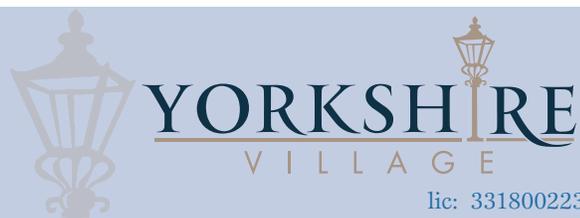


The Lamp Post

COMMUNITY NEWSLETTER

26933 Cornell St., Hemet, CA 92544 / phone: 951.658.1068



A Message from the Desk of our Executive Director

Teresa Mapilis



Season's Greetings from the entire team of Yorkshire Village!

While many families are excited about family gatherings and holiday events, for those who are undergoing memory care, as well as for their families and friends, the experience of the holiday can be far from exciting. On the contrary, it can be very overwhelming. Thankfully, those who experience memory loss can still enjoy the love and beauty of the season, as long as they are treated with patience, compassion, and respect. For a person with dementia, Christmas poses challenges that include disruption to a routine, confusing changes to décor and the layout of a home, and the pressure to be social over extended periods of time. When somebody's memory or cognitive skills are deteriorating, they will find these tasks especially difficult. It is important that they are catered for in the most sensitive ways possible.

We don't want our loved ones to "miss out" on holiday celebrations, but often it creates a stressful situation for all. So what should we do? We should go to where they are and celebrate the holiday, and it doesn't have to be on the actual day, since people with dementia aren't aware of which day is Christmas, for example. A small celebration at a different time is just as nice. It is the visit and the feeling it invokes that counts, not where or when it occurs. Tap into the memories during the holidays by sitting with photo albums or home videos and reminiscing about holidays past (the older the memories, the better). "We remember their LOVE when they can no longer remember" - Anonymous

Happy Holidays!



December 2021

yorkshire-village.com



Resident Birthdays

Esther S.	12/03
Claude P.	12/07
Patty F.	12/20
Guadalupe	12/25
Robert E.	12/25
Nancy P.	12/30

Holiday Celebrations

11/28-12/06	Hanukkah
12/21	Winter Solstice
12/25	Christmas Day
12/31	New Year's Eve

Getting in the Holiday Spirit with our Nutcracker Decor



The Spirit of Holiday Gift Giving



Of the many joyous seasonal bounties and rituals, the most evocative rituals of the holidays involves the giving and receiving of gifts. And for some of us, while we might feel pressured to prove our love and caring in a strictly material way, gift-giving often means much more than just spending money. When giving is done thoughtfully, it can have a wonderful, even profound, emotional, social, and often transformative spiritual effect on us and our loved ones.

The definition of a gift is the transfer of something without any expectation of payment. While gift-giving may often involve an expectation of reciprocity, the gift itself is meant to be free. The term “gift” can be applied to anything that makes the recipient feel happier, or can include appeals for forgiveness and an invocation of kindness. Gift-giving (while remaining true to your values and budget!) represents an opportunity to make a meaningful connection with someone who matters.

The rewards of gift-giving are plentiful and profound. The giving of gifts can often produce a positive psychological and emotional effect. Gift-giving reinforces our feelings for another person, and allows us an opportunity to communicate that we truly care about them. The act of giving can also deliver a host of additional benefits to the giver, too! The giving of actual material gifts, time or money has also been proven to lower one’s blood pressure, reduce stress levels, and eventually diminish anxiety or depression, while elevating one’s own self-esteem.

Anne Morrow Lindbergh, an American author, aviator and the wife of legendary aviator Charles Lindbergh once wrote, “To give without any reward, or notice, has a special quality of its own.” In support of this worthy sentiment, research has revealed that the joy of giving often lasts longer than the joy of getting! In fact, a 2018 study presented in Psychological Science by researchers Ed O’Brien and Samantha Kassierer found that the study participants’ level of happiness did not decline, or declined much more slowly, when they repeatedly bestowed gifts on others versus repeatedly receiving those very same gifts themselves. Perhaps the elusive “quality” Lindbergh describes actually refers to the value of connection and its accompanying happiness. Increased happiness always comes from connecting with others we care about or love, and the act of giving is usually reciprocated with the invaluable gift of genuine human connection.

SPOTLIGHT ON OUR RESIDENT

Elizabeth

Elizabeth was born and raised in Uniontown, Pennsylvania, and was the older sister of four younger siblings. She met and married her husband, and they lived an amazing life together for over thirty years.

They loved to dance and enjoyed wherever life took them. One of Elizabeth’s life passions was working on airplanes. She also loved animals! She and her family had many pets throughout life, including several dogs and cats. We like to say that if the dogs and cats get along, that means your home is overfilled with love.



Elizabeth is appreciated as a unique individual in our Yorkshire village community. The three descriptors that most people use to describe her are: caring, joyful, and sarcastic. Her sense of humor is appreciated by staff members, as is her joy in life and care for fellow residents. She is independent and caring, but never afraid to speak up. Elizabeth, we are grateful you chose Yorkshire Village, and look at you as part of the family that we are excited to learn from and celebrate with, especially during this holiday season!



Thank You to Peaceful Heart Hospice for the morning donuts and coffee for our veterans. They are beyond grateful.

December Featured Activities & Events



11/28-12/06

Hanukkah

The Festival of Lights, or Hanukkah, is an eight-day celebration that commemorates the rededication of the Holy Temple after the Jewish people battled the Syrian-Greeks (Seleucids) to reclaim it in the second century BCE. Hanukkah has both historical and spiritual meaning in the Jewish religion, and is celebrated by discussing the

meaning of the holiday, lighting the menorah, eating fried foods, and playing dreidel. Rabbi Minnen shares that Hanukkah “symbolizes the creation of light in the darkest times, which will be especially true this year”, as our nation works to heal and recover from the pandemic. We are so fortunate to continue to celebrate throughout the beginning of December, sharing traditions and blessings, progressively lighting the candles of the Hanukiah, giving gifts, and eating lots of latkes and jelly donuts. Chag Sameach!

Saturday, December 25

Christmas Day

Every year on December 25, we celebrate Christmas, a day for spending time with family, observing an important Christian holiday, partaking in lighthearted traditions, or just spreading some holiday cheer!

Christmas has evolved over several millennia into a worldwide celebration that's both religious and secular and chock full of fun-filled traditions and activities. Our community will celebrate this holiday throughout the month of

December by decorating our community, creating handmade gifts, cookie decorating, enjoying hot cocoa hours and carolers, a Christmas feast, and much more as we spread joy this season. Merry Christmas!



Friday, December 31

New Year's Eve

On New Year's Eve, you either breathe a sigh of relief that the year is over or marvel at how it went by in a flash. There are some annual traditions that we are especially enthusiastic about observing, such as toasting a glass of champagne as we watch the grand celebration and Ball Drop at Times Square in New York. We take the opportunity to reflect on the past year with all its highs and lows, but we also get ready to

party our way into the New Year. Here's to a new day, new year, and new beginnings!

'Tis the Season to Put Some Extra Cheer in Your Holiday Drinks



It is probably not surprising that eggnog remains our most popular holiday elixir. This creamy, silky milk-based libation has been around since at least the 1700s, and was originally used as a kind of medicine for a range of ailments including even malaria. A taste for eggnog, however, is not a universal phenomenon. The number of people with a penchant for the drink is probably matched by an almost equal number of those who dislike it! For those of us who love it, National Eggnog Day is celebrated every Christmas Eve. So be certain to indulge on December 24th and tilt a glass to your favorite seasonal beverage!

Eggnog, however, isn't the only popular holiday tittle. Seasonal punches come in a wide variety of tastes and colors, although the carmine cranberry-based juice punches are perennial favorites. Splash in some pineapple juice, ginger ale, almond extract, fresh fruits such as cranberries and sliced lemons and limes, and you've got yourself a holiday drink with some real punch to it!

For those who look forward to sipping on something warm during the holidays, Mulled Cider is certainly a leading contender. Apple cider mulled with cinnamon sticks, cloves, allspice berries, orange and lemon peel (and a splash of rum for the adults!) is a wonderful way to savor the warm glow of the holidays!

And if hot drinks are more to your liking, another yuletide favorite remains the popular and delicious cup of piping hot cocoa. However, a tasty holiday version isn't just any hot cocoa... try your cocoa infused with peppermint and topped off with crushed candy cane and marshmallows!

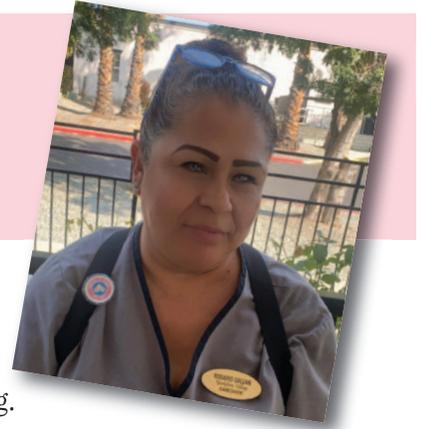
So whatever your holiday beverage cravings may be, there's always a cup of liquid cheer to satisfy your holiday cravings!

“To appreciate the beauty of a snowflake it is necessary to stand out in the cold.” ~ Aristotle

Enjoying our Relaxing Spa Day at Yorkshire Village



Employee OF THE MONTH Rosario Galvan Caregiver



This month our employee spotlight is on Rosario! She is a fabulous caregiver, and well-rounded in the senior living industry thanks to all her help in different departments, such as with activities and dining.

Rosario was born in Michoacán, Mexico, but came to America with her family when she was three years old. They came to nearby San Jacinto, where she grew up and started working and building a family of her own. She is a fantastic mother to two boys and one girl; they are her world. Being a caregiver is very natural for her due to her caring and leadership role as a mother. Rose strives to be the best version of herself every day, both at home and at work. She has always been very independent and strong minded. She continues to amaze us with her talent, whether that's seen via her cooking, crafts, or gifts.

We are forever grateful for your help and care, Rose, at our Yorkshire Village community!



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MORTUARY & CREMATORY

Thank You to Miller Jones
Mortuary for sponsoring our
Employee of the Month
party for Rosario Galvan.

Community Leadership Team



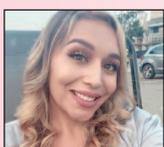
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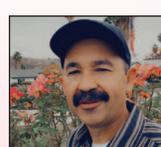
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