

CountrySide Chronicle

MONTHLY NEWS

FEBRUARY 2017



February is full of
reasons to celebrate

This month doesn't just bring us Valentine's Day; it reminds us of some national pride, as well. From the Super Bowl to the Oscars, it's great to be an American. And it all started with the man we celebrate on Presidents' Day.

At a time when many are feeling divided, it's good to remember Washington's Birthday. Celebrated as a federal holiday on the third Monday of each February, George Washington's birthday has become widely known as Presidents' Day, and is often seen as an occasion to remember all of the presidents.

But this year, it seems particularly important to remember George. After all, it was the "Father of Our Country" who taught us that it wasn't the first President who deserved to be celebrated, but the second: It was the preservation of the Republic and the enduring nature of the American people that mattered, not the man in charge. And We the People are always worth celebrating. So Happy Washington's Birthday! And Happy Presidents' Day!

CountrySideLakes.com

From the Director's Desk

I would like to thank all our community members for welcoming me with open arms. You have been fantastic during this phase of the transition and I have received lots of ideas and opportunities for improvement. Keep those ideas coming!

The first wave of changes have all been “behind the scenes” (IT, finances, etc.), but rest assured we’ve been hard at work

to implement Shepherd’s distinctive offerings. Exciting renovations and new activities will be starting this month. We’re even getting a puppy! We look forward to discovering which are your favorites and continuing to make CountrySide everything you so deserve.

Happy reading,

Charlie



CountrySide Lakes
A Shepherd Senior Living Community

A New Face at CountrySide

That’s right – we’re getting a puppy!
Help give this little girl a name. Submit your vote to Charlie by February 10th. He has a special treat in store for the winner.



There’s nothing quite like the unconditional love of an animal.

Pets make humans feel good.

It’s that simple. For the elderly, the results are even more astounding: lower cholesterol levels, less depression, and potential protection against heart disease and stroke. Not to mention that walking, grooming, and engaging in specialty activities with this little pup is far more fun than your traditional therapy workout.



The greatest expression of LOVE

On February 14th we will again be celebrating Valentine's Day. The history of Valentine's Day – and the story of its patron saint – is shrouded in mystery. We do know that February has long been celebrated as a month of romance, including St. Valentine's Day. But who was Saint Valentine, and how did he become associated with this ancient rite?

According to one legend, an imprisoned Valentine actually sent the first "valentine" greeting himself after he fell in love with a young girl (possibly his jailor's daughter) who visited him during his confinement. Before his death, it is

alleged that he wrote her a letter signed "From your Valentine," an expression that is still in use today.

As Christians, Valentine's Day should cause us to remember the greatest expression of LOVE the world has ever known: when Jesus – because He loved us so – gave Himself as a sacrifice for our sins. Not only did "God so love the world," but so did Jesus.

John 15:13 says, "Greater love hath no man than this, that a man lay down his life for his friends." But Jesus loved us before we were His friends.

"But God demonstrates his own love for us in this: While we were still sinners, Christ died for us." (Romans 5:8)

And, finally, "In this is love, not that we have loved God but that he loved us and sent his Son to be the propitiation for our sins."
(I John 4:10)

Here's wishing you a Happy Valentine's Day!

Dannie

There's something beautiful about a fresh start.

As we kick off 2017, the possibilities here at CountrySide seem endless.

We're doing a complete makeover, but hopefully in a way that won't interfere with your daily routine. Here are just a few of the changes you can keep an eye out for this quarter, many starting right away.

- + Creation of a new expanded in-house Physical Therapy suite. (more on this in next month's newsletter!)
- + Opening up the walls of the existing therapy room, and creating an enlarged gym / activity space with all new equipment
- + Fresh paint and new colors – both inside and out
- + New furniture in all common spaces – both inside and out
- + New carpet throughout the common spaces
- + New lighting throughout the common spaces
- + New window treatments throughout the common spaces
- + New monument sign out front
- + New awnings
- + Faster, wireless Internet (better to view our new website!)



There's a method to our madness.

While it's great to be beautiful, what really makes us happy is fulfillment. So we're doing all of these updates, not just as a beautification project, but rather as a means to an end.

We're out to create spaces that you absolutely love living in – Spaces that have unique, identifiable purposes, and bring joy.

Homes don't have Lobbies, so we're not going to have one either. Instead, we are creating a Living Room – a place to welcome your families and neighbors and kick back with your friends.

The "Atrium" is becoming our Lounge. It's a place where we can share some drinks and some laughs, play some games, and dance our hearts out.

The Dining Room isn't getting a new name, but it is getting a new feel. We're combining tables of all shapes and sizes with banquettes. It's more social and more natural.

The Elevator areas on all 3 floors are getting new digital signage, so you can check in and see the day's highlights – from weather and activities to news and menus.

Up on the Second Floor, we're getting a dedicated Game Room and a comfortable new TV / Movie space. (It might just be your new favorite place.)

The Third Floor is all about health and happiness – two things you'll come to find we're pretty big on. We're knocking down walls to bring you an expansive new Wellness area, in addition to the new Physical Therapy suite. And of course, we haven't forgotten about the Billiards Room. Our new design is also integrating an electronic dartboard. Where better to host our tournaments and find the next CountrySide champions?

WELCOME NEW RESIDENTS!

Emmy L. | B-205
Bernadine B. | A-120

RESIDENT BIRTHDAYS

Feb 5
Tessie S.

Feb 7
Edward R.
Kay B.

Feb 8
Helen N.

Feb 11
Kay S.

Feb 14
Mary L.
Edythe S.

Feb 16
Beatrice K.
Donna P.

Feb 17
Lillian M.

Feb 22
Virginia G.
Virginia W.

Feb 23
Clara J.

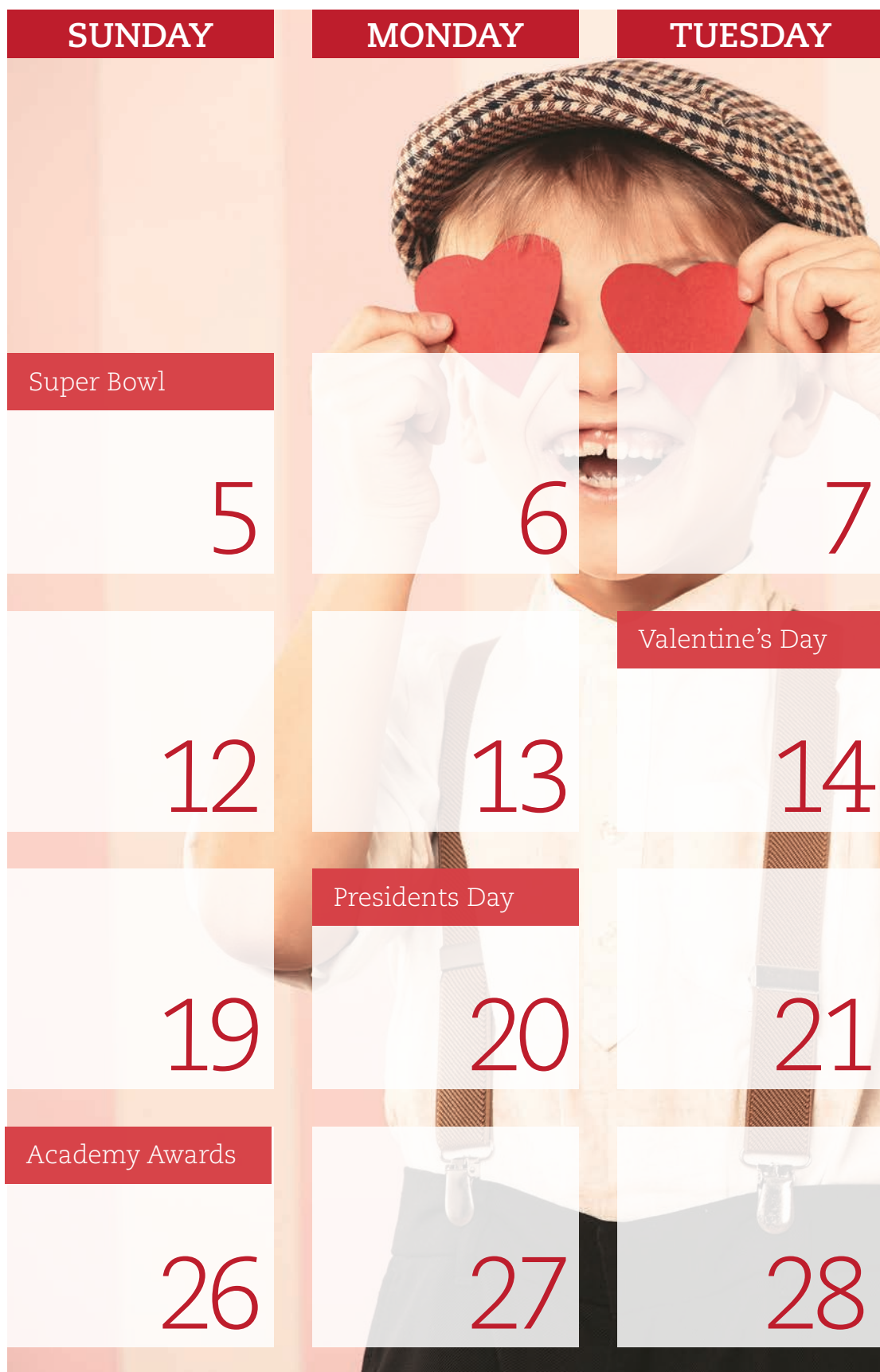
Feb 24
Mary F.

STAFF BIRTHDAYS

Feb 3
Amber B. (Nursing)

Feb 8
Alecia A. (Culinary)

Feb 10
Amber R. (Culinary)



FEBRUARY 2017

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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Linda Fenty

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

Linda has been here at CountrySide since March of 2009. You can find her at the Front Desk on Saturdays and Sundays from 8am to 4pm and on Mondays and Tuesdays from midnight to 8am. We haven't found anything she can't or won't do. An absolute lady, Linda does it all with a smile and a genuine kindness that comes from the heart. So stop by and pay her an extra visit this month – she deserves it!



CountrySide Lakes[®]

A Shepherd Senior Living Community

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