

CORNERSTONE

NURSING & REHAB CENTER

Winter 2023-24



Merry
Christmas
And Happy New Year





Holiday Depression & Isolation

By Madisen Osland

The holidays are fun filled times, right?

For some, the holidays are a reminder of those we have lost or of past traditions that we are no longer able to participate in. For our elderly

population this is even more true. Not only do they deal with these things, but also typical visitors may be busy with the hustle and bustle of the season and unable to visit as often as well. According to Pew Research Center 27% of adults aged 65 and over live alone in America. Therefore, this can be a very isolated season for them.

Isolation can have devastating effects on one's mental and physical health. The National Council on Aging writes "Evidence reveals that social isolation and loneliness hinder good health—putting older adults at risk for high blood pressure, heart disease, obesity, a weakened immune system, anxiety, depression,

cognitive decline, Alzheimer's disease, and even death."

Keep in mind that many older adults fear becoming a burden to their friends and family so may not reach out for help. Keeping an eye out for signs of isolation or depression is key.

We can lessen this isolation with a simple phone call, offering to help with Christmas shopping & decorating, or stopping by to reminisce about holiday celebrations of the past. Any amount of time spent with a senior around the holidays will surely be time well spent!



Root Beer Float Social!



VOLUNTEERS WANTED:

Calling all those who have a talent or passion to share with our residents. Even a simple visiting group. Prior to COVID we had many visitors and volunteers that the residents are missing greatly!

To set up a single visit or a monthly/weekly schedule contact Gloria at (218)694-6552 or email her at glebeda@cornerstoneshc.com

**ONE OF THE
GREATEST GIFTS
YOU CAN GIVE IS
YOUR TIME.**

~UNKNOWN

Life is beautiful with family.

Thank you to the friends and family that came to our root beer float social.

**ONE PERSON CAN
MAKE A DIFFERENCE,
AND EVERYONE
SHOULD TRY.**

~JOHN FITZGERALD KENNEDY





Cornerstone Nursing & Rehab Center

416 7th Street NE
Bagley, MN. 56621

Services offered at Cornerstone Nursing & Rehab Center

Cornerstone Nursing & Rehab Center, a 47-bed, Medicare-certified, skilled nursing facility, provides skilled care in a comfortable, safe and home-like atmosphere. Cornerstone offers quality health care and strives for excellence in all departments, enhancing the quality of life for our residents. Stop by for a personally guided tour of our facility. Individual resident care plans are developed by a team of professionals to ensure that all residents' needs are addressed and provided for.

We offer:

- 24-Hour licensed nursing care
- Physician visits
- Exercise and restorative care programs
- Therapeutic diets
- Physical, occupational and speech therapy
- Daily activities to meet individual interests
- Wonderful volunteers
- Spiritual and hospice services
- Transportation arrangements
- Resident and Family Councils
- Adopted Foster Grandparents Program
- Private resident rooms
- Designated Memory Care wing
- Monthly visits by a registered dietitian and pharmacist consultant
- & much, much more!

Employment Opportunities

- License Practical Nurse (LPN)
- Certified Nursing Assistant (CNA)

Flexible schedules, full-time or part-time positions available.

Eligible for benefits such as:

- ◆ Health Insurance
- ◆ Vision & Dental
- ◆ 401(k)
- ◆ PTO & Sick time



For more information
& to apply visit

www.cornerstoneshc.com/careers