

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



Happy Birthday to all our residents and staff
celebrating birthdays this month.

August 2022



From the Executive Director, Shelley Reyes

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.

Happiness Helper: Sit Back and Relax

Long, lazy summer days are made for relaxing—and you shouldn't feel guilty about it. Experts say taking time to rest your body and mind is vital to good health. Regular relaxation can also help you cope with stress related to chronic conditions.

V-J Day

On the evening of Aug. 14, 1945, President Harry S. Truman announced the news that Japan had surrendered to the Allies in World War II. The six-year war formally ended on Sept. 2. Both dates have come to be known as Victory Over Japan Day, or V-J Day.

Please join Veterans Call for Coffee led by Mr. Paul, VD.

Life's a Trip

"You can't get down the highway by just looking in your rearview mirror." —Jackson Browne

Activities Department
Lourdes/Matthew
(707) 999-5025

Let's Have a Luau!

Mark your Calendar:

Thursday, August 4th.

Aloha! Time to get out your Hawaiian shirt, grass skirt, and lei! We're having a luau and would love to see everyone there.

Have your Hawaiian shirts, any floral outfits, leis and some Hula moves, and we will get the party going!



"Love and Marriage, Love and Marriage ..."

With a song in our heart, we extend warm congratulations and best wishes to all our residents celebrating wedding anniversaries this month. May you be blessed with many more blissful years together.



Shout-out to our very own John and Izzie for their 71st wedding anniversary this year

What's Cooking

Fresh, homemade blueberry muffins! Residents and staff always enjoy "what's cooking": homemade cookies, cakes, muffins, and more. So nice that we have a great oven & kitchen in our activity room; this way, we can always prepare some good, old recipes.



Ms. Marjo is pictured with the delicious, baked muffins.

We Salute You, Caregivers

Think of the word "caregiver" and you're unlikely to question how the term got its name. To care is "to be concerned" and to give is to "offer to another." Someone who offers their concerns for another is compassionate, kindhearted, and undoubtedly needed. For all the things caregivers do, from assisting with everyday tasks to providing companionship and a listening ear, they deserve much praise. We offer a heartfelt thanks and a special salute to all the caregivers in our community!

REMINDER:

Join Us for Sing-Alongs

We host regular sing-alongs in our community, and everyone is welcome to join us! The songs are sure to get your toes a-tappin' and put a smile on your face. Check the calendar for the next, scheduled date!

Podiatrist Visit

Your feet are precious parts of your body, and you want them in tiptop shape. A podiatrist will visit our community in Sept. and address any concerns or questions you may have about your feet. Please see the calendar for the date and time.

Help Us Plan Activities

Would you like to help us organize activities and events for our community? Join the activity planning committee! This group meets regularly to brainstorm ideas for entertainment, crafts, games, outings, and more. We'd love to have your input! Sign up in the Activity Room or speak to the activities director if you're interested in joining.

Be Like a Bee

It's important to drink enough water to stay hydrated in the summer heat. To help increase your intake, add flavor and sweetness to your water with a teaspoon of honey.

Don't forget to Sign up for our shopping/country rides schedule, available on the 1st day of each month.

Make a Friend, Be a Friend

You can never have too many friends, but it's impossible to meet everyone without a little help. "International Friendship Day" is on the first Sunday of August, so let's nurture our community's kindred spirit. We're summoning all residents—from those who are shy, to the brightest, social butterfly—to our "Friendship Party" on August 7th. Introduce yourself to your neighbors, nibble on some treats, play our get-to-know-you games and, above all, make new friends!



With Sympathy

Our Deepest Sympathies

Our hearts go out to the families and friends of the residents we have lost last month: Two, wonderful, amazing residents; they're going to be missed.

Love and Prayers on behalf of Cornerstone Management and all staff,

*Dorelle Burg
and David Evans*



Health News

Summer Tips:

A large, lightweight scarf can come in handy in the summer. Use it to drape over your neck and shoulders in chilly restaurants and theaters, and to protect your head from the sun when you're outdoors.



Ms. Betty R and Ms. Margaret B keep their necks cool with their light, summer scarves.



Vaccines for Seniors

Flu season is just around the corner. In addition to the flu shot, several other vaccines, including those for pneumonia and shingles, are recommended for adults over 60. National Immunization Awareness Month during August is a good time to check with your doctor to see if your vaccines are up-to-date.

Face Mask Policy

When visiting our community, please wear a face mask and make sure it covers your nose and mouth. Wearing a mask reduces the risk of spreading infection and helps protect our residents and staff. Thank you for your cooperation.

Reminders To Protect Yourself

Follow these simple steps to help protect yourself and those around you:

- Wash your hands often.
- Cough and sneeze into a tissue or your elbow.
- Don't touch your face.
- Maintain a distance of at least 6 ft. from others

Lemonade Social

Is there anything more refreshing than a glass of cold lemonade on a hot summer day? We'd love to have you join us for our lemonade social this month—we'll beat the heat by sipping and chatting! Check the calendar for the date and time.

Let's Paint!

There's an artist inside each one of us—when is the last time you let yours have some fun? Our painting class is the perfect place to unleash your creativity.

Enjoy Your Summer

Go outside once a day just to savor the fresh air and sunshine.



August

Word Search

Beach	Popsicle
Bike	Sand
Garden	Summer
Hot	Sun
Hot dogs	Swimsuit
Park	Travel
Picnic	Vacation
Pool	Watermelon

W	Y	R	D	V	M	T	H	L	R	F	F	O	Q	C
A	X	W	X	F	V	X	O	S	E	W	Y	V	E	R
T	B	E	A	C	H	O	T	P	A	R	P	K	S	G
E	L	C	I	S	P	O	P	I	C	N	I	C	G	Z
R	H	O	P	T	G	K	T	N	U	B	D	D	W	F
M	G	K	R	A	P	R	S	D	N	U	Q	T	V	H
E	M	V	R	D	A	P	N	U	O	K	B	O	H	M
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O	E	S	E	O	R	W	S	W	I	M	S	U	I	T
N	V	L	L	N	J	D	L	J	C	T	E	U	E	B
I	T	S	L	S	I	A	Z	F	C	G	A	R	T	Y
A	V	H	I	M	A	A	E	A	Z	I	X	C	N	B
H	R	V	V	Z	B	D	F	R	E	J	V	Y	A	N
C	A	D	L	A	T	V	E	Y	W	F	I	T	K	V

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