

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

IRENE HERYFORD - Care Coordinator

ALONDRA GARCIA - Dietary Supervisor

LOURDES DUNHAM - Activity Director

DIGNA MAGLALANG- Medical Records

RICH SALCIDO - Maintenance

LUZ PACHECO - Housekeeping Supervisor



May 5th - Happy Cinco de Mayo!!
Will celebrate Salsa/Piñata Day

May 2021



Dear Residents and Families,

With the ongoing weather changes as we delve deeper into Spring, there are also some significant changes here at Cornerstone. Irene Heryford has taken over the position of Care Coordinator. Digna Maglalang is now in charge of our Medical Records. Though we will greatly miss Jolene Barnett, we are so excited for her new role as Memory Care Activities Director at Glen Cove, and we sincerely hope that she thrives in her new field.

As a reminder, the State has allowed us to reopen our building for in-house visits. For the time being, these visits are currently restricted to a one hour limit, and must be scheduled in advance. Masks are still required. For further questions and to schedule your visit please contact us at 707-999-5029.

On another note, I would like to take a moment to address all the mothers here in our community. We deeply admire your love and devotion to your children, and we are so honored to have you here with us.

Shelley Reyes
Administrator

Activities Department
Lourdes and Jc
(707) 999-5025

Welcome to Our Community!

Cornerstone is dedicated to making sure you feel at home, so we'd like to extend a special welcome to our newest move-in Ms. Deborah M. She is retired from working for the city of Vacaville for 20 years, as an Accountant. As a retiree, she has enjoyed driving her grandkids to school, and having a wonderful time golfing with friends. Deborah also enjoys reading and Ancestry.



Resident, Ms. Barbara H.; Daughter, Dilenna; Granddaughter, Alaina; Great-Granddaughter, Raegan; and more awesome family members in the picture!

Happy Mother's Day From Our Family To Yours!

Cornerstone takes pride in celebrating our moms. These strong and powerful women not only deserve our recognition, but our gratitude for all the things they have done. We thank and honor these women 24/7.

We love you Mothers, always and forever!

Theme Days

Have fun and dress up on these special days:

5/4 Star Wars Day (May the 4th be with You) ...Trivia/Games

5/12 Different Colored Shoes Day

5/24 TIARA DAY: Be a "Queen for a Day"

Entertainment

MAY MOVIE SPECIALS

Mother's Day - Saturday, May 8th at 10am

The Big Wedding, May 22nd at 10am

ENTERTAINER

Glenn Snyder on May 7th at 10am

Red, White and Blue Day

Memorial Day BBQ Lunch Event
May 28th/Friday

Podiatrist Schedule

The Podiatrist is on-site every 4-6 Weeks.

Please call the Nurse's Station for more information at
(707) 392-8071

A Light for the Journey

Our deepest sympathy and condolences to The Totty Family on behalf of all of us here at Cornerstone. We lost Vern Totty to the Angels on April 8th. He will be dearly missed and Forever remembered.



Highlighted Events:

- May 1st is the 147th Kentucky Derby. "The Run for the Roses" will be televised (NBCSPORTS) @3pm. We will be serving Non-alcoholic Cocktail and Snacks.
- May 7th, Mother's Day Celebration: We will be having Entertainment by Glenn Snyder and we will be handing out Roses to all our beloved women in our community. We will also have a Tea Party with the Red Hat Ladies in the afternoon.
- May 28th, Memorial Day BBQ Lunch. We will be serving hot dogs and hamburgers with entertainment by the Travis Air Force Band. We will also be celebrating our May Birthdays Bash @3pm.

Memorial Day... A Day to Remember

This Memorial Day, we remember all the brave men and women who gave their lives for our country. Our love and thankfulness goes out to them and to all of our community's Veterans for their service to our country.

We are privileged to have the Travis Air Force Band come to Cornerstone to perform a Memorial Day recital. The performance begins at 10am.



A Visit by Our Firefighters!

At the end of March, we had a super fun Bingo game when these two amazing Vacaville Firefighters (Matt + Kevin) from Station 73 & 71 came to Cornerstone and called out the Bingo numbers! It was super fun! Thank you to Jason Reyes, for making it all possible!

On May 4th we will celebrate Firefighters Day by visiting and bringing them some special and yummy goodies for their service.



Matt M. (Station 71) and Kevin E. (Station 73)

Team Salute!

May 12th is **Night Shift Workers Day** and May 21st is **Waitstaff Day**. Let's be sure to acknowledge these hard and dedicated workers for all that they do!

National Senior Health and Fitness Day

On Wednesday May 26, The Game is On!! We are looking forward to an exciting day of sports! We will be having an array of fun activities, including a Bowling Tournament, a Walk-A-Thon Challenge, a safe and monitored Wheelchair and Walker Race, Ball in the Basket, and our challenging Ring Toss.

May is the Month to Stay fit and healthy!



Older American Month

Older American Month was first created by JFK and here at Cornerstone we'd like to incorporate the following mantra for this month:

"Engage at Every Age"

We encourage the involvement of everyone here, no matter what the extent. There truly is no better time than the present to engage and be part of the "now." Our residents' presence is everything,... it is the gift that keeps on giving.

Let's Go for a Walk!

Spring is here to stay, and our Walking Club is in full swing! Join us for some fresh air and exercise.

Make Time for Mother Nature

Do you want to become happier and decrease your stress levels? Spend 20 minutes outside, whether it's a stroll outside our community or simply sitting in a patch of green space in our courtyard. Even a small dose of nature has been shown to generate big payoffs to mental and physical health.

Vitamin D is sometimes called the "sunshine vitamin" because it's produced in your skin in response to sunlight. This very important vitamin fights disease, reduces depression, and boosts weight loss!

The 411 on Face Masks

When following the recommendation to wear face masks in public settings, remember these guidelines:

- Masks should fit snugly against the face and cover both your nose and mouth.
- Wash your hands or use hand sanitizer before putting the mask on and after taking it off. Take care to only touch the mask on the ear straps, and do not touch your eyes, nose or mouth.
- Cloth face coverings need to be washed at least once daily. Do not reuse a disposable mask.

Stay safe. We are all in this together.



**Kick-start the season
of sun and fun!**

Corner Stone
assisted living community
40 Orange Tree Circle
Vacaville, CA 95687