

The Lamp Post

COMMUNITY NEWSLETTER

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YORKSHIRE
VILLAGE

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A Message from the Desk of our Executive Director

Teresa Mapilis



It is amazing how quickly the year has passed; it's already November!!

On the eleventh, we will celebrate our nation's armed forces on Veteran's

Day. This is the day to pay tribute and honor those who have sacrificed their time with their families and their lives to protect our great country. While it should be a daily practice to thank a veteran, it is especially important on this national holiday. Simply saying "thank you" is a small gesture that surely is appreciated. To our military families and friends, we encourage you to schedule visits and spend time with your loved ones. Our Activities Department will be hosting various activities that you can enjoy. Bring along the grandchildren and remind them of the hero that is their grandparent. The more ears that hear the stories, the more the memories and a piece of your loved one's history is preserved. If they have some memorabilia at easy access, perhaps they would appreciate a shadow box created to showcase their medals and achievements. Another big celebration we have this month is Thanksgiving Day!! Thanksgiving is a special time of year for us to gather with the people we love to give thanks, spend time together and, of course, enjoy a delicious meal. Many of us have Thanksgiving traditions we look forward to every year. But when a family member has Alzheimer's disease or another form of dementia, Thanksgiving can be a source of discomfort and stress. With a little planning and preparation, Thanksgiving gathering can be set up in a way that provides your loved one with dementia the stability and assistance they need, while still being able to get everyone together for a celebration.



November 2021

yorkshire-village.com



Resident Birthdays

Willa B.	11/03
Patricia P.	11/13
Isabel K.	11/19

*"There are two great days
in a person's life -
the day we are born and
the day we discover why."
~ Woody Allen*

Holiday Celebrations

11/03 National Stress Awareness Day
11/11 Veterans Day
11/15 Odd Socks Day
11/25 Thanksgiving Day
11/28 Hanukkah (starts in evening)

Handmade Autumn Scarecrow Decor at Yorkshire Village





November is **ALZHEIMER'S DISEASE MONTH**

It was President Ronald Reagan who had originally designated November as National Alzheimer's Disease Awareness Month in 1983. The 40th president created the designation to help raise general awareness of the disease, and to increase public knowledge of potential care options for individuals and families impacted by Alzheimer's. Despite the fact that ongoing and extensive research has been conducted into the causes, origins and treatments for this dread disease, Alzheimer's still remains relatively mysterious and misunderstood. The actual causes of Alzheimer's disease remain unclear, although most scientists believe that the likely cause appears to be correlated to genetic factors. There is also some level of evidence supporting the premise that head injuries, depression, and hypertension can also be contributory factors. Early detection of Alzheimer's can be difficult as many symptoms (forgetfulness, short-term memory loss, etc.) are often confused with normal aging processes.

Because the early signs of Alzheimer's disease can often be quite similar to typical manifestations of the aging process, it's instead the severity of the symptoms that will often help us to distinguish if a loved one is indeed suffering from the illness. These early symptoms include short-term memory loss, including difficulty remembering very recent events, problems with speech, increasingly pronounced mood swings, other behavioral issues, as well as general disorientation.

As a loved one's disease further progresses, the family may want to consider some long-term care options to help them face the myriad of challenges ahead. As these manifestations increase in severity and duration, home care by an unskilled family member may become increasingly burdensome. It is at this time, depending on the stage of Alzheimer's that a person is experiencing, that an assisted living or memory care community can represent a sympathetic and appealing option. In our community, your loved one can always receive round-the-clock care and assistance with everyday tasks like eating, bathing, grooming, dressing, and they will also benefit from thoughtfully conceived meal plans, as well as activities expressly designed to engage and socialize your loved one. Each of our on-staff dementia experts are specifically trained to manage the most challenging behaviors and to look after our memory care residents' unique and varied needs. We understand that while everyone is different, our wealth of resources and in-house expertise can help guide you and your loved one during this challenging time of life transition. Please reach out to our Family Specialist with any inquiries!

November 2021

SPOTLIGHT ON OUR **RESIDENT**

Peter O.

Peter, King of Eating Well! A voracious eater, Peter's always excited to see what our Yorkshire chef has cooked up. His favorite meal is steak with baked potato and corn on the cobb. A regular meat and potatoes man, he grew up in a traditional household and enjoyed various manly pursuits.



Peter was born in Boston, Massachusetts, home of the Red Sox. He was raised in an awesome family, filled with love and lots of family gatherings. He was an accountant for many years, and in his free time enjoyed watching action movies and playing football. He is still active and engaged in similar pursuits today! He is a father to two beautiful women who are amazing inside and out and he feels super blessed to be a grandfather to two precious princesses. Peter brings smiles to our faces all the time, and his continued wish is to have a long, healthy life while enjoying good food. We are all on board with that plan, Peter, and looking forward to your continued health and physical fitness!



**Thank you to
Peaceful Heart Hospice
for bringing in donuts and
coffee for our residents every
week!**

**We all look forward to our
discussions, and are grateful
for your generosity.**

November Featured Activities & Events



Thursday, November 11

Veteran's Day

In November 1919, President Wilson proclaimed November 11 as Armistice Day after WWI, and it was later changed to Veteran's Day to honor Veterans of all wars. He shared: "To us in America, the reflections of Armistice Day [Veteran's Day] will be filled with solemn pride in the heroism of those

who died in the country's service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations..." At Yorkshire Village we have several veterans whom we are honored to recognize and hear share their experiences serving our country. Thank you for your service!

Thursday, November 25

Thanksgiving

Thanksgiving Day is observed each year in the United States on the fourth Thursday in November. In 1621, the Plymouth colonists and Wampanoag Indians shared an autumn harvest feast that is acknowledged today as one of the first Thanksgiving celebrations in the colonies. For more than two centuries, days of thanksgiving were celebrated by individual colonies and states. It wasn't until 1863, amid the Civil War, that President Abraham Lincoln proclaimed a national Thanksgiving Day to be held each November. In many American households, the Thanksgiving celebration centers on cooking and sharing a bountiful meal with family and friends. Here at Yorkshire we look forward to a delicious turkey luncheon with all the trimmings to be shared among family and friends!



Sunday, November 28 (begins)

Hanukkah

Historically, the holiday came about in the second century BCE, when the Holy Land was ruled by the Seleucids (Syrian-Greeks), who tried to force the people of Israel to accept Greek culture and beliefs instead of mitzvah observance and belief in G-d. Against all odds, a small band of

faithful but poorly armed Jews, led by Judah the Maccabee, defeated one of the mightiest armies on earth, drove the Greeks from the land, reclaimed the Holy Temple in Jerusalem and rededicated it to the service of G-d. When they sought to light the Temple's Menorah (the seven-branched candelabrum), they found only a single cruse of olive oil that had escaped contamination by the Greeks. Miraculously, they lit the menorah and the one-day supply of oil lasted for eight days, until new oil could be prepared under conditions of ritual purity. This year, we are looking forward to lighting the Hanukkiah, singing traditional songs and of course the jelly donuts!



Winner, Winner Turkey Dinner!



The side dishes vary from house to house. In some parts of the country, you'll find mashed potatoes and gravy and in other places, sweet potato pie. But no matter how you celebrate Thanksgiving, in most homes around America, one guest is invited to the table each year — the turkey!

How did we end up with the tradition of eating turkeys during the holidays? They were fresh, affordable, and big enough to feed a crowd. Americans have long preferred large poultry for celebrations because the birds could be slaughtered without a huge economic sacrifice. Cows were more useful alive than dead, and commercial beef wasn't widely available until the late 19th century. Chicken was more highly regarded than it is today, but rooster meat was tough, and hens were valuable as long as they laid eggs. There was plenty of ham or brined pork around, but it wasn't considered fit for special occasions. Eating turkey was also in keeping with British holiday customs that had been imported to the New World.

Among the big birds, turkey was ideal for a fall feast. Turkeys born in the spring would spend about seven months eating insects and worms on the farm, growing to about 10 pounds by Thanksgiving. They were cheaper than geese, which were more difficult to raise, and cheaper by the pound than chickens. Cost was an important factor for holiday shoppers, because people weren't necessarily preparing just one meal; Thanksgiving was the time to bake meat and other types of pies that could last through the winter. By 1863, when Lincoln proclaimed Thanksgiving a national holiday, turkeys had taken center stage at Thanksgiving.

Here's some interesting turkey trivia that might surprise you:

- Wild turkeys can fly, but domestic turkeys cannot.
- The wild turkey is a native bird of North America
- Turkeys can run up to 20 miles per hour.
- The long, loose skin that hangs down on a turkey's neck is called a "wattle."

Pumpkin Spice Makes Everything Nice



Employee OF THE MONTH Tony Nieto

Caregiver / Medtech



Tony is one of our committed employees here at Yorkshire Village. Originally born and raised in Morelia, Michoacán until about the age of 18, it was a big culture shock when he and his family relocated to the US. He grew up in a large family, so family has always meant the world to him. Tony had four kids himself and loves every moment that comes along, from teaching his kids new things to playing with them. He's constantly learning new concepts or even creating things just to keep up with them!

Tony's favorite thing to do in his free time is to spend time making memories with his youngest child. Whether that's watching movies, going to the park, or just getting creative at the dinner table, he loves his time with his children. One day Tony hopes he and his wife can travel to other countries to embrace the beauty of the world and try adventurous activities. At Yorkshire, he always tells his team that if they try their best, they can get through anything. We are grateful for that attitude and for all that you do Tony!



MILLER JONES
MORTUARY & CREMATORY

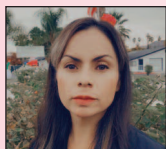
*Thank You to Miller Jones
Mortuary for sponsoring our
Employee of the Month
party for Tony Nieto.*

Community Leadership Team



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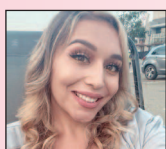
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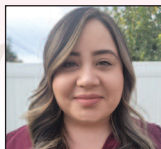
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