



**Corner Stone**  
 assisted living community  
 40 Orange Tree Circle  
 Vacaville, CA 95687

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License #486803484

40 Orange Tree Circle • Vacaville, CA 95687  
 Phone: (707) 999-5029 • Fax: (707) 455-8888

June 2020



**MANAGEMENT TEAM:**

- SHELLEY REYES - Administrator*
- EIRA REA SANTOS - Marketing Director*
- JOLENE BARNETT - Care Coordinator*
- ALONDRA GARCIA - Dietary Supervisor*
- CHANTEL REYES - Community Relations Director*
- LOURDES DUNHAM - Activity Director*
- DANIELLE MAEDER - Assistant Activity Director*
- IRENE HERYFORD - Medical Records*
- FRED STAGE - Bus/Van Driver*
- RICH SALCIDO - Maintenance*
- LUZ PACHECO - Housekeeping Supervisor*



**Happy Father's Day**

We would like to wish all the fathers in our community a happy Father's Day. You're the best!



**Happiness Helper: Sit Back and Relax**

We will have fun/courtyard activities to enjoy our summer. With the ongoing social distancing - we will enjoy the summer somehow.



IR1363Y

**EXTRA** Community News



**Through the Glass:**  
Ms. Katy having a great conversation with her family: Daughter Teri and her husband and grandkids. Residents and families are now able to see and talk with their folks. Please call or email Eira@mycornerstoneliving.com and make an appointment with Eira (Marketing Director) and Chantel@mycornerstoneliving.com for Chantel Reyes, our Community Relations Director.

**Updates:**

Last month we had three Entertainers who came to our Community and performed in our Courtyard. That was awesome! We are still implementing social distancing (6-ft rule) and no more than 10 residents per activity in a room or outside.

**Social Distancing**

Please remember 6 feet apart and social distancing is still being implemented; always wash your hands.

Outings/Shopping are on the activities calendar, but we will let you know in case of cancellation or any changes of plans.

Lourdes  
and  
Danielle  
(707) 999-5025



**Blast From the Past**

Irving Schawall  
Outstanding Athlete  
Sacramento State College  
(1950)

**You're the Man!**

We would like to let all the fathers, grandfathers and fathers-to-be in our community know that we appreciate you. Happy Father's Day!



**Spiritual Corner**

*Life goes by so quickly  
One day we feel good,  
and the next it feels too hard.  
The coronavirus challenge has  
made us realize how valuable  
life is.*

*To appreciate the good times  
and thank  
God for our blessings.  
Life is truly a gift and we only hope  
that slowing  
down has taught us to  
appreciate more.*



Bible study will soon be back to our community, and thank you to Sam, who brought this In Touch Bible study book for our residents.

Also to Maria and Patrick, who've been with us for a long time leading and sharing Bible study, too!

In God's will and His time, we will be able to normalize everything. Praying that this coronavirus pandemic will end soon.

**Manager's Corner**

Shelley Reyes  
(Administrator)

*I know the past of couple of months have been challenging for our Residents, Family members and Staff. Everybody has truly been a team player in keeping our residents healthy and safe. I am happy to say that we are all truly blessed in doing well. I want to say Thank You to Jason Reyes for making it possible for the family members to be able to see their loved ones up close and personal. What an amazing idea he came up*

**Clinical Corner**

**Take a Breath**

Simple breathing exercises can be relaxing and help lower heart rate and blood pressure. Try this one: Breathe in through your nose for four counts, hold your breath for one count, then exhale through your mouth for five counts. Experts recommend doing this three times an hour.

*Please join us during our Meditation session on Wednesdays at 4 in the afternoon. At the end of the day, we sure need to relax and stay healthy.*

*with and built. This has reached CNN News, and he has been getting several calls from communities in different states that want to build one for their communities. We are all hopeful for the reopening of our community.*

**Hello, Summer!**

Welcome to the days of porch-sitting, ice cream socials and picnics! I hope you enjoy these warmer days and take advantage of our many summertime celebrations. I'll be seeing you around our community,

*Please check out or like us on Facebook, Instagram and LinkedIn.*

**Good Neighbor**



**A big Thanks to Diamond Grove family and friends!**

They came and drove around our community waving and cheering us all.

*Shout-out to Ms. Judy for getting everybody on this friendly neighborhood Car Parade.*

**Featured Photo**

**Letters of Friendship to Our Residents**



*Very uplifting friendly letters from a thirteen years old McKenna to Cornerstone residents*



The heart is the medicine cabinet of caregiving. It's where the miracle drugs of compassion and empathy are kept. Shout-out to all our caregivers and Med-Tech.



**Thank You**