

The Lamp Post

Community Newsletter

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A Message from the Desk of our Executive Director

Teresa Mapilis

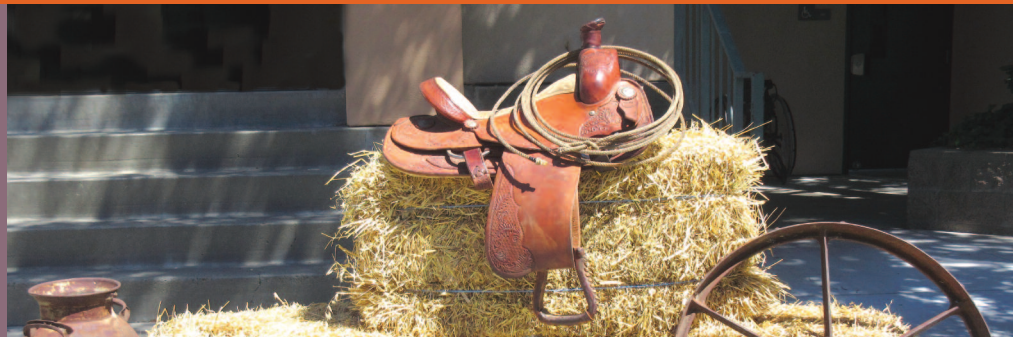


What a fun month!

I am excited to celebrate throughout May with everyone! May features a variety of wonderful holidays, such as Cinco De Mayo, Mother's Day, and Memorial Day. Cinco De Mayo is a time to remember the victory of the Mexican Army's over the French Empire at the Battle of Puebla. Mother's Day is very dear to every woman's heart and is a special time to celebrate as a mother and with all mothers. Memorial Day provides us all the opportunity to remember the loss of the brave men and women who have served in the U.S. Military.

Mother's Day will be extra special this year, and I cannot wait for our community to celebrate it alongside our residents and their families. We want to encourage our residents' families and friends to celebrate with us, as they honor their mothers and share sweet stories of love and laughter. It has been a long time coming, and now that we are slowly going back to normal, let us take the time to stop by and show our mothers (and soon fathers!) how much they are loved and cared for.

Have a wonderful May!
Teresa



May 2021

yorkshire-village.com

•HAPPY•



Resident Birthdays

June C.	5/03
Devera T.	5/14
Delma S.	5/17
Peter O.	5/27

Holiday Celebrations

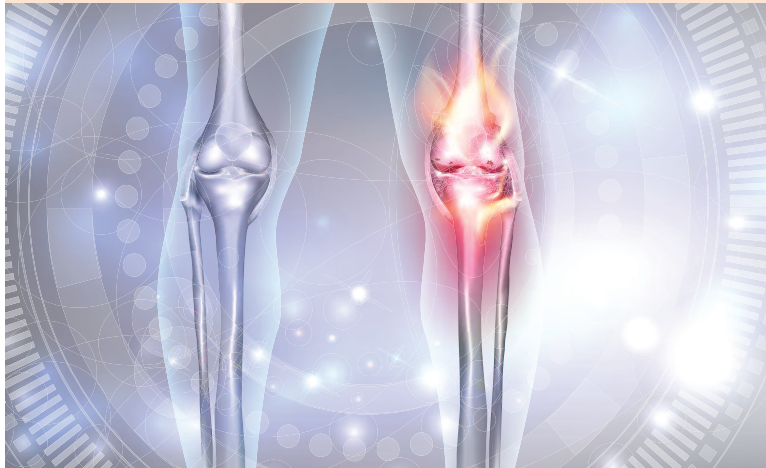
5/04	Star Wars Day
5/05	Cinco De Mayo
5/09	Mother's Day
5/15	Chocolate Chip Day
5/25	National Wine Day
5/31	Memorial Day



Easter
at Yorkshire

Wellbeing Focus

May is
Arthritis Awareness
Month



Everyone knows someone with arthritis. It is a leading cause of disability, and causes pain, aching, stiffness, and swelling of the joints. The most common types are osteoarthritis, rheumatoid arthritis, gout, lupus, and fibromyalgia.

- About 1 in 4 (54 million) US adults have arthritis.
- About 24 million adults are limited in their activities from arthritis.
- Adults with arthritis can decrease pain and improve function by about 40 % by being physically active.

For those diagnosed with this chronic illness, it can be a lot to handle, but rest assured: you can do it! You'll play a big role in getting your disease under control and staying as healthy as possible via self-management. Self-management is about making healthy lifestyle choices and learning to manage the physical and emotional effects of arthritis. Make the effort to learn all you can about your disease and build strong partnerships with your doctors.

The following self-management habits can help you successfully manage your disease:

Be Organized, Manage Pain, Address the Emotional Side, Tackle Fatigue, Improve Sleep, Get Moving, Balance Activity With Rest, & Eat a Balanced Diet. (See a community staff member or check out arthritis.org to explore each habit further!)

It may seem like a lot to do but you're not alone. Staff members in our community, doctors, family members, and organizations like The Arthritis Foundation are here to help you manage your disease, so take heart!

SPOTLIGHT ON OUR RESIDENT

Christine D.

Christine was born in Germany on September 25th in the 1920's. Growing up she always loved fashion and jewelry - her favorite thing to do was shop! Christine attended the University of Bonn, where her father was also a professor at the same college. She worked as a typist for many years and really loved her job.



Christine eventually moved to America in the 40's with her family for better opportunities. She became a wonderful loving mother to her daughter Birgid; she loves being a mother and is excited to be celebrated on Mother's Day. She has always been so proud of her daughter and all her accomplishments. Christine is a loving, kind-hearted woman and we are grateful have her in our Yorkshire Village Community!



May Featured Activities & Events



Wednesday, May 5

Cinco de Mayo

Everyone knows what May 5, or Cinco De Mayo, means: tacos, margaritas, fun and fiesta. But what exactly happened on this day of seemingly endless partying and celebration? The Battle of Puebla was held and Mexico triumphed over French forces on May 5th, 1862. Pro-Union Mexican citizens in the state of

California heavily celebrated the victory at the Battle of Puebla, viewing it as a victory for the Union's cause. Over the years, annual celebrations spread across California and the U.S., and our community plans to celebrate in style as well. Look out for Mexican flags, food, drinks, music, and more as we have a fiesta on the fifth!

Sunday, May 9

Mother's Day

Remember when the Peace Corps adopted the slogan "The toughest job you'll ever love"? No offense, Peace Corps, but that adage is more appropriate for motherhood — a job that is ever-changing and frequently exasperating. Moms don't receive handsome salaries or generous pensions. Instead, their rewards come in the form of expressions of love and the satisfaction of seeing their children grow up to be happy, healthy adults. Thus we honor the undying love and selfless sacrifices of mothers with some royal treatment of them on Mother's Day! This Sunday, our community will enjoy a Mother's Day High Tea.



Sunday, May 16

Shavuot

Shavuot—or the Feast of Weeks—is a Jewish holiday, celebrated between May 16-18 on the Gregorian calendar. The holiday has both an agricultural and biblical significance. Agriculturally, it

marks the wheat harvest in Israel. Biblically, it commemorates the day God gave the nation of Israel the Torah on Mount Sinai. The holiday also book-ends the Counting of the Omer, a ritualized counting of each of the 49 days between Passover and Shavuot. The tradition represents the anticipation around God's gift of the Torah.

Sunday, May 31

Memorial Day

Memorial Day, for many Americans, conjures up images of barbecues, parades, family gatherings, and summertime. But the last Monday in May serves, most importantly, as a time to honor those who died while fighting in the U.S. Armed Forces. It's a holiday steeped in somber American history and tradition. The day actually began as "Decoration Day," following the Civil War, when mourners placed flowers on the graves of Union and Confederate soldiers. Yes, Memorial Day has also come to signify the "unofficial" start of summer, but let's remember the heroes who made it all possible.



May Farmer's Market Favorites



Your diet should be as colorful as possible. By eating a variety of foods and trying different sources of proteins, fruits and vegetables, you'll ensure that your body has the valuable vitamins and minerals it needs. Keep your eyes open for the following five delicious May eats available throughout the month in a variety of dishes!

STRAWBERRIES

What tastes better than juicy strawberries? Synonymous with spring, strawberries bring the color and nutrition we all crave coming out of the cool, gray days of winter. The low-calorie berries are loaded with tons of important nutrients: strawberries score points with their vitamin C, fiber and versatility.

SPINACH

Do it like Popeye the Sailor and integrate spinach into your diet regularly. The dark leafy green is packed with fiber, minerals and antioxidants. Antioxidants support your immune system and keep you healthy.

CHERRIES

Fresh cherry season runs from late May to August. Cherries are a good source of fiber, potassium and vitamin C. Beyond the nutrients, cherries boast health benefits worthy of superfood status. They have been shown to fight inflammation in conditions like arthritis.

SALMON

Though you may not think fish has a season — salmon does. Wild salmon season starts on the Pacific coast in May. Not only is it a quality protein source, salmon is one of the best sources of omega-3 fatty acids. These essential fats have been shown to help protect the heart, and emerging evidence suggests fish oils might have a positive impact on the brain from depression to dementia.

"When you are looking at your mother, you are looking at the purest love you will ever know." ~ Charley Benetto



We invite you to our
Open House

Saturday, May 22
11:00 a.m. to 2:00 p.m.

Please RSVP to
(951) 658-1068
to **Amelia at**
family@yorkshire-village.com

Employee OF THE MONTH **Martha** *Caregiver*



Martha is one of our dedicated caregivers here at Yorkshire Village. We truly appreciate her for always giving her job one hundred percent effort, no matter the circumstances. Martha really enjoys working with Yorkshire Village residents because she loves fulfilling her purpose to help others. She is an experienced and patient worker, and has been working in the senior living industry for approximately eight years. Martha was born and raised in Mexico, and went on to attend college in Mexico. She worked hard, and it paid off when she graduated with a degree in Nursing. She later moved to the United States, where she currently lives and enjoys cooking for her family of five. She enjoys spending time with her family, and is a loving wife and protective mother of two sons and one daughter. She adores being a mother, and will do anything for her children! Martha is looking forward to being celebrated on Mother's Day. Her dream as a mother is to see her youngest daughter walk across the big stage as she graduates from college! Thank you for all your hard work and dedication, Martha, we appreciate all you do here at Yorkshire Village!



MILLER JONES
MORTUARY & CREMATORY

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

Community Leadership Team



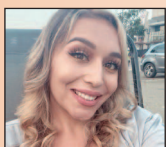
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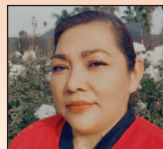
Emma Andrade
Health and Wellness Director



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