

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



February 2023



February is fun for everyone, especially for us here at Cornerstone! We are still reveling in the coming of the new year and are excited for the months that follow. With all the love in the air, we are reminded of how much our family and friends are there for us and how much we appreciate them unconditionally. At Cornerstone, we are constantly letting our residents and staff know how much we love them and hope that you let those that you care about know how much you adore them too!

Shelley Reyes
Administrator

Passport to Paris

We will be holding our monthly passport event on February 14th. Residents, staff, and any family members that want to attend will be magically transported to France. We will have a variety of French-themed activities so be sure to come out and participate. Be sure to say bonjour to your fellow residents along the way!



Activities Department
Lourdes and Matthew
(707) 999-5025



February Greetings

Hello, and welcome to February! We have plenty of fun activities planned this month. Please let me know if you have any questions or ideas to share for upcoming months.

February Highlights:

- 2/01 Decorating for Valentine's Day
- 2/02 Paint Party
- 2/09 National Pizza Day
- 2/12 Super Bowl Sunday
- 2/14 Valentine's Day Ball/Passport PARIS, Crowning King and Queen 2023
- 2/21 Mardi Gras
- 2/23 Chili Day Cook-Off
- 2/24 Birthday Bash - Wine Day (Non-Alcoholic)
- 2/27 Making four-legged treat-bags
- 2/28 Visit to SPCA

Wear Red

The first Friday in February is National Wear Red Day, dedicated to raising awareness of heart disease in women. Remember to wear red to support the cause, and join us for some heart-healthy activities.

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.



Black History Month

Each February, Americans celebrate Black History Month. This tribute dates back to 1926 and is credited to Harvard scholar Dr. Carter G. Woodson. The observance originally ran one week and included the birthdays of Frederick Douglass and Abraham Lincoln. Since 1976, the contributions of African-Americans have been celebrated for the entire month of February.



Love Is in the Air at Cornerstone!

Since February is the month of Valentine's Day, we would like to give a big shout-out to all of Cornerstone's biggest lovebirds, both couples and friends:

- John and Izzy L.
- Alan and Patty-Anne D.
- Paul and Helen V.D.
- Bill C. and Sandy T.
- Ralph F. and Rita M.
- Bonnie F. and Barbara H.



Little Lovebirds

A sweet nickname for a romantic couple, lovebirds also refer to several species of small parrots. These "tweetharts" are known for their strong bond, and like humans, the birds pucker up to give each other affectionate pecks. The most familiar species is the peach-faced lovebird, which is a common pet.

We Heart Caregivers!

To honor the health care professionals, family members and friends who provide needed help and support, we celebrate National Caregivers Day on the third Friday of February.

Super Bowl Party - February 12th

Get into the football season with our Super Bowl Celebration. Please join us in the Activity Room where we will enjoy the game along with refreshments! Don't forget to cheer for your favorite team.



What's Cooking

Chili Cook-Off

What's that delicious aroma floating in the air? It's time for our chili cook-off on February 23rd! We're looking for the best bowl of chili so get your appetites ready and join us for some friendly competition with residents, staff, and maybe some special guests!



Laugh Lines: Isn't It Romantic?

Why is Valentine's Day a good day for a party? Because you can party hearty! Join in the holiday fun with these riddles about love in the animal kingdom.

Q: Why do skunks like Valentine's Day?

A: They are very scent-imental creatures.

Q: What do you call two birds in love?

A: Tweethearts.

Q: What do owls say to declare their love?

A: "Owl be yours."

Q: What did the bat say to her boyfriend?

A: "You're fun to hang around with."

Q: What do pigs give each other on Feb. 14?

A: Valen-swines.

Q: What did the sheep say to his girlfriend?

A: "I love ewe." And she replied, "You're not so baaad yourself."

Q: What did the slug write on his valentine?

A: "Be my valen-slime."

Q: What did one bee tell the other bee?

A: "I love bee-ing with you, honey!"

Q: What did the octopus say to his date?

A: "I want to hold your hand, hand, hand, hand, hand, hand, hand."



Valentine's Day Treat

Conversation hearts, also known as Sweethearts, date back to the 1800s when Oliver Chase and his brother Daniel created the sugary treats. Phrases were much longer then, with sayings such as "Married in white, you have chosen right." In 1902 came the famous heart shape with phrases like "Be Mine" or "Kiss Me."

With Sympathy



In Memory

We at Cornerstone would like to offer our condolences to the families of residents that have passed away. They will forever be in our hearts and in our best memories!

- Doug Davis
- Robert Evans



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