

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*

IRENE HERYFORD - Care Coordinator

ALONDRA GARCIA - Dietary Supervisor

LOURDES DUNHAM - Activity Director

DIGNA MAGLALANG- Medical Records

RICH SALCIDO - Driver/Maintenance

LUZ PACHECO - Housekeeping Supervisor

Hello, Sunshine!

Bring on the sun and fun! Summer officially begins on June 21.

A Sunny Outlook

"Compliment people wherever you go. Praise every single thing you see. Be a ray of sunshine to everyone you meet." —Rhonda Byrne

June 2022

Props to Pops

Happy Father's Day to the fathers and grandfathers in our community! We hope you enjoy your special day.



Happy Father's Day, Dads!

Every June, families everywhere set aside a day to honor fathers. A father is more than just a family's patriarch; he is a source of wisdom and strength for everyone in his home. At our community, we'll be hosting a celebration to say thank you to all our communities' dads who've raised generations. We will have a feast fit for a king! Don't miss the fun and fellowship at this Father's Day feast.

Father's Day Lunch Event
Friday, June 17th

Summer Fun

Summer is on its way, and we can't wait to see our residents out and about in the community. To make sure there's never a dull moment, we're planning tons of fun activities for the coming months, so keep your eyes and your schedule open!

Activities Department
Lourdes
(707) 999-5025

Hello, Summer!

Welcome to the days of porch-sitting and ice cream socials! I hope you enjoy these warmer days and take advantage of our many summertime celebrations.



Welcome to our Community!
Mike Loedding



Happy Birthday

Residents:

6/8 PATRICIA D.
6/8 DAVID E.
6/9 XANTHIA W. (Big 101)
6/13 BETTY C.
6/21 RAYMOND McD.
6/28 BETTY T.
6/29 DEBORAH M.
6/30 JANET R.

Staff:

6/3 Esmeralda (caregiver)
6/15 Maria (kitchen)
6/22 Lordy (activity)

DREAM FLIGHTS 2022 Veterans Take to the Skies



Dream Flights 2022
Paul H,
Dan H,
Ralph F,
Paul VD,
Alan D
and Doug D.

Giving back to those who gave through the magic of "Dream Flight." It was indeed an amazing experience for our veterans to partake in this event. This event occurred May 9th, 2022, at Davis Flight Support at the Yolo County Airport.

On behalf of Cornerstone Assisted Living, we are proud to share this wonderful picture with you. Thank you to Eira Santos, Director of Resident Development, for taking our residents to this magical event and making it all possible, our bus driver Rodney, and the families who came for this event. See you again next year!

FIND/LIKE US ON FACEBOOK
AND INSTAGRAM



Celebrating Dads Everywhere

Father's Day, the third Sunday each June, is a holiday that got its start in the U.S. back in the 1900s. Today, about 160 countries across the globe have a day set aside to honor dads.



BEING A FATHER

"The examples I had toward being a father were varied and well-rounded.

The people who mentored me were uncles, neighbors, teachers, coaches, my mom (yes, she was very influential). And good old experience from trial and error. I made more than my share of mistakes.

In time, I would draw from these experiences when interacting with different situations.

I passed on my experiences to my children and told them they could chart their own course and that they did - very successfully.

But most of all, to be a good father requires

Patience & Love and good Communication.

When Love is fully understood then all the rest falls easily in place."

Happy Father's Day
Written by Paul VD
(Cornerstone Resident)

Friendly Reminders:

TO ALL VISITORS,
IF THE DOORS ARE LOCKED
AFTER OFFICE HOURS AND
YOU NEED ASSISTANCE

PLEASE CALL:
707-392-8071
OR 707-761-5141

Make Sure to Sign Up: Sign-Up Sheet Located in Activity Room

- SHOPPING/OUTINGS
- MANICURES
- COUNTRY RIDES

TO BOOK AN APPOINTMENT
AT THE HAIR SALON

Anne Marie
(707)771-1445



Transportation to medical appointments is available on Mondays, Wednesdays, and Thursdays.

No appointments after 3pm.

Thank you for your understanding.

To book transportation to an appointment, please call Irene -

Care Coordinator
and

Digna - Medical Records
(707) 392-8071

Remember the Three L's

The sunshine will soon be at its full force. To avoid overheating, health experts say to remember the three L's when it comes to clothing: Keep it lightweight, loose-fitting and light-colored.

Enjoying Our Amenities

We hope to see everyone enjoying all the amenities our community has to offer! Enjoy our relaxing courtyard, choices of books in the library, computers (they can be used for research and fun card games), jigsaw puzzles, the movie theatre and of course, all of the fun activities that are planned to help residents meet and mingle.



Seniors and Summer Heat

While many of us love summer weather, extreme heat is particularly dangerous for those 65 and older. Beat the heat this month by drinking plenty of fluids, eating fruits with high water content and avoiding the outdoors during the high temperatures.

Honoring Survivors

National Cancer Survivors Day is the first Sunday in June. So many know someone whose life has been touched and altered by cancer. Take a little time to appreciate the lives that have been saved and the ongoing battle against cancer. We are proud of our very own residents who are breast cancer survivors, that they are strong and still enjoying life to the fullest.

*It is not a death sentence, but rather it is a Life Sentence; it pushes one to live.
There's always hope beyond what you see, but to thrive and live a healthy life.*



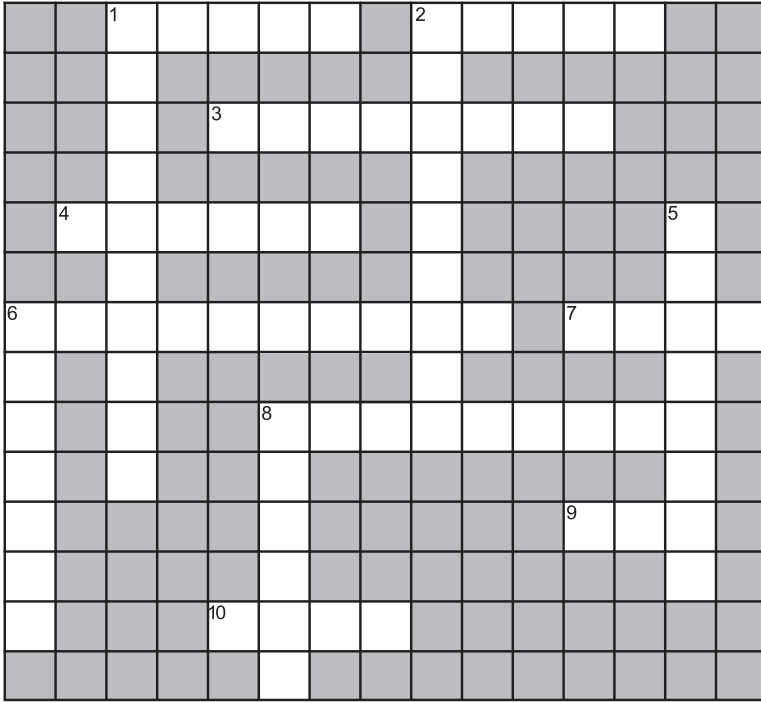
Thanks to Our Maintenance Team

We call on them to fix up our community inside and out, and they help keep our facility running smoothly every day. Our maintenance staff works hard behind the scenes, but we'd like to put them front and center and tell them "Thank you for all you do!"

Rich
and
Rodney

JUNE

Crossword Puzzle

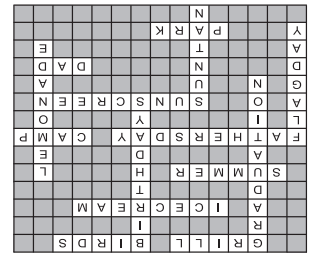



Across:

1. Portable device for cooking
2. They have feathers, wings and beak
3. Sweet frozen food
4. Warmest season
6. Dad's day
7. Temporary accommodations
8. Lotion that protects from the sun
9. Child's father
10. Large public green area

Down:

1. Receiving academic degree
2. Annual anniversaries of the day people are born
5. Drink made from lemons
6. Day of the country's symbol
8. Browning of skin



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