



Celebrating July

Picnic Month

Tour de France Month

Independence Day

July 4

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Laundry*

RESIDENT RAVE

Betty Sue Harlan

Hy·po·mé·no is a Greek verb that translates to “endure.” This word as a noun, hy·po·mo·né, transmits the idea of more than simply tolerating a situation. Rather, it refers to a courageous or steadfast form of endurance that remains hopeful despite the challenges or trials that come one’s way. Author William Barclay described it as “the spirit which can bear things, not simply with resignation, but with blazing hope.” Hy·po·mo·né describes Betty Sue Harlan perfectly. She is a courageous woman who has always lent strength to her loved ones, no matter the storm at hand.

Betty Sue grew up in Washington D.C. as the only child of Roger and Essie Roberts. She always loved being around people and lending a helping hand to anyone in need. Thus, a career in nursing was a perfect pathway for her. After high school, Betty Sue went to college and nursing school. It was there that she met her future husband, John. John was in pharmacy school at the time and shared Betty Sue’s passion for the helping profession and healthcare. They later married and started their careers and family together.

John and Betty Sue moved to California fairly early on in their marriage, due to a contract John had with the military. They had two children together—Debbie and Byron. Betty Sue loved being a mother and started working part time as a nurse so that she could be available whenever her children needed her. Throughout her career, she worked in hospitals on the oncology floor, in schools as a nurse, and in other departments in various medical facilities. Tragically, John passed away while Byron and Debbie were still in school, meaning that Betty Sue would be the sole parent and provider. She strove to guide her children and provide for them while working through her own grief. She did so in a loving and courageous way. If Byron or Debbie were ever frustrated or trying to resolve a problem, Betty Sue would comfort them with the words “This too, shall pass” and “Talk to God.” She made sure to care for, not only her family’s physical health, but their emotional health as well.

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.

** 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, pocketknives, needles 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.

July Birthdays

In astrology, those born July 1–22 are the Crabs of Cancer. Guided by their hearts, Crabs are emotional and nurturing. They create deep bonds and comfortable homes, and are always willing to welcome people into their circle.

Those born between July 23–31 are Lions of Leo. Leos are natural leaders: intelligent, courageous, and bold. Leos’ social natures also make them excellent friends.

- Carol B Jul. 4th
- Lorraine B Jul. 4th
- Irene V Jul. 4th
- LaVerne C Jul. 8th
- Harold D Jul. 10th
- Evelyn B Jul. 12th
- Deborah B Jul. 19th



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“Those Were the Best Days of My Life”

(Summer of 69, Bryan Adams)

As I sat at Petco Park this week, thrilled to be honoring the fifty year anniversary of the San Diego Padres, I realized 1969 was also the year I graduated high school. My memory began to work on overtime and I realized that the “Summer of ‘69” was an amazing summer from pop culture to historical events. College bound, I was declaring myself a hippie and singing, “This is the dawning of the Age of Aquarius,” while life-events were shaping a new and more tumultuous world.

The summer of 1969 started with Star Trek airing its last episode and Joe Namath, NY Jets quarterback, briefly retiring. President Nixon was already feeling the pressure of the unpopular Vietnam War and Warren Burger was confirmed as the chief justice of the Supreme Court.

On June 28, 1969, a confrontation between gay rights activists and NYPD took place outside the Stonewall Inn, escalating into a riot. This riot acted as the symbolic force for the gay rights movement and gave birth to “Pride.”

America witnessed a crowning achievement when Astronaut Neil Armstrong became the first human to set foot on the moon declaring, “That’s one small step for man, one giant leap for mankind.” Muhammed Ali was convicted of evading the draft and was stripped of his fighting license and title, (which would be overturned in 1971) on July 24, while the very next day, July 25, Senator Ted Kennedy received a two-month suspended sentence after he pleaded guilty to leaving the scene of an accident at Chappaquiddick, which resulted in the death of Mary Jo Koepechne earlier that month.

The Manson murders horrified us. But the Miracle Mets inspired us, as they came from nine games behind, due in part to two future hall of famers, Nolan Ryan and Tom Seaver. For many of my age group, the most magical event took place on August 15 to 18, when over 350,000 people showed up for a musical festival called Woodstock. I did not attend, but I listened on my transistor radio, watched the nightly news, and identified with those other baby boomers who held the same beliefs as I. We were stepping out of our parents’ homes, finding our causes and ideologies and literally dancing to our own music. That summer, I stepped into young adulthood and joined my generation.

Silly, young me. I gave no credit to my parents or anyone of their age (“don’t trust anyone over 30”). For a period of time, I disregarded what they said, their experiences and even my father’s patriotism as shown by his Marine enlistment at the age of 17 to fight in WW2.

In spite of my arrogance, my parents were loving, kind and supportive. If they were alive they would be 87 and 93. My parents would be the age of the majority of our Stellar Care residents. As I identify with other baby boomers, I have enough wisdom now to realize our parents identified with their generation. And it’s no mistake that they were called, “The Greatest Generation.”

I love talking with our residents. They have great stories and share remarkable memories of when they were working and raising their families. Many would remember the events from the “summer of 69.” Many have much better memories from their special year. What’s your coming-of-age year? Sometimes now, I find myself defending one of my values to my young adult children. Is that irony? Maybe it’s just showing me that we are more alike than each generation wants to admit. We all get a chance to make this world a little better. I now know we need to be grateful to those who came before us. I get to say thank you, every day to our residents. They made the world a little better. Hopefully so can I. “Oh when I look back now, that summer seemed to last forever,”

Susan O’Shaughnessy

Father’s Day BBQ



...Harlan Continued

After John’s passing, Betty Sue kept busy with her family, focusing on exercising, eating well and staying occupied. After a few years, she joined some dance classes and met Glen, who had been a radio man in the Navy and veteran from World War II. Glen was a wonderful person and loving toward Byron and Debbie. He became Betty Sue’s life partner. They would travel, taking cruises or visiting different places with one another. Betty Sue loved the Spanish language and enjoyed visiting Mexico, where she could work on perfecting her Spanish. Glen and Betty Sue enjoyed forty-four years of companionship together. He was a pillar for her in good times and tough ones. When she was grieving the loss of her daughter, Debbie, Glen was there to help. Betty Sue, in turn, supported him through health issues and other challenges that came with age. She was his faithful caregiver until the end of his life. In asking Betty Sue how she was able to be so resilient in the face of such painful trials, she shared, “I thank God for being alive.” She added that it is important to focus on the people that we have the opportunity to show love to today.

Betty Sue’s strength has been so admirable and inspirational to those around her that she was featured in a popular woman’s magazine. The article about her helped others to see how a single woman can still make it, stay happy and move ahead. Betty Sue never stopped moving forward. She took the world by storm, nursed many individuals back to health, traveled, and always aimed to live a healthy lifestyle. She made sure to take time for herself to go dancing, knit or crochet. Betty Sue has left a tremendous legacy for her family to follow. She has lived a life of love and continues to emanate kindness and a “blazing hope” as she greets others with a smile each day.



Resident Rave and Employee Spotlight interviewed and written by Mai Truong

EMPLOYEE SPOTLIGHT

Estrella Multine

To be a good med-tech, a person needs to be organized, efficient and personable. Star, a med-tech in our community, is all of these things and more. She is a San Diego native that grew up in a military family as the youngest of seven children. Star had an active childhood singing in the church choir, skateboarding and spending time at the beach. After high school, she lived in Michigan, then Arizona, before returning to her hometown.

Star obtained work experience in several different fields before deciding that she wanted to remain in healthcare. She has cared for both of her parents through health issues in the past and realized that she loves helping others to live healthier, happier lives. Star enjoyed working with a home health agency, in Assisted Living communities and with children as well. Her goal is to become a registered nurse and work with Veterans at the VA or other organizations serving the military.

Despite having quite a busy schedule, Star makes sure to spend time with her two children. She loves relaxing at the beach as much as possible and tries to take advantage of each day. We are glad that Star has decided to spread some of her energy and compassion here at Stellar Care. She has been a great addition to the team and a person that our residents love chatting with as she helps with our medication program each day.

FAMILY REWARDS PROGRAM

Family and friend referrals continue to be our number one source for introducing Stellar Care to those in need of memory care.

If someone you refer results in a placement, we would like to thank you with a **\$1,000 credit** towards a month’s rent.

We appreciate your trust and confidence in us.