

The Lamp Post

COMMUNITY NEWSLETTER

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YORKSHIRE
VILLAGE

lic: 331800223

A Message from the Desk of our Executive Director

Teresa Mapilis



Grandparents!
Where would we
be without
them?
September 12th
is Grandparents
Day! Today,
many families
celebrate
Grandparents
Day with

family get-togethers. These need not be elaborate, the key is to choose activities that the grandparent enjoys and foster intergenerational connection. Sharing a simple meal and time to visit will please most grandparents. Playing board games, card games, and puzzles are fun low-key amusements. Grandparents Day is also a great time to share some family stories or look at old pictures. There are numerous ways grandchildren can share love and gratitude to their grandparents. But what happens when the grandparent has Alzheimer's or a related form of memory loss and can no longer recall the name of their grandchild, or may no longer remember that they have a grandchild? Despite the challenges presented by memory loss, there are still things you and your child can do to create and preserve precious memories. Tap into their remaining interests, hobbies, skills and abilities and simplify those activities to make them enjoyable. For example, if a grandparent previously enjoyed taking their grandchild to baseball games, but due to memory loss can no longer enjoy the crowds, noise or stimulation, you could take them to a little league game. Or they might prefer to watch a game together on TV while enjoying many of the same foods and snacks they shared at the ballpark.

We encourage plenty of family visits to the amazing grandparents that live at Yorkshire Village, so don't hesitate to come on over and spend time with your loved ones!

Dead Sea Seashore



September 2021

yorkshire-village.com

•HAPPY•

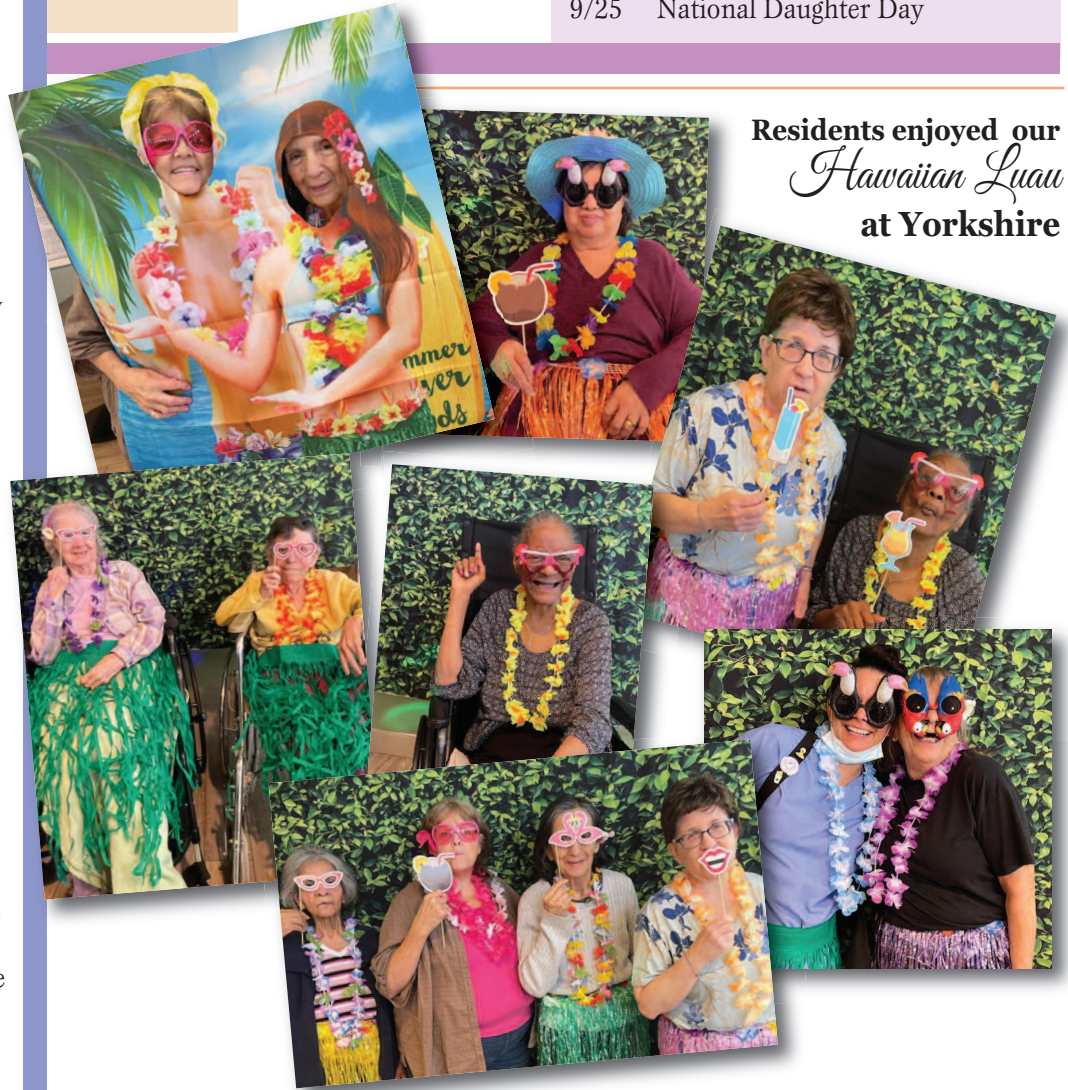


Resident Birthdays

Ethel	9/17
Oleta	9/20
Marina	9/23
Christine	9/25

Holiday Celebrations

9/04	National Wildlife Day
9/06	Labor Day
9/07	National Beer Lovers Day
9/11	Patriot Day
9/12	Grandparents Day
9/17	National Pet Bird Day
9/25	National Daughter Day



Residents enjoyed our
Hawaiian Luau
at Yorkshire

September is
Healthy Aging Month

*Taking on the
Myths of Aging*

Celebrated English novelist George Eliot once remarked about getting older that, "It's never too late to be what you might have been", and because September is the month of Healthy Aging, there's no better time for any of us to reinvent ourselves. In our community, we always encourage each resident to focus on the beneficial and worthy aspects of growing older. We celebrate and revel in a positive aging lifestyle. During September, we should encourage each other to take personal responsibility for our own health and well-being... be it physically, socially, mentally or financially. Remember, it's never too late to take control of your health, or to get started on something entirely new!

Below are some important tips to consider... these suggestions will help you to become more proactive with your health and encourage healthier aging.

- Maintain a positive attitude
- Remember that age is merely a number
- Be proactive
- Try something new
- Embrace your creativity
- Surround yourself with supportive loved ones

Healthy Aging Month is dedicated to celebrating the process of growing older and still pursuing our passions, while at the same time, taking steps to improve our mental and physical health. Drawing upon the September "back to school" attitude embedded in our childhood memories, this month has been especially designated as the time to rejuvenate ourselves and embrace new and positive measures in our lives. As you're aware, our community is dedicated to celebrating the aging process and improving our overall well-being every day of the year. We think, however, that you'll be especially motivated throughout Healthy Aging Month as we deepen our appreciation of our later years. Here's to good health and a life lived to its fullest!

SPOTLIGHT ON OUR RESIDENT

Socorro R.

Suki, Suki, Suki, the Dancing Queen from El Paso, Texas, was born on March 16th in the late 1920's. She was raised by her wonderful parents and cherish all they have done for her. She had many brothers and sisters, so there was never a dull moment at home. Suki constantly thinks of her parents and she loves to speak highly of them.



Suki loves the environment of family time. She grew her own family with her husband Clyde and gave birth to several handsome sons.

Suki has been such a wonderful soul in our community! She loves to dance, sing and give advice about love! We are blessed to have you with us Suki!

National Assisted Living Week

September 12 - 18



NATIONAL ASSISTED LIVING WEEK
SEPTEMBER 12-18, 2021

September 12-18 is National Assisted Living Week.

The COVID-19 pandemic has been an enormous, unprecedented challenge. But it has also brought together assisted living residents, staff, and everyone in these communities in a way unlike before. When times got tough, staff members were there to lend an ear and their hearts. When mothers, fathers, daughters, sons, sisters, and brothers could not physically be together, caregivers became family. And even when things seemed impossible, essential assisted living staff continued to deliver the highest quality care.

This year's NALW theme – Compassion, Community, Caring – honors those resilient individuals who worked so hard, went above and beyond, and never gave up.

Besides a caring community of staff and fellow residents, assisted living offers many other benefits to seniors. While seniors may still lead active lives, other parts of life become difficult. Assisted living eliminates the burden of home maintenance, improves opportunities for social interaction, maintains dignity and privacy, and much more! Reach out to our wonderful Family Specialist, Amelia, and schedule a tour in our community to learn about the Yorkshire Village lifestyle and opportunities during Assisted Living Week!

September Featured Activities & Events



Monday, September 6 Labor Day

Always celebrated on the first Monday in September, Labor Day is intended to celebrate the American worker and the great American work ethic. Labor Day not only honors the American

workers, but also attempts to protect their quality of life, and to address the long working hours to a lack of time off. For many people, Labor Day also represents a symbolic end to summer and the start of the school year, and is often celebrated with barbecuing and shopping.

begins September 6

High Holy Days

The High Holy Days represent some of the most meaningful days in the Jewish calendar and are celebrated by Jews across the globe. These truly significant holidays begin with Rosh Hashanah (9/6), which literally means “head of year”, and marks the beginning of the Jewish New Year. Rosh Hashanah combines the evergreen theme of renewal and the joy of a New Year celebration.



Yom Kippur (9/15), or the Day of Atonement, follows ten days after Rosh Hashanah. These ten days mark a period known both as the “Days of Awe” and the “Ten Days of Repentance”. On this solemn day, Jews reflect upon any wrongs they may have committed during the past year, and attempt to atone and seek forgiveness from God and from those one has personally wronged. Some may consider Yom Kippur to be the birthday of humility, and it is considered the

holiest day of the Jewish sacred calendar. Observant Jews fast, and do not eat or drink (including water) anything until Yom Kippur ends at sundown.

Sunday, September 12 Grandparents Day

The bond between grandparents and grandchildren is like no other. It's the perfect yin and yang of wisdom and innocence. As grandparents have much to teach their grandchildren by passing along their lifetime of wisdom, grandchildren also help remind them of the simple and innocent pleasures of life before the worries of adulthood buried much of those fundamental virtues.



Rosh Hashanah Foods Rich in Taste & Symbolism



According to Jewish tradition, Rosh Hashanah is the day God created “Adam”. “Adam” is the Hebrew word for “human”, and represents the birthday of humanity itself for observant Jews. And what better way to celebrate the birthday of humanity than with honey, the symbol of sweetness, abundance, and prosperity? In celebration of the Jewish New Year, sweet honey is paired with apples, bread and cakes. Some celebrants also often make date honey (which isn't actually honey), by boiling and mashing dates to create a thick sweet syrup with a texture similar to honey and tastes just as sweet.

You should also know that no Rosh Hashanah meal is complete without the wonderful and delicious braided egg bread known as Challah. This unique bread is shaped into spirals or rounds to symbolize continuity. The Challah is usually dipped into honey before eating. Yum!

Because Rosh Hashanah literally translates as the “head of the year”, a symbolic head of some variety will usually make an appearance somewhere on the dinner table. The easiest presentation typically showcases an entire fresh roasted fish (vegetarians will often substitute a head of cabbage or garlic). Another savory option is couscous with seven vegetables. The multitude of tiny couscous beads represent the innumerable blessings one hopes to receive. Interestingly, the number seven features largely during the holiday as the world was created in seven days.

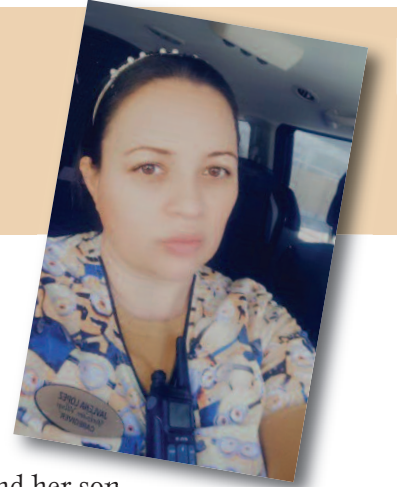
Finally, sweet honey cake tops the dessert choices, and is often made by following generations-old recipes. The ingredients include, of course, honey, as well as spices such as cloves, cinnamon, allspice, and sometimes coffee, tea or even rum. Honey cakes are symbolic of the desire for a truly sweet, positive upcoming year.

"Grandparents make the world a little softer, a little kinder, and a little warmer..." ~ *Unknown*

Celebrating & Living Life at Yorkshire Village



Employee OF THE MONTH Javalena Caregiver



Java was born and raised in Morelia, Michoacan. She went to college in Mexico and obtained a degree in public relations and administrative. She came to America in 2009 for better opportunities for her and her son. Working at Yorkshire she met her husband and grew her family! On her free time she loves to cook and loves to work on her own fashion. Being a caregiver and a youth leader at her church Java feels very fulfilled.

Working at our community Java has treated all the residents as her family. Having a mother and father in the medical field has really helped her here at Yorkshire. Java's goal is to give all the love, respect and care to our residents; she believes what you do for others, will come back greater to you. We appreciate you Javalena for all that you do!



MILLER JONES
MORTUARY & CREMATORY

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

Community Leadership Team



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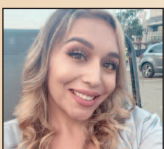
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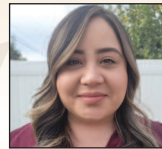
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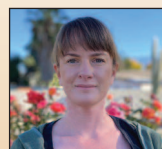
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