

# 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** - Driver/Maintenance

**LUZ PACHECO** - Housekeeping Supervisor



## September 2021



Greetings to all our residents! We are so happy you have made your home in our community. 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.

Shelley Reyes  
Executive Director

## Happy Grandparents Day!

We want to wish a happy Grandparents Day to all the grandmothers and grandfathers in our community! The bond between a grandparent and grandchild is like no other. Enjoy your special day!

## Wear White for World Peace

Forget about the "no white after Labor Day" fashion rule and consider dressing all in white on Sept. 21, the International Day of Peace. A longtime symbol of peace, the color white is an easy way to show your support for this worldwide event, which was created by the United Nations in 1981.

Please join us in a moment of silence on Sept. 11, Patriot Day, as we honor the victims of 9/11.

Activities Department  
*Lourdes and Jc*  
(707) 999-5025

### September Greetings

Hello, everyone! September promises to be another great month at our community. Fall will be here soon, bringing cooler temperatures and the rich colors of falling leaves. Check out this month's calendar and be on the lookout for details about some favorite fall activities that we have planned. Have a great September!

### FUN DATES FOR SEPTEMBER:

- 3rd - LABOR DAY BBQ
- 12th - GRANDPARENTS DAY
- 17th - POW Recognition Day
- 18th - SHOUTOUT TO OUR HOUSEKEEPERS
- 12th-18th NATIONAL ASSISTED LIVING WEEK

### Reminders:

- Free Hearing-Aid check with Corine every 1st Friday of the month at the library
- Pretty Nails (twice a month); kindly check our activities calendar for the times/dates.
- Shopping/Outing Days are on Tuesdays
- Scenic Drive on Friday mornings

Sign-up sheets are available at the Activity Room.

### Welcome to Our Family

We're always excited to welcome new residents. We know that moving to a new place 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 family. We hope that everyone will join us in making our newest residents feel right at home!

Welcome to Our Community  
DOROTHY S.  
JOSEPH S.  
JOSE R.  
YVETTE T.

### Labor Day BBQ Lunch

Happy Labor Day! Join us on September 3rd/Friday at our holiday cookout as we celebrate the last days of summer.



### Gold Star Mother's Day

The last Sunday in September is Gold Star Mother's Day, a date set aside to honor those who have lost a son or daughter in the U.S. armed forces. To all the Gold Star Mothers in our community and beyond, our hearts are with you.

### Connecting With Grandkids

Maintaining regular contact is the key to developing enduring bonds. This could mean making weekly visits or phone calls, or sending "just because" cards by mail. With technology such as email, text messaging, video calls and social media websites, it's even easier to stay in touch.

You've probably heard the saying, "They may forget what you said, but they will never forget how you made them feel." What grandchildren will value most from you is love and support. Showing interest in their lives, offering a listening ear, and saying "I love you" are all simple yet shining ways of being a great grandparent.



Ms. Jean D. moved in to Cornerstone back in 2017 and she is totally happy and enjoying the great camaraderie among other residents and of course, not missing a day of Bingo!

Thankful for her family, six grandchildren and four great-grandkids are truly a blessing and memories to last forever.



## Boost Your Mood With Good Posture

Sit up for a lift. Studies show that good posture may put you in a good mood. Scientists say there's a brain- body link called embodied cognition, and the way you carry yourself connects to your mindset.

## Time To Update Wardrobes

With cooler weather right around the corner, now is a good time to update your loved one's wardrobe. Please make sure that he or she has plenty of warm clothing as well as a jacket or sweater. Thank you!



## It's Showtime at Cornerstone!

Antwone Fisher

September 4th/Saturday at 10am  
(Inspired by a True Story)

A remarkable emotional journey to confront his painful past and connect with the family he never knew.

and on ... September 18th/  
Saturday at 10am

Second Hand Lions

An amazing story come to life -  
Filled with adventures.

-Popcorn and Lemonade will  
be served.

So sit back, relax and enjoy!



## Apples of Our Eye

September signals the peak season for an autumn staple, apples. One of the most popular fruits, apples are grown commercially in over 30 states, with orchards harvesting 240 million bushels of them each year. Because the fruit bruises easily, all those apples must be picked by hand.

*We'll be taking a trip to Apple Hill this month to do a little shopping, treat yourself with some Apple Pie ala Mode and for sure will bring home some Apple Fritters to share.*

Fall Outing

September 28th/Tuesday

Leaving at 9:30

ENTERTAINMENT:

**GLENN SNYDER**

September 17th/Friday  
10:00am

(Mix of Old Time Favorites)

AND

**DENIS COLERETT**

September 24th/Friday  
(Western Music)

**CATHOLIC SERVICE**

Every 3rd Wednesday of the  
month

at 10:30 to 11am  
in the Activity Room

## Uplift and Inspire

Whether it's a kind word, helpful tip, high five or a hug, inspire those around you on the National Day of Encouragement, Sept. 12.

## 100 And Still Going Strong

National Centenarian's Day on Sept. 22 recognizes and honors individuals who have lived a century or longer.



Here at Cornerstone we are Honored to have our four Amazing Centenarians. Starting with **Dorothy P.** at 106, what a fierce and lovely Lady. Dorothy enjoys a quality card game and a box of delicious chocolates. **Bruce S.** at 104 is a WWII Veteran and POW. He flew B-24s during the War and retired after 55 years of service. When Bruce was younger he enjoyed duck hunting on the Mullica River. **Xanthia W.** at 100 is a strong and warm individual. She is the oldest member of her sorority and enjoys taking her morning strolls. **Dorelle B.** at 100 is a sweet and gentle lady. She enjoys playing her piano and writing stories on her computer. When Dorelle was younger, she painted beautiful scenes of the Arizona Landscapes.



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