

Corner Stone

assisted living community

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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

Happy St. Patrick's Day!

May the luck of the Irish be with you on March 17th and all the days to come. Happy St. Patrick's Day to all our residents!

-Scavenger Clover Hunt- starts at 10am, 3/17-

Try Your Luck

"Be humble. Be nice to people. And you might be ready to be lucky." —Zoey Deutch

March 2022



Splash Into Spring

Happy Holi to all who celebrate this colorful holiday!

Time Change

Daylight saving time begins at 2:00am on the second Sunday in March. Be sure to "spring forward" the night before by setting your clocks an hour ahead the evening of Saturday, March 12th. Consider going to bed early to help you rise and shine on Sunday morning instead of sleeping in.

When Everyone Is Irish

You don't need to be Irish to celebrate St. Patrick's Day. We will be celebrating with corned beef and cabbage on the menu, a scavenger hunt (look for a four-leaf clover starting at 10am), then we will wrap up the day with some drinks and treats after our afternoon bingo game. Make sure to wear your green!

Activities Department
Lourdes and Jc
(707) 999-5025

Hello there! March is upon us, and with it comes the welcoming of spring. I think we are all looking forward to warmer weather and more outings. We have a lot of activities planned this month and I encourage everyone to join us!

MARDI GRAS 2022

Tuesday, March 1st
at 3pm in the Activity Room
Beverages & Green Goodies



**Going Green on
March 17th**

St. Patrick's Day has become a celebration of Irish culture and a whole lot of green. Folklore says that wearing the color makes a person invisible to leprechauns, who will only pinch those they can see. If you wear green this month to celebrate St. Patrick's Day, you may find yourself more relaxed. Green symbolizes nature, and many people find the color has a calming effect.



**"Welllderly" Week
March 20th-26th**

A good balance of optimism and realism is important for healthy aging. Growing older is a part of life, but those who strive to nourish their body and mind can truly be "welllderly." Challenge your mind and body by joining our next "Minute to Win it" game, March 21st at 3pm!



FRIENDLY REMINDERS:

- Free Hearing aid/check on the first Friday of the month. Hear, hear! Protect your ears. March 3rd is "International Ear Care Day."
- Podiatrist's next community visit will be in April.
- Please sign up for outings, lunch bunch, and country rides.
- Join us for our morning stretches, Monday-Sunday at 9:00am.
- Mask up! Please remember to wear a face mask in all common areas of our community. Thank you.

Be Neighborly

Make it a beautiful day in your neighborhood by celebrating "Won't You Be My Neighbor Day" on March 20th, the birthday of Fred Rogers. We will be showing the documentary film that honors Fred Rogers' life after our afternoon Bingo game. Did you know our very own resident Geri T. went to the same High School (Latro Bean High School) with Mr. Rogers? We'll give you more fascinating facts in an article next month containing more rich and famous stars that some of our residents encountered in the past!

**Welcome to Our
Community**

DONALD and MABEL K.
AND
JACKIE N.

We would like to take this opportunity to extend a warm welcome to all of our newest residents. We want you to be comfortable in your new home and we'd like your suggestions about how we might help. Join us on Fridays at 3pm for our weekly happy hour and raffle prize giveaways. It's a great time to meet and mingle with your new neighbors. Drinks and appetizers on us!





Happy Birthday to Our Residents!

Wishing you all a day as wonderful as you are.

- FRANCES L.- March 2nd
- MARY JOE W.- March 3rd
- DOROTHY B.- March 7th
- MARVIN L.- March 8th
- PATRICIA P.- March 16th
- ESTHER P.- March 17th
- YVETTE T.- March 18th
- BARBARA H.- March 22nd
- VIRGINIA B.- March 23rd
- JOSEPH S.- March 27th

Resident Council Reminder

Our monthly resident council meetings are a terrific opportunity to share input, have your questions answered, and stay in the loop with what's happening in our community. Make plans to attend this month's meeting. Check the calendar for the date and time; this way you can arrange to attend!

Spring Menu

We're switching to our spring menu this month, so come by the dining room to try some of our new fresh selections, including seasonal vegetables and holiday inspired meals!

Resident Spotlight: Dorelle & Her Baby Grand Piano

Dorelle grew up playing piano. After High School, life got busy, and she took a leave of absence from piano for 20 years. In 1961 a wondrous opportunity arose when Dorelle noticed an ad in the paper for a baby grand piano for sale. Her husband thought the ad was a farce; it wasn't until both Dorelle and her husband drove to San Francisco to take a look at the piano that his mind changed. They entered this lovely home in Nob Hill and found amongst the gorgeous decor a beautiful piano in a small room. She had acquired a 1906 Chickering Quarter Grand Piano in the style of King Louis XV. This magnificent find has survived the turn of the century and still plays beautifully. "They don't make them like that anymore," Dorelle says. It is safe to say it's worth much more than \$700 now; this piece of American History makes for a priceless antique.

With Sympathy

Maxine W.

January 21, 2022

Sue V.

February 05, 2022

On behalf of Cornerstone and all staff - our deepest sympathy and condolences, our hearts go to the families and friends of these wonderful people.



Honoring Vietnam Veterans

Vietnam War Veterans Day is observed every year on March 29th. We offer a salute to all the Vietnam War vets in our community and thank you for your service:

Veterans Call for Coffee
Tuesday, March 29th
10am

with fresh donuts
Bring pictures to share, or any memorabilia that is available to you.

Led by: Paul DV (resident)



Pictured is Dorelle with her priceless piano!



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| Gold | Rainbow |
| Green | Rain |
| Ireland | Shamrock |
| Leprechaun | Spring |
| Lucky | Violet |
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