

STELLAR CARE

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\*



**RESIDENT RAVE**

**John Gregory**

John Gregory, known as “Greg,” always likes to have a project to work on. He is industrious, helpful and has a wonderful sense of humor. Greg was born in Michigan on October 24<sup>th</sup>, 1927. He grew up enjoying the company of his grandmother and spent his childhood attending school, braving Michigan’s cold winters and going fishing whenever he had a chance.

Greg graduated from high school toward the end of WWII and enlisted in the Army as a medic. Upon completion of his service, he came to San Diego and started attending college at San Diego State University. While on a bus going home from school one day, he met Norma. With Norma’s lively, cheerful nature matching his own, Greg was smitten. They eloped in Las Vegas and started their long, happy marriage.

After completing college, Greg became a science teacher for Junior High School students and Norma worked as the manager of a store. Greg loved teaching his students and using his knowledge in practical ways. If there was ever an issue at home, or Greg needed a tool that he didn’t have, he could find a way to make what he needed. He and Norma were hard working people who valued saving for a rainy day. Together, they invested in properties that they could repair and sell, or live in themselves. Greg was a talented handyman and would often make the needed repairs himself. Greg and Norma appreciated maintaining a balance between working hard and having fun. They spent time with a group of friends several times a week. Their circle of friends included coworkers from the Soda Fountain, where Norma was manager, Italian Army men, and others. The group frequented the Soda Fountain, where Norma worked, and would go bowling or to Leonardo’s (now known as Mona Lisa) on a regular basis. When not out with friends or working, Greg and Norma took road trips together. They bought a VW Vanagon and went camping regularly. They also made sure to head over to Las Vegas, which they referred fondly to as “the scene of the crime.” One year, while Greg was on sabbatical, he and Norma decided to live in West Virginia for a year and take road trips all over the US.

*Continued inside...*

**Celebrating September**

**Happy Cat Month**

**Labor Day (U.S.)**

*September 2*

**World Alzheimer’s Day**

*September 21*

**International Day of**

**Sign Languages**

*September 23*

**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**

\* \* \* \* \*

\*\* Family Support Group meetings are held on the first and third Tuesday of every month at 6:00pm. Family and friends are invited to join us in the conference room on the first floor.

\*\* 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.

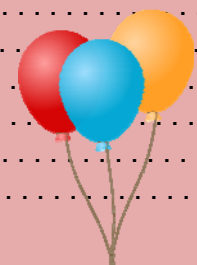


**September Birthdays**

Those born between September 1–22 are Virgo’s Virgins. Virgos love paying attention to details—not to be picky, but to help others. Their industriousness makes them smart problem-solvers and fact-finders.

Those born between September 23–30 balance the scales of Libra. Libras epitomize fairness and balance, often striving to minimize conflict and seek compromise. They achieve this with their charming, sincere, and lovable personalities.

Norman V. ....	Sep. 1 <sup>st</sup>
Peggy G. ....	Sep. 6 <sup>th</sup>
Letha W. ....	Sep. 9 <sup>th</sup>
Alice G. ....	Sep. 16 <sup>th</sup>
John J. ....	Sep. 18 <sup>th</sup>
Thomas H. ....	Sep. 24 <sup>th</sup>



### Banana Twinkies!

We are never too old to learn something new. I was reminded of this fact when I recently questioned a statement made by Tori, Activities Staff Person Extraordinaire. Tori claimed that banana filling was the first cream to grace the center of the beloved Twinkie. "That can't be right. I'll bet my last Sno-ball that the first filling was vanilla," I exclaimed in disbelief. Within five minutes and a brief Google search, Tori printed the answer and had proven me wrong once again. How much of this Twinkie trivia do you know?

"Twinkies were created in Schiller Park, Illinois on April 6, **1930**, by James Alexander Dewar, a baker for Continental Baking Company. Realizing that several machines used to make cream-filled strawberry shortcake sat idle when strawberries were out of season, Dewar conceived a snack cake filled with banana cream, which he dubbed the Twinkie. He came up with the name when he saw a billboard in St. Louis for "Twinkle Toe Shoes."

"During WW2, bananas were rationed and the company was forced to switch to vanilla cream. This change proved popular, and banana cream Twinkies were not widely reintroduced. The original flavor was occasionally found in limited time promotions, but the company used vanilla cream for most Twinkies. Vanilla's dominance over banana flavoring would be challenged in 2005, following a month-long promotion of the movie King Kong. Hostess saw its Twinkie sales rise 20% during the promotion, and in 2007 restored the banana cream Twinkie to its snack lineup." Fascinating!

To my delight, as I was grocery shopping, I discovered several boxes of Banana Twinkies and promptly got them all. I brought them to Stellar Care, and with the help of our Activities Team gathered a group of Residents for a taste test, and to see if anyone remembered the Twinkie nostalgia. Everyone was happy to participate.

As I read the Twinkie bio, most of the residents were tickled at just how old Twinkie was. But two of the residents were not as amused to find out they were older than the Twinkie. Janet was in the minority when she said, "it's not my cup of tea." Bernice got the biggest smile on her face and exclaimed rather loudly, "I LOVE IT," and then she started to laugh. Eugene, not one for many words, shook his shoulders and replied, "it's okay," but let us know he liked vanilla better. The biggest reaction to the Twinkie taste test was from Greg. "It's good," he beamed. "I remember them. It's a good memory because I used to get those. They were better than a jelly donut. They were mellow and easy and they went down easy." Dr. Tito

remembered that his first Twinkie was bought in a convenience store in Jacksonville, Florida, in January, 1998. Louise liked her banana twinkie but was more interested in talking about the rations during WW2. Louise is a lady who is still interested in fashion, so it was no surprise that she reminded everyone that hosiery was rationed in the 1940's. Almost all the residents had memories of rations during the war with the exception of the couple of younger residents born after 1945.

During our daily activity time we use the five senses to stimulate the residents' long-term memories that are stored away, just waiting to be shared. Studies have proven that our sense of smell, followed closely by sense of taste, is the strongest sense to help recall a treasured, distant memory. Most of us born in the 1950's and earlier will have a vivid memory of the cobalt blue bottle and the lady who wore "Evening in Paris" just by a simple sniff of the perfume. When we add taste to a wonderful smell coming from a baked good, we are immediately transformed to a family holiday or event that initiates conversation.

Maybe the excitement about the banana twinkies was more for the memories than the taste after all!

Susan O'Shaughnessy



...Gregory continued

Greg has lived a fun and active life. Friends describe him as a delightful person who has always loved to laugh. Each day, we see Greg's generous personality when he offers to walk with someone to their seat in the dining room, or to help a staff member doing maintenance work. What's not to appreciate about Greg's helping hand and cheerful smile?



Resident Rave and Employee Spotlight interviewed and written by Mai Truong

### Fun with Arts & Crafts



### "Aloha" from Stellar Care



## EMPLOYEE SPOTLIGHT

### Semhar Tesfai

This month's spotlight centers on Semhar Tesfai, a demure and kind member of our assisted living department. Semhar grew up Eritrea, Africa with her four sisters and three brothers. She loved growing up in a big family and shared that Eritrea is a beautiful country with a vibrant culture. She came to San Diego first in 2007, then went back home in 2011, before returning here a couple of years ago.

Semhar works hard each day to help our residents in the afternoon as their days are winding down, everybody has dinner and relaxes for a while, then gets ready for bed. She has always appreciated spending time with older adults. Her first experience in caregiving was helping to care for both her grandmother and grandfather. She worked for some time at Vons before deciding to make caregiving her profession. She enjoys coming to work and spending time with the residents every day. She admires each person's different personality and sense of humor and appreciates the process of getting to know everyone and their preferences.

With time, Semhar would like to further her education and become a nurse. She hopes to visit her loved ones in Eritrea and start a family with her husband. Semhar's caring touch has been so wonderful to have in the community and will no doubt make a difference everywhere she goes.



**Saturday, October 19th**  
Walk begins @ 8:00am  
in Balboa Park

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](http://www.alzsd.org) / Walk4ALZ