

The Lamp Post

Community Newsletter

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YORKSHIRE
VILLAGE

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A Message from our Executive Director

Teresa Mapilis



Welcome to the month of February!

Staying active and engaged is beneficial for both physical and cognitive health. As

such, we have a

lot of enjoyable activities in store for our community this month. Aside from celebrating Valentine's Day on February 14th, it is also our coronation day for our 2021 King & Queen of Hearts! We will be taking photos to share with you in our next month's newsletter. Activities for our residents do not have to be strenuous to be beneficial. Routine activity, as long as it is carefully planned, can enrich their lives and support them in many ways, helping them stay focused and engaged. Our Activities Department makes sure that these activities are always fun, and in line with our residents' interests and ability levels.

It is our goal to ensure that our residents feel loved and know that they are surrounded by individuals that care about them, especially during these times when families and friends are not able to visit them. Unfortunately, turning a new page on the calendar does not magically erase all the hardships, stress, and difficulties we endured during the last eleven months. But we will continue to be positive and hopeful that we are getting closer to the finish line with all the opportunities on the horizon. It is our commitment to give our utmost to help our residents stay as healthy as they can be both physically and cognitively.

"A positive thinker sees the invisible, feels the intangible, and achieves the impossible."



February 2021

yorkshire-village.com

•HAPPY•



Resident Birthdays

Martin P.	2/16
Elizabeth K.	2/22
Jeanne V.	2/28
Nenita D.	2/28

Holiday Celebrations

2/02	Groundhog Day
2/07	Super Bowl Sunday
2/12	Chinese New Year
2/14	Valentine's Day
2/15	President's Day
2/16	Mardi Gras
2/17	Ash Wednesday
2/25	Purim

Religious Services and Study

Virtual services on Sundays at 10:00 a.m.

faith



COVID-19

Vaccine Clinic Success!

We are thrilled to share with you that the U.S. FDA approved Pfizer's request for emergency use authorization of its COVID-19 vaccine. This is incredible news and something worth celebrating after what has been a challenging year. As previously shared, the CDC recently recommended that long term care residents and staff be included at the highest priority level for the first distributions of this vaccine. We are happy to have partnered with CVS Pharmacy this January and February to give the vaccine to all interested residents and staff members. The vaccine has been shown to provide a great deal of protection against serious illness due to COVID-19. Thank you to all the residents and staff that chose to get vaccinated so we can better protect our community against potential outbreaks and save lives.

You can rest assured that we will continue to take all necessary precautions after the vaccine is administered, including wearing personal protective equipment and conducting regular testing, to ensure the safety of our residents and staff. We will also work with public health officials to determine how and when to adjust our policies for visitations and social activities and keep you updated. There is a light at the end of the tunnel. We are hopeful that the vaccine will be a lifesaving turning point in the fight against COVID-19. Please do not hesitate to reach out to us with any questions. You may also visit www.cdc.gov/coronavirus/2019-ncov/vaccines to learn more about the vaccine.

Wellbeing *Focus*

American Heart Month Awareness



Why do we observe American Heart Month every February? Well, every year more than 600,000 Americans die from heart disease. The number one cause of deaths for most groups, heart disease affects all ages, genders, and ethnicities. Risk factors include high cholesterol, high blood pressure, smoking, diabetes, and excessive alcohol use.

The human heart is responsible for pumping blood throughout our body, supplying oxygen and nutrients and removing toxins and waste. Weighing between 8 and 12 ounces, the heart is a mighty organ divided into four chambers that work together to pump blood in and out. The heart gets oxygenated blood from the lungs and pumps it throughout the rest of the body. It does this by contracting at a rhythmic pace, about 60-80 times per minute, thanks to electrical cells called “pacemakers.” When the heart ceases to perform its regular function, a medical device also called a pacemaker can be implanted to assist the heart.

Heart disease occurs when the arteries leading to the heart become clogged. Although heart disease has been around for thousands of years, we do know that many aspects of modern life exacerbate risk factors and make people more prone to heart disease and heart failure. Today, one in four deaths in the U.S. is attributable to heart disease. Heart disease can affect everyone, but taking stock of your prior health risks, activities and diet can help you reduce your risk.

Although we’ve learned a lot about how the heart works, there are still many unanswered questions about heart health and the cardiovascular system. As far as we know, the best way to protect your heart is to stay active, eat a healthy and balanced diet, and reduce your daily stress. To celebrate American Heart Month, take some time to learn about heart health risks, find your favorite heart-healthy activities, and choose healthy meals!

SPOTLIGHT ON OUR RESIDENT Martin P.

Martin was born and raised in South Dakota alongside nine brothers and sisters. He grew up on a farm with cows, pigs and chickens; the hard work that farming entailed taught Martin how to be self-sufficient and work hard.



This know-how, as well as experience with how to hunt for his own food, helped him thrive when he was drafted to serve in World War Two in 1939. After the war, he volunteered to return to the military and had the opportunity to travel the world throughout his service.

Aside from being proud of his military service, he is immensely proud of his family. He is a proud father, and like most dads, he loves to show photos of his son and tell stories of the antics they got up to. Martin is a joyful and kind man that delights in the humor of situations, and he brings nothing but happiness to our community on a daily basis. We are beyond grateful to have him here at Yorkshire Village - we love you Martin!



Travel Club *Italy*

Arguably Europe’s most enticing country, Italy charms people with irresistible food, historical architecture, diverse scenery and unparalleled art. This January through March we will explore this beautiful country from our community:

- Examining Italian History & Culture
- Discussing Past Travels & Experiences
- Tasting Classic Dishes and Desserts
- Listening to Italian Music and Opera
- Exploring Renaissance Art and Artists
- Learning Italian Phrases and Trivia

We hope everyone enjoys this exciting dive into Italy, and invite you to contribute any Italian knowledge, experiences, and artifacts throughout our lengthy tour!

February

Featured Activities & Events



February 7th

Super Bowl Sunday

After 16 hard-fought matches spanning 17 weeks, the two best football teams in the NFL battle their way to a world championship in the grandest TV spectacle in America. This is a cultural phenomenon we anticipate the whole year round; for the food and friends, the big-

budget commercials, the spectacular halftime show, and last but not least, the football. So get your grub on, settle down, and join us for Super Bowl Sunday!

February 14th

Valentine's Day

Valentine's Day is celebrated on February 14, and we are ready to shower our loved ones with tokens of our affection. This day of love is celebrated in so many ways, and it is always exciting to see what new traditions are included or created year after year. Join us in making beautiful cards, enjoying fine dining, eating delicious chocolate goods, singing classic love songs, sharing stories of Valentine memories, and much more!



February 16th

Mardi Gras

Mardi Gras is French for “Fat Tuesday” to reflect the practice of eating rich, fatty foods before the ritual fasting of the Lenten season, which starts the day after on Ash Wednesday. It's also a time to bring out those colorful beads and masks and party! This celebration goes on in many parts of the world in various forms. So get out there and

join our Venetian themed Mardi Gras celebrations on February 16th, and party with the world!

February 25th

Purim

Every year starting on the Hebrew date of Adar 14 (February 25, 2020), Jewish people all over the world celebrate the victorious festival of Purim. This religious celebration commemorates the salvation of the Jewish people in ancient Persia from the cruel Haman's plot to rid them from the world. So raise a glass, rejoice, and feast — Chag Purim Sameach!



The Importance of Vitamin D in a Senior Diet



Vitamin D is often referred to as the “sunshine vitamin” because it's the only nutrient your body produces when exposed to sunlight. Vitamin D can be also be obtained through diet and supplements. In our community we do our best to ensure residents enjoy time in the sun, and our Chef ensures that foods high in Vitamin D, such as oily fish, eggs, oatmeal, and other fortified foods, are available on a daily basis for consumption. It is important to include in sufficient daily amounts to reap the benefits of protection from many issues seniors battle, such as depression, osteoporosis and weakened immune systems.

Vitamin D improves senior mental health, combating prevalent issues like elderly depression. A 2017 study of more than 5,600 older adults found a link between lower levels of vitamin D and depressive symptoms, such as loneliness, lack of enjoyment, and restless sleep. Osteoporosis, a condition that causes bones to become brittle and weak, affects 16 % of all seniors, according to the CDC. The condition carries serious health risks, potentially leading to falls and other home safety hazards. The connection between vitamin D and bone health in the elderly is that it helps defend against bone softening.

In addition to fending off life-threatening and chronic diseases, Vitamin D can help boost seniors' immune system to defeat more everyday illnesses, like colds, the flu, and other respiratory conditions, including COVID-19. A global study incorporating 25 clinical trials reported that vitamin D promotes “natural antibiotic-like substances” in the lungs.

New Year's Celebration



Employee OF THE MONTH Birtha Alcantar *Night-Time Care Giver*



Birtha is one of our fantastic, hard working team members – she has been a part of the Yorkshire Village family for 8 years. The community chose her as Employee of the Month because she's always willing to help, guide and support with a smile. She offers so much value to our community.

Birtha was born and raised in Tijuana, Mexico in a loving home. She has been married for over 30 years now, and has a beautiful family, consisting of three grown children that is growing since they blessed her with her first grandbaby. Birtha is happy to keep working with Yorkshire Village for many more years to come and we are blessed to have her with us.

From everyone here at Yorkshire Village, we thank you Birtha for your hard work and willingness to always joyfully help out!

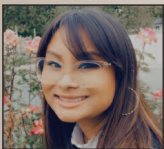
Community Leadership Team



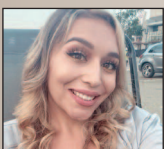
Teresa Mapilis
Executive Director



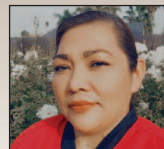
Emma Andrade
Health and Wellness Director



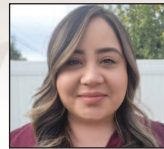
Nicole Kalacas
Administrative Assistant



Viviana Lara-Kovachev
Active Living Program Director



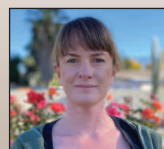
Sandra Sermenio
Executive Chef



Amelia Hernandez
Family Specialist



Juan Carranza
Director of Maintenance



Brooke Eastman
Environmental Manager