



CORNERSTONE™

A SOLID FOUNDATION IN HEALTHCARE

CORNERSTONE RESIDENCE - A PREMIER ASSISTED LIVING COMMUNITY - MAY 2021



If we had no winter...

*... Spring
would not be so
SWEET.”*

~Anne Bradstreet



Cornerstone™
RESIDENCE

Cornerstone Residence Newsletter Covers: CRF-Cornerstone Residence of Fosston, CREC-Cornerstone Residence Extended Care, CRSC-Cornerstone Residence Senior Care, CRB-Cornerstone Residence of Bagley and CRK-Cornerstone Residence of Kelliher.

A LIFE STORY



By Gloria Lebeda, Cornerstone Community Relations Coordinator

collegiate gymnasts and volleyball coach, high school and collegiate physical education teacher, Oakland City University First Lady, congressional aide for Congresswoman Coya Knutson, who was Minnesota's first congresswomen, was awarded with an Honorary Doctorate of Humanities, and she still managed to travel to 60 countries!

I had the privilege of meeting Rae Arliss (Reierson) Murray this week while visiting Cornerstone Residence of Fosston, where she resides in her adorable 1-bedroom apartment. Rae is a delightful woman that has led the most extraordinary life!

Rae's list of credentials is long! She is the doting mother of two, was a Marine officer's wife, professor of aviation at the University of Illinois,

Rae enjoys living at Cornerstone and speaks with fondness of Clara Albrecht, one of Cornerstone's amazing Personal Assistants, "They don't care that I am 86 going on 87 and all. They just don't care that I am old." She continues, "Clara is one, if she is going off duty she will come in and say, "how are you doing" and I will say, I'm just fine. She will ask, "have you slept yet" and I'll say, there's something really



good on TV and then [Clara] will say, "I'm going to have to get after you." She is truly a sweet girl; she has a big heart." Rae continues again, "I will pretend and say, I'm done, turn out the lights, I'm fine, and I will click off the TV. I'll wait until she is gone and click the TV back on, the lights back one and watch what I want." Rae laughs, "I wonder if she knows that, I bet she has it figured out."

Mike Murray, Rae's son, is happy that his mom is at Cornerstone. He says "We don't have to worry.

We know she is in good hands. Clara, Aimee, and the nurses are rock stars! They walk on water as far as mom is concerned. Brandi [Cornerstone RN Coordinator] has been wonderful to work with. We need more people to go into this profession."

Rae is quite the lady, that has lived quite the life! After meeting and visiting Rae Arliss (Reierson) Murray for a mere hour and half she assures me "If you ever need Rae, Rae will be here." I left her cute apartment knowing I will be forever moved by her life, her grace, but mostly her love for all. Rae would tell you that none of her other achievements compare to being the mother of 2, grandmother of 4, great-grandmother of 6, and friend to all.

"If you are kind to others, they will be kind to you. That is what I've seen." ~Rae Arliss (Reierson) Murray

If you would like to read the full article visit our website at <http://www.cornerstoneshc.com/newsletters>



Karley Tells it How it is!

By Karley Neeland, RN



Diabetes, What Everyone Should Know

We may all know that diabetes is bad, but do you know how bad it is?

Diabetes is affecting more and more people each year due to high sugar/carbohydrate diets and inactivate lifestyles.

As is true of many ailments, diabetes tends to get worse as we age. Elderly folks with diabetes struggle with many more complications than those without diabetes. They are at higher risk for things like coronary heart disease, cerebrovascular disease, peripheral vascular disease, retinopathy, nephropathy, and neuropathy. They are also more

likely to: fall, have greater vision and hearing impairments, suffer from urinary incontinence, have cognitive impairment and dementia, struggle with depression, have functional disability, have frailty, and have a shortened life span.

Some type 2 diabetes cases can be prevented or reversed. However, some people may be predisposed to getting diabetes due to genetics. Whether you have diabetes already or want to be proactive in preventing it, a healthy lifestyle is key! The choices you make today really do impact your future health in a big way.

You may ask, what is a healthy lifestyle? Being health conscious does not mean eating rice cakes and spending hours in the gym each day. So, if you have been living a less than healthy lifestyle, start by making small choices each day to care for your body. Go for a 10-minute walk

on a break instead of scrolling through social media, pack an "Emergency Apple" to munch on instead of the piece of cake you were offered by a co-worker, or drink a sparkling water instead of a can of soda.

A healthy lifestyle can lower risks of having more severe complications as you age. Your life will be so much harder in the long run if you are not doing some of the hard work to stay healthy now. It is never too late to start!

At Cornerstone we know how important diabetic care is for our residents with this disease. We work closely with doctors, pharmacists, and our own staff to provide quality care. Each resident at Cornerstone has an individualized care plan that helps our nursing and dietary staff ensure we meet their needs and provide them with everything they need to live a healthy lifestyle.

CORNERSTONE HAS A LOT TO OFFER!

NURSING & REHAB CENTER • ASSISTED LIVING • MEMORY CARE • & TOWNHOMES!



Call Gloria today to find your perfect Cornerstone! 218-694-2701

Cornerstone Residence
30 Sunset Avenue
Bagley, MN. 56621



*"I am well
cared for...
nice nurses, a lot of care & good food."*

..... Norman Norby - Cornerstone Residence Senior Care

