

CORNERSTONE RESIDENCE - A PREMIER ASSISTED LIVING COMMUNITY - MAY 2021





## Hwe had no winter...



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.



Gloria Lebeda, Cornerstone Community Relations Coordinator

I had the privilege of Rae Arliss meeting (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, 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, awarded with an Honorary Doctorate of Humanities, and she still managed to travel to 60 countries!

Rae enjoys living at Cornerstone and speaks with fondness of Clara Albrecht, one 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 We know she is in good [Clara] will say, "I'm going hands. Clara, Aimee, and to have to get after you." She is truly a sweet girl; she They walk on water as far has a big heart." Rae as mom is concerned. continues again, "I will Brandi [Cornerstone RN pretend and say, I'm done, Coordinator] turn out the lights, I'm wonderful to work with. fine, and I will click off the We need more people to TV. I'll wait until she is go into this profession." gone and click the TV back on, the lights back that has lived quite the life! one and watch what I After meeting and visiting want." Rae laughs, wonder if she knows that, I Murray for a mere hour bet she has it figured out."

is at Cornerstone. He says "We don't have to worry.

the nurses are rock stars!

Rae is quite the lady, "I Rae Arliss (Reierson) and half she assures me "If Mike Murray, Rae's you ever need Rae, Rae son, is happy that his mom 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 h t t p : / / www.cornerstoneshc.com/ newsletters



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



Diabetes, What Everyone **Should Know** 

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

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 manv more complications then those without diabetes. They are at higher risk rice cakes and spending hours in for things like coronary heart the gym each day. So, if you have disease, cerebrovascular disease. peripheral vascular retinopathy, nephropathy, neuropathy. They are also more body. Go for a 10-minute walk healthy lifestyle.

and hearing impairments, suffer from urinary incontinence, have cognitive impairment dementia, struggle with depression, have functional disability, have frailty, and have a shortened life span.

diabetes is bad, can be prevented or reversed. However, some people may be predisposed to getting diabetes is 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 been living a less than healthy disease, lifestyle, start by making small and choices each day to care for your

likely to: fall, have greater vision 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 Some type 2 diabetes cases 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!

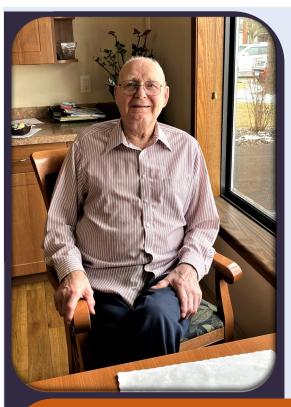
> At Cornerstone we know how important diabetic care is for our residents with this disease. We work closely with doctors, pharmacists, and our own staff to provide quality care. Each resident at Cornerstone has an individualized care plan that helps our nursing and dietary staff ensure we meet their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

### 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

# "Fam well COUNCIA SON... nice nurses, a lot of care & good food."

····· Norman Norby - Cornerstone Residence Senior Care





