

CornerStone

assisted living community

License #486803484

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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

Going Green on March 17th

St. Patrick's Day has become a celebration of Irish culture and a whole lot of green. Folklore says that wearing the color makes a person invisible to leprechauns, who will only pinch those they can see.

March 2023



March Greetings

Hello, there! March is upon us, and with it comes the welcome arrival of spring. I think we are all looking forward to warmer weather and more outings. We have a lot of activities planned this month, and I encourage everyone to join us! Remember that daylight saving time begins on the second Sunday in March. Therefore, move those clocks ahead one hour before you go to bed, so you won't be late! If you're grumpy about losing that hour of sleep, keep in mind that daylight saving time is a sign that spring arrives soon! Look forward to longer days filled with sunshine!

Filled With Love

"May your home always be too small to hold all your friends." —Irish blessing

Activities Department
Lourdes and Matthew
(707) 999-5025

Time To Change Your Clocks

It's time to spring forward!
Daylight saving time begins the
second Sunday in March. Set
your clocks one hour ahead
before you go to bed on
Saturday.

Highlighted Events This March

- 3/8th - Women's Health Fair
- 17th - Passport Event: IRELAND
- 20th - Storytelling
- 21st - Springtime Sipper
- 30th - Doctors' Day

SCAVENGER HUNT

Join us in a hunt to find the most clover leaves and the lucky leprechaun! Residents, family, and friends are welcome, Friday, March 17th, at 2:30pm in the living room area. The hunt will be followed by a demonstration of Irish & Celtic Dance on TV in the Activity Room at 3:30pm.

Storytelling Day

Monday, March 20th, at 10:00am (Activity Room). We will be serving coffee and pastries. Families and friends are invited to come and share stories with our residents and staff! Bring old pictures and souvenirs if available. Call Lordy or Matthew for more information.

Honoring Vietnam Veterans

Vietnam War Veterans Day is observed every year on March 29. We offer a salute to all the Vietnam War vets in our community and thank you for your service.



Monday, March 27th

Please mark your calendar on the last Monday of the month at 10am. Please join in our Veterans and Veterans' Wives - Call for Coffee.

Wear Jeans for a Good Cause; \$5.00 Donations

Thursday, March 30th, 2023
Make plans to join us on our "Jeans Day" to End Alzheimer's as we raise funds for this important cause that is dear to our hearts.

Also celebrating root beer float day! Serving up root beer floats and enjoying line dancing, in the Activity Room from 3-4pm.

Residents, staff, and family members encouraged to join in on the fun and fundraising!
LET'S ALL MAKE THIS HAPPEN!



Crafty Corner in March
(pictured left to right) Sandra, Jan, Dorothy, Barb and Margaret. Great job, ladies!

An Irish Wish

"May your thoughts be as glad as the shamrocks. May your heart be as light as a song. May each day bring you bright, happy hours that stay with you all the year long." —Irish saying



Record Your Story

What better legacy could you leave your loved ones than your life story? Set aside time each week to jot down your thoughts, opinions, family history and cherished memories. If writing is a challenge, talk into a tape recorder. Telling your story is fun and therapeutic, and your family will thank you.

Welcome to Wellderly Week

We've got a week of fun waiting for you! Wellderly Week begins on the third Monday in March, and we're hosting a wealth of activities focused on the wonders of being "wellderly." Check the calendar for dates, times and locations, and plan to join us!



Ed C.
Sandra N.
Dorothy Mc.M.

We're Glad You're Here

Our management staff is dedicated to serving you. We would like to take this opportunity to thank all of our current residents who have decided to continue making this community their home, and we extend a special warm welcome to our new neighbors. When you see a new face, say hello!



Picnic at the Park

Tuesday, March 28th, at 10:30am, we will be enjoying an outdoor picnic at the park! Make sure to sign up in the activity room to reserve your seat on the bus!

Don't Forget to Sign Up!

Sign up for the following (in the activity room):

- Shopping Trips
- Lunch Bunch Outings
- Manicures
- Scenic Drives

A Sound Cause

Hear, hear! Protect your ears. March 3rd is "International Ear Care Day." Mark your calendar. Deano and Corine from Creative Hearing Solutions will be here for a *Hearing Aid Check, March 8th, 2023, at 9:30am in the Library.*

Please Note, Hearing Aid checks are every 2nd Wednesday of the of the month!

Podiatrist Visits

To ensure you are seen by the podiatrist during their next visit, please sign-up/call Irene, our Care Coordinator.

Next visit is scheduled for
**March 15th, 2023
at 9:30am.**

Aim To Be Welllderly

What does it mean to be "welllderly?" The term refers to older adults who focus on health span rather than life span, seeking optimal wellness for as long as possible. They take proactive steps to lead fulfilling, engaged lives without fixating on their age. Thriving, not just living, is the goal.

A good balance of optimism and realism is also important for healthy aging. Growing older is a part of life, but those who strive to nourish their body and mind can truly be welllderly.



March Girl Scout Cookie Day

Please stand-by and save up your dollars for these delicious cookies! Be on the lookout for the next cookie sale event as date/time is TBD!

Garden Ready

Gardening provides a bounty of benefits for the body and mind. But before you tend to the plants, warm up with some gentle stretches, or a short walk. This will help you limber up and ease stress on joints and muscles.

Planting Tomatoes Activity:

March 22@ 10am
at the back Patio
Led by: Ms. Patty

Afternoon Walk Activity

Smell the flowers and enjoy the fresh air as we walk outside of the community together:
March 15th @3:00pm.

Monthly Birthday Bash

Don't miss the celebration,
March 24th at 2:30pm
in the Activity Room.
Cheers!





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