

# Corner Stone

assisted living community

License #486803484

40 Orange Tree Circle • Vacaville, CA 95687  
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*

## We Support Caregivers

November is "National Family Caregivers Month," and we'd like to give a shout-out to all the family members and caregivers of our residents. Your dedication to your loved ones does not go unnoticed.

## November 2023



## November Greetings

Hello and welcome to November! There's excitement in the air as we begin preparing for the holidays. Our community will be hosting a bounty of festivities in the next couple of months, and we hope everyone can join us for the activities we have planned. As always, we are thankful for our residents and their families. Residents' Thanksgiving event will be held Tuesday, November 21st, at 11:30am.

## Passport Event: Portugal

Tuesday, November 14th, 2023

Portugal is famous for its unique charm that stems from its rich cultural heritage. It is home to ancient castles, beautiful beaches, and vibrant cities. It is also renowned for its Fado Music (a form of Portuguese singing that is often associated with pubs, cafés and restaurants).



Activities Department  
*Lordy and Cali*  
(707) 999-5025



### **Daylight Saving Time Ends Sunday, November 5th**

Don't forget to turn your clocks back!

#### **Save the Dates:**

- 11/1 - Fondue Day
- 11/03 - S'mores Night from 6-7pm
- 11/10 - Veterans Day Event
- 11/14 - Passport to Portugal
- 11/18 - Annual Classic Car Show
- 11/21 - Residents' Thanksgiving Event

### **Thanksgiving Walk**

Feeling stuffed after the feast is part of what Thanksgiving is all about! But before you settle on the couch to watch football or take a nap, go for a quick walk. Even a stroll as short as 15 minutes will regulate blood sugar levels and help you digest that heavy meal. And the healthy group activity provides more opportunities to bond—it could be your new holiday tradition!



### **Honoring Veterans Ceremony** Friday, November 10th 10:00am

Thank you to all the heroic men and women who have bravely served our country. We will honor our community's veterans in a special ceremony in honor of Veterans Day; please see the calendar for the time and location. Our community's wall of honor recognizes all our community's veterans with each veteran's name and photo and branch of service.



### **Annual Community Car Show**

*Join us for lunch, music, and lots of fun!*

**Saturday, November 18th  
11am to 1pm**



**November 7th, 2023**  
Don't forget to vote this election day!



### **Cozy by the Fire**

There's almost nothing more soothing than sitting near a crackling fireplace, even if the fire is fake. Researchers found that focusing on flickering flames, whether from a real fire or a video of one, resulted in lower blood pressure. Both the roar and the dancing movements of the flames help lull the mind into a relaxed state, sweeping away anxious thoughts. Hang out with friends near the fireplace in our big room, grab a blanket, maybe a cup of hot cocoa, and enjoy!



*Shout-out to our residents that help fold and prep our monthly newsletters and calendars!*

## Happy Birthday!

### Residents:

- 11/1 - Margaret W.
- 11/06 - Gilda B.
- 11/16 - Jack B.
- 11/19 - Joseph S.
- 11/21 - Janice McK.
- 11/24 - Josephine F.
- 11/27 - Marian B.

### Staff:

- 11/04 - Rodney F. (Driver)
- 11/4 - Teresa Z. (Med-Tech)
- 11/9 - Maria (Housekeeping)
- 11/21 - Alondra (Kitchen Supervisor)



## Community Holiday Food Drive

Our community is getting into the spirit of Thanksgiving by giving back. Please help us by dropping off nonperishable food items in the office during the month of November. All donations will be sent to a local charity. Give someone else a reason to be thankful this November.



## Welcoming Our Newest Residents

- Henry H.
- Josephine F.
- Janet D.
- Elizabeth S.

### Extra, Extra!

There's no news as interesting as news about our residents. Celebrating an anniversary? Milestone birthday? A new grandchild? If you'd like to share something with us, we'll put a notice in the newsletter to share the good news with your neighbors! Reach out to the activity team to have a story/news article submitted.



## Holiday Door Decorating Contest

Our residents always add a splash of seasonal décor to their living space during the holidays, and we're holding a contest to find the best decorated doors! So, get creative! We will be holding a contest to find the "Best Decorated Doors" this coming Christmas season. See the calendar for more details.



## Resident Spotlight



### Henry H.

Welcome one of our newest residents, Henry, to Cornerstone! Henry is full of surprises and has lived a courageous, inclusive lifestyle, treating everyone with compassion as he served in the Navy. He served as a police officer for 35 years and then volunteered as a fireman for 16 years. He loved to travel, visiting many places such as the Philippines, Hong Kong, and Japan, meeting amazing people along the way, like Shirley Temple and President Ford! Henry nobly gave back to his community, including the animals! Every morning, Henry would feed 40 pounds of feed to deer and squirrels in his area. Feeling in love and want to get married? Henry is an ordained minister and founded an open road biker church in Georgetown. If you come across Henry in the dining room, sit down and enjoy some of his favorite food - turkey sandwiches and rocky road ice cream while listening to 1950s-1970s music. If you pass him in the hallways, stop to ask him about his many police, firemen, military and family tattoos. Every inch of Henry tells a story, and he would love to tell you about it!



**WE SALUTE YOU**

*Thank You, Veterans*

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