

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 - 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

One Scoop or Two?

July is National Ice Cream Month.



July 2021



Greetings to all our residents! We are so happy you have made our community your home. If you have any questions or concerns, or simply want to say "hello," please stop by my office! My door is always open, and I would love to hear from you.

On behalf of all our beloved residents and all of our staff here at Cornerstone, we wish you a glorious and safe Happy Fourth of July!

Executive Director
Shelley Reyes

Celebrate Our Freedom

Come ring in our country's independence at our Fourth of July party! Join us for food & entertainment as we celebrate the USA.

Theme: Red White and Blue
Firing Up the Grill!
July 2nd/Friday
11am - 1pm
Entertainment by: Alvin
10am - 11am

Activities Department

Lourdes and Jc
(707) 999-5025

Welcome to Our Community

We would like to take this opportunity to extend a warm welcome to all of our new residents. We want you to be comfortable in your new home, and we'd like your feedback on how we might be able to further your comfortability. All comments and criticisms are welcome, they are our best guidelines for serving you better. Thanks!

Joe and Bev S.
Sadie V.
Dorothy S.
Ralph F
Betty B.
Welcome Aboard!

FUN DATES FOR JULY:

Summer Olympics - Fun Games

- Water Balloon Relays
- Frisbee Toss
- Basketball/Volleyball

Mark your calendar on July 7th/Wednesday @10am

Cornerstone BAKE SALE

July 12th/Monday

The proceeds will be donated to the Alzheimer's Association.



Gorgeous Grandma Day

We will be celebrating our lovely Grandmas on July 23rd. A day to admire and empower women's beauty and vibrancy that come with age. We will honor all of our Grandmas as we encourage them to live life to the fullest.

Let's dress up and look fabulous as we "Bring it" with big smiles all day!

Mini Fashion Show
July 23rd, Friday at 3:00

Wheelchair Beauty Contest

At this month's "Wheelchair/Walker Decorating Contest" we will be giving away prizes for: Most Original, Prettiest, and Most Colorful.

Families can help out by dropping off décor/items for the residents and Lordy and J can help out too!

July 26th, Monday
Award Time at 3:30 in the Living Room

DOLLAR BINGO!

It's the time of the year when we can go big with bets. We had so much fun in the past when families could join us and win big too! Hopefully we will be able to have them back again in the near future like the good ol' days. We previously included Volunteers, Family and dear Friends.

July 14th/Wednesday
at 5:30pm
(Sharp)



Let's Have a Luau!

Aloha! Time to get out your Hawaiian shirt, grass skirt and lei! We're having a luau, and would love to see everyone there. Hula Hoop contest is one of our highlights plus lots of Hawaiian snacks and drinks. Please mark your calendar:

July 28th, Wednesday starts at 10am

It's Showtime at Cornerstone!

The WRIGHT BROTHERS

A dramatic story of the courageous brothers who taught the world to fly.

Playing on July 3rd/Saturday

HEAVEN is for REAL

"It Will Touch Your Heart, Capture Your Mind and Ultimately Impact Your Life Forever!"

Playing on 17th/Saturday

REMINDER: BUS RIDE

Scheduling for the Country Ride, Shopping, and Outings will take place on a Tuesdays and Fridays. Preferably morning would be better to get going because of the high heat condition.

Please check on our activities calendar time and day and this way you can plan ahead for other appointments that you might have, including your family visit and Dr. Appt.

Dog Days Are Here

We're officially in the Dog Days of Summer, the hottest part of the year. Don't sweat it, though—we have plenty of cool activities to help you beat the heat! Whether indoor or outdoor we're gonna make sure it's going to be a fun summer!

The Time Is Right

Thinking about simplifying your life by getting rid of things you don't need? This is the month to do it! July 12th is Simplicity Day, and July 15th is National Give Something Away Day. Let us know if this works and we will haul them out for you. We will arrange and schedule our Bus to deliver your

Red, White, And Blueberry

July brings National Blueberry Month, the prime time for the little blue fruit. It's one of only a few fruits native to North America, and the U.S. is the world's largest producer of blueberries, growing about 600 million pounds of wild and cultivated varieties each year.

Summer Goodies

Let's enjoy all the other wonderful summer foods like watermelon, corn on the cob, and fruit smoothies! Not to mention Popsicles are all in the bag! So come on out, socialize and enjoy the season with your neighbors.

items that week to your favorite organization. Some things gotta go sometime.-)

Computer Help and More

Computers, tablets, and smart phones, oh my! There's a lot these digital tools can do and we are here to help you conquer any questions you have about your gadgets. Check the calendar for the date and time of our next computer class, or just ask Lordy, J or the front desk for one-on-one help.



Health & Wellness



Hydrate for Immunity

You've heard that an apple a day keeps the doctor away, but water is vital to the health of every cell in your body and contributes to a strong immune system. Drinking water helps deliver oxygen to your organs and muscles so they can function at their best.



A Light for the Journey

We are saddened to hear of the passing of one of our beloved residents, Louise L. Very thoughtful, friendly and kindhearted soul; truly an amazing lady. She loved Bingo, hanging out with friends and neighbors, tuning in on Bible Study and going on outings in the country. We are going to miss her dearly. On behalf of all of us here at Cornerstone, our deepest sympathy and condolences to the families and friends.



Gratefulness Is Great

Before you go to sleep at night, write down 10 good things about your day, whether it was something that made you feel proud or grateful, an accomplishment, or just something you saw or did that made you happy. The simple act of writing these things down will give you a more positive outlook and improve your mental health.





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