

# 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*

*JENNIFER SIMMONS - Director of Resident Development*

*IRENE HERYFORD - Care Coordinator*

*OLIVIA SIMMONS - Outreach Marketing Director*

*ALONDRA GARCIA - Dietary Supervisor*

*LOURDES DUNHAM - Activity Director*

*DIGNA MAGLALANG- Medical Records*

*RICH SALCIDO - Driver/Maintenance*

*LUZ PACHECO - Housekeeping Supervisor*

## Autumn Leaves

The days are growing shorter, there's a crispness in the air and the trees are wearing gorgeous new colors—yes, fall is officially here! Hope you take some time to enjoy a walk through our beautiful community.

## September 2023

### September Greetings

Hello, everyone! September promises to be another great month at our community. Fall will be here soon, bringing cooler temperatures and the rich colors of falling leaves. Please feel free to stop by my office at any time. Have a great September!

-Shelley Reyes  
Executive Director

### This Month's Passport Event: LONDON! September 26th, 2023

The city of London is actually about 1.2 sq. mile in size and known as the "Square Mile". Famous food? Fish and Chips. Favorite drink? Tea! The drinking of tea is general throughout England. We'll enjoy a day of English sights, sounds, and flavors for this month's passport event!



The famous London Bridge, the oldest river crossing in London, bringing river and road traffic together.

Activities Department  
*Lordy and Cali*  
(707) 999-5025



### Labor Day BBQ Lunch

We're firing up the grill and all are invited to come and celebrate the start of the holiday weekend with us.

**September 1st, 2023**  
11:30am - 1:00pm  
See you then!

### September Highlights:

- 9/1 - Labor Day Lunch
- 9/10 - Grandparents Day
- 9/11 - Patriot Day (Remembering 9/11)
- 9/10 - National Assisted Living Day (Beginning of National Assisted Living Week)
- 9/22 - Centenarian Day

### Theme Dress Days:

- PLAID DAY - 9/1st
- JERSEY DAY - 9/25th
- FALL HAT/OUTFIT DAY - 9/19th
- JEANS DAY - 9/29th

### Welcome Home

Wishing a very warm welcome to the newest residents to our community

- Valerie Joyce P.
- Carolyn Joan C.

### National Assisted Living Week

The memories and heritage of senior citizens are priceless and extremely important to preserve. If we are willing to listen, we can learn much from their experiences and use them to enrich our own lives, as well as future lives and generations to come.

Spend some time with a loved one or volunteer at a senior community during National Assisted Living Week (September 10th - 16th), and make sure to thank the selfless staff members who work with seniors for their tireless care and consideration.

This year's theme is "Season of Reflection".

It's all about words of wisdom from our beloved residents and whatever their hearts desire in the current moment.



### Happy Grandparents Day!

We want to wish a happy Grandparents Day to all the grandmothers and grandfathers in our community! The bond between a grandparent and grandchild is like no other. Enjoy your special day!

**Friday, September 8th**

**Entertainment by:**  
**The "Sweet G's"**  
10:30 to 11:30

### We Will Never Forget

Please join us in a moment of silence this September 11th, Patriot Day, as we honor the victims of 9/11. Singing "God Bless America" at noon in the Dining Room area. Led by Margaret W. and Paul VD.



### Celebrating Our Centenarians

National Centenarians Day is Sept. 22nd, and we are celebrating those in our community who are 100 or older. See the calendar for the date and time and make plans to join us!



### Happy Birthday!

**Residents:**

- 9/6 - Barbara H
- 9/11 - Anne L.
- 9/11 - Connie C.
- 9/24 - John L.

**Staff:**

- 9/6 - Ellen Gonzalez (Med-Tech)
- 9/08 - Betsy R. (Laundry)
- 9/21 - Catalina M. (Kitchen)
- 9/26 - Nadine M. (Kitchen)

## Living Well at Every Age

September is National "Healthy Aging Month", an observance created to focus attention on the positive aspects of growing older. The concept of healthy aging is that we're never too old to start caring about ourselves, improving ourselves, and living life to its fullest.

Healthy aging focuses not only on physical and mental health, but social and spiritual aspects, as well. Exercising your body and mind, finding spiritual fulfillment, and maintaining active social ties are all part of the healthy aging process.

Celebrate this observance by beginning an exercise regimen or trying a new hobby or

activity. Enhance the endeavors by inviting a friend to join you. Making the most of what life has to offer is a key to happiness that can be beneficial at any age.

## Tech Help

Learn about your Technology with Cali!

Need to learn more about how to use a cell phone, iPad, or simply do some searches on the internet? We also have computers in the library that are available to our residents too!

We're here to help!



## Autumn Begins September 23rd

Summer comes to a close when fall arrives in September. As the days gradually get shorter and cooler, a variety of trees will begin to prepare for winter, indicated by their leaves changing to brilliant colors of red, orange and yellow before dropping to the ground. Ash, birch and maple trees are often among those that will lose their leaves first.

## Time To Update Wardrobes

With cooler weather right around the corner, now is a good time to update your loved one's wardrobe. Please make

sure that he or she has plenty of warm clothing as well as a jacket or sweater.

## REMINDER:

- *Catholic Service and Communion with Fr. Pepin held every 2nd Wednesday of the month @10:00 am.*
- *Sign-up Sheets are available on the 1st of the month for the following sign-up required activities: Shopping, Outings, Country Drives, and Nails.*
- *Movies on the Big Screen @ 1:30 on Saturdays.*
- *Birthday Bash in the Living Room Area 9/29 @ 3:00pm.*



find us on facebook!



## Suggestion Box

We would like to hear from you!

It was suggested at our most recent Resident Council Meeting that we implement a Suggestion Box. Starting October 1st, we will have a new Suggestion Box located in the Activity Room. We value feedback and want to give both staff and residents the opportunity to share ideas and concerns in a comfortable setting. This suggestion box is to encourage both employees and residents to not only identify problems, but to also suggest solutions. We want to provide those who may not come to Resident Council, or come to meetings, a way to share their ideas. Please note, that when sharing concerns, it is very helpful to know who is bringing the concern forward. We encourage you to provide your name, when suggesting an idea or concern, but you can choose to keep it anonymous. We encourage everyone to share their ideas, give input, and voice any concerns you have.

Thank you.

-Jennifer Simmons

(Director of Resident Development)

# HONOR PATRIOT DAY

Sept. 11



National Day of Service and Remembrance

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