

Corner Stone

assisted living community

License #486803484

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MANAGEMENT TEAM:

SHELLEY REYES - Executive Director

*JENNIFER SIMMONS - Director of
Resident Development*

KENDRA BAILEY - Outreach Marketing Director

IRENE HERYFORD - Care Coordinator

ALONDRA GARCIA - Dietary Supervisor

LOURDES DUNHAM - Activity Director

DIGNA MAGLALANG- Medical Records

RICH SALCIDO - Driver/Maintenance

LUZ PACHECO - Housekeeping Supervisor

A Sunny Outlook

"Compliment people wherever you go. Praise every single thing you see. Be a ray of sunshine to everyone you meet." —Rhonda Byrne



June 2023



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

Shelley Reyes
Executive Director

Father's Day Lunch Event
Entertainment By: Glenn Snyder
June 16th @10AM

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

Passport to Philippines: June 23rd, 2023

The Philippines is an archipelagic country in Southeast Asia, located in the western Pacific Ocean. It consists of 7,641 islands which are broadly categorized in three main geographical divisions from north to south: Luzon, Visayas, and Mindanao.

The Philippines is known for exotic beaches, expansive forests and abundant volcanoes. We look forward to enjoying a day of Filipino sights, sounds, and tastes for this month's passport event!

Activities Department
Lourdes and Matthew
(707) 999-5025



Beautiful Summer!

As summer approaches, we are looking forward to seeing everyone enjoying all the amenities our community has to offer, including the lush and colorful landscaping. We are excited about the summer season and all of the fun activities that are planned to help residents meet and mingle.

Mark Your Calendars:

Spring Into Summer Day: Lemonade Fundraiser

Tuesday, June 20th, 2023
3-5pm

Come on down for a nice glass of lemonade and help us raise funds for Alzheimer's Association! We hope to see you there!

The proceeds go to Alzheimer's Association.

National Pink Day - June 23rd

Pink is often seen as the color of femininity, softness, childhood and romance. Hence, Pink Day is a celebration of everything pink!

National Pink Day



Veterans Call for Coffee is held once a month and we are honored to have the Marine Corps League join us to play games and share stories!



Saluting Female Veterans

To honor the many contributions of women in the U.S. armed forces, Women's Veterans Day is observed June 12th. About a dozen states commemorate the day, created in 2018, but there are efforts to make it a national observance.



Celebrating Survivors

National Cancer Survivors Day is observed every year on the first Sunday in June. The day honors the courageous journey of those living with a history of cancer and the relatives, friends, and medical professionals who support them. In the U.S., nearly 17 million people have successfully fought the disease.

Welcome Jennifer!

Hello,

I am very excited to meet all of our wonderful residents and families here at Cornerstone. I have been in the Senior Care industry for 7 years now and love meeting new people, hearing family stories, creating opportunities and events that our community, residents, and families can enjoy.

During COVID, I started a volunteer effort, called "Adopt a Grandparent Outreach," all made possible by volunteers and people within the community, who, despite visiting restrictions, could still make an impact in the lives of seniors residing in assisted living and memory care communities by donating gift baskets and other items that residents could utilize and enjoy. This is now a year-round volunteer outreach effort, with volunteers who help spread kindness, visiting communities, helping with events, and donating special gifts for residents at various local communities to enjoy, **including all of our beloved residents of Cornerstone!**

My door is open, and you are always welcome to come and talk to me - please stop by and say hello!

I look forward to meeting you and being of service.

Jennifer Simmons
Director of Resident
Development

Fitness Tip

Choose a healthy way to give your day a jump start: exercise! Studies show that exercising in the morning can increase your mental sharpness from 4 to 10 hours after your workout. Rather than steeping it in caffeine, feed your brain some oxygen to get those brain-boosting benefits. *Join us 7 days a week at 9:30 in the Living Room Area.*

Beautiful Life

Make time to reflect on all that makes your life and the world beautiful. Surround yourself with art, family, or friends, and celebrate **National Making Life Beautiful Day, June 11th.**

Good News, Veterans!

If you need help getting VA benefits, or if you have hearing aids from VA, our company, Creative Hearing Solutions (with offices in Vacaville and Fairfield) is a provider to the VA. We offer diagnostic and benefits counseling for veterans who have service-connected disabilities. We also fit and service VA hearing aids. With our help, you can get local with your claims, your hearing aids service or if eligible we can order and fit you with next set of VA hearing Aids. Deano visits on the 2nd Wed. of each month.

Please call: Deano Kinsey
Creative Hearing Service
707-447-6985

Drink More Water

Staying hydrated in hot weather is a must and doctors warn not to wait until you're thirsty to grab a glass of water. Even mild dehydration can affect your alertness, memory and mood. Make sure to keep yourself hydrated this summer season with lots of water and hydrating fruits!

Great Outdoors Month

June is Great Outdoors Month and the perfect time to go for a stroll or sit in the sunshine. Studies have shown that spending time outside can increase vitamin D levels, strengthen the immune system, and boost energy.

Appreciation for Nursing Assistants

Salute the hard work and dedication of those who help provide patient care by celebrating **National Nursing Assistants Week in June.**



So Nice To Hear

June 1st is Say Something Nice Day! Start the month with a "thank you," a compliment, or other words of kindness.

Residents' Corner: Father's Day Spotlight



Mr. David C. has been collecting model airplanes for the last 50 years. He has 8 military planes on display in his room and more in storage. He got into collecting since he has always had a fascination in art and history. He got his first model when he took a trip to Carmel and shares the collection with his son. This Father's Day, we would like to show our appreciation to all of the dads out there with interesting hobbies, which can teach us a thing or two about having fun and enjoying what you have with others!

Props to Pops

Happy Father's Day to the fathers and grandfathers in our community! We hope you enjoy your special day.





Summer
Begins!


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