

MAYFLOWER GARDENS

retirement community

6570 W. Avenue L-12, Lancaster, CA 93536 661-943-3228

Gazette

Mayflower Gardens Retirement Community

Monday - Saturday 9 a.m.-5 p.m.
Sunday 10 a.m.-4 p.m.

Your Friendly Staff - Mayflower I

Briana Larkin Executive Director
Ian Dasmariñas Business Office Manager
Ashley Yarman Marketing Director
Regina Carvalho Café Manager
Heather Flores Activities Director
Tony Filinow Maintenance Supervisor
Crystal Manzo Maintenance Office Admin
Heather Stelpstra Accounting Assistant
Yesenia Rios MGI Resident Services

Important Phone Numbers

Mayflower I Office 661-943-3228
MG Convalescent Hospital 661-943-3212
Beauty Salon 661-943-3131
The Market Place Mon-Fri 661-943-3228 x110
Mayflower Treasures Mon-Wed 661-943-0348
Resident Svcs. Mayflower I . 661-943-3228x107
Mayflower II Office 661-718-1775
Harshfield Terrace Office 661-718-1775

Mayflower Café

Sunday-Thursday,
8am-1:30pm...661-943-9478

Mayflower Gardens Maintenance Department

Mon - Fri. 8 am to 4:30 pm 661-943-2523
After-Hours Emergency 661-943-2523

First Valley Medical Group

Monday-Friday 8:00am - 5:00pm
661-728-1500

February 2021



Greeting From the Executive Director

Love is in the air! And so are a few more cold winter days. But things should heat up mid-month with the arrival of Valentine's Day. I would like to take this opportunity to say on behalf of the entire staff: WE LOVE OUR RESIDENTS! Enjoy your Valentine's Day and the remaining days of winter.

Covid-19 Vaccine: What You Need to Know

- 1) The vaccine is safe and effective. The FDA determined that the newly authorized COVID-19 vaccine meets its safety and effectiveness standards.
- 2) Two doses of the Pfizer vaccine given 21 days apart have been found to be 95% effective against COVID-19. Similarly, two doses of the Moderna vaccine given 28 days apart have been found to be 94.1% effective against COVID-19. Both vaccines were evaluated in clinical trials that included a diverse mixture of participants across the U.S. representing different races, ethnic groups and ages.
- 3) You do not need to be tested for COVID-19 before getting immunized.
- 4) The vaccine is available at no cost to you.
- 5) There may be temporary minor side effects after vaccination - but you are monitored directly after you receive the vaccination for any adverse reactions. Working together, we can and will bring an end to COVID-19, but ALL of us must do our part to make sure that happens.

**MAYFLOWER TREASURES
DONATION CENTER
TREASURES FURNITURE**

(661) 943-0348

*Treasures Thrift Store is currently
not accepting donations at
this time!*

**PIONEER CLUB
ACTIVITIES AND NEWS**



February Craft Kit

February is known as National Bird Feeding Month. To celebrate, our monthly craft kit will be a "do-it-yourself bird feeder." Kits will include materials necessary to assemble feeders along with painting materials, other art mediums for décor, and bird seed to help start your bird feeding adventures!

Please drop off your \$10 payment for the Pioneer Club in a sealed envelope with your name & apartment number to the office by February 12th to have this wonderful craft delivered directly to your door on February 24th. Upon completion, please call your Activities Director to get a photo taken of you with your bird feeder creation.



**Celebrating Black
History Month**

Each February, America observes Black History Month. This tribute to African Americans who have made an impact on the U.S. and the world was born from one man's call to action. Historian and author Carter G.

Woodson wanted the contributions of heroic Black men and women who helped shape the nation and its culture to be recognized and celebrated.

In 1926, he created a weeklong event to promote Black history, and chose the second week in February because it included the birthdays of abolitionist Frederick Douglass and President Abraham Lincoln.

Fifty years later, after decades of support, the event expanded to Black History Month, a national observance, as part of the country's bicentennial. When President Gerald Ford signed the proclamation, he urged everyone to join in the "tribute to Black History Month and the message of courage and perseverance it brings to all of us." (Article provided by the Illustratus archive).

**Photo Highlights From
Our Vaccination Clinic**



Residents who may have missed our on-site clinic may be able to sign up directly through LA County to get a COVID-19 vaccine.

Residents may get an appointment for a vaccination at www.VaccinateLACounty.com if available, or those without internet access can call a 24/7 call center at 833-540-0473 for more information. Please check in with our office for the latest information we have to share.

Please contact our Resident Services Coordinator if you need help obtaining the latest information or to assist in making an appointment. We are here to help!





Please come on up to our café Pick-up & Go Window on Friday, February 12th between 12:00 pm - 2:00 pm to pick up your delicious Valentine's Snack mix and a cup of refreshing strawberry lemonade to help celebrate the upcoming Valentine's Day holiday with some "Mayflower love and flair."



Did you know Wednesday, February 24th is National Tortilla Chip Day? Well, now that you do, let's celebrate with some tasty tortilla chips and your choice of salsa or guacamole for dipping! Come on up to the café pickup & go window between 12:00 - 2:00 pm to get your chips and dip and a refreshing beverage to celebrate this marvelous occasion!



Strawberry Pretzel Salad

- $\frac{3}{4}$ c. butter, softened
 - 3 Tbsp. brown sugar
 - $2\frac{1}{2}$ c. crushed pretzels
 - 1 (6oz) package strawberry
Jell-O
 - 2 c. boiling water
 - 3 c. strawberries
 - 1 (8oz) package cream cheese
 - 1 c. sugar
 - 1 (8oz) container frozen
whipped topping, thawed
- Directions:**

Preheat oven to 350 degrees F (175 degrees C). Cream butter or margarine with the brown sugar. Mix in the pretzels and pat mixture into the bottom of one 9x13 inch baking pan. Bake at 350 degrees F (175 degrees C) for 10 to 12 minutes. Set aside to cool. In a medium bowl, dissolve the gelatin in the boiling water and stir in the strawberries. Chill until partially thickened. In a small bowl, beat the cream cheese and white sugar together until smooth. Fold in the whipped cream. Spread mixture over the top of the cooled crust, making sure to seal the edges. Chill then pour the gelatin mixture over the cream cheese layer. Chill until firm.



It is time to test your knowledge of St. Valentine's Day!

- 1) Valentine's Day is only the 2nd most popular day of the year for sending cards. What holiday is the most popular?
- 2) True or False - Girls of Medieval Times ate bizarre foods on St. Valentine's Day to make them dream of their future husbands.
- 3) Who invented the 1st Valentine's Day candy box in the late 1800s?

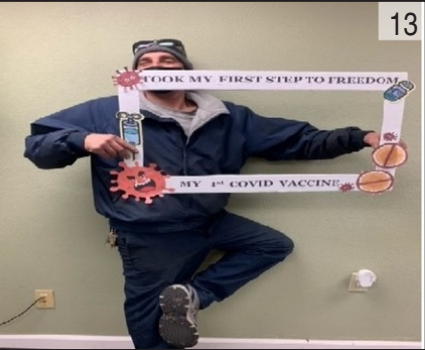
4) In what year did England's King Henry the VII officially declare February 14th the holiday of St. Valentine's Day?

5) 60% of America's red roses are grown in what state?

6) True or False - Almost half of yearly marriage proposals occur on Valentine's Day.

7) The name Valentine is derived from a Latin word meaning what?

Once you have found all the answers, jot them down and place them into a sealed envelope with your name and apartment number on it. Bring it up to the office as quickly as possible for your chance to win a free meal from our café.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
As a Reminder! All activities Mayflower Residents partake in must adhere to all CDC recommendations to reduce the spread of Covid-19, such as: - staying home when you are sick. - wearing masks in public settings. - following proper social distancing guidelines (maintaining at least 6 ft. of distance between individuals).	1 	2 	3 Ericka's Caregiving Services Companionship, light housekeeping, shopping, laundry, pet care, transportation, etc. Can work part or full time, hourly, 24 hours, and weekends. Honest, trustworthy best care. Affordable, experienced, and references. Call Ericka - (818) 571 - 0659	4 9:00  Mayflower Gardens Pickup & Go Library 	5 8:00  Coffee & Donuts 	6 As a Reminder! In response to the Covid-19 outbreak, all trips, activities, & events for the month of February are currently cancelled. Trips, activities, and events will resume as soon as we receive notification that it is safe to do so. *All events are subject to change*
7 	8 	9 9:00  Food Bank 	10 	11 9:00  Mayflower Gardens Pickup & Go Library 	12 8:00  Coffee & Donuts  12:00  Valentine's Day Pickup & Go  5:00 Craft Kit Purchase Deadline 	13 
14 	15 Presidents Day 	16 Mardi Gras 2021 9:00  Food Bank 	17 	18 9:00  Mayflower Gardens Pickup & Go Library 	19 8:00  Coffee & Donuts 	20 NATIONAL Love YOUR PET DAY FEBRUARY 20 
21 	22 	23 9:00  Food Bank 	24 February Craft Kit Delivery Day 	25 9:00  Mayflower Gardens Pickup & Go Library 	26 8:00  Coffee & Donuts 	27 
28 Congrats to Our New Year's Scavenger Hunt Winner! Congratulations, Connie Snodgrass , for playing our New Year's Scavenger Hunt game and finding all the items! Please contact your Activities Director to find out how to claim your prize!					*Mayflower Gardens is not affiliated with, nor guarantees the services of our advertisers.*	All Events Are Subject to Change

***** CALL 911 *****

... for EMERGENCIES such as fire, gas leak or if you or your property are in *immediate* danger, such as you smell smoke, gas or suspect a fire.

AFTER HOURS EMERGENCIES

If there is a flood or plumbing stoppage that you cannot control, or any other maintenance emergency that cannot wait until business hours please call:

Mayflower I

Maintenance Emergency
661-943-2523, 24 hours

Mayflower II

Maintenance Emergency
661-722-8383

Harshfield

Maintenance Emergency
661-718-1775



Welcome New Residents!

Pete Sandoval
James Jones
Suzanne Tansil
Ronald & Betty Dragoo
Ursula Lockner
Stephen Smith
Enola Stamsek
Welcome Home!

Many churches are providing services online. Please contact your church or its Mayflower Resident Liaison to find out if & how you can attend their services online!



In response to the COVID-19 Pandemic, all Church Services and Bible Study Programs are currently postponed for the month of February.

Catholic Church Info

Mayflower Resident Liaison
Miik "Mikey" Miller
661-448-7494

The Church of Jesus Christ of Latter Day Saints Info

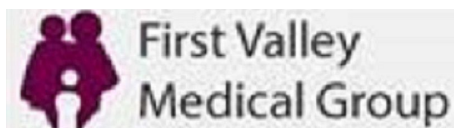
Mayflower Resident Liaisons
Karen & Bruce Day

Hope Chapel Info

Please contact Anita or Wanda
(661) 943 - 1074

AV Reach Info

Mayflower Resident Liaison
Wanda Fox



"Where Your Health Is Our Priority"

We are happy to be part of your Mayflower Community for quality care right outside your doorstep!

Internist Kanagaratnam Sivalingam, MD, leads the team and brings 40 years of experience in diagnosing and treating high blood pressure, diabetes, arthritis, osteoporosis, hypothyroidism, dementia, angina, and chronic obstructive pulmonary disease (COPD). To access the best, most

comprehensive general and preventive health services, let us partake in ALL of your medical needs at First Valley Medical

Group! Request your appointment today by calling one of our offices below:

Providers available are:

Kanagaratnam Sivalingam, MD
(661) 726-3724

Eric Denley, MD (661)
943-6455

Olga Khemelinina, FHP (661)
726-3725

**Please mention that you would like to schedule for our facility located on the Mayflower Gardens Campus.

Sincerely,
First Valley Medical Group

Happy Birthday!

02/01 Beverly Smith
Mary Helenick
02/02 Fred Scordino
Emil Koval
02/03 Sharon Griffing
Patricia Dupee
Phillip Case
02/04 Robert Tumbleson
Roger Lands
Janice Agnor
02/05 Edna Goodman
Patsy McIntyre
Tracy Smith
02/06 Vickie Finley
Jacquelyn Gunsten
Tracey Gates-Smith
Karen Dean
02/07 Betty Smith
Krystal Kelley-Davis
Bonnie Glynn
Barbara Edwards
02/08 Phelishia Henry
02/09 Robert Garcia
Roger Lands
02/10 Doris Hawkins
02/11 Catherine Bronsart
Sondra Delceppo
02/12 Barbara Plessen
Monica Lichtenstein
Constance McCracken
02/13 Donald Appleton
02/14 Cheryel Wickham
02/15 Alberta Caler
Dennis Jankowski
02/16 Martha Kozlovsky
02/17 Julie Martin Estonilo
02/18 Penny Talbott
Jyme Reyes
Ann Wilson
02/19 Loveta Battoe
Mary Kennedy
Larry Kimbrell

Happy Birthday (cont.)

02/20 Gloria McDaniel
Roy Griffin
Edith Bernstein
02/22 Robert Hendricks
Joseph Lewis
02/23 Robert Lindquist
02/24 Roger Plessen
John Kidd
Antonio Almeida
02/27 Laura Bye
02/28 Marian Kohler



National Love Your Pet Day

This wonderful holiday is celebrated on February 20th each year. For many of us, pets can range in a variety of animal types such as dogs, cats, birds, hamsters, etc. No matter the type or size of your pet, maybe give them a little extra love to let them know just how much you appreciate having them in your life. Or if you had a pet that meant a great deal to you, you can look back and reflect on happy memories of them. If you feel like sharing a picture or a story about your pet(s), please bring it to the office in an envelope with your name & apartment number and it may just appear in a future gazette.



Valley of Peace
Cremation & Burial
**ADVANCE PLANNING
WITH MICHELE**

Michele Escudero
Starting at \$7.50
CA PLS UC #0337120
661-945-0400 • 661-466-9940

Angela McClain
Operations Manager
(661) 723-8180
(661) 723-8170
AngelaMcClain@corp.comfortkeepers.com
44421 10th Street West, unit E-1
Lancaster, Ca. 93534

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Powers of Attorney
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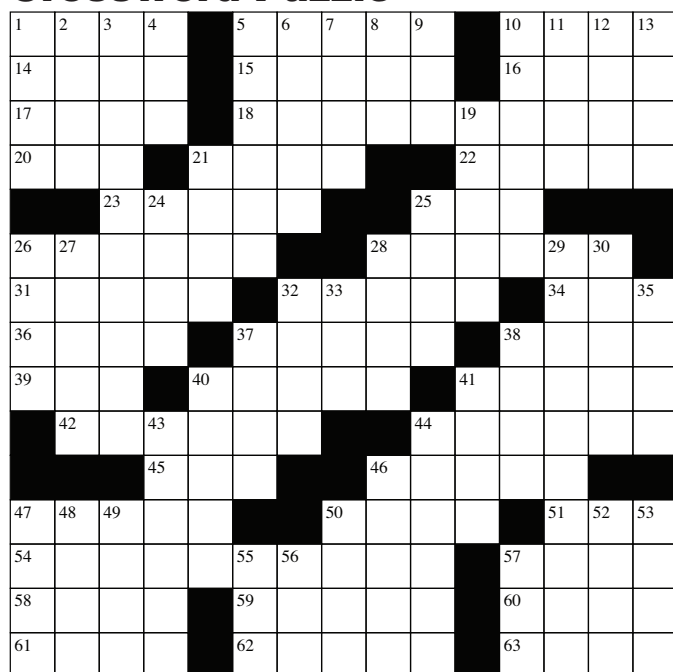


Happy Valentine's Day

HAVE A SWEET HOLIDAY FILLED WITH LOVE!



Crossword Puzzle



ACROSS

1. Part of the brass section
5. Unimportant
10. Refreshing drink
14. Do a household chore
15. Fuming
16. To ___; with no exceptions
17. "Goodness gracious!"
18. Traveler's stop
20. Put in place
21. Breathe heavily
22. Hangs
23. Level of progress
25. King Kong, for one
26. Word of warning
28. Opposed
31. Oklahoma Indian
32. Part of a vacuum cleaner
34. Defensive weapon: abbr.
36. Inflammation: suff.
37. Stupid person
38. French priest
39. "Dancing With the Stars" judge
40. Crow
41. Region called "the Roof of the World"
42. Will subject
44. Angry speech
45. Item on a death certificate
46. Rent out, although a renter oneself

DOWN

1. Links
2. Egg on
3. Petty officers
4. Connector
5. Desert sight
6. Castle or Dunne
7. Cartoonist Thomas
8. Mel the Giant
9. Actor Stephen ___
10. Calling
11. Arabian Sea country
12. Terra firma
13. Picnic spoilers
19. Amphetamine
21. Skin
24. Price indicators
25. Cosmetics maker
26. Painful problem
27. ___ Lauder
28. Weighs ___; is heavy

29. Professor's delight
30. Declined
32. Impatient chess player's word
33. Unprocessed material
35. ___ out; allot
37. Other sock
38. English river
40. Goes on a rampage
41. Flooring piece
43. Light producers
44. Grammar book chapter
46. Hurried
47. Hunt for
48. Early abode
49. Roaster
50. Area ___
52. Hay muncher
53. Poke
55. Group of Scouts
56. Reuben's necessity
57. Blvds.

