

# CornerStone

assisted living community

License #486803484

40 Orange Tree Circle • Vacaville, CA 95687  
Phone: (707) 999-5029 • Fax: (707) 455-8888



## MANAGEMENT TEAM:

**SHELLEY REYES** - Executive Director

**EIRA REA SANTOS** - Director of  
Resident Development

**KENDRA BAILEY** - Outreach Marketing Director

**IRENE HERYFORD** - Care Coordinator

**ALONDRA GARCIA** - Dietary Supervisor

**LOURDES DUNHAM** - Activity Director

**DIGNA MAGLALANG** - Medical Records

**RICH SALCIDO** - Driver/Maintenance

**LUZ PACHECO** - Housekeeping Supervisor

## Resident and Family Pajamas & Cookies Day

Come enjoy some sweet treats with your loved ones on **Saturday, 12/3, from 9-11 am.** Be sure to wear your favorite pair of pajamas and bring your holiday cheer!

## December 2022



December can be a busy month for our residents. Holiday celebrations often include travel plans. If you're traveling this holiday season, make sure we know how to reach you and that the information for your emergency contact is up to date. It is also a good idea to ask a neighbor or friend to collect your mail and keep an eye on your home so you can enjoy a relaxing and worry-free holiday vacation. We wish each and every one of you peace and joy this holiday season.

Shelley Reyes  
Administrator

## Resident & Family Holiday Party- Friday, December 9th

Performance by: "The Sweet G's"

Roger and Susan G.

at 5:00pm

in the Living Room Area

Meet Santa

at 6:00pm

Refreshments will be served.

We hope to see you there!



Activities Department  
 Lourdes/Matthew  
 (707) 999-5025

### Time To Deck the Halls

It's the most wonderful time of the year, and we're ready to transform our community into a winter wonderland! Join us as we decorate for the holidays; December 2nd/Friday.

### Dixon Dance Studio Visit

Hosted by Ms. Janine, the dance troop will be in the house for some holiday cheers, you don't want to miss it!

December 3rd/Saturday  
 at 9am

### Candy & Lollipop Lane Trip

We're planning an outing Tuesday, December 13th @5:30 to view some festive displays of holiday lights. If you are interested in going, please sign up in the Activity Room.

### Dollar Bingo Game

Holiday "fun bingo" for residents, family, and friends Friday, December 16th at 1:15pm!



### December Special Events

- Dec. 2nd- Deck the Halls
- Dec. 3rd- Cookie & PJs Day
- Dec. 3rd- Dixon Dance Studio & Holiday Cheer
- Dec. 7th- Soroptimist-Group Singing Christmas Carols
- Dec. 9th- Residents & Family Christmas Event
- Dec. 13th- Candy & Lollipop Lane Bus Trip
- Dec. 14th- Dance Night with DJ Noel for Residents and Family
- Dec. 16th- Dollar a Card Bingo (residents, family, and friends are welcome)
- Dec. 20th- Community Christmas Dinner
- Dec. 30th- Ringing the New Year (theme: Gold and Silver)

### Happy New Year

Old Man Time has once again passed his sash to a brand-new year, filled with hopes of great things to come. Our resolution is to make this the best year ever in our community, and we hope you'll join in the fun. Happy New Year!



### Door-Decorating Contest

Our residents always add a splash of seasonal décor to their living space, and we're holding a contest to find the best decorated doors. So, get creative!

*We will reveal the winner on December 20th during dinner time.*

### Memorable Melody: 'Jingle Bell Rock'

Turn on the radio or enter a shopping mall this time of year, and you're bound to hear this hoppin' holiday hit, released by Bobby Helms in 1957. It was written by Joseph Carleton Beal and James Ross Boothe. Featuring guitarist Hank Garland, the song mixes elements of the classic carol "Jingle Bells" with trendy tunes of the era, including "Rock Around the Clock." Within two days of its debut, "Jingle Bell Rock" became a top 10 single, and continues to dominate the airwaves every holiday season.





## Cozy by the Fire

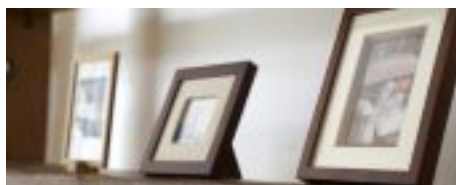
There's almost nothing more soothing than sitting near a crackling fireplace—even if the fire is fake. Researchers found that focusing on flickering flames, whether from a real fire or a video of one, resulted in lower blood pressure. Both the roar and the dancing movements of the flames help lull the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



## Pass On Precious Memories

Frame vintage photos of family members or sentimental letters you've saved and give them as gifts. Younger generations will appreciate having a cherished piece of family history.

*Life is meant to be more than dreams and aspirations and busy days. Life is meant to be noticed, absorbed, and treasured.*



## Laugh Lines: Eat, Drink and Be Merry

The gingerbread man went to the medical clinic because he had a sore knee. After examining it, the doctor said, "Have you tried icing it?"

Q: Why did the gingerbread man go to the dentist?

A: He had gingivitis.

Q: What does gingerbread do when it's done baking?

A: It just loafs around.

Q: What is a gingerbread man's favorite drink?

A: Ginger ale.

Q: How would you rate the eggnog?

A: It's egg-cellent.

Q: Who tells the best eggnog jokes?

A: Comedi-hens!

Q: What's a fun party activity to do while drinking eggnog?

A: Singing kara-yolkie!

Q: What happens when no one comes to your holiday party?

A: You can have your fruitcake and eat it too.

Q: Why is history like a fruitcake?

A: Because it's full of dates.



## Gingerbread Decorating Day

We would like to reach out to any family members who can join us making Gingerbread Houses for our residents. It will be a lot of fun if you do!

**Monday, December 12th  
@10am**

See you then!

## REMINDER: Medication Compliance

For those that handle their own medications, per state regulations and Cornerstone House Rules, the following must be locked up at all times.

- Prescription medications
- Over the counter medicines
- Vitamins
- Ointments
- Cough Drops

Thank you,  
Irene Heyford (Care Coordinator)

*Just a reminder that we are still in flu season and are still dealing with the effects of COVID. Please remember to always wash your hands, stay hygienic, and to spread holiday cheer (not germs)!*



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