

Corner Stone

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

New Year's Wishes

Happy New Year to all of our residents! We'd like to thank you all for making last year so pleasant, and we hope you'll continue to make your home in our community for a long time to come!

January 2023



Wishing you and your family a year filled with hope, health and happiness.

Remember Martin Luther King Jr.

As we celebrate the birthday of Martin Luther King Jr. this month, let's take a few moments to remember the accomplishments and teachings of this great civil rights leader.

Documentary:

"The Life and Legacy of Martin Luther King Jr."

Monday, January 16th, at 10:00am

Activity Room



Activities Department
Lourdes and Matthew
(707) 999-5025

Happy New Year to You

As the new year starts, many people make resolutions to change their lives in some way. Others simply resolve to enjoy what life has to offer. Whatever your outlook, we wish you a wonderful new year!

2023 Rose Parade

134th Rose Parade
Showing, Monday, January 2nd
Trivia: *The events will occur the day after New Year's Day in keeping the Tournament's "Never on Sunday" tradition, kept since 1893.*

Law Enforcement Appreciation Day

To show our support to our local law enforcement officers for their dedication, duty, and service to their communities, we will be honoring them January 9th, at 3:00pm, in the Activity Rom

A Big Shout-Out: Manager Appreciation Day

Manager Appreciation Day:
January 23rd &
CRNA (Certified Registered Nurse Anesthetist) Week
a liaison between the patient and their leading care provider



Physical Therapy Month

Jaimon Mathew (A1 Rehab) will be conducting a "Fall Prevention In-Service" Jan. 17th at 10am:

- Bathe safely.
- Improve movement.
- Manage pain; prevent/recover from injuries.

Recurring Activities Reminder:

- Lunch Bunch
 - Shopping Days
 - Country Ride
 - Nails and Massage
- (The above activities require signing up in the activity room.)*
- Catholic Service (3rd Wednesday of the month)
 - Trinity Baptist Bible Study (Every Thursday: 10 to 11)
 - Praising the Lord with Sam (Sundays: 9:30-10:30)

Theme Days:

- 1/9: Wear Blue
- 1/20: The Swinging '60s (Groovy outfits)
- 1/22: Polka Dot Day
- 1/21: Cheesy Outfit

Community Art Show

"ART SHOW"
by the Residents
January 17th
from 10am-4pm
(In the Living Room)



Ongoing Gratitude

January is National Thank You Month, an observance worth celebrating all year. Try expressing genuine gratitude to someone every day. Those two little words pack a lot of power.

An Apple a Day

It's not fancy or trendy, but the familiar apple is just as good for you as Mom always said. The Iowa Women's Health Study has declared apples are very effective at reducing heart disease in older women. Other studies have found apples can lower the risk of lung cancer and type 2 diabetes.

Seasonal Safeguard

Coughing and sneezing can spread germs up to 6 feet away. Be sure to cover a cough or sneeze with a tissue. If you don't have one handy, use your upper arm or sleeve.

Ideas Wanted

With a new year upon us, we are looking for ideas for new outings and activities. We would love to hear your suggestions, so please reach out to us!



find us on facebook!



A Big Milestone

Happy 90th birthday to Ms. Virginia B. this New Year's Day, Jan. 1st, 2023!

She feels blessed by her son, three grandchildren, nine great-grandchildren, and 2 great-great-grandkids! She enjoys morning stretches, attending entertainment, trivia & relaxing in her room, watching her favorite TV shows. She has great memories from the last six years here at Cornerstone and she says, "More happy times ahead!"



Take Time for "Thank-Yous"

"We must find time to stop and thank the people who make a difference in our lives," said President John F. Kennedy. Start the new year by showing your appreciation to those who are important to you during National Thank You Month.

Shout Out

A shout-out goes to our activities assistant, Matthew, for making half a year this month with Cornerstone! His favorite quote is "Grant me the Serenity," and we thank him for bringing funny business to work with his great sense of humor!



KUDOS CORNER

Two amazing Receptionists:
Jasmine S. and Ivette G.
and
The Kitchen Department:
Pablito D.
Celestina D.
Andrew M.
We appreciate you!

Be a Mentor

As a senior, you have experiences, knowledge and skills that are extremely valuable to a young person. By sharing what you've learned, you can help a young person solve problems and accomplish goals. You may even learn something new, yourself! The ultimate purpose of mentoring is to provide young people with a trusted adult who cares about them. You can be a safe person with whom a child or teenager can share their concerns, as well as new and exciting things in their life. Mentoring is often done through specific community programs, but there's no reason you can't find someone to mentor on your own. You are sure to discover that mentoring is fun and beneficial for both of you!



2023 Greetings

Welcome to a new year! I am looking forward to all this year has to offer. We're planning a variety of fun events and activities in the coming months. Make sure to like and follow our social media pages to see all the fun we're up to!

Happy New Year!

Word Search

- | | |
|-------------|------------|
| Birthday | Hot Cocoa |
| Celebration | January |
| Champagne | Mittens |
| Cold | New Year |
| Confetti | Resolution |
| Fireworks | Slippers |
| Goal | Snow |
| Hockey | Start |

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

Corner Stone
 assisted living community
 40 Orange Tree Circle
 Vacaville, CA 95687