

CornerStone

assisted living community

License #486803484

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Phone: (707) 999-5029 • Fax: (707) 455-8888



MANAGEMENT TEAM:

SHELLEY REYES - Executive Director

JENNIFER SIMMONS - Director of Resident Development

IRENE HERYFORD - Care Coordinator

OLIVIA SIMMONS - Outreach/Marketing Director

ALONDRA GARCIA - Dietary Supervisor

LOURDES DUNHAM - Activity Director

DIGNA MAGLALANG - Medical Records

RICH SALCIDO - Driver/Maintenance

LUZ PACHECO - Housekeeping Supervisor

Community Pumpkin Party:

10/27 @ 4:00pm

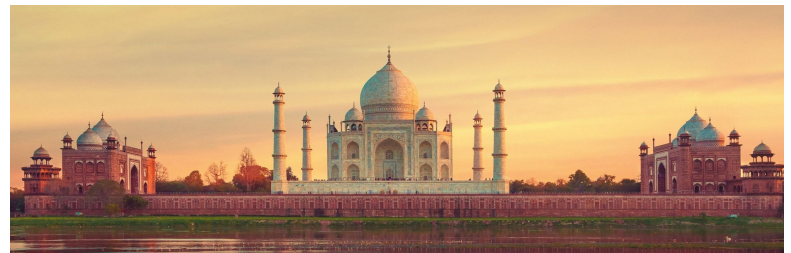
Make it spooky or make it silly, whatever your preference, join us for our pumpkin carving and decorating party! We'll have all the supplies for you to have a "gourd" time!

October 2023

A Letter From Our Director

Hello, everyone! October promises to be another great month at our community. Fall is here, bringing cooler temperatures and the rich colors of falling leaves. Check out this month's calendar and be on the lookout for details about some favorite fall activities that we have planned. As always, please feel free to stop by my office at any time. Have a great October!

Shelley Reyes
Executive Director



Passport Event to India

Tuesday, October 24th

Indian Cuisine Lunch at 11:30am

Entertainment by Indian Belly Dancers at 1:15pm

Indian Cooking Demo at 3:00pm

India, officially the Republic of India, is a country of South Asia. It is the seventh largest country by area; the most populous country as of June 2023. What is unique about India - the largest democracy in the world and of the most ancient civilization.

Food in India is an identity marker of caste, class, family, religiosity, ethnicity, and increasingly, of secular group identification.

Activities Department
Lordy and Cali
(707) 999-5025

Greetings from Activities

What a fun month to be a resident at Cornerstone! It has been a pleasure getting to know more of our old and new residents whether it be while attending events, playing bingo, or chatting in the hallways. This month is bound to hold so many amazing memories! Bring out the warm sweaters, hot chocolate, and spooky stories! We can't wait!

Let's Celebrate Oktoberfest

Oktoberfest runs Sept. 16th through Oct. 3rd, but you don't have to travel to Germany to join the celebration. We're hosting our own Oktoberfest right here! Check the calendar for the date and time, and be ready to have a barrel of fun!

Go Pink in October

October is Breast Cancer Awareness Month, and we have activities and fundraisers planned throughout the month and please do what you can to support this important cause.

Door Decorating Contest

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! See the calendar for the deadline and when we'll announce the winners.



Our hearts go out to the families and friends of Ms. Linda M. She was a sweet, awesome lady with a beautiful smile. Love and prayers on behalf of Cornerstone Management and Staff.

Highlights in October:

- 10/3 - October Fest
- 10/13 - Breast Cancer Awareness Day
- 10/18 - Fall Succulent project
- 10/19 - International Chefs Day
- 10/21 - Alzheimer's Walk 2023
- 10/24 - Passport to India
- 10/27 - Pumpkin Patch in Larrys Produce
- 10/27 - Pumpkin Art & Carving with residents & families
- 10/30 - National First Responders Day



HALLOWEEN COSTUME CONTEST

10/31 @1:30PM
with Prize Awards

TRUNK AND TREAT

2-4pm

It's gonna be a "spook-tacular" event! See you there!



Warm Welcome to the Newest Residents to Our Community

- Jackie F.: Jackie is a Vacaville native, owner of Snazzy (her parakeet) and an artist.
- Jack B.: Also known as "Big Bad Jack", and a golfer.
- Jackie H.: She was female pastor in her hometown of Clearlake.

Brainteaser

Q: What is harder to catch the faster you run?

A: Your breath!

Fun Food Fact

An unsalted pretzel is called a baldie.



Monster Patrol

Please watch out for all the little ghosts, witches and goblins haunting our community on the spookiest holiday. Have a safe and happy Halloween!



Improve Your Hand Strength

Research shows that hand strength is often an indicator of overall well-being. Improving grip power can help you maintain independence and lower your risk of injury. Try this simple exercise: Extend your palm and touch your thumb to each finger, one at a time, to make an "O." Hold and squeeze each "O" for 15 to 30 seconds. Repeat the complete exercise three times per hand.



DIY Stress Ball

A stress ball is great for relieving muscle tension or mental stress. And they're so easy to make! Simply grab a balloon, a funnel and a filler—such as flour, cornstarch or rice. Blow up your balloon to stretch out the material, but allow it to deflate. Then use the funnel to pour the filler into the balloon. Once the balloon has reached your preferred size, release any excess air and tie it off. Voila! You have a stress ball!

Meet the Team! Welcoming Olivia; Community Outreach & Marketing Director

It's a pleasure to serve and be a part of the community. I'm looking forward to meeting all staff, residents, and families here at Cornerstone.

My background is in the hospitality industry, with a focus on sales, marketing and event planning. My role here at cornerstone is Marketing and Event planning which allows me to make connections both inside and outside of our community.

Please feel free to stop by my office to say hello, I'd love to meet you, and introduce myself.

Put Some Pumpkin on Your Plate

When everyone on the block is carving up pumpkins for their doorstep, consider cutting up one for your dinner table instead. Pumpkins are packed with vitamin A and offer a mild, sweet flavor in many recipes. Try adding pumpkin to pancake batter or make pumpkin soup, stew or chili. Or just get your fill from a classic favorite: homemade pumpkin pie.



Resident Spotlight: Ed C.

The beauty of our community is that our residents have some of the most incredible life stories and experiences. Today, we have the pleasure of sharing the story of Ed. Ed is part of the Centenarian Club, aging a whopping 103! Ed was born in Forrest, Washington and has 5 children: Faith, Dan, John, Joy, and Jim. His beautiful partner was his High School Sweetheart, and they shared many happy years together. Ed's career included being a part of the missionary starting in Mexico, then concluding in Cuba. His most memorable moment that he loves to share is the story of when he was almost lost in the ocean in a little sailboat with his friend. As exciting as this story is, these days Ed enjoys drinking his mocha cappuccinos, praying, and watching baseball. Ed moved into Cornerstone a genuine gentleman with a great sense of humor, friendly, and very social. Fun fact, his Favorite color is blue.

Join us for "Current Events with Ed" (see calendar for details)





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|---------------|--------------|
| 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 |

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