

The

# STELLAR CARE Chronicle

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

Postage  
Information



## Celebrating October

### Positive Attitude Month

#### National Chess Day

October 9

#### International Artists Day

October 25

#### All Hallows Eve

October 31

#### 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

Michele White

"Life revolves around the table at the White house." A dinner table is an important place in a home. Both in history and in literature, sharing a meal with others is symbolic. It means more than simply eating, but rather, denotes a sense of meaningful connection.

Around a dinner table, families can spend time with one another, laughing together and talking about each day. New relationships can be forged as well, as a group of people sits together, conversing while rejoicing in one of life's greatest pleasures. Michele White was well aware of the power of a good meal. She spent years extending a hand of hospitality to countless people and forging strong bonds with others that lasted through the years.

Michele was born and raised in Nice, France in the company of her two grandmothers. They adored Michele and raised her for most of her childhood, making sure that she had every need and many wants met. Their maternal and loving influence instilled a caring nature in Michele, inspiring her to study nursing and to become a generous, welcoming person.

One year, there was an American Navy ship touring the Mediterranean that made a stop in southern France. Many young ones attended a USO dance, including Michele. It was there that she met Ed White. They thoroughly enjoyed each other's company, but afterward, Ed had to continue on with his ship. Regardless, he had made an impression on Michele and she was determined to not let this special person go. She decided to visit an uncle that she had in Long Island, New York and find Ed. The rest is history. They later married, having a civil ceremony in Iowa, where Ed was born, and a reception in Nice.

After getting married, Michele and Ed moved to Virginia, where he was stationed. They started their family together, having two children before returning to Europe. They spent a few years as a family living in Italy and Spain before finally settling in San Diego, California. During the early years of their marriage, Michele was such an inexperienced chef that Ed would joke that she'd even burn water. Gradually, she developed a knack for cooking and proved to be an incredible chef.

Continued inside ...

## Miscellaneous Announcements

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\*\* 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.

## October Birthdays

In astrology, those born between October 1–22 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.

Those born between October 23–31 are Scorpions of Scorpio. Scorpions are passionate and assertive yet are known to keep cool and calm. This composure makes them good, steadfast leaders and loyal and honest friends.

Katsu A .....	Oct. 1st
Joe O .....	Oct. 1st
Mary Lou D .....	Oct. 2nd
Thomas R .....	Oct. 6th
Robert G .....	Oct. 8th
Robert S .....	Oct. 9th
Mary W .....	Oct. 20th
Marie S .....	Oct. 21st
Rosemary A .....	Oct. 23rd
Catherine C .....	Oct. 24th
John G .....	Oct. 24th



**Walk4ALZ** | San Diego  
Alzheimer's | Join us!

**Saturday, October 19th**

Walk begins @ 8:00am in Balboa Park

**Join Team Stellar Care**

Log on to [www.alzsd.org](http://www.alzsd.org) / Walk4ALZ

## October Opportunities

When I sit down with you to answer questions and complete the move-in paperwork, we have emotional and personal conversations about your Loved One, our new Resident. Adult children share stories of growing up with remarkable parents, and spouses describe significant events in their marriages, or how they fell in love and built lives together. You are great at gathering copies of the advanced directives and all the documents that advocate for the resident's wishes. But many of you are just not ready to answer, "have you made arrangements with a mortuary or funeral home?" Tough question to answer. It's so final. It's so painful. But when you have to answer that question at the time of need, it is even more painful and tough. I know because my sister and I were overwhelmed by it when our mother unexpectedly passed away three years ago. She had not made any arrangements. We were limited in choices, pricing was more expensive and we were grieving.

Whether someone passes away in our community or the hospital, staff will ask you which funeral home have you selected. Having that in place, pre-need, helps make the next few days so much simpler. The funeral director will handle the details of paperwork and follow the choices you have made earlier. With this delicate but necessary topic in mind we have invited Teri Featheringill, third generation owner of Featheringill Mortuary, to be our guest speaker for Family Night, Tuesday, October 29, 6:00 p.m., in the first floor conference room. Teri will answer your questions and explain the process of preparing for and honoring this final step.

Last month, Rachel Robinson, sent you a letter asking you to donate \$100 or more, payable to "Alzheimer's San Diego." For those of you who have already responded, thank you. All the money donated to "Alzheimer's San Diego" stays in San Diego and finances research, programs and services, information, education, care and support for local families navigating the journey. Will you please make out that check and leave it at the front desk?

Stellar Care is inviting you to join us on Saturday, October 19<sup>th</sup>, 8:00 a.m. for the "Walk4Alz" at Balboa Park. I know you want to make a difference. Join Team Stellar Care at our booth, in the grassy area between Presidents Way and Park Blvd., and meet present and former family members, staff and community advocates for a stellar breakfast and then walk in solidarity with thousands of San Diegans

remembering those who went before, advocating for those currently diagnosed and hoping for a cure in the near future.

Since December, 2006, I have had the privilege of getting to know the many wonderful residents and their families and friends of Stellar Care. Actually, it has been over 700 residents whom I have assisted with moving in to our community. The youngest person was in his 40's. I have assisted homemakers, Holocaust survivors, pastors, salespersons, teachers, doctors, veterans and a professional baseball player. Most had families, some were single. Each had a unique life experience and a heart that held love. And in spite of their generational, economic, educational or ethnic backgrounds, every single resident had Alzheimer's or a related dementia.

Of the 700 wonderful people whom I have met over the last thirteen years, 90 live with us today. The other 610 were not cured. Alzheimer's is the only cause of death among the top 10 in America without a way to prevent, cure or even slow down its progression.

Please consider writing that check for \$100 today.

Susan O'Shaughnessy

### Residents... they're just like us

They consume scrumptious things...



They dance like no one is watching...



They play silly games...



... White continued

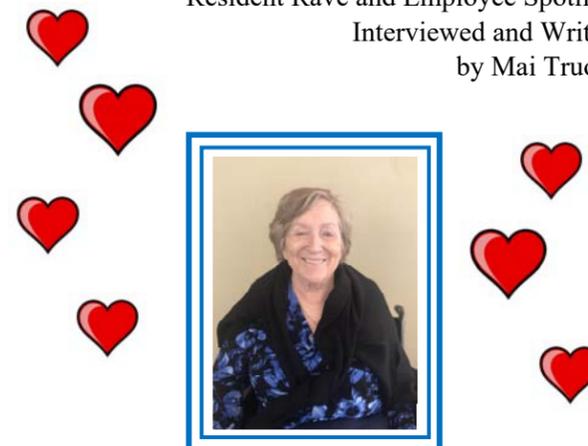
Throughout Ed's military career, he and Michele would entertain others in their home regularly. Their dining table sat dignitaries from the Embassy, military officers of all ranks from the United States, Italy and France, and countless others. Ed served in Japan, Vietnam and other countries and Michele would faithfully visit him wherever he was stationed. Ed often attributed his success in the military to his beautiful wife's kindness and hospitality.

When Ed retired from his military career as a commander in the Navy, he and Michele were able to spend more time together and with their children. They were seasoned travelers and enjoyed taking long trips and cruises. They were able to make stops on one trip in Egypt, Cape Town, Turkey and Petra. Another vacation took them to the Baltics, Germany, Russia, Denmark and France. One memorable getaway to Alaska included both of their children with their respective spouses.

Back at home, Michele always made sure to keep busy. She was an avid Bridge player and would even compete all over California. In fact, Michele was such a good player that she became a bridge Life Master. She also kept up to date with politics and would go back to France to cast her vote. She decided to become an American citizen in 1994 with the sole intent of swaying the vote in the presidential election.

Michele's lively, vivacious personality made a strong impact in the lives of those she loved. It is truly because of her that life revolves around the table at the White house.

Resident Rave and Employee Spotlight  
Interviewed and Written  
by Mai Truong



## EMPLOYEE SPOTLIGHT

Ana Karen Gonzalez

Ana Karen is a diligent and helpful member of our culinary department. She is a San Diego local that grew up in the El Cajon and Rancho San Diego areas. Upon graduating from high school, Ana Karen went to college to start her general education. She was hoping to work in the medical field and started working as a caregiver in a community to obtain some experience. She later went on to work as a private caregiver, but found that she missed working in Assisted Living. One of Ana Karen's aunts works at Stellar Care and encouraged her to apply. She has now been a member of our team for over three years and enjoys spending time with the residents and keeping busy serving our residents with a smile each day.

When not busy helping to provide delicious and nutritious meals each day, Ana Karen loves spending time with her boyfriend and their two dogs at the park. She shared that she enjoys traveling and hopes to visit Japan, Singapore or Thailand soon. She is interested in cosmetology and is hoping to take some classes soon. She also hopes to continue on in the medical field to study phlebotomy. We are happy to have Ana Karen on our team and look forward to hearing about her travels!

STELLAR CARE

## Family Evening



Tuesday, October 29<sup>th</sup>  
6:00pm – 8:00pm

"Creating Space for the  
Aftercare Conversation"

Join us for an evening with Teri Featheringill on pre-planning, choosing a mortuary, and making final arrangements.