

# Corner Stone

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** - Driver/Maintenance

**LUZ PACHECO** - Housekeeping Supervisor



## October 2021



### Let's Celebrate Fall

From gazing at the colorful leaves to sipping a warm mug of apple cider, autumn is full of special moments to celebrate. Come savor the season at our harvest party, where you can enjoy music, games, seasonal goodies and more!

TIS  
THE  
SEASON  
TO  
BE  
FALL-Y

### Cozy Up in October

"October is crisp days and cool nights, a time to curl up around the dancing flames and sink into a good book." —John Sinor

### Watch Out for Wet Leaves

Autumn's colorful leaves sure look pretty, but wet leaves on the ground can be slippery. Be sure to watch your step when you're outdoors, and wipe your feet well when you come back inside.

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



Awesome Fall Wreath projects made by our artistic and creative residents.

**Welcome**  
New Residents

Yvette T.  
Betty Jo R.  
Margaret W.

### **Welcome, New Residents**

Of all the communities you could have chosen to call home, you selected us. We'll do our very best to make sure your home is peaceful and relaxing and encourage you to call on us with all of your needs and concerns. We're here for you!

### **FUN DATES FOR OCTOBER:**

- 10/01: Senior Olympics
- 10/06: Oktoberfest
- 10/13: Fall Hats Day (Arts and Crafts)
- 10/20: Fall Picture Day
- 10/22: Go Pink Day
- 10/25: Pumpkin Carving
- 10/26: Silly Socks Day
- 10/27: Halloween Costume Contest
- 10/29: Western/Cowboy Day

### **Fall Picture Day**

*We're offering a bounty of fall-themed crafts for all levels of talent and experience, and we'd love for you to join us. We will be making Fall Hats and have a Fall/Autumn picture day on Wednesday, October 20th, at 3:00.*

### **Pumpkin Party**

Make it spooky or make it silly—whatever your preference, join us for our pumpkin-carving and decorating party. We'll have all the supplies for you to have a ghoulish good time!

Monday, October 25th, @3pm



### **Go Pink in October**

October is Breast Cancer Awareness Month, and we have activities and fundraisers planned throughout the month. Check the calendar or stop by the front desk for all the details, and please do what you can to support this important cause.

### **The Fall Classic**

It was 100 years ago this month that baseball fans first heard the World Series broadcast on the radio. Technology now lets us watch and stream the action and post and tweet about it. The 2021 World Series is scheduled to begin Oct. 26.

### **Community Updates:**

Per Licensing, all visitors must show proof of being fully vaccinated (at least 2 weeks from final dose) or show proof of a negative COVID test (taken 71 hours prior to visit) in order to visit your loved one inside our Community. Cornerstone is 100% committed to the safety and well-being of your loved ones. We understand that this can be inconvenient for some, but we ask for your patience and understanding as we continue to navigate the ever-changing recommendations.

During activities, residents must continue to wear their mask regardless of vaccination status. Masks can only be taken down/off when eating or drinking. We continue to do our best to practice social distancing and ensure that all activity areas and supplies are being sanitized regularly.

### **Reminders:**

10/01: Hearing Aid Check with Corine at the Library @9:30 (first Friday of the month)

10/12: Podiatrist starts at @9:30

Sign-Up Sheets are available in the Activity Room

Bus Outing/Country Rides and Shopping schedules

ENTERTAINMENT:

10/13 - NOEL FACTOR (Lights and Music) @6pm

10/29 - DENIS COLERRET @10am



Crochet and Knitting Club



Please join us for our monthly Crochet/Knitting Club get-together. Enjoy great conversation while those busy hands get to work and create beautiful creations.

Some of these ladies are already making some holiday gifts to give away.

### Celebrating Seniors

Worldwide, there are about 700 million people over the age of 60, and that age group is growing faster than any other, according to the United Nations. The annual celebration of International Day of Older Persons, Oct. 1, honors their contributions to the world.

A great way to motivate older adults to maintain an active, healthy lifestyle.

A little competition and great camaraderie among our residents.

Here at our community, we will make it happen to give and show the world...We can Do it!

### A Light for the Journey

Joan McC.  
Donna O.  
Yona Z.  
Mary C.



We are truly saddened about the passing of these wonderful ladies. Ms. Joan was such a sweet lady who loved to exercise. She enjoyed arts and crafts and hanging out for mid-morning coffee. Prima Donna O., well known by everyone as Juke Box Queen, was a U.S. Air Force Veteran for 28 years. She loved Bingo and was very enthusiastic in all activities. Ms. Yona Z. was such a sweet lady. She loved arts and crafts and had a handful of awesome projects through the years. Mary C. was such a wonderful lady. She loved Bingo and was a loving wife to her husband, Tom.

Our deepest sympathy and condolences to their families and friends, from all of us here at Cornerstone.

### Chef's Corner

Our head chef serves up some impressive culinary skills at our cooking demonstrations. Prepare to be amazed at the mouthwatering creations!



Chef Alondra has been cooking with us for the last four and a half years. Cooking is her passion besides being a mom of

three kids. Behind the mask is a super bubbly, happy, and friendly lady!

### Chili Cook-Off

What's that delicious aroma floating through the air? Why, it must be time for our annual chili cook-off! Taste-testing will be open to all, so get your appetites ready and join us for some friendly competition! Friday, October 29th

### It's Oktoberfest Time!

We're rolling out the fun at our Oktoberfest party! Don your dirndl or lederhosen, or just come as you are, and celebrate the season. See what Chef Alondra has on her Menu.

### Random Act of Kindness

Leave a nice note for your partner, spouse, child, parent or friend. It will take just a few minutes of your time, and will make the recipient's day.



- |               |              |
|---------------|--------------|
| 1. Candy      | 9. Halloween |
| 2. Cat        | 10. Harvest  |
| 3. Costume    | 11. Moon     |
| 4. Dark       | 12. Scary    |
| 5. Dry Leaves | 13. Spider   |
| 6. Football   | 14. Treat    |
| 7. Ghost      | 15. Trick    |
| 8. Goblin     | 16. Witch    |

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