

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



Don't Forget To Fall Back

Daylight saving time ends on Sunday, Nov. 7th, so remember to set your clocks and watches back one hour the night before.

November 2021



Happy Thanksgiving

As we gather to give thanks, may the warmth and beauty of the harvest season bring happiness to you and your family. From our Family to yours.

Happy Holidays! Like most of 2020 & 2021, we are going to be celebrating Christmas a little different this year. With current restrictions and guidelines, unfortunately, we are unable to invite families and friends into Cornerstone Assisted Living for our Annual Christmas Gathering.

Cornerstone will be honoring our traditions with our beloved residents, but we will be celebrating our Christmas Party during the daytime this year. We will be hosting smaller more intimate parties with our residents, while keeping and maintaining social distancing guidelines.

Cornerstone will not let 2021 bring our Christmas spirit down! We will be celebrating Christmas to the FULLEST for the entire month of December.

Always, please contact Management with any questions or concerns.

Shelley Reyes
Executive Director

Activities Department
Lourdes and Jc
(707) 999-5025



Highlights in November:

Home for the Holidays

The holiday season is upon us, featuring lots of festive celebrations! If you are planning on taking your loved one home for the holidays, please call or stop by the front desk to let us know the dates and times they will be out of the building. Our residents' safety is our top concern, and it is important that we know about your plans in advance. Thank you!

- 11/9 - Veterans Trip to Sacramento Valley National Cemetery.
- 11/11 - Veterans Day - Entertainment by: Glenn Snyder
- Theme: Patriotic Colors

To celebrate all that we are thankful for, we are hosting a Thanksgiving feast with turkey and all the trimmings, prepared by our very own chef, and bring your appetite to the table!

THANKSGIVING LUNCHEON
November 23, 2021
starts at 11am

Happy Thanksgiving!

We would like to wish all of our residents and their families a happy Thanksgiving! We hope you have a joyous holiday.

Welcome to Our Community Cornerstone

Vivian W.
Eddie
and
Sandy B.
Margaret W.

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!



Love and Blessings from All of us here
at Cornerstone
(Ms. Maxine, Ms. Lorraine, Ms. Tawana
and Bill C.)

Happy Birthday to You

We're sending warm wishes to all our residents celebrating a birthday this month.

Join us at the Birthday Bash every last Friday of the month at 3pm in the activity room.
Cheers!!

A THANKSGIVING PRAYER by

Lewis L. Moore, Esq

"Thank you God for eyes
that see
and for the gift of speech.
Thank you God for ears
that hear
my wife and children dear.
Thank you God for the sense
of smell
and for the sense of touch.
Thank you God for hands
and fingers
for they can do so much.
Thank you God for family
that love without regret.
And thank you God for friends
we love
and those we can't forget.
And thank you God for
everything
you have given us this year.
And thank you for this food
today
and all who helped to put
it here.
And thank you for all here today
and for thy blessings many.
We are blessed to be here Lord
when some don't have a penny.
Amen."

Game On

Chess, checkers and playing cards are among the earliest known games, dating back thousands of years. Celebrate these pastimes and others during National Game and Puzzle Week, held annually the week of Thanksgiving. We will have game challenge and fun games all week long.



How Friends Keep Us Happy and Healthy

Friends laugh with us when things are good and give us support when we are down. Besides the warmth that these special relationships provide, research shows they benefit our health, too.

The link between friendship and mental well-being is clear. Friends help reduce stress by offering a listening ear during challenging times. Spending

time with a friend, especially when having fun such as playing a game or watching a movie, can provide a welcome distraction from negative thoughts and worries.

Friends can provide the motivation and support we may need to improve ourselves and our health by breaking bad habits and embracing good ones. They also give us a sense of belonging and acceptance, which can boost happiness and increase our self-worth—a natural antidote for depression and loneliness.

Studies have found that people in strong friendships have lower blood pressure, heart rate and cholesterol.

A Tribute to Veterans

On Veterans Day, Nov. 11, America comes together to honor and thank veterans for their service in the nation's armed forces.



Wall of Honor

Our community's Wall of Honor recognizes all of our community's veterans with each veteran's name, photo and branch of service.

Thank You!

We Support Caregivers

November is National Family Caregivers Month, and we'd like to give a shoutout to all the family members and caregivers of our residents. Your dedication to your loved ones does not go unnoticed.

Offer to Lend a Hand

November is Family Caregivers Month.



REMINDER:

Door-Decorating Contest

Our residents always add a splash of seasonal décor to their living space, and we're holding a contest to find the best decorated doors this coming Christmas Season. So get creative! See the calendar for the deadline and when we'll announce the winners.



Stay Healthy This Season

During cold and flu season, boost your immunity by practicing the basics of good health: Wash your hands often, eat a nutritious diet, exercise regularly, and get plenty of rest.

Dress for the Weather

Winter weather is unpredictable, so please be prepared with proper clothing when you leave the building. Dressing in layers and taking along a coat is advisable.

National Diabetes Month

November is National Diabetes Month, and doctors say that in addition to eating a balanced diet and exercising regularly, getting enough sleep and managing stress are key factors in controlling blood sugar levels.



WE SALUTE YOU

Thank You, Veterans

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