

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

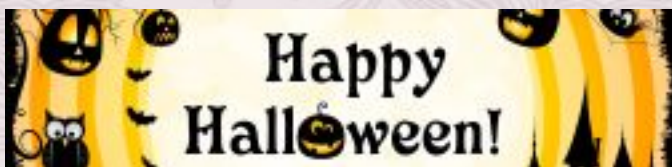
ALONDRA GARCIA - Dietary Supervisor

LOURDES DUNHAM - Activity Director

DIGNA MAGLALANG - Medical Records

RICH SALCIDO - Driver/Maintenance

LUZ PACHECO - Housekeeping Supervisor



Calling All Residents and Staff

The Halloween Celebration is on 10/31. Be in costume for the costume contest at 1:30 pm in the living room area.

October 2022



October Greetings

October is here! I'm looking forward to a month of fall weather and fun festivities. Be sure to check the calendar for our daily activities and special events, and plan to join us for a good time! It's a joy to have you here, and feel free to stop by my office anytime with questions or comments.

Shelley Reyes
Administrator

Pumpkin Art Carving - October 28th @ 10am

We welcome pumpkin carver enthusiasts (*family members and friends*) to come and have a blast carving the pumpkin; we will provide all the materials but if anyone wishes to add your own ideas, please do!

SEE YOU THEN!



Activities Department
Loures/Matthew
(707) 999-5025



Pumpkin Patch Trip
*Shop for pumpkins and
enjoy a fun hayride*
October 25th at 10am

Remember to sign up for all of the monthly activities in store for you!

Come on out and mix and mingle - RISE and SHINE!

Smile!

Put on a happy face on World Smile Day, the first Friday in October. Research shows that the simple act of smiling can help strengthen the immune system and reduce blood pressure, pain and stress.



Upcoming Event in November:
CORNERSTONE'S COMMUNITY CLASSIC CAR SHOW
CLASSIC CAR PARADE
Free Lunch, Music and a lot more ...



Scary-Good Benefits

Settling in with a blanket, a bowl of popcorn and a spooky movie is a fun October tradition—and it can have startling health benefits! The adrenaline rush and emotional response associated with an onscreen thriller may help you cope with worries and anxiety in your real life. Along with releasing the body's "feel-good" chemicals dopamine and serotonin, the brain becomes more alert and active while watching a suspense flick. Even the immune system can get a boost: One study showed that people who watched a scary movie had a higher number of infection-fighting blood cells compared to those who just sat quietly in a room.

With Sympathy

Our hearts go out to the families and friends of the residents we have lost this last month, they will be dearly missed.

*Love and Prayers on behalf of
Cornerstone Management
and Staff,*

*Penny H.
and
Lorraine B.*



REMINDER:

Movie Night!

We will be holding a movie night for residents on October 22nd at 5 pm by the Courtyard. Bring a sweater or blanket and enjoy!

Movie Showing:
THE BUCKET LIST
Don't Miss it!



See a Movie on the Big Screen - Weekend Movies

With newly renovated furnishings, the upstairs theater is the place to be to come watch all your favorite films! Come join us for a different movie each week on Saturday at 10 am.

National Emotional Wellness Month

Since October is National Emotional Wellness Month, we must keep being positive, supporting our fellow residents and staff, and making new residents/staff feel welcome. Take time out of your day to check in with who you can and make sure they are okay, because a little concern can go a long way.



Neighborhood News

*Alzheimer's Walk for a Cause
October 22, 2022*

@9am

Suisun Waterfront, Suisun City

TRICK or TREAT

October 28th from 3-5pm
(Front parking area)



The next round of Booster Shots will be eligible to administer at Cornerstone. See Eira at the front Desk for consent forms as soon as possible!

Happy Birthday

The staff would like to wish those residents celebrating a birthday in October a very happy birthday.



What's Cooking

Apple Nachos

The taste of a caramel apple served up nachos-style makes an easy fall snack. Place apple slices on a plate and drizzle them with warm caramel sauce. Add chopped nuts, crushed pretzels, or chocolate chips. For peanut butter lovers, drizzle apples with melted peanut butter and top with chopped peanut butter cups.

This is one dish you're gonna love this month, so please don't miss it!!

Oktoberfest!

Originally a holiday meant to celebrate good food, good beer, and good people, Oktoberfest gatherings all over the world have successfully carried on this tradition.

At Cornerstone, we will be having our own version of the holiday on 10/5 at 3 pm. Please come to the activity room to participate in the festivities!



Laugh Lines: Tickle Your Funny Bone

See if you find these riddles "humerus."

Q: How did the skeleton know it was going to rain?

A: He could feel it in his bones.

Q: Why does a skeleton always tell the truth?

A: He wants tibia honest.

Q: How do skeletons prefer to travel?

A: By scare-plane or skele-copter.

Q: What kind of entertainment do skeletons like best?

A: Binge-watching skele-vision shows.

Q: Do skeletons like to garden?

A: Yes, especially tending bone-zai trees.

Q: What type of artwork do skeletons admire?

A: Skull-ptures.

Q: Which historical figure was the skeleton reading about?

A: Napoleon Bone-aparte.

Q: Why couldn't the skeleton keep a job?

A: He was known for being a bonehead and a lazy bones.

Q: Why didn't the group of skeletons finish the construction job?

A: It was a skeleton crew.

Q: Why didn't the skeleton use email?

A: He preferred texting on his cell-bone.

*Fun humor to share with your
grandkids!*

Warm Wishes

this

*Autumn
Season*



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