

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

Laugh for Health

Go ahead and engage in a funny and friendly prank this April Fools' Day. A good belly laugh has been proven to elevate mood, reduce pain, and boost immunity.



April 2022



Greetings!

Hello, and welcome to April! Warmer weather is on the way, and I hope all of you get a chance to enjoy the beauty of spring. And while you're at it, pop in and say hi—my door is always open!

Shelley Reyes
Administrator

Prepare for Spring Weather

The arrival of spring means warmer weather is on its way, but there are plenty of cool days left as the seasons change. Be prepared for fluctuating temperatures by dressing in layers, which you can remove if you get warm and put back on if you get chilly.

Sending You a Springtime Smile!

The season is in full bloom, and so are our best wishes for all of our residents. Here's to a happy spring full of smiles, laughter and beautiful weather!

Let's Go for a Walk!

Spring is here to stay, and our walking club is in full swing! Check the calendar for times and join us for some fresh air and exercise.

Activities Department
Lourdes and Cindy
(707) 999-5025

Spring has sprung
*Here's to lots of warm and sunny
days to come!*



Springtime Adventures

Spring is here, and we're excited! We have several outings planned, and we'd love to have you join us as we celebrate the season. Look for spring events on the calendar, and remember to sign up at the Activity Room to reserve your spot on the bus.

Appreciating Admins

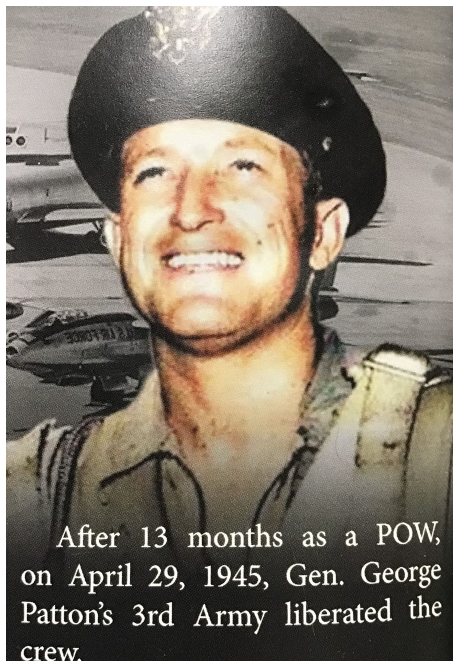
We give an extra-special thanks to all receptionists, assistants, secretaries, aides and clerks during Administrative Professionals Week, the last full week in April. Administrative Professionals Day is held on Wednesday of that week.

*A big Shout Out to our very own
Kendra B on April 17th; let her
know she is appreciated.*

Dance Like No One Is Watching

"We're fools whether we dance or not, so we might as well dance." —Japanese proverb

Join us for our Sit and Dance
A good way to express ourselves whether you're in a chair or standing up. Feel the beat and enjoy the rhythm!



After 13 months as a POW, on April 29, 1945, Gen. George Patton's 3rd Army liberated the crew.

National Prisoner of War Day
Mr. Sooy recalling the missions, "We lost a couple of aircraft, otherwise it was not rough; all you could do is just cross your fingers and fly on."

After 13 months as POW, on April 29, 1945, George Patton's 3rd Army liberated Bruce's crew, trucked them back to the camp where he got a bath and new uniform, and then sent them back to the United States.

Bruce stated, "I don't think I would have change anything,"
WE ARE EXTREMELY PROUD

AND PRIVILEGED!
Happy 105 Birthday!!
BRUCE SOOY

April 8th
The Party is on us.



Give Five

It's a simple, nonverbal gesture that conveys "good job" among teammates, co-workers and friends: a high five. Studies show that giving and receiving high fives can boost confidence, increase bonding and provide motivation. Give others a hand on National High Five Day, the third Thursday in April.

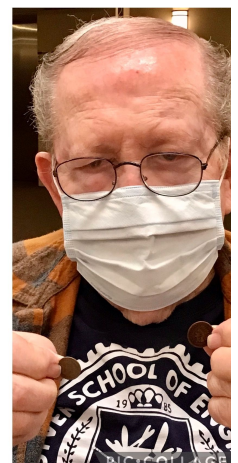
National One Cent Day by PAUL V.

Cherish an Antique Day -
Showing off some treasured family collection.



1865 Three Cents
And
1871 Indian
Head Penny

Small bits of History
Mr. Paul V.
(resident)



While cleaning my wife's (Helen) grandfather's house, I found some coins under the pencil holder in his desk drawer. One being this 1871 "Indian Head" penny, and will turn over for generations to come.

Barbershop Quartet Day

April 11th commemorates the founding of Barbershop Quartet singing in America. On this day we will have a sing-along where people sing via YouTube.





RISE AND SHINE

Happy Springtime, everyone. Pictured is our beautiful "flowering plum" inside our covered courtyard. Photos from (L-R) Gladys V, Karen J, and Nancy S. By the way, these three ladies are morning enthusiasts; they love to get up and stay busy. Way to go, ladies!

What's Cooking

Spring Menu

We're switching to our spring menu this month, so come by the dining room to try our fresh selections.

*Thank You,
Alondra G.
(Dietary Supervisor)*

Experts say foods high in antioxidants and omega-3 fatty acids can improve brain health and memory. Such options include spinach, carrots, fish, coffee and tea.

Let's Knit and Crochet

Do you like to knit or crochet? We have a group of residents who meet often to chat and work on their projects together. Bring your supplies and stop by the next session. All experience levels are welcome!



Here are some of our Crochet/Knitting residents: L-R Ms. Jo, Ms. Lorraine, and Ms. Penny. See you on our next meeting.

Fitness Flow

Looking for a new fitness challenge? Just go with the flow. The concept of "movement flow" is growing in popularity as a way to practice mindfulness while building strength and coordination.

Feel free to come and join us during our Afternoon Stretch, Sit and Dance, and Chair Yoga. All these are available in our monthly activities.

We're on Social Media!

Did you know we're on Facebook and Instagram? Search our community's name and follow us for important updates and community happenings.

With Sympathy

On behalf of All staff and Management of Cornerstone, Our Deepest Sympathies and Condolences to the families and friends.

Ethel H.
Marvin L.



Praising the Lord With Sam: Sundays at 9am

Many people attend worship services for spiritual renewal, but a new study shows that attending weekly religious services can also help you live longer. Being a part of a religious community promotes healthier habits and provides social support, two key factors that affect lifespan.

Thank You, OTs!

April is Occupational Therapy Month, a chance to recognize the role of these important health care workers. Occupational therapists make daily life easier for everyone in their care, and our ongoing gratitude goes out to them!





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