



CORNERSTONE™

A SOLID FOUNDATION IN HEALTHCARE

CORNERSTONE RESIDENCE - A PREMIER ASSISTED LIVING COMMUNITY - APRIL 2021

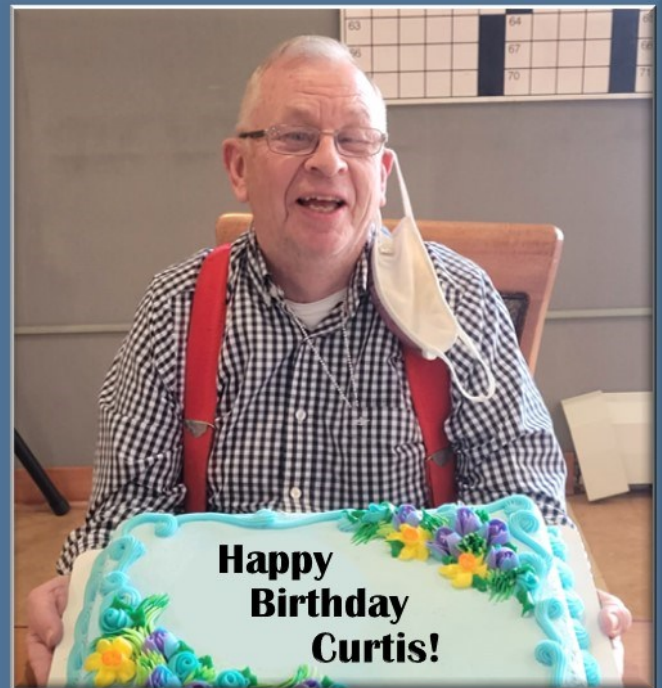
It's the *little things* in life!

visits from loved ones



Extra, Extra! Read All About It!

SEE THE BACK PAGE FOR NEW VISITING GUIDELINES.



birthday celebrations



*spontaneous
music jam sessions*

CORNERSTONE'S STAFF & RESIDENTS HAD A
Happy St. Patty's Day!



THESE LUCKY LADIES WON THE
"Feeling Lucky?"
Guessing Game!

Friendly competition sparked excitement in the air - spreading from employees to residents.

The competition was fierce & the contenders full of sass!

Cornerstone
 RESIDENCE OF KELLIHER - CRK



Cornerstone
 RESIDENCE OF FOSSTON - CRF



Cornerstone
 RESIDENCE OF BAGLEY - CRB



Cornerstone
 RESIDENCE SENIOR CARE - CRSC



Cornerstone
 NURSING & REHAB - CNRC





Karley Tells it How it is!

By Karley Neeland, RN

According to the Centers for Disease Control, a shocking one fourth of people over the age of 65 will fall each year. An even more shocking statistic is that after a fall has happened, the chances of falling again doubles, and half of those that fall do not tell their doctors.

There are several culprits that increase our chances of falling as we age, but the top ones are:

- o Lower body weakness
- o Vitamin D deficiency
- o Difficulties with walking and balance
- o Use of medicines, such as tranquilizers, sedatives, antidepressants, and even some over-the-counter medicines.
- o Vision problems
- o And foot pain

It has been argued that falling is not a normal part of aging. With proper knowledge and support, falls can be greatly avoided. Cornerstone feels strongly that falls need to be a part of our conversations with all people 65 and over and including individuals from many walks of healthcare is beneficial.

Most often, a fall prevention team should include a physician, a physical/occupational therapist if weaknesses have been found, an ophthalmologist & your pharmacist. They all hold a key of expertise that will help determine how you can avoid falls.

Here is a check list of things to ask the healthcare workers in your team:

- o Ask your doctor or healthcare

provider to evaluate your risk for falling and talk with them about specific things you can do to prevent falls.

- o Ask to be referred to a physical or occupational therapist if you feel an increase in weakness or need help with learning ways to do everyday tasks easier.
- o Ask your doctor or pharmacist to review your medicines to see if any might make you dizzy or sleepy. This could include prescription medicines and over-the-counter medicines.
- o Ask your doctor or healthcare provider about taking vitamin D supplements.
- o Ask your ophthalmologist if your vision has changed and new glasses are needed.

Once you have addressed any physical reasons that may cause a fall, there may be environmental changes to address. Some of these changes include: getting proper and well fitted footwear, remove throw rugs and clutter that can be tripped over, add grab bars inside and outside your tub or shower and next to the toilet, repair broken or uneven steps or flooring, and putting railings on both sides of staircases.

Remember that even with all precautions in place, a fall can still

occur. The National Institute on Aging suggests the following strategies for individuals that are alone during a fall.

- o Try to remain calm. Take deep breaths and stay on the ground for a few moments to assess any injuries that may have occurred. Getting up too quickly or in the wrong way could make an injury worse.
- o If you think you can get up safely without help, roll over onto your side. Rest again while your body and blood pressure adjust. Slowly get up on your hands and knees, and crawl to a sturdy chair.
- o Put your hands on the chair seat and slide one foot forward so that it is flat on the floor. Keep the other leg bent so the knee is on the floor. From this kneeling position, slowly rise and turn your body to sit in the chair.
- o If you are not able to get up on your own, get into a comfortable position if possible and wait for help to arrive.

The nurses and staff at each Cornerstone Residence facility know the importance of having fall assessments periodically and as health changes are documented. We do our due diligence to help our residents avoid the physical and financial pains of falling.

"Embrace a lifestyle of comfort & convenience."

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Cornerstone Residence - A Premier Assisted Living Community

We are excited to announce that recent guideline changes from the Minnesota Department of Health have expanded our indoor visiting & resident outing allowances for fully vaccinated residents!

· Fully vaccinated residents will now be allowed to attend social outings without being required to quarantine upon returning.

· Also, if you wish to visit a fully vaccinated resident, you will be allowed to go directly to the resident's apartment after being screened in by a Cornerstone employee.

· The resident you are visiting will let you know if they are comfortable with allowing close contact, such as holding hands & hugs. If they have not made their wishes known, please ask.

· We do ask that visitors always wear a well-fitted facemask and limit movement around the facility.

· These new allowances will change again if the county positivity rate increases or if a facility has confirmed positive cases in any of the residents or staff.

· Guidelines for visitation & resident outings for clients that have not been fully vaccinated will remain the same. If you have questions, please feel free to call the facility you wish to visit for more details.

· Please reschedule your visit or outing if you have any symptoms of COVID-19 or the flu.

**Call Monday-Friday
during regular business
hours to schedule your visit.**

Cornerstone Residence
30 Sunset Ave SW
Bagley, MN 56621

When the time comes that you need a little help with activities of daily life - such as bathing, dressing or taking medications - you'll get the help you need at

Cornerstone Residence of Fosston

Our services are customized to ensure maximum independence with around-the-clock attention.

**1 & 2 bedrooms
apartments are
available!**

CORNERSTONE™
A SOLID FOUNDATION IN HEALTHCARE

**Comfortable, Warm,
Active & Secure
are just a few words
that describe life at
Cornerstone Residence!**

*~an assisted living community
in downtown Fosston, Minnesota*



Contact Sherri at 218-435-6333
or visit www.cornerstoneshc.com
for additional information.

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