

STELLAR CARE

4518 54th Street
 San Diego, CA 92115
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Postage
 Information

The

STELLAR CARE Chronicle

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



Celebrating September

World Alzheimer's Month

Labor Day: U.S.

September 3

Grandparents Day

September 9

Museum Day

September 22

Johnny Appleseed Day

September 26

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

RESIDENT RAVE

Grandma Ginny

Sitting in the courtyard together, there was a slight breeze to cool us. Ginny crossed her legs and stretched her arms out to welcome the sun's rays. Then, she looked to the side, thought for a minute and started to share with me tidbits about her life. This, together with information shared by her daughter, Suzette, and grandson, Chris, create a portrait of a woman who loves. Throughout her narrative is a love for family, a love for life and experiencing its joys, and a love for the little things, like days at the beach and the affection of a pet dog. This is just a snapshot of her life story.

Virginia "Ginny" Grieder was born in Michigan on May 20th, 1927 to parents, Lorena and Luther Grieder. From a young age, she showed a very active, social and energetic spirit. She spent time with her best friend from the 3rd grade, Virginia Pleasa, and went to finishing school with her. Ginny participated in a variety of sports, like tennis and golf, and later was able to play at the college level. At one point, she even sprained both of her ankles playing basketball with the boys. This upbeat energy came with her when the family moved to Santa Barbara, California.

Ginny spent days waiting on tables at work and hanging out at the beach in her free time. One day, while walking to work, she saw a bank billboard with an image of an Army man handing out donuts to war torn families. Little did she know that she'd go on to not only meet this man and dance with him at a beach party, but also become his wife. His name was William Fred and Ginny loved everything about him. He was a quieter person, but very loving and handsome. He was a war photographer in World War II and spent time overseas in combat areas, documenting the events that forever changed the history of the world. He and Ginny married near the end of the war and Fred was honorably discharged, receiving a Bronze Service Arrowhead for his service.

Ginny and Fred spent time together after his service and raised their family, always having a dog or cat as company as well. Fred worked for a mortgage company and critiqued for the Air Force at Lookout Mountain. He'd surprise Ginny, taking her to Sherman Oaks to outfit her in beautiful, handmade dresses. One day, he was trimming a tree in front of their home, when the branch that he was standing on broke, causing him to fall and become paralyzed from the waist down. Ginny cared for him lovingly and helped him to do as much as possible for the rest of their marriage.

Despite the challenges of daily life, Ginny and Fred remained active and never lost their spirit of adventure. After some years of marriage, Ginny reconnected with her childhood best friend, Virginia. Virginia had gone out to lunch in Van Nuys with a co-worker who told her that she reminded her of Ginny Grieder. Shocked, Virginia realized that she finally found her long lost friend and contacted her. Ginny and Virginia, along with their husbands, spent time together from then on twice a year, traveling to beautiful places like the Grand Canyon, Bryce Canyon, Zion National Park and Kanab Utah, where they had a home that they cherished.

Continued inside...

Miscellaneous Announcements

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** 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.

** 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.

** When possible, please give the front desk a couple of hours notice when you plan to take your loved one out of the facility. This will give staff time to have medication and resident ready to go out.

** 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.

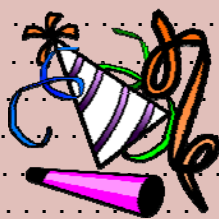
** Remember to check your family members' mail on your next visit.

September Birthdays

In astrology, Virgo's Virgins are those born between September 1-22. Virgos are one of the most careful signs of the zodiac. They pay attention to detail, analyze problems, and plan so as to leave nothing to chance. These amazing listeners give excellent advice.

Those born from September 23-30 balance the scales of Libra. Libras strive for balance, avoid conflict, and desire fairness for everyone. To achieve this, they are sociable, strategic, charming, and diplomatic.

Eric L.	Sep. 8 th
Letha W.	Sep. 9 th
Mary T.	Sep. 15 th
John J.	Sep. 18 th
Anne H.	Sep. 19 th
Evelyn B.	Sep. 20 th
Thomas H.	Sep. 24 th
Vivian J.	Sep. 24 th
Olive L.	Sep. 27 th



Grandpa Fred

“Unconditional love” and “pure joy” are expressions I’ve heard grandparents use to describe the emotion they feel towards their grandchildren. Young grandchildren bask in the affection, gifts and infinite wisdom that is bestowed on them by grandparents. But it is part of life, that as we reach adulthood and focus on achieving our own milestones with eyes on the future, we take those beautiful grandparent memories and place them gently in our hearts, to be visited and cherished in our quiet time. Occasionally, if we’re blessed, we get to share our Grandparent Story. Fortunately for me, I was the recipient of Chris Moore’s Grandparent Story about his maternal grandfather, William F. Bonnard, born March 16, 1921, in Taft, California, and who passed away July 6th 2001.

When Chris was a child he spent a lot of time with Grandpa Fred, who in spite of being wheel-chair bound, was active, independent, creative and an outstanding story teller. Chris spent summer vacations and holidays at his grandparents’ home, and was picked up after school by Grandpa Fred, driving his Chevy El Camino. Chris knew he was loved and protected by his grandfather and also knew how much Grandpa Fred loved and cherished his Grandma Ginny.

Early in his life, Fred was an artist and a photographer, which positioned him to be chosen to be a military cameraman with the Army during WW2. There were three groups of photographers serving in the war; aerial photographic reconnaissance, “official” civilian photographers and the combat cameramen, which is who Fred was, providing the powerful images of war, and its impact on history. Fred, with his camera, served alongside Marines, Army, AAF and Navy, in trenches, on aircraft carriers and frequently on the front lines of major battles, being first to arrive, documenting the battle firsthand and the grim aftermath that would follow. Often, these soldiers were not trained for combat and only carried a small pistol or knife, since their focus was to “shoot” a camera, regardless of the perils.

“Before the war was over, the 163rd SPC (Signal Photographic Company), Fred’s Company, compiled an illustrious record by, among other things, engaging in five amphibious assaults – Casablanca 11/42, Sicily 7/43, Salerno 9/43, Anzio 1/44, and Toulon 8/44 – as it photographed its way from North Africa to Sicily and Italy, where it participated in the torturous fighting up the boot, and then northwest to the French Riviera, through France, into Germany and on to Austria. Some “lucky” members of the 163rd, such as Fred Bonnard, participated in all five D-Days (every invasion, not just the one in Normandy in June, 1944, had a D-Day). He went ashore at the base of the old fort at Port Layautey, French Morocco, and at Gela Beach in Sicily, crossed the Straits of Messina with a British unit to the tip of the Italian toe, was at Anzio, and landed with the French near St.-Tropez on the Riviera. After twenty-six months in the combat zone, he returned to the States in December, 1944.”

(Armed with Cameras, Peter Maslowski, 1993, p.98).

Grandpa Fred returned home, without his heroic photographs, since they belonged to the U.S. government. “I’d been wondering if anybody ever heard of combat cameramen,” (p.26), Fred told Peter Maslowski, when he was interviewed to be part of the historic biography about American photographers of WW2. “Armed forces photographers were unknown to the public because they were not given individual credit for their photos. For example, Newsweek credited its May 22, 1944, cover to U.S. Army Signal Corps Photo, but the 163rd SPC’s Fred Bonnard took it.” (photos, p. 80).

But now, like so many of you, our Stellar family members, Chris is finding himself reaching into his heart of memories as he cares daily for his Grandma Ginny. From those memories Chris understands the warmth and closeness of a loving family. He never falters in sharing time with his grandmother, remembering stories and celebrating both of these special people who generously shared their experiences, knowledge and love with Chris, helping to form the person he is today.

I like to believe that the energy and spirit of Grandpa Fred is here at this moment with Chris. The handsome, strong, and fearless man, who with camera in hand, gave history breathtaking photos of a world war, and who loved his grandson and wife with all his heart, is now gently guiding and encouraging Chris with honoring his beautiful Ginny. Every day is a gift, every day matters, until they are together again.

By Susan O’Shaughnessy



...Ginny continued

Ginny and Fred enjoyed a happy marriage of humor, laughter, learning and loving before Fred passed away several years ago. Ginny has some quieter days now but has never lost a spark of adventure in her eyes. At any mention of her family, sports and pets, her smile lights up. Grandma Ginny is so incredibly special to us. She is a tremendous woman who has lived a life of love and we cherish the honor of caring for her each day.

Interviewed and Written by Mai Truong



Fred, Virginia, and daughter Suzette

Padres Game 2018



“Michelle-fies”

EMPLOYEE SPOTLIGHT

Jesus Gonzalez

This month’s employee spotlight is Jesus, a member of our maintenance department. Jesus is a San Diego native who is relatively new to our team, but has already shown a stellar approach to his day to day tasks. He is a man of many interests, graduating in the top 20 of his high school class. He comes from a family of athletes, having played baseball, soccer and lacrosse. Prior to joining us at Stellar Care, Jesus worked in a restaurant for three years as a head pizza chef. He joined our team after deciding that he wanted to expand on his other practical skills as well.

When not at work, Jesus enjoys living a healthy lifestyle, trying to keep fit, eating well and going on hikes. He loves spending time with “son,” who just happens to be a pug. Jesus’ hobbies also include fishing, drawing and photography. Thus far, he has visited 13 states and plans to visit more. Jesus shared that he likes to try different things and have many interests. According to him, life is short, we need to think of today and take advantage of every opportunity for betterment. Jesus’ goals include visiting New York and growing a few inches taller to reach 6 ft in height. We’ve enjoyed getting to know Jesus and seeing his positive approach to keeping our building in good shape for our residents. We look forward to seeing him grow, no pun intended.

Walk4ALZ | San Diego
Alzheimer's | SAN DIEGO

Saturday, October 20th

Walk begins @ 8:00am
in Balboa Park

Fox’s Kathleen Bade will be returning as emcee

100% of every dollar raised will
stay in San Diego to help the
community we know and love

Join Team Stellar Care

Log on to www.alzsd.org / Walk4ALZ