



Cub Scouts, aged 5-8, spent time caroling at Cornerstone Residence of Bagley to earn their Community Service Badges. Pictured left to right: Tucker, Colin, William, Newt and Remington.



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A SOLID FOUNDATION IN HEALTHCARE

CORNERSTONE RESIDENCE - PREMIER ASSISTED LIVING COMMUNITIES - MARCH-MAY 2022



**Brandi
Knows
Best
Brandi
Coyer, RN
Coordinator**

How Vision Effects the Elderly

Vision loss among the elderly is a major health care problem. According to David A. Quillen, M.D. "approximately one person in three has some form of vision-reducing eye disease by the age of 65. The most common causes of vision loss among the elderly are age-related

macular degeneration, glaucoma, cataract and diabetic retinopathy."

Vision loss impacts those who live with it as well as their families, and their friends. The National Institute on Aging states that vision loss affects quality of life, independence, and mobility. It has been linked to injury, falls and mental health issues affecting cognition and social function to name a few.

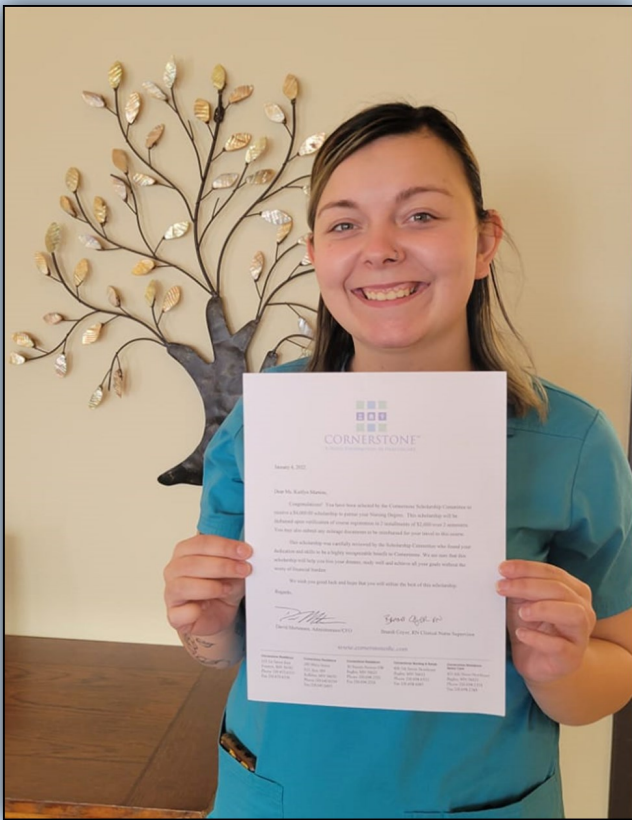
There are things that one can do to help preserve eyesight. Such things as protecting your eyes from sunlight with UV blocking sunglasses, quitting smoking, making smart food choices, maintaining healthy weight and

blood pressure as well as managing diabetes can all make a world of difference to your eyesight at any age.

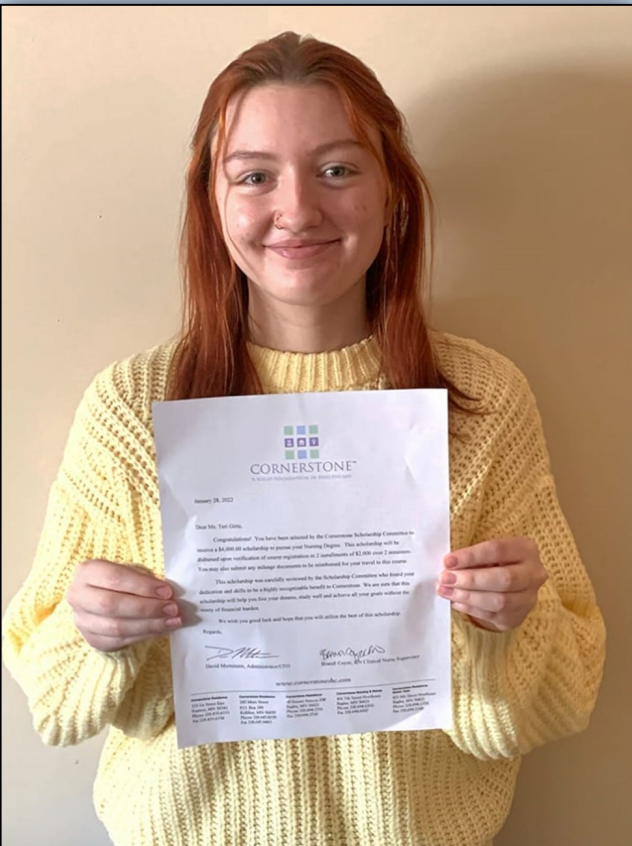
Using the following suggestions if you already have vision loss or low vision may be helpful.

- Use good lighting
 - Minimize fall risks by eliminating clutter
 - Improve household organization
 - Embrace contrasting colors
 - Use a magnifying glass
 - Visit with a Low Vision Specialist
- Cornerstone knows the importance of good eyesight and we work with our residents to ensure they can live their best lives.





Kaitlyn received a \$4,000 Cornerstone Scholarship! She plans to use this scholarship as she attends school for her Nursing Degree. Congratulations Kaitlyn!



Teri received a \$4,000 Cornerstone Scholarship! She plans to use this scholarship as she attends school for her Nursing Degree. Congratulations Teri!

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BINGO



Cornerstone Residence
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