

# Corner Stone

assisted living community

License #486803484

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## MANAGEMENT TEAM:

*SHELLEY REYES - Executive Director*

*JENNIFER SIMMONS - Director of Resident Development*

*IRENE HERYFORD - Care Coordinator*

*ALONDRA GARCIA - Dietary Supervisor*

*LOURDES DUNHAM - Activity Director*

*DIGNA MAGLALANG- Medical Records*

*RICH SALCIDO - Driver/Maintenance*

*LUZ PACHECO - Housekeeping Supervisor*

### **From the Executive Director**

Greetings to all our residents! We are so happy you have made your home in our community. If you have any questions or concerns, or simply want to say "hello," please stop by my office! My door is always open, and I would love to hear from you.

-Shelley Reyes

## July 2023



### **Happy Fourth of July Event**

No country is perfect, but frankly, it's great to be American. Celebrate our constitution, our founders, and most of all, our freedom by having a fabulous Fourth of July. Have a wonderful holiday!

**Community BBQ Lunch Event**

**Monday, the 3rd of July**

**11:30-1:30pm**



We look forward to our next Passport event to Las Vegas: July 20th, 2023

Activities Department  
(707) 999-5025

### **Celebrate Summer**

We are excited about the summer season in our community and all of the fun activities that are planned to help residents meet and mingle. Make sure to check your July Activity Calendar to see what daily activities are offered this month!

### **Scenic Drive Time**

We're on the road again! Sit back, relax, and leave the driving to us! We always have fun on our scenic drives, so steer your way to the activity room to sign up for an upcoming ride.

### **Mark Your Calendars:**

- July 3rd: Fourth of July BBQ Lunch Event from 11:30-1:30pm.
- July 18th at 3pm: Wind up your throwing arm and get ready to join us for a game of cornhole! This lawn game is easy to learn and a fun way to bond with your friends and neighbors.
- July 20th: Passport to Vegas
- July 21st: Dollar a Card "BINGO NIGHT" at 6pm sharp.
- July 28th: Community Bake Sale from 3-4pm.



### **Welcoming Carole G. to our community!**

She recently moved out here from Oregon. She loves to talk and meet new people and is very social.

Welcome to your new home, Ms. Carole!

### **Korean War Armistice**

After a three-year conflict, the Korean War ended with an armistice signed on July 27, 1953. Data from the U.S. Department of Veterans Affairs shows there are over 1 million Korean War vets. On the 70th anniversary of the armistice, we honor them and all 6.8 million Americans who served during this war period.

Join our fellow veterans on:

**Monday, July 24th  
at 10am**

**Veterans Call for Coffee  
with the Marine Corps League**



### **Resident Spotlight: Chuck L.**

We are spotlighting Chuck due to his amazing hobby that he used to do back in the day. Chuck took up scuba diving and has traveled to many different places such as Tahiti, Japan, and the Philippines. After a while, he became a scuba instructor and has certified over 1,000 people. He loves to tell stories about his experiences back in the day and has a binder of mementos that he has written and collected. We love to see our residents recall their experiences from their past and share their expertise with us!



*If any residents would like to share their life story or a highlight of their life as a spotlight in our publications, please let us know! We would be happy to spotlight you in a newsletter!*

## Double the Hydration

Nutrition experts say you can double up your hydration by snacking on fresh produce. Eating fruits and veggies with a high-water content, such as an apple or some carrot sticks, along with drinking H2O can help you stay better hydrated. Remember to stay hydrated during the hot summer months!

## Recipe Requests

While we try to provide a wide variety of delicious food each day, we understand that you may sometimes crave a favorite dish or family recipe. Please see the chef if you have a specific request, and we'll do our best to make it!

## B-I-N-G-O!

Don't forget that our community is gearing up to hosts Bingo Night Friday, July 21st at 6:00pm!

It's a "Dollar A Card Summer Fun Bingo Game" for residents, family, and friends!

## Wheelchair & Walker Beautification Month

Pretty up your wheelchair and walker this month of July. Have fun and get creative by decorating your wheels! We have some pretty good prizes awaiting the winner for most decorated wheelchair, or walker!



## Time to Shine Like a Diamond In the Sky!

Gorgeous Grandma Day, July 21st, celebrates a woman's beauty and vibrancy that come with growing older and empowers grandmas everywhere to live life to its fullest. We will be celebrating the day with a glamorous wine and cheese party for happy hour!

## Friendly Reminders

- Saturday Bingo games are at 10am in the morning.
- Afternoon Movies at 1:30pm in the movie theatre.
- Sign-up sheets for outings are available on the 1st day of the month.



## Happy Birthday!

*Residents:*

11 CATHERINE R.  
12 ISABEL L.  
25 GERALD L.  
25 SUSIE KING  
26 KATHRYN W.  
28 DOROTHY McM.

*Staff:*

04 TERESA Z  
27 RICHARD S.

Please join our Birthday Bash,  
July 28th at 3pm.

## Fun Fact Corner: "Hot Diggity Dog!"

Americans love hot dogs, eating about 20 billion of them a year. Back in the 1890s, college students began using "Hot dog!" as an exclamation of surprise, which evolved into "Hot diggity dog!" in the Roaring '20s. The sausages are also linked to Disney history: The first words spoken on screen by Mickey Mouse, playing a concession cart owner in the 1929 short "The Karnival Kid," were "Hot dogs! Hot dogs!"



## July Community Bake Sale Fundraiser

July 28th

1-3pm

Pies, Cakes, Cupcakes, and more.

For information on how you can participate, please reach out to our activities team!

Proceeds will go to Alzheimer's Association.

We look forward to seeing you then!





American  
Anthem  
Apple pie  
Fireworks  
Flag  
Fourth  
Freedom

Independence  
Parades  
Parks  
Party  
Patriot  
Picnic  
Stars  
Stripes  
Summer

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

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