

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



The changing leaves and cool nights mean fall is fully underway. This season brings plenty of opportunities for seniors to make new memories with their

loved ones and friends. Short walks and leisurely drives allow seniors with varying levels of mobility to admire the fall foliage and get some fresh air before the weather turns chilly. The crisp air makes walks more enjoyable, and let's not forget how fun it can be to watch a grandchild make that tackle or touchdown as football season begins.

With fall comes the first big celebration of the holiday season – Halloween. Whether a senior lives at home or in a community, there are many ways to get into the Halloween spirit. One classic that we love here at Yorkshire is carving a jack-o-lantern, but we also paint pumpkins as an easier and safer alternative to carving. Join us and work with your loved one to select a design and bring it to life. No-carve pumpkins tend to last longer than traditional jack-o-lanterns, too. Decorating and celebrating are still possible, and we make a point of keeping props and costumes wholesome and cheerful. Making sweet treats together is another delicious way we celebrate. Caramel apples, marshmallow crispy treats, pumpkin bread, mulled cider and sugar cookies for decorating are simple, memory-evoking recipes. Flavorful fall spices like ginger, cinnamon, cloves and nutmeg will leave our common areas smelling wonderful.

We are happily entering the holiday season, and as such will be sending out our annual Employee Holiday Fund Letter for your consideration!

Iceland's Kirkjufell Waterfall



October 2021

yorkshire-village.com



Resident Birthdays

Ora	10/8
Mildred	10/14
Albert	10/21
Emily	10/23
Jose	10/28

Holiday Celebrations

10/9	National Hospice & Palliative Care Day
10/11	Columbus Day/ Indigenous People's Day
10/21	National Apple Day
10/26	National Pumpkin Day
10/31	Happy Halloween!

Learning all about Iceland

Iceland is a land of fire and ice. Nowhere else can you find a more diversified, contrasted and extraordinary nature. Even with a location barely below the Arctic Circle, the winters on the island can be warmer than in New York or Vienna. The landscape is rough but at the same time romantic: steep cliffs plunging precipitously into narrow fjords, deep canyons, extensive glaciers, black sand beaches, volcanos and boiling geysers represent the island.



Reykjavik, the capital city of Iceland

Iceland was founded more than 1,000 years ago during the Viking age of exploration and settled by a mixed Norse and Celtic population. The capital, Reykjavik, when translated, means "Smoky Bay". Smoke, or rather steam, was the first thing the city founder Ingolfur Arnarson saw rising from the thermal hot springs in the 9th century. The early settlement, made up primarily of Norwegian seafarers and adventurers, have since been influenced by the Black Death, hunger and natural catastrophes. These influences developed a tough and vigorous Icelandic folk, in which Nordic fatalism and self-confidence is combined with sensitivity and curiosity of the Celts. The Icelanders are famous for publishing books; they publish more books per capita than any other nation in the world. They love to write, read and tell stories, especially about their famous trolls and sagas. We are excited to learn about them and their country this fall season, and celebrate Iceland!

Physical Therapy 1st line of Defense against Pain

October is
National Physical
Therapy Month



Physical therapy is a profession dedicated to helping people find pain relief. A PT appointment also improves mobility and overall functional ability and helps patients live healthier, more physically-able lives. Physical therapists are movement specialists and are trained to view your body as a kinetic chain. They recognize which link in the system is causing pain/dysfunction and provide ways to correct that dysfunctional link. A Physical Therapist's primary goal is to help you feel your best while participating in the game of life!

Physical Therapy is highly known for its ability to treat orthopedic patients, geriatric patients, and high-level athletes. But there is so much more to the profession that may not be as highly recognized. Below are three examples of what physical therapy has to offer.

1. **Preventative Care** – You can seek out a physical therapist to help prevent pain and dysfunction? Physical therapists are happy to show you the warning signs of potential future issues. These include:
 - How your body moves or doesn't move correctly.
 - What weaknesses are present that may cause pain in the future?
2. **Balance Issues** – Have you noticed that your balance isn't quite as good as before? Do you feel unsteady on your feet and are more cautious about falling? You can start physical therapy to work on your balance deficits. It also helps you regain strength and proprioception in your lower legs to feel safer and steadier on your feet.
3. **Respiratory Care** – Your physical therapist helps assist you with your breathing and heart issues. After a respiratory disease diagnosis, or you just have difficulty catching your breath while exercising, physical therapy helps battle your deconditioned lungs and heart. It also gets you back on track.

Think of physical therapy as the first line of defense. It is also the safest avenue for pain management. Before jumping to opioids or just giving up, reach out to our Wellness Director to help you find a physical therapist and book an appointment. Make sure to take care of yourself today and make October your healthiest month yet!

SPOTLIGHT ON OUR RESIDENT

Albert P.

Albert, colloquially known as Al, is one of our All Star Assisted Living residents! Al was born and raised in Pennsylvania, and grew up alongside many brothers and sisters. He was determined to start his life early and on the right track. He prioritized his education, attending high school, succeeding in college, and then meeting and marrying his wife for a new kind of education as a husband! Part of his decision to get married had to do with avoiding the draft, but the two daughters he was blessed with changed his life forever.



Al has always been a hard worker, striving to learn and grow and be the best he could be. He worked his way up the ladder to the top of his steel tubing company, eventually becoming the president of the company! His take charge attitude has brought new energy and vivacity to fellow residents and even the employees, who enjoy his spirited campus walks and talks all about life and learning experiences. We appreciate the chances to get to know him better, and the lessons and love he shares within the community - thanks for being an All Star Al!

Sunday, October 31 Haunted Halloween Hospital

It's the most creative time of the year for costume enthusiasts everywhere! This year the Yorkshire Village family will be kicking off the festivities by having a whole month of Halloween trivia, contests, photo ops, sweet tooth pleasing treats, spooky mocktails and more! Throughout the month we will be adding to our "Haunted Halloween Hospital" décor. Finally, on All Hallows Night, we invite family and friends to join us for a Spooktacular evening where ghostly nurses, a prescription candy bar, "finger" foods, and waiting room games and contest! Just don't go into surgery... We're looking forward to all the delight that our Haunted Halloween Hospital will deliver!



October Featured Activities & Events



Tuesday, October 5 **National Get Funky Day**

National Get Funky Day is a day to celebrate life, spreading love, laughter, and light! Turn up the energy, improve the mood, smile, laugh, dance and share the enthusiasm here at Yorkshire

Village. This day encourages everyone to break out of their funk and get funky. When we add a little spice to our everyday routine, it keeps life interesting. Get funky with us by wearing the brightest clothes, dancing to the music, smiling, laughing, letting your hair down, high fiving and hugging people. Whatever you do, step out of your normal and Get Funky!

Thursday, October 7 **National Frappe Day**

Frappes are a favorite for all ages and all ranges of taste. From Cupcake Creme to Peanut Butter Cup and everything in between, frappes are undoubtedly an American staple in the coffee consuming world. Thus, it only seems fair to dedicate an entire day to this epic drink. October 7 is National Frappe Day, and you better bet we're celebrating by making flavorful frappes for everyone! Fun fact: Today's popular American versions of the original Greek frappé contains milk, cream, or even ice cream, blended with instant coffee, while the authentic Greek frappé contains no milk products.



Sunday, October 26 **National Pumpkin Day**

National Pumpkin Day recognizes a favored autumn decoration and food. Not only do they make great fall decorations, but the pumpkin also completes a variety of tasty recipes. By October 26th, we're in a frenzy of pumpkin obsession. We cannot wait for the big November holiday for pumpkin pie. No siree,

we need pumpkin everything! Bars, cookies, coffee, cheesecake, pasta, and oatmeal. Pumpkins also recall wonderful memories and inspire us to artistry. Whether we frame the perfect photo at the local pumpkin patch, carve up the scariest jack-o-lantern or whip up the tastiest batch of pumpkin bars, this is a holiday worth sharing as we explore a multitude of pumpkin activities!

Autumn Eats: Pumpkins and Apples!



The fall season brings with it brightly colored foliage, crisp fall air, cooler temperatures and delicious fall produce, including grounding root vegetables perfect for all of your fall meal prep. Fall deliciously places the baking, cooking, decorating, and entertaining emphasis on apples and pumpkins, appropriately planting a seed of inspiration.

While pumpkin and apple are certainly flavors that can be appreciated year-round, peak pumpkin season lasts from mid-September through March, making it a perfect dish to add to any autumn meal. Fresh apples hit their seasonal peak from August through November, as well, making them a staple ingredient of many favorite fall and winter meals. With a seemingly endless supply of recipes and baking suggestions available, both our culinary and activity departments are excited to get into the fall spirit with plenty of pumpkin and apple dishes and desserts.

The wonderful thing about pumpkin is that nothing needs to be wasted, from the baked pumpkin shell to roasted pumpkin seeds! While it is certainly a favorite to many fall lovers, it would be difficult to surpass the popularity of a good old-fashioned apple dish. From apple pie to apple cobbler and cider, it seems that fall is filled with recipes calling for every variety of the fruit.

What gives many dishes that bit of something extra is the ingredients used to season. Sprinkles and dustings of cinnamon, cloves, and nutmeg bring in that fall flavor to sweet and savory dishes alike, whereas vanilla and brown sugar compliment pumpkin and apple desserts very well.

Whether cooking pumpkin pie or apple streusel, the most important thing to remember when baking for the season is simply to have fun, enjoy the process of baking, and take your time taste-testing your results!

"And all at once, summ collapsed into Fall." ~ Oscar Wilde

Celebrating & Living Life at Yorkshire Village



Employee OF THE MONTH Chef Fernando *Chef*



Our monthly spotlight is on "Tay Tay"! Fernando is our incredible chef here at Yorkshire Village. He was originally born and raised in the Philippines, and is very proud of his country and heritage. He attended college in the Philippines to become a civil engineer. He later moved to America to strive for more opportunities in life, and has lived here these past 11 years. He supports a beautiful family, and is a loving husband to his beautiful wife Vincenta and a great dad to their kids.

Fernando has many passions that keep him content in life. He discovered a love for cooking, landscaping, and lifelong learning that he is fully able to exercise here in our community! His experience here at Yorkshire has been wonderful. He cares deeply about our residents; ensuring that they enjoy good health and positivity by creating and serving delicious meals. Fernando, we appreciate your hard work and dedicated attitude, and the positive daily impressions you leave on residents and staff alike with your culinary talents! Thank you for all you do as part of our Yorkshire Team!



MILLER JONES
MORTUARY & CREMATORY

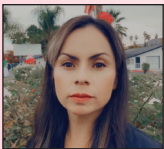
*Thank You to Miller Jones
Mortuary for sponsoring our
Employee of the Month
party for Chef Fernando.*

Community Leadership Team



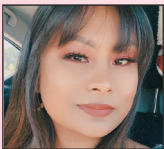
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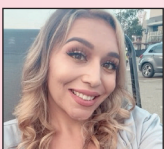
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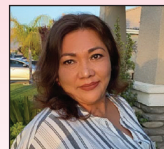
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