateful for the caregivers at Stellar Care, and for the friends that she's made here in her new home.

Ps. If you want to see a photo of her family including the 11 great-grandchildren, visit the photo box outside her Room 2007!



## **EMPLOYEE SPOTLIGHT**

### **Gaby Verdugo**

This month, we would like to spotlight someone who is not a direct employee, but has been working in our community for quite some time. Gaby is our resident beautician who found her calling in the service industry when she was still in high school. At the time, she had gotten her first job as a hostess and waitress at Chula Vista Inn, and she realized she loved putting a smile on her customer's faces.

In her senior year of high school, Gaby began attending classes at a nearby beauty college, and she had her cosmetology license by the time she graduated. She has been a hairstylist since 1987, and has also worked in assisted living communities for decades. She originally got into working within communities because both her mom and her aunt worked with the elderly. Gaby also worked full-time at Supercuts for nearly 20 years, and actually began working in Stellar Care to fill in for her aunt, who wanted to get off her feet a bit. A temporary fill-in position became full time, as her aunt decided she would stick to her job in Bonita, and Gaby found herself working full time at Supercuts and also coming into Stellar Care to beautify our residents. After 5 years of working six long days every week, Gaby decided to give herself a break and chose to leave Supercuts and focus on beautifying our residents instead. She loves working at Stellar Care because "it is such a rewarding job, and I feel like I am always needed. The residents here never forget about their hair!" As much as she enjoys it here, it is our residents (and families!) who truly appreciate her services. Thanks for the cuts, dyes, and perms Gaby!

**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@stellarcaresd.com

