

CountrySide Chronicle

MONTHLY NEWS

OCTOBER 2017

Our Labor Day Carnival
was a big success!

Everyone enjoyed
attractions like the
fishing booth, photo

booth, fortune telling and even chicken races. We had a variety of carnival foods like cotton candy, popcorn, corn dogs and lemonade. It was a chance to remember the good ol' days at the carnival. We would like to thank all of our Good Shepherds, family members, staff and volunteers for their help in making this a fun filled day for everyone.

CARNIVAL!



CountrySideLakes.com

From the Director's Desk

We survived IRMA! We had a little roof damage, a few leaks here and there, one down tree and lots of random branches and debris. Overall, we feel the good Lord was watching over all of us and the building and cradled us in his arms.

I need to thank all residents for the cooperation, kind words and flexibility that you all displayed during this powerful storm. Next, I need to thank the staff

that came and stayed with us in the building. They worked long, hard hours, and numerous shifts. We certainly couldn't have done it without them.

We are closing in on the completion the building renovation. We should be done by the end of September. Since the arrival of Hurricane Irma, it may run over into October a little bit. We are pushing to get this completed for you



as soon as possible. We certainly appreciate your patience, we are going to have a beautiful building when all is said and done.

Charlie



Congratulations Elliott & Maxine!

RESIDENT SPOTLIGHT

Elliott & Maxine Hoffman

Elliott & Maxine Hoffman are originally from Philadelphia and moved to CountrySide Lakes in January of 2017. They vacationed in New Smyrna Beach before permanently moving to Florida in 2001. Elliott loves working on his computer and their little dog, Tootsie. Maxine enjoys playing mahjong, cards, reading and games on the computer.

Bella's Corner

Bella loves hanging out in the Physical Therapy department and playing with her tennis ball. Come visit Chad and the PT team to see how they can improve your health. They can customize treatments that incorporate strength, flexibility, balance, endurance, gait training, safety, as well as treat many neurological and orthopedic issues. They can even design a treatment routine that involves playing with Bella!

Our Aquaroll® systems are just a part of the full range of physical therapy services at CSLPT. Aquaroll® incorporates soothing motion to alleviate pain, swelling, increases range of motion for a variety of conditions such as carpal tunnel, plantar fasciitis, neuropathy and arthritis.



Follow Bella's photos and videos online at CountrySideLakes.com

After you check out Bella's videos, connect with us on social media to keep up with CountrySide News and Good Shepherds updates! Help spread the word by liking and following us at the sites below.

Being social is ageless.

Instagram

twitter

facebook

CSL32127



On Monday, October 16th, we will offer flu shots from 9:00 –11:30 am in the Atrium. They will be administered by Health & Wellness 2 Go. If you want to receive a flu shot, please fill out the Influenza Vaccine Consent Form that was put on your door and turn it into the Concierge Desk by no later than Monday, October 9th. If you did not receive the consent form or misplaced yours, please pick one up at the Concierge Desk.

If you want Medicare to pay for your flu shot, you must bring your Medicare card with you when you come to receive your shot. They do not accept HMOs, like Humana or Florida Health Care. If you have either of these, you must pay by cash or check made out to Health & Wellness 2 Go (NOT CountrySide Lakes). You cannot charge it to your CountrySide account. If you have any questions regarding the flu shot, please contact Diane Parker, Director of Engagement or the Concierge Desk.

October is Breast Cancer Awareness Month. We would like to ask you to join us every Friday and wear your PINK to support anyone and everyone who has or has had Breast Cancer.

On Monday, October 2nd, meet Diane in the Activity Room on the 2nd floor at 10:00 am and we will make pink ribbons to give out for everyone to wear.



Then & Now – Breads

One of our Then & Now presentations for September was on different types of breads. We brought in a bread maker and made homemade bread, and a toaster to show different ways of cooking bread. We had pita bread, pretzel bread, white mountain bread, rye bread, and different toppings you could put on them. We talked about how, in the old days, they didn't have bread slicers and how they use to make bread.



Interesting Facts About OCTOBER

- ❖ October 1, 1908 – Henry Ford's Model T, a "universal car" designed for the masses, went on sale for the first time.
- ❖ October 4, 1181 – St. Francis of Assisi (1181-1226) was born in Assisi, Umbria, Italy (as Giovanni Francesco Bernardone). He renounced his family's wealth and founded the Friars Minor (Franciscan Order).
- ❖ October 6, 1927 – The first "talkie" opened in New York. The Jazz Singer starring Al Jolson was the first full-length feature film using spoken dialogue.
- ❖ October 8, 1871 – The Great Fire of Chicago erupted. According to legend, it started when Mrs. O'Leary's cow kicked over a lantern in her barn on DeKoven Street. Over 300 persons were killed and 90,000 were left homeless as the fire leveled 3.5 square miles, destroying 17,450 buildings. Financial losses totaled over \$200 million.
- ❖ October 12, 1492 – After a 33-day voyage, Christopher Columbus made his first landfall in the New World in the Bahamas. He named the first land sighted as El Salvador, claiming it in the name of the Spanish Crown. Columbus was seeking a western sea route from Europe to Asia and believed he had found an island of the Indies. He thus called the first island natives he met, 'Indians.'

B-123 Jan I.
B-309 Marie & Roman G.
B-303 Dot R.
A-217 Joe S.

RESIDENT BIRTHDAYS

October 1
Lucille J.
October 4
Marjorie S.
October 5
Hugh S.
October 6
Joan W.
October 8
Aubrey J.
October 9
Helen F.
October 11
Bonnie G.
October 12
Betty E.
October 16
Jan D.
October 18
Dolores S.
October 25
William F.
October 26
Lena Smith
October 28
Barbra W.
October 30
Jeanette I.

STAFF BIRTHDAYS

October 4
Lynette Lucas
LPN
October 9
Chazite Wilson
Server
October 15
Dennis Carroll
Tray Supervisor
October 16
Charles Dierke
Executive Director
October 17
Ilsa DeSosa
Housekeeping
October 23
Linda Webster
Concierge Supervisor
October 31
Ashley Emerson
Server

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	Columbus Day	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	Halloween	31			

Elizabeth Padilla

Congratulations, Elizabeth!
We're lucky to have you.

Elizabeth is part of our Housekeeping Team. She loves to help our residents and is very compassionate to everyone. When Elizabeth is not working, she enjoys going to the beach, cooking and hanging out at home. Thank you, Elizabeth, for all you do. Next time you see her, be sure to say Congratulations on a job well done!



CountrySide Lakes®

A Shepherd Senior Living Community

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