



The STELLAR CARE Chronicle

Stellar Care * 4518 54th Street * San Diego, CA 92115 * p 619-287-2920 * f 619-286-8534*



Celebrating May

International Firefighters Day

May 4

Wildflower Week

May 7-13

Mother's Day

May 13

Memorial Day (U.S.)

May 28

RESIDENT RAVE

Barbara Lowdon

Barbara Romelfanger was born in 1926 in San Francisco, CA as one of eight children—four boys and four girls. This family of ten shared one bathroom and one 20-gallon gas water heater. In order for ten people to cram into their one car, all of the kids had to sit on stools on the floor in the back seat. Barbara's school life was very structured as she attended Catholic schools all the way up to her graduation from St. Paul High School in 1944. Despite the challenges of the times, Barbara said that she had a very happy childhood.

With time, World War II began and everyone was on high alert to Japanese threats. One of Barbara's neighbors was visiting Australia at the time, but was sent back to San Francisco, due to there being no guarantee of safety in other countries. This neighbor told Barbara that she had met a young woman named Marie who wanted a pen pal and Barbara agreed to write to her. At first, during the war, their letters were always marked open by a censor. Any "sensitive information" was cut out with scissors and destroyed. Now, 79 years later, they still communicate with each other. In 2015 Marie, her pen-pal from Australia finally came to San Diego to meet Barbara! What a monumental visit it was.

In 1946 Barbara started to work as a secretary to the Supervisor of the Service Dept. at the American Can Company in San Francisco. One day, she met Lew Lowdon, a clerk in the Engineers Dept. Lew would always find an excuse to visit Barbara by asking her to type a letter for him, later coming back for Barbara to make some corrections to the same letter. Their peers decided to set them up and put them in charge of finding a venue for the annual Christmas party, so, their dating history began! 2 years later, Lew wanted to propose marriage to Barbara. But, he couldn't marry her unless he became a Catholic. So, Lew decided to give the religion a try. He secretly went to classes and finally became a Catholic. Soon after he proposed to Barbara on her parents' front porch. In 1950, they married in San Francisco at the Church of the Epiphany next door to where Barbara attended Catholic High School.

In 1951, just a few short months after getting married, Lew, who was a World War II veteran, was sent to Japan during the Korean War. Barbara was pregnant with their first child, but fortunately, Lew got to come home for the birth of their son, Fred. When Fred was 5 months old, Mom and baby traveled by boat to Yokohama, Japan where Lew was stationed. Eventually, the family was able to move back to San Francisco. They spent some time living in California, Connecticut, New York City and even England. It was in most of these cities that they expanded their family and had their children Alan, Jeanette, Theresa, Linda and John.

Continued inside...

Miscellaneous Announcements

** Please refrain from taking loved ones into stairwells, several visitors have used keypad codes in front of residents, even said the code out loud. Remember that some days, even with our fading memory, some residents have been able to remember these codes.

** Remember to check your family members' mail on your next visit.

** 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 Taurus' Bulls. Bulls are hardworking, ambitious, honest, and dedicated to finishing tasks with a dogged persistence. Once the work is done, a Taurus expects to enjoy the fruits of their labor.

Those born between May 21-31 are Gemini's Twins. They have two distinct and alluring sides to their personality: sociable and ready for fun, or serious and thoughtful. Sometimes they feel as if one half is missing, so they forever seek new friends.

- Cora W May 3rd
- Jeanne M May 3rd
- Bob H May 3rd
- Arthur C May 7th
- Reuben O May 14th
- Patricia N May 20th
- Doris S May 21st
- Pruhna I May 21st
- Callie H May 24th
- Jennie B May 25th
- Harold J May 26th
- Elizabeth A May 27th
- Sylvia R May 31st



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USS Makin Island

Deepak Chopra writes, "The universe operates through dynamic exchange.....giving and receiving are different aspects of the flow of energy in the universe. And in our willingness to give that which we seek, we keep the abundance of the universe circulating in our lives." This is the law of giving and receiving. Chopra suggests that to put the law of giving and receiving into effect, we should take three steps. First, today, whomever you encounter, bring them a gift. It can be a flower, a smile, a compliment. This begins the process of circulating joy, and affluence in your life and in others. Second, today, you will gratefully receive all the gifts that life has to offer you. Receive the gifts of nature; sunlight, birds, waves. And also be open to receive gifts from others; compliments, a prayer, a smile. Third, make a commitment to keep wealth circulating in your life by giving and receiving life's most precious gifts; the gifts of caring, affection, appreciation and love.

This wonderful law of giving and receiving was experienced by our residents and a lively group of visitors last month, in a profound way when fifteen Sailors assigned to the amphibious assault ship, **USS Makin Island** came to spend time with our Stellar residents. "This was a great experience for me," said Airman Paul Alderete, "it was heartwarming to connect with them and learn about their lives."

For Alderete, the connection was deeper than he had originally expected. "I haven't had a grandparent since 2000," he shared. "One lady told me, I reminded her of her grandson, and that really hit home with me because she reminded me a lot of my grandmother." (Can't you just feel the abundance flowing, giving and receiving, in a surprising way.)

Religious Programs Specialist 2nd Class, Tiffany Hess, coordinator for volunteer service opportunities aboard the **Makin Island**, said the visit was important to her because it could be a glimpse into the future. "One day we'll be retired and we may have some of the same issues that these residents have," said Hess. "It was very beneficial to hear their stories and learn about how they got to where they are today and how they keep moving forward." (It was not lost on anyone, that even with cognitive, physical and aging issues, Elders can thrive, offer wisdom, understanding, humor and hope for a prosperous future.) Hess continued, "I spoke to a woman who told me one of her favorite parts of the day is having people come visit her. Each visit is like a way to motivate her and help her stay happy. I could tell she was very happy after the visit from our Sailors today." (Hess and the resident each gave and received some happiness this visit.)

Rachel Robinson, our Stellar Care Activities Director, is responsible for this ongoing visitation with the Sailors of the **Makin Island**. Rachel's insight and her awareness of the spiritual and social needs of our residents led her to introduce Stellar Care to the Chaplain of the **Makin Island** and to create this opportunity for giving and receiving. "Some residents really felt a bond with the Sailors, because they were either in the military, married to someone in the military or had children in the military," Rachel explained. -

-Sharing memories for the residents, is creating memories for the Sailors. There is still so much for our residents to share and teach us!

The **Makin Island** publishes a magazine titled, "Around the Island." Stellar Care and our residents are featured in the Jan/Feb issue. To view the article and pictures please ask one of the Directors to show you a copy.

Susan O'Shaughnessy



...Lowdon Continued

In 1977, Lew retired after 31 years at the American Can Company. Barbara, who worked at AAA, finally retired in 1986. Then the 2 began to travel in their trailer all over America. They became members of the Road Runners trailer club and traveled as a group making lots of memories. Each winter they would travel from Oregon as snowbirds to Yuma, Arizona, where they honeymooned. From 1994-2004 they donated their time to the Navy-Marine Corps Relief Society, working tirelessly putting in over 10,000 hours in the community. Barbara also made and donated crocheted baby sweaters and bonnets for young families. She entered the Yuma County Fair and won ribbons for her crochet work. While in Oregon they also donated their time to the Providence Medford Medical Center in the Emergency Department running errands for the team. They received a certificate of merit for their efforts.

Barbara and Lew spent 62 glorious years together and set a perfect example of how to love and give with faith in God. When the need arose, they were always there. Their children could all see the commitments they have given to everyone around them and especially their devotion to God in their daily lives. They also saw them lean on their Shepherd and believe he will pull them through life however hard it may be. It taught them that love and dependability on the Lord does have its rewards.

In 2013, Lew passed away and the family moved Barbara to San Diego to be near her family. Of course, she lived in a Catholic Assisted Living home! The nuns were very strict, she always used to say! She became a mild celebrity last year as a documentary was made about a local San Diego Doctor that visits assisted living homes as a mobile doc. Barbara was chosen for the documentary as the star patient who would then be on Sharp Healthcare TV commercials. One day, her daughter Jeanette was watching TV and saw her Mom!! Now, she has moved to Stellar Care where new memories are being made. She regularly visits with family, goes on outings and surprises staff and friends with a friendly, "peek-a-boo!" May each of her days continue to be filled with joy, love, and kindness.



This is a shortened version of Barbara's life story lovingly written by her daughter, Jeanette. Please visit our website at www.stellarcaresd.com to read the full story, about living during the Great Depression, wartime, travel, family and more!

Resident Rave and Employee Spotlight written by Mai Truong

EMPLOYEE SPOTLIGHT

Inwoo Lee

For this month's employee spotlight, we'd like to feature our maintenance supervisor, Inwoo. Inwoo grew up in Santa Rosa, California, with his two parents and a younger sister. He is no stranger to Stellar Care. Over the past few years, he has come to San Diego to visit his aunt and uncle, Linda and Chris Cho, and to help out for a month or so at a time. He was studying computer sciences at a local college in northern California when he was asked to come and join the team. Inwoo has now been with us since August and plays a big part in assuring that the many parts of our building are in good repair.

When not working on ordering needed maintenance supplies or getting rooms organized and scheduled for updates and repairs, Inwoo enjoys staying home to relax, watch older movies and play games. He is also a big fan of instrumental music. When going out on a free afternoon, he loves to go to the symphony to enjoy the intricately composed pieces.

With time, Inwoo plans on completing his degree in computer sciences. He has already traveled to over ten states and would like to expand on that to explore Eastern Europe, Asia, and Africa. As part of his travel goals, Inwoo plans on living in New York for a year to see the hustle and bustle of the Big Apple.

We are very appreciative of Inwoo's efforts to help create a sense of home in our community and we are excited to see what the future brings.

RESERVE YOUR TICKETS TODAY!

Join Stellar Care as our very own
San Diego Padres
 take on the Arizona Diamondbacks

Sunday, Aug. 19th at 1:10pm
 \$32.00/ticket

Reserve your tickets today
 email rachelr@stellarcared.com

