

Cornerstone

assisted living community

License #486803484

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MANAGEMENT TEAM:

SHELLEY REYES - Executive Director

*EIRA REA SANTOS - Director of
Resident Development*

IRENE HERYFORD - Care Coordinator

ALONDRA GARCIA - Dietary Supervisor

LOURDES DUNHAM - Activity Director

DIGNA MAGLALANG- Medical Records

RICH SALCIDO - Maintenance

LUZ PACHECO - Housekeeping Supervisor



Summer begins on June 20th!!

June 2021



Father's Day is a day we set aside to honor our fathers and father figures in our lives. It's a time to recognize them for everything that they have done for us.

Here at Cornerstone, we are thankful that our families can come visit their loved ones, even though the visiting time is limited. We hope that soon, with the proper clearance and safety precautions given by the CDC and State and County Departments, we will be able to celebrate all events without limitations.

Having said that ... the show must go on here at Cornerstone. We have planned a very fun Father's Day event of entertainment, games, and treats for the "Dads"!

Father's Day Event

Entertainment By: Camille a.k.a. Marilyn Monroe

Date: June 18th

10am

*Don't forget to wish all the Dads out there a Happy
Father's Day on June 20th!*

Activities Department
Lourdes and Jc
(707) 999-5025

Welcome to Our Community!

Our newest move-in is Mr. Frank L., who is retired from the U.S. Navy. Frank enjoys reading, whether it's real or fiction. He will be joining us at this month's Mix and Mingle, along with his sister, who has been a Cornerstone resident for nearly 4 years. Welcome aboard, Mr. Frank!

Flag Day Ceremony

Flag Day is June 14. We will mark the occasion with a special ceremony to honor the Stars and Stripes. Please see the calendar for details and make plans to join us.



Special Events:

- D-Day WWII - Veterans Chat for Coffee
- 6/18 Father's Day BBQ Lunch
- 6/21 Father's Day Fun and Games
- 6/30 Cornerstone's Summer Picnic

Remember the Three L's

The sunshine will soon be at its full force. To avoid overheating, health experts say to remember the three L's when it comes to clothing: Keep it lightweight, loose-fitting and lightly-colored.



Sittin' & Sippin'

Summer days are made for sitting outside & relaxing. At Cornerstone, we encourage our residents to go outside & enjoy our lovely courtyard. Relaxing and socializing helps to cope with stress-related issues and can help soothe some chronic conditions, not to mention getting some quality sun. Vitamin D is an essential part of a healthy life and helps with cell growth and immune function, which keeps inflammation in check and keeps your nervous system working properly.

It is just too beautiful outside to not enjoy the sun's rays! Don't forget to bring your hat, sunscreen, and sunglasses! Let's also remember to stay hydrated and cool during this hot summer!

Patriotic Bomb Pop Day!

On June 24th, we'll be celebrating Bomb Pop Day with our very own Bomb Pops. The Popsicle treats were initially invented in 1955, and the day is celebrated annually on the last Thursday of July.



WHAT IS A FATHER?

By: Lewis L. Moore, Esq.

What is a father and why do we celebrate Father's Day? A father is the one who often gets up and goes to work when his children are still in bed. His working keeps a roof over his family's head, food on the table and pays the bills. Because of that, they have electricity for lights, warmth in the winter, and air conditioning in the summer.

A father sets an example for his children. He is a teacher and a companion. Children grow up feeling secure and safe at night when they know that daddy is home. He helps explain problems they might have with homework from school, but he does not do the homework for them. He knows that to learn they must do it themselves. He teaches them manners and morals by word of mouth and by example. He praises them for their accomplishments and encourages them when it is needed. He shows his wife & children respect and expects it from them.

For all of these reasons and many more, we honor them—these silent heroes—by once a year, on Father's Day, expressing our appreciation for all that they have done for us.

-This article was written by Cornerstone resident Mr. Moore, who is an outstanding father and highly respectable individual.

Happy Father's Day!

Activities Are Back on Track

We're back to playing games other than Bingo. Here are some of the following popular games that you can see going on in the

Activities Room:

Scrabble

Dominoes

Poker

and lots more....

It's great to have some normalcy again!!!

It's Show Time at Cornerstone!

Mrs. Doubtfire - Playing on 6/5

This movie is dedicated to the dads out there who love this kind of humor.

Celebrating 100 Years

Xanthia is turning 100 on June 9th! She has been a resident here for the past six years and enjoys living here. Her exercise routine that she does every day, as well as participating in all of our activities, are what keep her going.

We will be lighting 100 candles to celebrate Xanthia's life and recognize the brightness that she has brought to the lives of others.

Family and friends will be driving by to greet her on Saturday, June 5th, at 10am.



Father of the Bride - Playing on 6/19

Spencer Tracy - A comic celebration of an American rite (and wrongs) of passage.

These movies were picked in honor of fathers, since Father's Day is on June 20th. Come kick back, relax, and enjoy the shows!

We Appreciate You!

Let's all give a shout-out to our Med Techs! Thank you for all you do! You guys are highly appreciated. Also, on behalf of our community and all our residents, we'd like to give another big shout-out to all of our hardworking staff in the Nursing Department.



A Light for the Journey

Helen loved gardening! She would go out and refill her bird feeder and tend to her flowers on a daily basis. She also led the Gardening Spring Project in the courtyard each year. Another love of Helen's was her pet, Amy. Helen was super devoted and a caring "pet" mom to her.

Our deepest sympathy and condolences to Helen A.'s family, on behalf of all of us here at Cornerstone.

The Day We Said I Do....

On June 6th, 1953, Betty C. got married for the first time in a traditional Episcopal Church. Draped in a lovely, white wedding dress made of fine fabrics, Betty made her sacred wedding vows "to love and to cherish until the end of time" and tied the knot. Soon after their holy matrimony, the two lovebirds ventured to Mexico to have an Acapulco Honeymoon.

She had a lovely time with her first husband, but after many years, Betty moved on to her second marriage. This time, her wedding was far from traditional. Betty got married off the Atlantic coast, in tropical and exotic Bermuda. Her vows were as colorful as her surroundings as she quoted Grover Washington Jr. and Bill Withers' classic song, "I see the crystal raindrops fall & the beauty of it all is when the sun comes shining through to make those rainbows in my mind when I think of you sometime. And I wanna spend some time with you, just the two of us. We can make it if we try, building castles in the sky. Just the two of us, You and I".

Betty spent the next 25 years happily married in Lake Tahoe and enjoyed the mountain life with the many friends she made there.





JUNE

The Great Outdoors
MONTH

Get some fresh air and sunshine!

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