

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

Commemorating 9/11

Dedicated to honoring those who died on that tragic day, each Sept. 11 is observed as Patriot Day and a National Day of Service and Remembrance.

Uplift and Inspire

Whether it's a kind word, helpful tip, high five or a hug, inspire those around you on the National Day of Encouragement, Sept. 12.

September 2022



A reminder that happiness can be found every day, in both big and small ways. Join communities across the country as residents, staff, loved ones and volunteers spread the joy.

September Greetings

Shelley Reyes
Administrator

Hello, everyone! September promises to be another great month at our community. Fall will be here soon, bringing cooler temperatures and the rich colors of falling leaves.

As always, please feel free to stop by my office at any time. Have a great September!

HAPPY LABOR DAY



Activities Department
Lourdes/Matthew
(707) 999-5025

Grandparents Day Event:
Wine and Cheese Party
September 9th at
Happy Hour @ 3pm
(Please bring grandkids' pictures to show.)



In the Picture - Ms. Judy, Mr. Paul, Ms. Betty and Ms. Geri

Happy Grandparents Day!

We want to wish a happy Grandparents Day to all the grandmothers and grandfathers in our community! The bond between a grandparent and grandchild is like no other. Enjoy your special day!

Photo Bomb and refreshments will be served on Sunday, September 11th, in celebration of Grandparents Day!

We Will Never Forget

Please join us in a moment of silence on Sept. 11, Patriot Day, as we honor the victims of 9/11. Singing "GOD BLESS AMERICA" at 12 noon at the Dining Room Area. Led by: Margaret W.



Celebrating Our Centenarians

National Centenarian's Day is Sept. 22, and we are celebrating those in our community who are 100 or older. See the calendar for the date and time and make plans to join us!

Bruce Sooy - 105
Mary Knight - 101
Robert Kuznick - 100



A joyful spirit
always young!
Happy
Centenarian
2022

PIC-COLLAGE

Cornerstone Assisted Living Bake Sale

Cupcakes and more...
FUNDRAISER

for
ALZHEIMER'S WALK FOR
A CAUSE

September 20th, 2022
Starts at 1pm until sold.
(Lobby Area)



Apples of Our Eye

Sign up for this year's day trip to Apple Hill. Enjoy a fun field trip September 27th; the bus will be hitting the road at 10am. Bring some cash for some shopping money, and we will be packing lunch baskets for residents.

We will make sure to bring back apple fritters to share!

September signals the peak season for an autumn staple—apples. One of the most popular fruits, apples are grown commercially in over 30 states, with orchards harvesting 240 million bushels of them each year.



Gold Star Mother's Day

The last Sunday in September is Gold Star Mother's Day, a date set aside to honor those who have lost a son or daughter in the U.S. armed forces. To all the Gold Star Mothers in our community and beyond, our hearts are with you.

The Air Force at 75

The U.S. Air Force turns 75 on Sept. 18, celebrating a long legacy of defending America's skies. In recognition of this milestone, the Air Force has declared their 2022 theme as "Innovate, Accelerate, Thrive ... the Air Force at 75."

We are celebrating this event with a documentary film on the topic for everyone to enjoy!

REMINDER:

Catholic Service - 3rd
Wednesday of the month
@ 10:30

Praising the Lord with Sam -
every Sunday @ 9:30 (A/R)

Dress Up Days:

9/2 JERSEY DAY
9/6 FALL HAT DAY
9/19 PLAID DAY
9/21 WEAR WHITE DAY
9/22 SWEATER DAY
9/30 JEANS DAY

Pour a Cup and Chat With Us

Our Coffee Chats are the best
way to start your day! Join your
neighbors for a cup of joe and
good conversation.

Time To Update Wardrobes

With cooler weather right
around the corner, now is a
good time to update your loved
one's wardrobe. Please make
sure that he or she has plenty of
warm clothing as well as a jacket
or sweater. When doing this,
please remove any out-of-season
clothing. Thank you!



Go, Fight, Win!

Football season has begun!
Join friends and neighbors and
cheer for your favorite team at
our regular watch parties. Check
the TV schedule for game times
and stop by.

Not Just a State of Mind

September is Healthy Aging
Month. To have better health in
later years, people of all ages are
encouraged to participate in
activities that are physically and
mentally challenging and to
maintain positive social
relationships.



Take your pick: chess,
checkers, dominoes or Scrabble!
Take a challenge, have fun!

With Sympathy

Peder M.

*Such a sweet man, quiet with a
great sense of humor!
A lover of Rummikub, working on
his iPad, googling, and music.
Our Condolences to the family and
friends from All of us here at
Cornerstone.*



Bite Into Better Immunity

There may be some truth in
the saying that an apple a day
keeps the doctor away. The
fruit's high levels of antioxidants
and soluble fiber have been
shown to help boost the
immune system and fight certain
diseases.

Cozy by the Fire

There's almost nothing more
soothing than sitting near a
crackling fireplace—even if the
fire is fake. Researchers found
that focusing on flickering
flames, whether from a real fire
or a video of one, resulted in
lower blood pressure. Both the
roar and the dancing
movements of the flames help
lull the mind into a relaxed
state, sweeping away anxious
thoughts.

Happy Birthday!

We'd like to send a big
"happy birthday" out to all our
residents celebrating their
special day this month. We hope
your day is filled with joy!

*Please join us the last Friday of the
month to celebrate and share a
birthday cake big enough for
everybody. See you then.*





joyful moments

NATIONAL ASSISTED LIVING WEEK • SEPT. 11-17, 2022

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