

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 - Administrator

EIRA REA SANTOS - Marketing Director

JOLENE BARNETT - Care Coordinator

ALONDRA GARCIA - Dietary Supervisor

LOURDES DUNHAM - Activity Director

IRENE HERYFORD- Medical Records

RICH SALCIDO - Maintenance

LUZ PACHECO - Housekeeping Supervisor



APRIL

A new month, PUSH yourself, REJUVENATE,
INSPIRE others, LAUGH lots

April 2021

Happy Springtime

We love the longer days that come in April. With the sun shining and warmer weather, we hope our residents will enjoy the outdoors by walking and/or enjoying one another's company, sitting in our beautiful courtyard. With the beautiful weather, we will have an array of indoor and outdoor activities in store for you.



EASTER PARTY!!!

Friday, April 2nd
2:00 pm

Please come and join us as we celebrate Easter! Goodies and refreshments will be served at our party to celebrate this very special day!

Our annual Easter Egg Hunt will occur following the party, at 3:00pm. Good luck to the person who finds the Golden Egg, which will be hidden in our Living Room Area. The one who finds it will win a fabulous Easter Basket and surprise treats from the Easter Bunny! Good Luck!

May your Easter be full of Joy, happiness and peace!

Activities Department
Lourdes and Jc
(707) 999-5025



Welcome to Our Family

We're always excited to welcome new residents. We know that moving to a new residence can be an overwhelming experience, which is why we do everything we can to make the transition a little easier. We host a regular "Welcome to Our Community Social" each month to give our newest residents the chance to meet each other and the rest of our community.

Our newest move-in is Mr. Paul Hansen, who is retired from the US Navy. Paul enjoys working on woodwork projects. We look forward to getting to know him as he joins in our fun activities.

Welcome Aboard

JON "Jay" CARLOS ADLEY

Activities Assistant

Please welcome Jay as he transitions from being our Receptionist to our Activities Assistant!

JULIA PARINAS

New Receptionist

We also welcome Julia who has a lot of experience working in the senior living industry. She is thrilled to have joined our team and we are thrilled to have her!

Happy Easter!

It's a time of rebirth and renewal. Whether you're celebrating the arrival of spring, bunnies bearing eggs or the religious significance of Easter, our staff wishes all of you a wonderful holiday.

Highlights for April:

- 'Tis the season for practical jokes and nonstop fun (4/1)
- Easter Egg Hunt (4/2)
- PBJ Social (4/2)
- Happy Easter (4/4)
- Walking Day (4/7)
- Scrabble Day (4/13)
- Patriots' Day Trivia (4/19)
- Jelly Bean Day (4/22)
- Pigs in a Blanket Day (4/23)
- Dance Day (4/29)

Movie Specials for April:

Titanic - Saturday, April 10, at 10am

April in Paris - Saturday, April 24, at 10am

Entertainment for April

The Overstreets on April 14;
Denis Colleret - Guitar Man on April 30.

THEME DAYS

SUPERHERO DAY

Wednesday, April 28

(Real or fiction characters)

Superheroes are not only fictional characters, but also real heroes that exist in our lives - like paramedics, doctors, and nurses.

LOOK-A-LIKE Day

Tuesday, April 20

You can do this by wearing the same colored pants, having the same hairdo, or any other way to make you "Look-Alike!"

Afternoon Delight Treat

Afternoon Delight - Enjoy a special treat while mingling with your neighbors on April 2nd and April 28th, at 2:30pm!



Afternoon Delight

*Alondra Garcia: Dietary Supervisor,
Armando Chavez: Regional Dining
Services Coordinator*

Join Us for Dancing And/or Seated Yoga Classes

Dancing helps to improve balance and coordination and also is super fun! You don't even have to be on your toes! You can sit comfortably and just keep those arms and feet moving to the beat of the music!

Seated Yoga helps with stress, pain and fatigue. Give it a try...breathe in and breathe out slowly, while focusing on your breath. Doesn't that feel great? Remember, prevention is better than a cure!



Exercises for Parkinson's

There are some physical activities that are available for our residents this month. Come try them out!

I know some of you are not "morning people," so check out our afternoon Stretch and Flex Exercise Class!

We will be adding "Ball Tossing" to our Exercise Class. Catching a ball improves fine

motor skills, which can help decrease tremors and other motor symptoms. It's also super great for hand-eye coordination. The Activities Department even has a way to do this "germ-free!"



Shout-out to Our Laundry Department

We get a lot of compliments about our Laundry Department from our residents and would like to thank Betsy and Laura for always doing such an amazing job. We appreciate you!

Laundry is always "LOADS of FUN!"

Help Keep Our Community Safe

Please remember to:

1. Wear your face mask—covering your nose and mouth—when in the common areas and during activities;
2. Keep your distance from others, staying 6 feet apart; and
3. Wash your hands often.

Getting vaccinated is one of many steps you can take to protect yourself and others. Aren't you glad we got vaccinated? We will get through this Pandemic - and keeping our facility safe and happy for all our beloved residents and staff is how we will get through this! Thank you for following our community's infection control

measures to help keep everyone safe.

A Little Reminder

If you ring the front doorbell of our facility and no one answers the door for you or if you visit our facility after hours, please call:

Med Tech #707-392-8071
Front Desk #707-999-5029



Positive Thought

"If you see someone without a smile, give 'em yours!"

—Dolly Parton

World Health Day

Our appreciation and gratitude to all of the healthcare workers for their unwavering dedication to our residents, keeping them in tip-top shape, and checking on them regularly.



RN- Rebecca A (Healthy Living)

Guess Who Is Celebrating Another Milestone Here at Cornerstone

Lt. Colonel Bruce S. loves playing Bingo, Poker, Exercise, and he's always present whenever we have entertainment! He also enjoys morning and afternoon coffee in the Activity Room.

It's a pleasure and honor to be part of his 104th birthday! On behalf of our community and all of our staff, we wish Lt. Colonel Bruce S. the happiest of birthdays!

Lt. Colonel Bruce S.
April 8, 1917

- 1939 UNITED AIR FORCE
- B-24 Liberator WWII
- POW 1944-1945 (Germany)



SPRING
is here!

Savor the sights,
songs and scents
of the *season.*

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