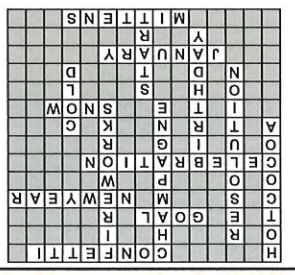


Happy New Year!

Crosswords

- Across:**
- 2. Small pieces of colored paper
 - 5. Hope
 - 6. Start of the calendar year
 - 7. Important event
 - 10. Cold, white stuff
 - 12. First month
 - 13. Two-section gloves

- Down:**
- 1. Heated chocolate beverage
 - 2. White sparkling drink
 - 3. Spectacular explosions
 - 4. Firm decision
 - 8. Annual anniversary of a person's life
 - 9. Low temperature
 - 11. Beginning



License #486803484

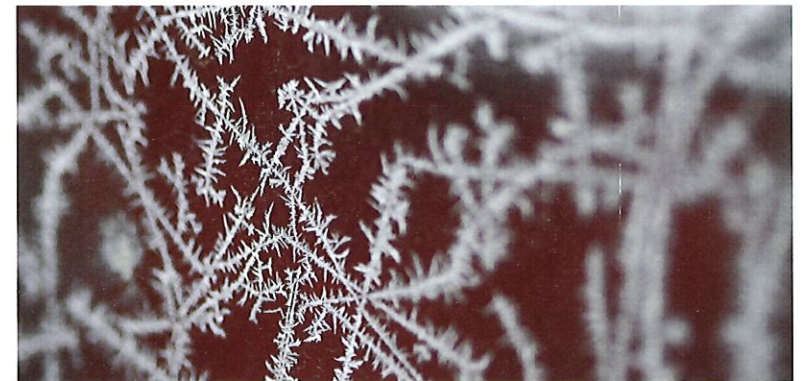
40 Orange Tree Circle • Vacaville, CA 95687
 Phone: (707) 999-5029 • Fax: (707) 455-8888

January 2021



MANAGEMENT TEAM:

- SHELLEY REYES** - Administrator
- EIRA REA SANTOS** - Marketing Director
- JOLENE BARNETT** - Care Coordinator
- ALONDRA GARCIA** - Dietary Supervisor
- LOURDES DUNHAM** - Activity Director
- SIGRID LECKIE** - Activities Assistant
- IRENE HERYFORD** - Medical Records
- RICH SALCIDO** - Maintenance
- LUZ PACHECO** - Housekeeping Supervisor



Happy New Year!!

2020 was an unforeseen year. We have learned to appreciate time, hugs, laughter, and friendships. On behalf of Cornerstone and all our staff, we wish all the best to our residents, families and friends! May 2021 be a much better year! Looking forward to new laughter, new ideas, new group activities and hopefully a COVID-19 free year.

Cheers to Spouse Day- January 26th

A day to celebrate your spouse, better half, or significant other. Tell them how much they mean to you, and how much they are loved, respected and appreciated.

A big shout-out to the following couples in our community. Let's get together and share your love stories.

- Betty and Jim
- Daniel and Barbara
- John and Izzie
- Vern and Marie
- Tom and Mary





Activities Department
Lourdes and Sigrid
 (707) 999-5025

Welcome to Our Community

We want to welcome our New Residents to our Community Cornerstone Assisted Living. We have an array of new activities for everybody to enjoy!

We're thrilled you've decided to make our community your home. As soon as you've settled in, we'd like to invite you to get acquainted with your neighbors. We'll be hosting plenty of activities in the weeks to come, so keep your eyes open. We're glad to have you with us!

Phyllis W.
 Doris E.
 Marie F.
 James S.
 Marian B.

The Ultimate List

- Get more Sleep
- Drink More Water
- Get More Exercise
- Read More
- Get More
- Get More Organized
- Relax More
- Have More Patience

Just try your best.

"May the New Year bless you with health and happiness,"

Eira Rea Santos
 Marketing Director

Relax and Reminisce

"Do you remember when?"

We invite you to sit back, relax and talk about the good ol' days with your friends and neighbors. On January 1st we will reminisce about past new years... Do you have any fun memories to share?



Music Is a Universal Language That Touches Our Souls, Enlivens Our Bodies, And Connects Us to Others.

Music with a fun beat can promote light exercise by leading to increased movement. Low-tempo music, meanwhile, has been shown to reduce blood pressure. Music can act as a simple accessible time machine. We will incorporate some folk music since January is Dance Month.

Let's put on some dancing shoes if you have them... It will be so much fun!! We will experience some movements from a different country or region.



Leave the Maintenance to Us

We take pride in having a top-notch maintenance staff to keep your home in great shape. Simply call or come by the office and report the problem, and a member of our staff will handle it as soon as possible. Thanks for your cooperation.



Jeremiah
 (Maintenance)

Get Connected

How To Use FaceTime

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.

Mug Mix-Ins

A mug of hot cocoa is a cold-weather favorite. While marshmallows and whipped cream are go-to additions, tickle your taste buds with other flavorful add-ins. Stir in some maple syrup, a sprinkle of cinnamon, a spoonful of peanut butter or caramel sauce, a crushed peppermint stick, or a scoop of ice cream.



Ms. Louise and Ms. Margaret
 enjoying a cup of hot cocoa.

Let Your Creativity Soar

With New Year's resolutions and International Creativity Month both taking place in January, it's the perfect time to try a new artistic hobby, such as watercolor painting, crochet or knitting. Here at Cornerstone we will start a new year with more creative activities that will give our residents to enjoy!

Be a part of it and show your neighbors how creative you are! We plan to start our New Year with a bang and lots of fun, new activities.

The more activities you attend the more chances you have of winning a special gift from us to you!



A Light for the Journey

On behalf of all of us here at Cornerstone, our deepest condolences and sympathies to the family and friends of Ms. Virginia Y. She was truly an amazing lady who liked to dress up pretty every day and always gave someone a winning smile. We are truly going to miss her.

Make Someone's Day

Jan. 24 is National Compliment Day.

Letter Writing Revival

Despite this digital age of texts, social media posts and emails, writing letters and cards has made a comeback. Brighten someone's mailbox with a handwritten note during Letter Writing Week, the second week of January. With just a few words, you can deliver some delight.



I love exchanging cards with my family and friends because it is a wonderful way of keeping in touch with those you love.

Betty C.

Reminders To Protect Yourself

Follow these simple steps to help protect yourself and those around you:

- Wash your hands often.
- Cough and sneeze into a tissue or your elbow.
- Don't touch your face.
- Maintain a distance of at least 6 feet from other people.

Stay Safe Everyone!

Please check us out on Facebook and Instagram for some exciting happenings this month.

Highlights This Month:

1. New Year's Day Movie - An American in Paris
2. Veterans Call for Coffee
3. Leggings Day (Black and White)
4. Rock and Roll on Elvis Day
5. Dress up your Pet Day
6. Law Enforcement Day - Wear True Blue
7. Folk Music and Dance Day
8. National Spouses Day
9. Compliments Day to our Food Servers

Entertainment for January 2021

Wednesday, 1/13 - SYRIA BERRY
 Friday, 1/29 - DENNIS COLLERET