

The Lamp Post

Community Newsletter

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YORKSHIRE
VILLAGE

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A Message from our Executive Director

Teresa Mapilis



On behalf of Yorkshire Village, I would like to wish each and every one of you a Happy New Year! I am certain that you will agree that we are ready for a

new start. The year 2020 has not been the kindest year for many of us. Despite it all, our community has relentlessly applied various preventive measures safeguarding our residents' health and wellness. We would never have been successful if not for your selfless support and understanding. Thank you for entrusting us to take care of your family members.

No one has a crystal ball revealing what this new year has in store for all of us, but we must enter with optimism and hope. We will gather again, hug again, and travel again. Positivity in life is the key to success, happiness, and a sense of fulfillment. It is difficult to have a positive attitude and positive thoughts when we look back at 2020, but as much as there was pain and suffering, there were some silver linings. If anything, the previous year taught us that we cannot always be in control and that we must be willing to adapt. What we can control is our attitude and how we choose to approach life.

As we take on a new beginning like no other we've seen in the past, our focus will always remain as to ensure that our community will continue to strive in providing the best quality care that your loved ones deserve.

Cheers to new beginnings, to the improved versions of ourselves, and good health!

~ Teresa Mapilis, Executive Director



January 2021

yorkshire-village.com



Resident Birthdays

Freda E.	1/8
Rosemary S.	1/10
Frances N.	1/30

Holiday Celebrations

1/01	New Year's Day
1/18	Gourmet Coffee Day
1/28	Blueberry Pancake Day
1/29	Puzzle Day

Religious Services and Study

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

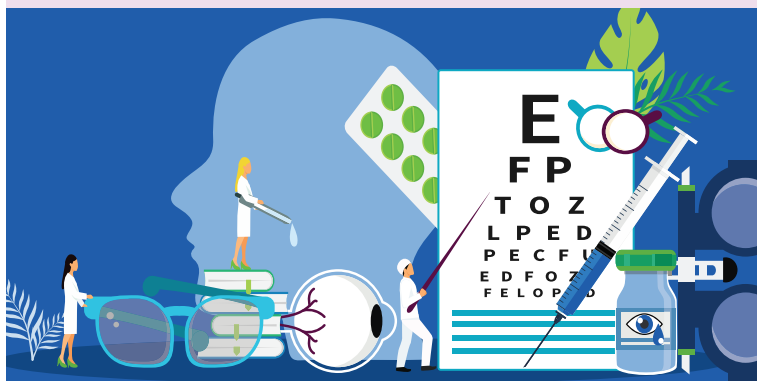


Community Snapshots

Celebrating the holidays!

Wellbeing

Focus



Glaucoma “The Sneak Thief of Sight”

January is National Glaucoma Awareness Month so it's fitting that we should address this significant cause of irreversible blindness. Over 3 million Americans, and over 60 million people worldwide, have glaucoma. But it's estimated that over 50 % of them don't even know they have it! Given that it is the second leading cause of blindness in the world, it's important to raise awareness about Glaucoma, and become aware of what it can do to your vision, and how to slow down its debilitating effects.

Glaucoma is characterized as a group of eye diseases that gradually steal away one's sight without any upfront warning. Glaucoma can affect people of all ages, but its most common forms primarily impact the middle-aged and the elderly. Glaucoma is a complex disease that slowly damages your eyes' optic nerves and it only gets worse over time. It's often linked to a buildup of pressure inside the eye. This disease is typically genetically linked and is more common in African American, Latino, and Asian populations. Other higher risk groups include those with family members already diagnosed with Glaucoma as well as diabetics, and people who are severely nearsighted.

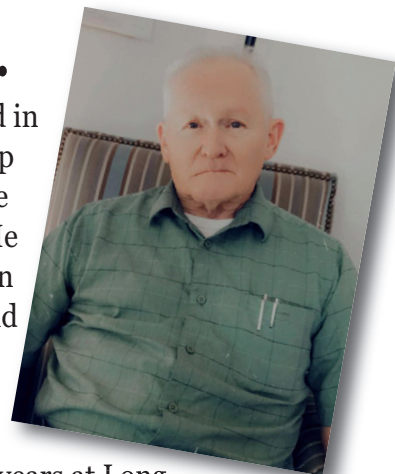
Regular and comprehensive eye exams are the single best way to protect your sight from the slow ravages of Glaucoma. An early diagnosis of Glaucoma can help slow down, and sometimes even prevent, additional vision loss. Doctors will usually prescribe special eyedrops to help lessen high eye pressure. Taking these drops regularly will help to significantly reduce the risk that high eye pressure will further progress to Glaucoma.

SPOTLIGHT ON OUR RESIDENT

Thomas M.

Thomas was born and raised in Long Beach, CA, and grew up with traditional values as the youngest of three siblings. He always loved staying active in his youth, and could be found in various social gatherings or playing all kinds of athletic games with friends.

He attended college for two years at Long Beach City College, and then joined the Airforce, serving from 1966 - 1970.



Thomas discovered a passion for aircrafts, and went to work for Douglas Aircraft. He eventually retired from the company after 37 years of work as a dedicated engineer. His success at work, and happy 26 year marriage to his wife Deanna kept him content and joyful. He has always enjoyed the outdoors, and traveled many places with his wife. Currently, he enjoys walking around, smiling and waving to all he cross paths with while flying his drone. He values being respectful in both your life and work environment, and we are grateful for how helpful he is to neighbors and Yorkshire Village team members. We are honored to have you as part of the Yorkshire Village family, Thomas!

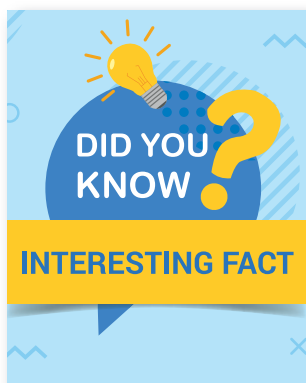
Travel Club *Italy*

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!

January's Featured Activities & Events



Monday, January 4, 2021

National Trivia Day

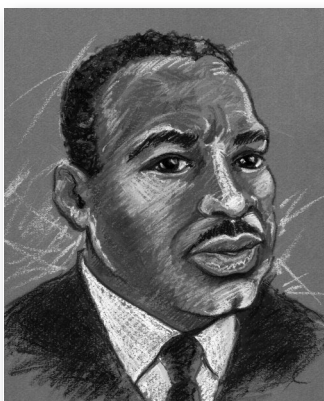
For those who hoard and accumulate arcane tidbits of information (both useful and useless!), National Trivia Day is your day! As the collectors of dates, facts, history, and quotes that are stored in the hidden recesses of your brain, you are the ones that provide astounding bits of information when family and friends least expect it. And on January 4th, we celebrate you!

This National Trivia Day we will challenge residents with Italian trivia crossing various cities and eras, including questions about Italian historical events, religion, foods, art history, and more!

Monday, January 18, 2021

Martin Luther King Jr. Day

Martin Luther King Jr Day, on the third Monday in January, honors the American clergyman, activist, Civil Rights Movement leader. Dr. Martin Luther King Jr. (January 15, 1929 – April 4, 1968) is best known for his role in the advancement of civil rights using nonviolent civil disobedience. King has become a national icon in the history of American progressivism. Many schools, businesses, and government offices are closed during Martin Luther King Jr Day. Our community will hold programs engaging residents in Civil Rights history and lessons throughout the week to learn more about the Civil Rights Movement and Dr. Martin Luther King Jr.



Sunday, January 31, 2021

Inspire Your Heart w/Art Day

Art can move us to tears, or cause us to break out in joyous laughter. Transcendent art possesses the power to inspire our hearts. And just as art comes in so many different forms, there is an equally endless number of ways to celebrate it. This January through March we will examine the major artists and masterpieces of the Italian Renaissance. As art and science evolved throughout the fourteenth to sixteenth centuries, it was key

to the development of the artistic innovations of the era. It will be exciting to explore the creations of Masters such as Fra Angelico, Donatello, Botticelli, Michelangelo, Leonardo da Vinci, Raphael, and Titian!

Chef's Inspiration

Explore the Benefits of the Mediterranean Diet



According to the Mayo Clinic, the Mediterranean diet blends the basics of healthy eating with the traditional flavors and cooking methods of the Mediterranean. It is one of the healthy eating plans recommended by the Dietary Guidelines for Americans to promote health and prevent chronic disease.

The Mediterranean diet is a way of eating based on the traditional cuisine of countries bordering the Mediterranean Sea. While there is no single definition of the Mediterranean diet, it is typically high in vegetables, fruits, whole grains, beans, nut and seeds, and olive oil.

Interested in trying the Mediterranean diet? These tips will help you choose the healthy option:

- Eat more fruits and vegetables. Aim for 7 to 10 servings a day of fruit and vegetables.
- Opt for whole grains. Switch to whole-grain bread, cereal and pasta.
- Use healthy fats. Instead of putting butter or margarine on bread, try dipping it in flavored olive oil.
- Eat more seafood. Try grilled fish twice a week. Fresh or water-packed tuna, salmon, trout, mackerel and herring are healthy choices.
- Reduce red meat. Substitute fish, poultry or beans for meat. If you eat meat, make sure it's lean and keep portions small.
- Enjoy some dairy. Eat low-fat Greek or plain yogurt and small amounts of a variety of cheeses.
- Spice it up. Herbs and spices boost flavor and lessen the need for salt.

Community Gallery



Employee OF THE MONTH Blanca Rios *Caregiver*



Blanca is one of our amazing long-time team members - she's been a part of the Yorkshire Village family for 17 years! She was chosen as the community Employee of the Month due to her positive example of continuous hard work and dedication. Blanca always comes to work with a bright smile on her face, and goes above and beyond to provide quality care and joy to our community.

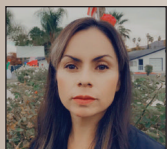
She was born and raised in Mexico in a warm and caring environment. When she married her spouse thirty seven years ago, she brought that same positivity to their marriage and while raising three kids. She raised her two daughters and son with traditional values, and serves as a primary example of how much you can accomplish if you put in the hard work. After long work days, she enjoys going home to spend time with loved ones, enjoying the company and smiles of her family.

Blanca is excited to keep working for at Yorkshire Village for many more years to come, and we are delighted to have her with us. From everyone here at Yorkshire Village, we thank you Blanca for your hard work and dedication!

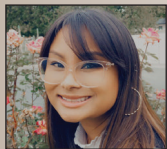
Community Leadership Team



Teresa Mapilis
Executive Director



Emma Andrade
Health and Wellness Director



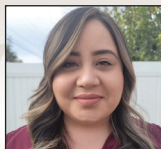
Nicole Kalacas
Administrative Assistant



Hector Ruiz
Active Living Program Director



Sandra Sermeno
Executive Chef



Amelia Hernandez
Family Specialist



Juan Carranza
Director of Maintenance



Brooke Eastman
Environmental Manager