

Corner Stone

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 - Driver/Maintenance

LUZ PACHECO - Housekeeping Supervisor



Signs of August

August's birthstone is the peridot. The flower of the month is the gladiolus. Astrological signs for the month are Leo and Virgo.

August 2021



Look at Landscapes

Mountains, meadows and other landscapes can set the scene for serenity, whether it's a view of the real thing or scenic terrains in a photograph or a painting hanging on a wall. Research shows that after looking at landscapes, people reported health benefits similar to those associated with being in nature, including calm feelings, reduced pain and faster healing.

Bright smiles, warm sunshine and happy thoughts for everyone! May you all have a happy summer. We do have an array of activities this month. Indoor or outdoor, there's plenty of fun days to choose from. Long days, short nights. Yup, it's the season associated with fun in the sun but with cautions.

You're Great Neighbors

We'd like to thank all of our residents for continuing to make your home with us. You are the reason this is such a great place to live! You'll be seeing some unfamiliar faces around the community this month, and we'd like to encourage you to introduce yourself to your new neighbors. Show them why our community is the best!

Activities Department
Lourdes and Jc
(707) 999-5025

Welcome to Our Community

Cathleen R.
Janice C.
Etta Jean B.
Daryl D.
Thomas T.
and
Paul & Helen V D.

Welcome Home!

Our community is dedicated to making sure you feel at home. We've had several residents move in this month, and we'd like to extend a special welcome to those folks who are new to our community.

We do have an array of summer activities that are available to you. Kindly check it out and please feel free to join and meet your neighbors.

Happy Hour - Every Friday @ 3pm

Everyone, it's Cocktail Time at our weekly happy hour. Eat, drink and be merry with members of the community. You're sure to enjoy the tasty tidbits and assortment of beverages, and the company can't be beat!



FUN DATE FOR AUGUST:



- 8/11 AUGUST NIGHT (Ballroom Music) WITH NOEL
- 8/18 S'MORES DAY
- 8/18 "ALL SHOOK UP" with ELVIS
- 8/23 SENIOR TALENT SHOW
- 8/26 NATIONAL DOG DAY
- 8/27 BIRTHDAY BASH (August Birthdays)

Chef's Corner

Our head chef serves up some impressive culinary skills at our cooking demonstration, and prepare to be amazed at the mouthwatering creations by our Chef Alondra! See the activities calendar for details about the next demo.

Its Showtime at Cornerstone!

Little Miss SUNSHINE
8/7th @10am
"Winning, Hilarious and Heartwarming!"
and
The COWBOYS
8/21st @10am
John Wayne

Feeling the Heat ... Tips to Staying Hydrated This Summer

Staying hydrated in the heat can be more challenging than in cooler temperature, because we lose a significant amount of fluid through our skin in the form of sweat. I am no doctor or nurse, but these are some tips I have learned over the years. Staying hydrated is important for many reasons: stabilizing body temperature, bowel regularity, reduced kidney stone risk, hydrated skin, and healthy organ function.

Here are some tips I encourage you to put into practice.

- Invest in a new water bottle, one that can stay cool with insulation, or one that has your favorite colors.
- Track your water intake; it is recommended to drink 1/2 your body weight in ounces of water.
- Get some water through food, like watermelons and cucumber that have high water content.
- Minimize Coffee and Alcohol intake, as that can cause dehydration.
- Reach for water before any meal intake.

Make water your best friend this summer.

Eira Rea Santos
Director of Resident
Development



Vaccines for Seniors

Flu season is just around the corner. In addition to the flu shot, several other vaccines, including those for pneumonia and shingles, are recommended for adults over 60. National Immunization Awareness Month during August is a good time to check with your doctor to see if your vaccines are up to date.

Prevention
is better than Cure!

August 26th - National Dog Day

Mildred has been a Mom to Cody for many years. So when she moved in back in 2019, of course Cody came along with her, and they are taking care of each other up to this day! Truly a man's best friend.



Poetry Corner



SORROW

by

Lewis L. Moore, Esq.

My wife is gone.
She is not here.
And now the loneliness,
I fear,
will settle in and stay -
too dear.
And words of sympathy do
not heal
the wounds within that I feel,
Though all are meant to help
me now,
but I will get through it all
--somehow,
As others have, for that is life
and all must learn to handle
strife.
But my heart is there
in that casket where she lies,
And my heart forever cries
"Take me now, Lord. Please!
Let me in."

Random Act of Kindness

You can make someone's day with this simple compliment: "I always have so much fun with you." This tells a friend or family member that they make your life better simply by being a part of it.



BLAST FROM THE PAST - Summer Memories



Blast from the Past
Ethel and her late
husband Bob
1985 Manila, Philippines

PHOTOGRAPH BY

Magellan landed during the circumnavigation of the globe.

Few countries in the world can offer as many colorful and contrasting attractions as in the Philippines, with everything from superb secluded beaches, historic churches, to vibrant fiestas and festivals. Featured photo is in Pagsanjan Falls located in the South of Manila. Ethel and her late husband visited Manila back in 1985 and had a great time visiting friends and also island hopping in many beautiful places along with their Filipino business associate.

Ethel said ... good times, good place and good friends stay in our heart forever. Enjoy Life to the fullest while you can.

A little Trivia:
The Republic of the Philippines comprises 7,107 islands.
The Nation's modern history began in 1521, when Ferdinand



August

Word Search

- | | |
|----------|------------|
| Beach | Popsicle |
| Bike | Sand |
| Garden | Summer |
| Hot | Sun |
| Hot dogs | Swimsuit |
| Park | Travel |
| Picnic | Vacation |
| Pool | Watermelon |

W	Y	R	D	V	M	T	H	L	R	F	F	O	Q	C
A	X	W	X	F	V	X	O	S	E	W	Y	V	E	R
T	B	E	A	C	H	O	T	P	A	R	P	K	S	G
E	L	C	I	S	P	O	P	I	C	N	I	C	G	Z
R	H	O	P	T	G	K	T	N	U	B	D	D	W	F
M	G	K	R	A	P	R	S	D	N	U	Q	T	V	H
E	M	V	R	D	A	P	N	U	O	K	B	O	H	M
L	E	D	A	V	S	A	S	O	M	G	I	W	S	T
O	E	S	E	O	R	W	S	W	I	M	S	U	I	T
N	V	L	L	N	J	D	L	J	C	T	E	U	E	B
I	T	S	L	S	I	A	Z	F	C	G	A	R	T	Y
A	V	H	I	M	A	A	E	A	Z	I	X	C	N	B
H	R	V	V	Z	B	D	F	R	E	J	V	Y	A	N
C	A	D	L	A	T	V	E	Y	W	F	I	T	K	V

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