

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

Happiness Helper: Practice Gratitude

The Thanksgiving holiday is centered on expressing gratitude, but making it a practice throughout the year can lead to more overall happiness. Taking time to think about the things you appreciate contributes to feelings of optimism and satisfaction and a greater sense of connection to others.

November 2022

HAPPY
Thanksgiving

Thanksgiving Message From Shelley

This time of year brings me so much joy because it reminds us of all the people we have in our lives to be thankful for. As we gather for the holidays, we are able to see the relatives and friends who are there for us and who we are able to celebrate with. At Cornerstone, we pride ourselves in bringing people together and showing our residents that they are loved and appreciated year-round. So let us indulge in good food and good company this November and prepare for the upcoming holidays and new year!

Thanksgiving Luncheon

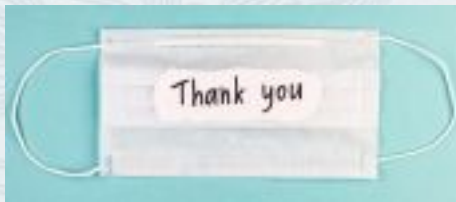
Our annual Thanksgiving Luncheon will be held on 11/22 at 11:30 am. Be sure to come down to get a taste of the holidays from our amazing kitchen staff!



Activities Department
Lourdes/Matthew
(707) 999-5025

National Caregiver Appreciation Month

November marks the beginning of National Caregiver Appreciation Month. Don't forget to show how much you care about our wonderful caregivers. They work extremely hard and love being around the residents. Please let them know how valuable they are!



Cornerstone Car Show

Vroom, Vroom! Be sure to swing by to see the sweet rides that will be stopping by Cornerstone on 11/19!



REMINDER:

Door Decorating Contest
Our residents always add a splash of seasonal decor to their living space. We will be holding a contest to find the Best Decorated Doors this coming Christmas Season. So get ready to get creative. Look in the upcoming calendar for the deadline and when we'll announce the winners.

The History of Gobbling Up Turkey for Thanksgiving

Chances are, on Thanksgiving Day, turkey will be on the menu for the holiday meal. How did this bird become the symbol for the day?

The Pilgrims of the Plymouth colony and local Wampanoag Indians marked the first Thanksgiving in 1621. Although written accounts of the food offered mention wild fowl, and turkeys were plentiful in the area, they likely weren't the focus of the spread then.

However, the Pilgrims' tradition of giving thanks for harvests became common, and in 1863, President Abraham Lincoln made Thanksgiving a national holiday. Magazine editor, Sarah Josepha Hale, had lobbied for such a day, and she wrote about New Englanders serving roast turkey for the festivities. Others then adopted the menu.

Historians point to the fact that turkey is native to North America and widely available across the U.S. The pick is also practical because a turkey can feed a large gathering of people. At the same time, turkey as a main dish on holidays and special occasions was reflected in popular books throughout the 19th century.

All this helped reinforce the turkey's image as a symbol of Thanksgiving, a celebration now nicknamed Turkey Day.

The Power of Purple

Recent figures from the Alzheimer's Association show that every 65 seconds, someone in the U.S. is diagnosed with the disease. During Alzheimer's Awareness Month in November, wear purple to show your support.



National Adoption Day

With November being a time for family and giving thanks, it's fitting that the month includes National Adoption Day, the Saturday before Thanksgiving. Observed since 2000, this special day raises awareness about adoption and celebrates families who have chosen to adopt. In honor of this day, we would like to give a shout-out to our residents at Cornerstone who were adopted or who adopted children themselves.

Stay Healthy This Season

During cold and flu season, bolster your immunity by practicing the basics of good health: Wash your hands often, eat a nutritious diet, exercise regularly and get plenty of rest.



Thank You, Veterans

There are more than 20 million veterans in America. Honor those who have served on Veterans Day, Nov. 11. Be sure to tell the plethora of veterans that we have here at Cornerstone that you greatly appreciate their service!

Wall of Honor

Our community's wall of honor recognizes all our community's veterans with each veteran's name, photo and branch of service.

USMC Day

November 10th is the birthday of the United States Marines Corps. All of us at Cornerstone are honored to have residents that have served in this branch of the military. Be sure to stop by our Marine Social to appreciate our Marine veterans. Semper Fidelis!



We will be having a trip to Dixon Veterans Cemetery to remember and pay respect to our loved ones.

With Sympathy

Frank Lind
Tom Cutino

Our Deepest condolences to the families and friends, from all of us here at Cornerstone.



Macy's Parade

Did you know the Macy's Thanksgiving Day Parade tradition began in 1924? It's a spectacle of balloons, bands, floats and performers in the morning that draws more than 3 million people along the route in New York City and another 50 million TV viewers.



Stay Active in Autumn

As the calendar changes to a new month, let it inspire you to change up your exercise and activities routine. Turn over a new leaf with these options:

Go for a stroll. Take in the fall scenery where you live with a walk outdoors. Savor the fresh air, cooler temperatures and views of nature.

Take your pick. Get some exercise while walking through a farmers' market or local farm or orchard to pick fresh produce.

Warm up to a new workout. If the weather keeps you inside, try a new workout. Tai chi, yoga, dancing, and chair exercises are low-impact and don't require a lot of equipment or space.

Go digital. Older adults are growing fans of video games. Whether it's playing a virtual sport, an arcade game or word puzzles, digital gaming has been shown to provide cognitive and emotional benefits.

Get hands-on. Knitting, painting, woodcarving and other crafts can be both relaxing and engaging. Taking pride in your handiwork boosts self-confidence.

Prep for plants. If you have a community garden or your own container garden, planting perennial flower bulbs and tasks such as weeding will help you look forward to spring.



Give Thanks!

Our tables are full—and so are our hearts. Thank you for being a part of our community!



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