



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

November 2020

Happy Thanksgiving!



We would like to wish all of our residents and their families a happy Thanksgiving! We hope you have a joyous holiday.

Happy Holidays!

Like most of 2020, we are going to be celebrating Christmas a little different this year. With current restrictions and guidelines, unfortunately, we are unable to invite families and friends into Cornerstone Assisted Living for our Annual Christmas Gathering.

Cornerstone will be honoring our traditions with our beloved residents, but we will be celebrating our Christmas Party during the daytime this year. We will be hosting smaller, more intimate parties with our residents, while keeping and maintaining social distancing guidelines.

Cornerstone will not let 2020 bring our Christmas spirit down! We will be celebrating Christmas to the FULLEST for the entire month of December!

Always, please contact Management with any questions or concerns.

*Chantel Reyes
 Community Relations Director*



CORNERSTONE
 Assisted Living Community

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

**SIGRID LECKIE - Activities Assistant
 IRENE HERYFORD - Medical Records**

FRED STAGE - Bus/Van Driver

RICH SALCIDO - Maintenance

LUZ PACHECO - Housekeeping Supervisor



IR1965G

Activities

Activities Director
 Lourdes and Sigrid
 (707) 999-5025



Don't Forget To Fall Back

Daylight saving time ends on Sunday, Nov. 1, so remember to set your clocks and watches back one hour the night before.

Cooking Up Some Laughs

Q: Why did the chef serve Thanksgiving dinner so late?

A: If you know the answer, please claim your surprise gift from us. *Happy Thanksgiving!*

The Seven Wonders of the World

To See, to hear, to touch, to taste, to feel, to laugh and to love.

So much has changed in a short period of time - the world around us, our neighborhoods, gathering spaces, the places we work and call home. Life in the midst of COVID-19 has sparked fear, frustration and anxiety all around. Together, we will get through this.



An Attitude of Gratitude

A thankful heart is a happy heart—it may sound cliché, but science says it's true. Making gratitude a regular habit boosts positive emotions and helps you be more resilient when dealing with life's challenges. These exercises in gratitude can lead to a happier you.

Keep a journal. A dedicated journal, in which you write down a few things you are thankful for each day, is a simple and effective tool for cultivating gratitude. Rereading past entries can offer a healthy perspective when you need an emotional boost.

Create a collage. Put together a collage of photos of friends and family members, as well as other items that bring you joy, such as a meaningful postcard or a wise saying from a fortune cookie. Place it where you'll see it every day as a visual reminder of the good things in your life.

Say "thank you." Express your thanks when interacting with food servers, store clerks, medical staff and customer service employees. Send personal thank-you notes to people who've left lasting impressions.

With Sympathy



Mr. Cyril O'Neil
 1919-2020

Our deepest Sympathy to the families and friends from All of us here at Cornerstone.

Find us on 

How To Use FaceTime -Get Connected

1. Open the FaceTime app on your iPhone or iPad. The app icon is green with a white video camera on it.

2. Tap the + button in the upper right corner.

3. Type in the phone number or email address of the person you want to call. Tap the number or address when you've finished entering it. You can also type in the person's name if they are already in your Contacts list.

4. Tap Audio or Video to start your call.

5. If you need help or have questions, feel free to ask a staff member.

Check out INSTAGRAM too!

Letter From Ms. Edna: A Gift From a Friend.

Received a poinsettia plant as a gift in return for attending the funeral of a woman acquaintance who had lost her 45-year-old daughter to cancer, leaving her son-in-law and two young grandchildren. It was late in the year, maybe November or Dec.? I put the plant on a table in front of the window where it got sun every day. It thrived and still has grown so much larger in a year. Lots of new leaves and maybe it will bloom lovely red flowers again. Could it be in memory of her lost daughter? Whatever it is, I just hope to keep this plant alive and I can't wait to see it bloom by

Christmas and enjoy it the rest of the holidays.



Poinsettias - are the symbol of purity, in today's flowers, red, white or pink, the December birth flower, symbolize good cheer and success, and are said to bring wishes of mirth and celebration.

Game On

Chess, checkers and playing cards are among the earliest known games; celebrate these pastimes and others during National Game and Puzzle Week.



Celebrating National Board Game and Puzzle Week this month, with two busybodies, Ms. Rita playing checkers and Ms. Marie doing a jigsaw puzzle.

Welcome New Resident:

*Betty Almsrom
 Another Bingo enthusiast, loves to exercise and an amazing lady!*

Highlights in November:

11th/Wednesday at 10am - Entertainment by:

"Overstreets" Betty and Gary

3:00pm - Veterans Day Celebrations

Sharing Stories and Memories

26/Thursday - Residents' Thanksgiving Lunch

ROAST TURKEY

or

BAKED HAM

Green Bean Casserole

Candied Sweet Yams

DESSERT:

Pumpkin Pie

HAPPY THANKSGIVING



Bruce L. Sooy

Mr. Bruce L. Sooy distinguished himself by meritorious federal service from September 1939 through December 1979.

Through his outstanding leadership, managerial ability and superior professional competence, he has continually improved the effectiveness of the organizations which he has served. The impact of his accomplishments has been felt Air Force-wide as reflected by many improvements in Air Force operations. Mr. Sooy's initiative, originality, decisiveness, and devotion to duty make him an invaluable member of and reflect great credit upon the federal service. Thank you for your service.

