

# Cornerstone

assisted living community

License #486803484

40 Orange Tree Circle • Vacaville, CA 95687

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



## 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

## March Greetings

Hello, there! March is upon us, and with it comes the welcome arrival of spring. We have a lot of activities planned this month, and I encourage everyone to join us!



## March 2021

### A Message From Our Administrator

We are in hopes that 2021 will be a better year. We received our first round of vaccines on January 22, 2021, and the last one was February 22, 2021. This past year has been difficult for residents, family member and staff. Now that we the vaccine we are hopefully getting closer to opening Cornerstone and getting back to some normalcy. Hope everyone is healthy and safe.

Happy Spring!

*Shelley Reyes*

*Administrator*

### Happy St. Patrick's Day!

May the "Luck of the Irish" be with you and all the days to come. A Scavenger Hunt, and many other Irish and "green" activities will take place to celebrate St. Patrick's Day! We are looking forward to having lots of fun that day!



Be humble. Be nice to people. And you might be ready to be lucky.

—Zoey Deutch

Activities Department  
Lourdes and Sigrid  
(707) 999-5025



These ladies truly enjoy the art of growing plants in their apartments, it helps reduces stress, can build self-esteem, can improve your hand strength and can make you happy.

We heard it from the pro!!

### March Highlights:

- 03 - Cardio Exercise (Beating the Drum)
- 11 - Gardening - Spring Flower
- 12 - Wear a "Silly Hat Day"
- 15 - Vietnam Veterans Appreciation Day
- 17 St. Patrick's Scavenger Hunt
- 19 - Spring Mini Fashion Show
- 24 - Staff Potluck
- 26 - Birthday Bash (March Birthday)

Scenic Drive is back but only limited for 6 residents only. We will be heading to Glory Hole and Pleasant Valley Road (country side)



Dear Friends and Family,  
Its so great that once again you will be able to come and visit your love ones. Upon entry to our community, each visitors temperature will be taken in addition to filling out our COVID-19 questionnaire. Please be mindful if your are showing symptoms and re schedule your visit.

Here are the guidelines:

- No more than two visitors allowed at the visit
- Visits are limited to 30-45 minutes
- Please continue to social distance, say 6 feet apart, and always wear a mask.
- After every visit, our staff will use a disinfecting spray to sanitize the library and apartment 121.

Thank you,

Eira Rea Santos  
Director of Resident  
Development  
707-999-5029

We will keep you updated on any further changes or information that we can provide to you either through phone calls, emails, social media including our Facebook page and Cornerstone website.

Like us on Facebook and  
Instagram

### Act of Kindness

Thank you so much to the families, residents and staff for your kind generosity. The Food Drive Barrel was picked up and donated to - Food Bank Warehouse at Concord, Ca.

### Time Change

Daylight saving time begins at 2 a.m. on the second Sunday in March. Be sure to "spring forward" the night before by setting your clocks an hour ahead, and consider going to bed early to help you rise and shine!!

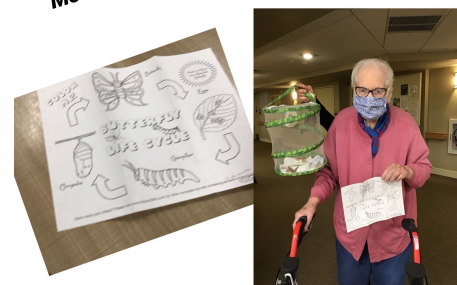
### A Sound Cause

Hear, hear! Protect your ears. March 3 is International Ear Care Day.

### New Hobby? Why Not!

New Hobby for  
Ms. Barbara

From a Caterpillar to a  
beautiful Butterfly



### Monarch Butterfly Life Cycle

In March and April the eggs are laid on milkweed plants. They hatch into a baby caterpillars, also called the larvae. It takes about four days for the eggs to hatch. The monarch butter will emerge from the pupa and fly away.

## Stay in Touch

A letter, even an email, is a venue for expressing whatever you think and feel about the pandemic. Taking a moment to reflect and report on your experience one sentence at a time is more cleansing that you might expect.

Make a journal each day...and when your ready send it to your family, grandkids, friends and neighbors.

Let them know you're ok! And you are thinking of them. We have an array of fun activities this month - we know how hard sometimes to get on with our days. Social distancing, mask on, limited amount of

residents in some areas of our community but we are doing our best to keep every one safe and following all the protocol. We're all in this together!

## Lucky Celebration

We're celebrating all things Irish this month with our St. Patrick's Day party.

A fun Scavenger Hunt will take place on the 17th starts at 10, you might get Lucky for some special treats, so come on out and Happy St. Patrick Day everyone!

Don't forget to wear green or else get ready to be pinched.-)

C'mon out and enjoy, meet new neighbors and enjoy the day with a smile on your face.-)

## Reminders:

### Entertainment:

SYRIA BERRY - 3/10 AT 10AM (Wednesday)

DENIS COLLERET - 3/26 AT 10AM (Friday)

### Scenic Drive:

First and Third Friday of the Month

2:00 to 3:00 PM

### **Podiatrist Schedule:**

Next schedule of Podiatrist will be on April 6, 2021

Kindly mark your calendar.

### **For Your Next Hair Appointment**

Carla Miller

Hair Stylists

(650)271-0700

Outing/shopping activities are on hold for the meantime until we get a go signal from the Solano County. So bear with us and will keep you update in all upcoming schedules.

## Welcome to Wellderly Week

We've got a week of fun waiting for you! Wellderly Week begins on the third Monday in March, and we're hosting a wealth of activities focused on the wonders of being "wellderly." Check the calendar for dates, times and locations, and plan to join us!

### Showcasing:

Talent/Performances from our residents.

(Dancing, Singing and more)

February 9, 1915  
Oakland, California  
She has 2 children and handful of great grand children.



There's something magical reaching this milestone - and we are proud to tell the world how lucky and privileged we are to have her in our community. Salute to this Amazing Lady and we will continue to get her up and about whenever she can!

She moved to Cornerstone since 2018 - she participated instantly in some of our activities most especially Bingo and Poker games. Residents and Staff really love her for being positive in life.

## Ms. Dorothy P. 106th Birthday



## March 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 <b>Birthday Party!</b> 1	<b>Frances' Birthday</b> 2	<b>Mary W.'s Birthday</b> Beating the Drum Stick (Fun Cardio Drumming) 3	<b>Family Photo Collage</b> 4	<b>James T.'s Birthday</b> Wear Blue Day - Colon Cancer Awareness Scenic Drive 5	6
<b>Dorothy B.'s Birthday</b> 7	<b>Katy C.'s Birthday</b> International Women's Day 8	9	10	<b>Gardening - Spring Flowers</b> 11	12	<b>Arm Chair Travel to Italy</b> 13
14	<b>Vietnam Veterans Appreciation Day</b> 15	<b>Patricia P.'s Birthday</b> Resident Council Meeting 16	<b>Esther P.'s Birthday</b> Happy St. Patrick's Day (Scavengers Hunt) 17	<b>Herbal Scent Tea Party</b> 18	<b>Spring Mini Fashion Show</b> (Residents and Staff) Scenic Drive 19	20
21	<b>Barbara H.'s Birthday</b> Silk Flower Arrangement 22	<b>Story Telling - Led by Mr. Bill C.</b> 23	<b>Mix Mingle - Human Bingo</b> 24	25	<b>Guitar Man Denis Colletet</b> 26	27
<b>Palm Sunday</b> 28	<b>Joan McC.'s Birthday</b> 29	30	31	<b>Welcome New Residents to Cornerstone Assisted Living</b> Gilda Block		

  
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