



**October**  
Word Search

- |               |              |
|---------------|--------------|
| 1. Candy      | 9. Halloween |
| 2. Cat        | 10. Harvest  |
| 3. Costume    | 11. Moon     |
| 4. Dark       | 12. Scary    |
| 5. Dry Leaves | 13. Spider   |
| 6. Football   | 14. Treat    |
| 7. Ghost      | 15. Trick    |
| 8. Goblin     | 16. Witch    |

D A E A T P V C K H G S H K Z  
 R M E D T O V D A N X C R A H  
 Y L M X K F D L Z N T A E R T  
 L Q V T J O L A Z I D R C T L  
 E M U T S O C L W D I Y I N M  
 A K W S W T I L I R G O T C B  
 V E K E Z B S E G C Q Y A L K  
 E V E V O A M O O N K T C T G  
 S N R R T L B W H U B N D D C  
 P I H A B L O T Z G F I O G Z  
 I T A H I N B B H P N S S K Y  
 D K J N W E U U Z W D U O C W  
 E W D M T W F M H S X M H U I  
 R A V I I K D W Z J X O K L K



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**October 2020**

**Welcome to the Cornerstone Assisted Living**

We want to introduce a new employee to our Cornerstone Family... our new receptionist, Kendra! She is joining Cynthia at the front desk as our new receptionist! Kendra has prior experience working in the senior assisted living industry, and she is excited about getting to reconnect with our seniors! We are excited to have her!

Please give a warm welcome to Kendra!  
 Chantel Reyes  
 Community Relations Director



**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*
- IRENE HERYFORD- Medical Records*
- FRED STAGE - Bus/Van Driver*
- RICH SALCIDO - Maintenance*
- LUZ PACHECO - Housekeeping Supervisor*



**Happy Halloween!**

We hope you have a spook-tacular holiday! Make it spooky or make it silly—whatever your preference, join us for our pumpkin-carving and decorating party. We'll have all the supplies for you to have a ghoulish good time!



IR136W5



Activities Director  
**Lourdes**  
(707) 999-5025

### Keeping You Informed

As you know, we are continuing to closely monitor the evolving situation caused by COVID-19. Our top priority is the safety and well-being of our residents and staff. To help protect their health and safety, and following the recommendations of the Centers for Disease Control and Prevention, we are limiting nonessential visits, large community gatherings, and resident outings. Know that we have screening protocols in place to ensure residents are in good health, and team members, essential outside care providers, and vendors are being screened as well. If you have any questions, we will be happy to speak with you.

### Avoid This To Stay Healthy

Doctors say habits such as rubbing your eyes and scratching your nose can increase your risk of catching a cold or the flu. Because your hands can transfer viruses into your body by way of the eyes, nostrils and mouth, avoid touching your face.



### All Smiles

"Do an act of kindness. Help one person smile." That's the goal of World Smile Day, the first Friday in October.

With all these things happening around us, things may not go as planned, or we are not be able to see our loved ones as often as we want, but in our hearts they'll always be there to reassure us that we're all in this together.

### Door Decorating Contest (Christmas)

A little reminder: Our residents always add a splash of seasonal décor to their living space, and we're holding a contest to find the best decorated doors. So get creative!

### Resident Spotlight: Dorothy Pennycott



A big shout-out to this amazing lady who just turned The Big 105 this year and is the oldest resident we have so far in our community, and she's still going strong! She is very positive, supportive, and encouraging of her family. If she has to face a health issue, she accepts that fact and deals with it. She loves Bingo and Poker so much that her day is not

complete without them. Her magic words are... "hang in there kid, and keep on going."

### Book Buddies

October is National Reading Group Month, and with winter approaching, it's a great time to join or establish one of your own. Reading groups provide a wonderful opportunity to engage with fellow book lovers and share good conversation.



One of the best spots in our community is our Library with an array of different books, magazines, and two computers available to all our residents. Feel free to come on down and hang out, read books, chat, or simply meet up for a great conversation with your neighbors.

### Time To Update Wardrobes

With cooler weather right around the corner, now is a good time to update your loved one's wardrobe. Please make sure that he or she has plenty of warm clothing as well as a jacket or sweater. Thank you!

### The S'more, the Merrier

Autumn is in the air, and there's no better time to gather round the fire and roast some marshmallows! It has been our tradition to do this every year, and hopefully this outdoor fun will happen, so have your sweater and blanket ready.

### Pastoral Care Week

As many of us know, a spiritual leader's role expands beyond the walls of a house of worship. All over the world, ministers, chaplains, rabbis, clerics, religious counselors and teachers provide pastoral care to people in hospitals, senior housing, military settings, prisons and more. Show your appreciation for these hardworking and giving people during Pastoral Care Week, the last week in October.

"Cast all your worries upon him because he cares for you."  
—I Peter 5:7



### Ms. Roberts' Family History

My grandparents came from Germany - he was a blacksmith and she was a housewife (top



### Flu Shots October 21, 2020 (Walgreens Pharmacist)

We love our residents, and we want everyone to stay as healthy as possible. Please make sure to get your flu shot.

*Please mark your calendar.*



photo). They had eight children and migrated to America when my Mom was 13 years old. My uncles had a place by the ocean and they made the "Rose Brothers Ranch", which is still there, and raised cattle - they furnished all the stores and restaurants in Western Washington with meat. My Mom saw my Dad walking down the street and said, "I'm going to marry him," (below photo) He was Scottish and Irish. After they were married they moved to Pe Ell, WA and started their own business.

Proud to say I have 3 children, 5 grandkids, 13 great-grandkids! I am so blessed!!



### Our 63rd Anniversary

Sixty three years and no regret

For I have not seen her equal yet.

No-not yet.

For she was the kind you do not forget.

As pretty a face as I have ever seen

and she walked like a royal queen.

With eyes of brown that sparkled with glee

that made me want her always right beside me.

People say sixty-three-years is a long time

But I say these people are wrong.

Sixty three years are not nearly enough

When you share it with someone who has the right stuff

to smooth the road it might get rough

and not complain when the going's tough.

And I would do it all again with no regret

If I had you beside me to give my hand a pat.

By: Lewis L. Moore, Esq.

### Happy Anniversary

To our residents, staff, and families celebrating wedding anniversaries this month, we raise a toast to you. May your day be filled with love and joy!