

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



Welcome to June!

Summer is right around the corner, and time to plan and tackle the much anticipated summer to-do-list. So, what are your

plans? Here at Yorkshire

Village, we have so many fun activities planned for our loved residents for the month of June. Did you know there's a magic cure that can boost your mood, lower the need for pain medication, provide your daily dose of vitamin D, strengthen your relationships and improve your sleep more? Seniors should spend time outdoors! Our residents who are not able to join our morning walks and/or outdoor events can benefit from sitting outdoors and enjoying the change of scenery, smelling freshly cut grass, and seeing beautiful flowers and plants that surround our community.

We are also very excited to celebrate Father's Day this month. Father's Day is a time to honor our dads and recognize all that they have done for us. Beyond finding a great Father's Day gift, the greater goal of the day should be to give our fathers love and admiration. We understand that a potential problem may exist when your loved one is suffering from dementia or Alzheimer's Disease. We ask ourselves questions like, "What could I do to celebrate with him?, Will he even recognize me?, Should I even come?". The answer is YES, you can and you should still celebrate Father's Day with him. It does not matter whether he will recognize you or not. Spending quality time with your father or grandfather can bring great connection and joy for both of you.

"It doesn't matter who my father was; it matters who I remember he was." - Anne Sexton



June 2021

yorkshire-village.com

•HAPPY•



Resident Birthdays

Edwin M.	6/04
Esther	6/21
Wanda	6/21
Dorothy	6/28
Aimo	6/29

Holiday Celebrations

6/01	Say Something Nice Day
6/04	National Donut Day
6/06	Cancer Survivor Day
6/19	Juneteenth
6/20	Father's Day



Mother's Day at Yorkshire



Wellbeing

Focus

June is
National
Men's Health Month



This month is all about encouraging the men in your life (including you, men out there!) to take care of their bodies by eating right, exercising, and working to prevent disease. The official symbol for the month is a blue ribbon and the purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of diseases including cancer, heart disease, and depression.

Why is National Men's Health Month Important? It serves as:

1. A reminder to get checked out

If you're stressing about a symptom—a busted knee, a persistent headache—it can be easy to get in a cycle of worrying about it. But going to the doctor can do two incredible things: one, it can figure out what's wrong, but two, it can keep you from worrying! Men's Health Month encourages you to get yourself checked out so you can feel better—and stop worrying.

2. A conversation starter

Men's Health Month gets people talking about health, which gets people acting about health. Gyms get joined, appointments get made, and resolutions get promised. It's a beautiful thing. Join in!

3. An excuse for pampering

Lots of things that are good for your body are also good for your soul! Play some golf, get a massage, take an extra long nap. It's all healthy, and if anyone asks the occasion, you've got an answer at the ready: Men's Health Month!

SPOTLIGHT ON OUR RESIDENT

Diana W.

This month's resident spotlight is on beautiful, vivacious Diana! We are so happy to have her joyful energy imbue the Yorkshire Village community with excitement. She was born on March 11 during the sixties in San Jose, California. She happily grew up in a large family of four kids, always having adventured with her two brothers and once sister. She was always very family oriented due to her upbringing. She has always been active, and you can always spy her somewhere around the community walking and exercising, both indoors and outside. Her best friend and mom Darlene love to spend time together, and feel blessed to study and discuss the Bible together. Diana brings smiles to all of her residents with her lively dancing and photogenic antics. We are grateful to have you, Diana, as part of our Yorkshire Village family!



Experiencing Nature!

Residents enjoy daily walks around our Yorkshire Paths.



June Featured Activities & Events



Monday, June 14

Flag Day

America's Flag Day marks the Second Continental Congress' adoption of the first U.S. national flag on June 14, 1777. The first flag, thanks to Betsy Ross' sewing prowess, featured the same 13 red and white stripes we see today. The number and arrangement of stars, however, has changed as the number of

states have increased over the centuries. The current flag has remained the same since 1960. Will we ever go from 50 to 51? Join us for a look at some possible statehood candidates. And consider this a warmup for Independence Day — in just 20 days!

Saturday, June 19

Juneteenth

The freedom of African Americans from slavery in the U.S. in 1865 is celebrated on the holiday Juneteenth on June 19.

Juneteenth is made up of the words 'June' and 'nineteenth,' and it is on this day that Major General Gordon Granger arrived in Texas more than 155 years ago to inform slaves that slavery had been abolished.

Other than marking a pivotal date of significance in American history, Juneteenth also serves as an opportunity for African Americans to cherish their culture and heritage.



Sunday, June 20

Father's Day

Where would we be without dads? Honestly, who would show off 'dad jeans,' tell the same somewhat amusing jokes at Thanksgiving, or spin those charming childhood stories? But of course, there's far more to dads than their wardrobe choices and endless

nostalgia for the 'good old days' (Elton John, David Bowie, and Queen — we get it). Still, dads are heroes. On June 20, join us as we let the community dads know how much they mean to us! "A father is neither an anchor to hold us back, nor a sail to take us there, but a guiding light whose love shows us the way." — Unknown



Sunday, June 20

Summer Begins

As the sun creeps up over the hills and into your community on June 20th, you'll know it's here. That blessed time of year when barbecues and beach trips reign, when work slows and summer holidays mean getting together with friends and family. Just thinking about it likely brings up the smell of fresh cut grass and the taste of cold lemonade. Summer Solstice — also known as the first day of summer — has arrived. (We interrupt this poetic paragraph to remind you that this applies only to those living north of the equator.) We all know the early morning rays of summer bring a smile to our face, but there's plenty of scientific proof to back that up. So, get out there and take advantage of all that vitamin D. Enjoy the start of summer!



Summer Foods to Beat the Heat



and Keep Hydrated.

This summer we will be adding more summer foods to our menu, which will help us thrive during the hottest months of the year! Below are seven suggested foods that are good at keeping you hydrated, but chock full of nutrients as well!

Tomatoes

They are filled with antioxidants like vitamin C and lycopene, which are beneficial for the skin and your overall health.

Watermelon

It is rich in water and also contains lycopene, which helps keep you hydrated as well as protect skin cells from sun damage.

Zucchini

It is mostly composed of water (94 percent of its weight), making it a perfect summer side! Rich in vitamin C, it boosts the immune system; being high in potassium, it helps to keep blood pressure in check.

Oranges

These delicious citrus summer fruits are well known for their Vitamin C levels, but also for their water content!

Leafy Greens

Veggies like spinach, broccoli, cabbage, cucumber are high in water content and nutrients!

Berries

A variety of berries aids skin health as they are high in antioxidants and increase your fluid levels in the heat.

Corn

This yellow veggie favorite on the grill contains antioxidants that help protect skin from the sun's rays! Every corn on the cobb also contains around 70 % of water!

Always remember... an uptake of water in the summer is imperative to avoid headaches, dehydration, and brain fog. Make sure to have plenty of water, in addition to high water content foods, to stay hydrated through the day!

"My father gave me the greatest gift anyone could give another person, he believed in me." ~ *Jim Valvano*

Cinco de Mayo *Memories*



Employee OF THE MONTH **Lolita** Caregiver

Lolita is one of our star team players here at Yorkshire! She grew up in León, a city in the central Mexican state of Guanajuato, and later moved to California. In her free time, Lolita loves to spend time with her family. She enjoys being a wife and mother, and was happy to be celebrated last month during Mother's Day! Lolita also loves to build relationships with Yorkshire Village residents; treating them like family is a must to her. She also treasures her relationships with fellow staff members, and she is always helping out by stepping up without even being asked in needed situations. Her life motto is: "the one who perseveres, achieves". She has persevered in the senior living industry for over 17 years, and is helping Yorkshire achieve a reputation of quality care. We appreciate all you do for our community Lolita; keep shining!



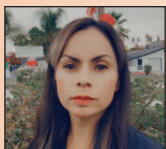
MILLER JONES
MORTUARY & CREMATORY

*Thank You to Miller Jones
Mortuary for sponsoring our
Employee of the Month
party for Lolita.*

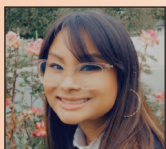
Community Leadership Team



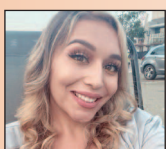
Teresa Mapilis
Executive Director



Emma Andrade
Health and Wellness Director



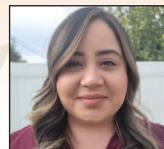
Nicole Kalacas
Administrative Assistant



Viviana Lara-Kovachev
Active Living Program Director



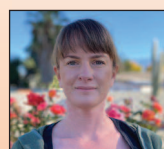
Sandra Sermenio
Executive Chef



Amelia Hernandez
Family Specialist



Juan Carranza
Director of Maintenance



Brooke Eastman
Environmental Manager