

CORNERSTONE™

A SOLID FOUNDATION IN HEALTHCARE

CORNERSTONE RESIDENCE - A PREMIER ASSISTED LIVING COMMUNITY - FEBRUARY 2021

There have been many exciting things going at the Cornerstone Residence facilities this month!

We brought in the New Year with some fun dress up days! Our residents enjoyed seeing all the silly wardrobe choices! See pictures on page 3.

January has also brought the much anticipated COVID-19 vaccine. We are in the process of scheduling and receiving the vaccination at all of our facilities. Vaccines are available for all staff and residents that wish to receive it. CRF and CREC's first dose was on

January 10 and CRSC was January 20th. Other facilities will be scheduled in the very near future.

On January 14th we celebrated National Dress Up Your Pet Day with visits from some very sweet pups. They brightened everyone's day and left a little plumper than when they came with lots of treats consumed!

Maybe the most exciting thing January brought us however, was being able to open our doors to our lovely visitors once again!

*What a **HAPPY**
NEW YEAR indeed!*



Karley Tells it How it is! By Karley Neeland, RN



In order to control our blood pressure, it is important to understand how blood pressure works and the effects it has on our bodies. A study published by the American College of Cardiology (2020) found 70% of adults 65 and older have high blood pressure. High blood pressure can lead to stroke, heart disease, eye problems, kidney failure, and lightheadedness upon standing which can lead to falls (NIA, 2018).

Blood pressure is the force of blood pushing against the artery walls. It is measured in two numbers; the top number is called the systolic blood pressure and the bottom number is the diastolic blood pressure. The systolic blood pressure is pressure from the heart contracting and pushing out blood and the diastolic blood pressure is when the heart relaxes and fills with blood. Blood pressure is written with the systolic first then the diastolic. A normal blood pressure for adults is 120/80. High blood pressure is generally defined

as 130/80 or higher.

Older adults are prone to high blood pressure as their arteries stiffen through the aging process. Maintaining a healthy weight, regular exercise, a healthy diet, low salt intake, low alcohol intake, no smoking, sleeping well, and managing stress are all great ways to combat high blood pressure. When lifestyle changes alone do not lower blood pressure, medications may be prescribed.

The staff at all Cornerstone Residence facilities are trained to be competent in monitoring our client's blood pressure. We perform weekly blood pressure checks on clients and may perform more often if needed or prescribed from the physician. Physicians are notified of abnormal blood pressures to ensure clients are receiving the best care to avoid serious complications of high blood pressure.

More information can be found at <https://www.nia.nih.gov/health/high-blood-pressure#facts> and <https://www.acc.org/latest-in-cardiology/articles/2020/02/26/06/24/older-adults-and-hypertension>. These sites were used in writing of this article.

Come Visit!

With COVID-19 cases lessening in our counties we are able to allow visitors again. Please call ahead for an appointment.

Watch our website for upcoming events

www.cornerstoneshc.com



**Happy Valentine's Day
from all of us at Cornerstone!**



CORNERSTONE™

A SOLID FOUNDATION IN HEALTHCARE

Assisted Living • Skilled Nursing • Rehabilitation Center • Memory Care



Cornerstone offers Assisted Living at it's finest in Bagley, Fosston & Kelliher. Two of our Assisted Living Communities offer comfortable, safe & secure Memory Care. In addition Cornerstone has a skilled Nursing & Rehabilitation Center.

Contact Gloria at 218-694-2701 to discuss apartment availability per location.

TOGETHER WE CAN FIND YOU OR YOUR LOVED ONE THE BEST FIT!



visit www.cornerstoneshc.com for more details

Staff Shenanigans

Bringing in the New Year!



All of our Cornerstone facilities started out the New Year with some fun dress up days! The residents had a blast with it is well. One asking, while grinning ear to ear, "What is wrong with you? Have you gone crazy?"



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Brandi Knows Best By Brandi Coyer, RN Coordinator



Grieving:

When is it Normal & When is it

Time to Worry

Grieving can be a very difficult process to navigate through, especially for the elderly. They are often faced with frequent losses, which can lead to profound effects on their physical health and emotional well-being.

Grief can have devastating effects on an elders immune systems. Studies show that a grieving individual's neutrophil count, a type of white blood cell, can be weakened. Neutrophils have been shown to protect our bodies from invasions of bacteria and others infections, such as pneumonia. If you have a loved one

that is facing loss it is important to help them stay healthy. Encouraging them to drink plenty of water, eat fruits and vegetables, stay active and to rest often are simple things can do wonders at improving the health of their immune system. You can also help them to stay healthy by spending time with them. Personal connections are always important, but become even more essential during the grieving process.

There is no rule book for the length of time or how one should grieve. Everyone is different, and every loss is different. Keeping that in mind, it is important to remember that time should lessen their sadness. If you feel that your loved one is not feeling any better as time passes they may be suffering from depression. Signs of depression to watch for: the passage of time does not lessens the sadness, emotions get in the way of normal activities of daily living, no joy is



CVS made a stop at Cornerstone Residence of Fosston on January 10th to administer vaccinations. Aimee Agnes, long time dedicated Personal Assistant, proudly received hers. Vaccines are being administered at all of the Cornerstone locations.

gained from doing once loved hobbies and activities or thoughts of suicide. If you suspect depression, their family doctor may be able prescribe something to get them through this stage.

Remind them that it is okay not to be strong. This may help them to be able to share their feelings honestly. Hugs and talking about fond memories will