

CountrySide Chronicle

MONTHLY NEWS

MARCH 2017

Bon Appétit!

The Culinary Program continues to be a primary focus at CountrySide Lakes.

We are always striving to improve and bring more options to the community. Our Food Fair was a tremendous success! Many of you participated and experienced a journey of food and fun throughout the community. All of the food served was prepared and provided by our food vendors and partners. This event helps us identify food preferences and serves as a basis for the development of our menus.

The month of March will see the continuation of our Guest Chef Program, culinary focused activities, the introduction of our Chef's Table Program and Premium Dining options. The Chef's Table will provide a premium dining experience, with a special guest, every Wednesday at 6:30 pm for up to 20 residents. Due to limited seating, reservations are required and can be made at the Concierge.

Our Premium Dining Program will offer three premium dinner selections, in addition to our regular menu, on Thursday and Friday nights. Also, we are introducing all-day dining, which will offer a special menu that will be available from 7 am until 10 pm every day.

Our restaurant is now available on OpenTable.com, so you, your friends and family can make a dining reservation online. Come join us for an amazing meal and great company!



Lillie performs at one of our "Fun with Culinary" events in the Dining Room.

CountrySideLakes.com

From the Director's Desk

Spring fever? Welcome to March – the month that brings us basketball, spring cleaning, and new life! Here at CountrySide, that means March Madness, fresh bulbs with our Planting & Potting groups, and getting ready to welcome Bella home. And, of course, the renovations continue. We hope you are all enjoying the new free Wi-Fi service. We have completed all of our low voltage renovations and will be opening CSL Physical Therapy on the Third Floor. Next up – painting and lighting throughout the building.

Thanks to everyone who has come out and participated

in our new activities! It's been great fun and we're just getting started. We've also listened and this month, per your requests, we have spaced out the activities more so that you can attend everything without having to choose.

In addition to our CountrySideLakes.com website, we are launching social media. This means you can now follow us on Facebook, Twitter, and Instagram and share your own images and stories. We encourage everyone to participate and tell your families and friends. It's a great way for them to see our daily activities and join in.



Finally, this month we've begun a new *Chronicle* tradition: resident profiles. Each of you is special and deserves to be highlighted. We're starting with Nora King - someone who is so active, cheerful, and kind, she has inspired me. She makes a difference every day in her friends' lives and I hope she will inspire you to do the same.

Charlie



Congratulations Nora!

RESIDENT SPOTLIGHT

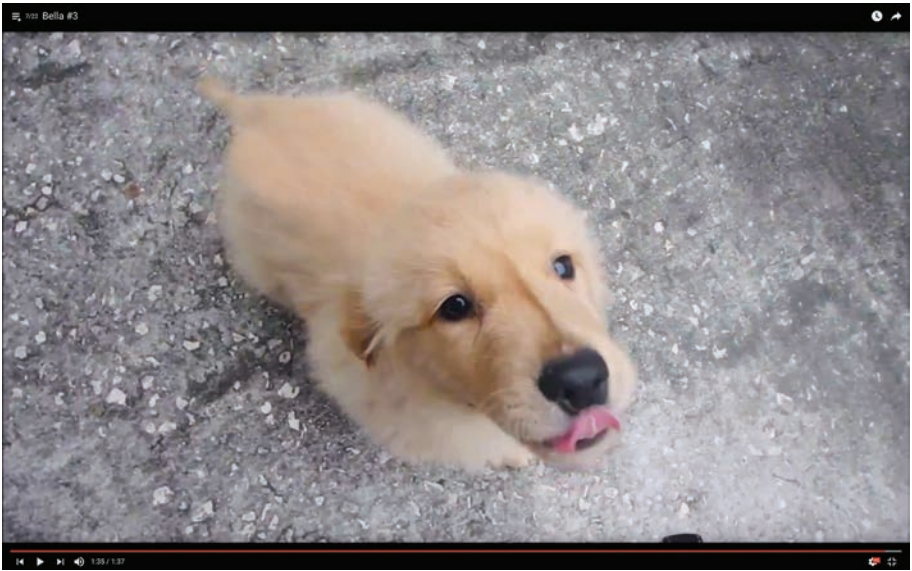
Nora King

CountrySide Lakes is proud to honor Nora King as this month's special resident. Nora has been a resident in our Community since October of 2011 and is very active, attending all of the activities. She displays a caring heart for her neighbors and takes exceptional care helping out her friend Mary Corley. When it's time to pitch in or help, Nora is there with a smile to assist. We are thankful for Nora and the many cherished members of our CountrySide Lakes Community.



The votes are in!
Our pup has a name...
Bella
will be joining us soon!

After enthusiastic participation in our naming contest, residents voted our new pup's name to be "Bella!" She is growing more beautiful each week and progressing well through her obedience training. She is due to arrive at CountrySide Lakes in the first week of April to do her part in helping bring joy to the residents and guests of our community.



Follow Bella's training progress videos online at
CountrySideLakes.com



Welcome CSL Physical Therapy!

As part of our broader focus on wellness and community, CountrySide is getting our own in-house physical therapy clinic. Opening in March, CSL Physical Therapy will be on the Third Floor. With this move, Angela and I are excited to reach out to each of you to see how we can better be of service. Our Medical Director, Dr. David Heise, will also be speaking to you about this new opportunity for treatment.

Therapy is more than just the activities of daily living, and we will be focusing on implementing balance clinics, strength training, gait training, vestibular conditions and more. If you are experiencing balance problems or insecurities about your ambulation – with or without an assistive device – come see us for a free screening. Our team is here every day to help and improve your quality of life.

Once the renovations are complete and our new wellness space is operational, we'll also be working hand-in-hand with CountrySide's new wellness instructors to create a fun, custom program just for you.

And, of course, we have something extra special – Aquaroll. This unique, all-natural system is used by every-day folks and professional athletes, alike. It improves circulation and can assist with both upper and lower extremity conditions, such as swelling of the feet, ankles, and lower legs, neuropathy, plantar fasciitis, carpal tunnel, tendonitis, and much, much more. You can learn more at aquarollUSA.com.

Angela and I are excited to continue to call CountrySide home. We've been privileged to work with many of you and look forward to meeting everyone. So come say hi. You know where to find us. You might even see our new daughter, Harper, toddling around!

Chad

Chad Owens, PT-A
Director, CSL Physical Therapy

What good is living longer if you're not living well?

We'll be rolling out our full CountrySide Wellness Program once the Second Floor renovations are complete. In the meantime, take a look at the full list of Wellness Activities below! Check out this month's Activity Calendar for the special teaser classes highlighted in blue.

AQUA DANCE

Full body dance workout in the pool. All levels welcome.

CHAIR YOGA

For those who would like to experience yoga, but getting on and off the floor is challenging, this class is ideal. All levels welcome. Residents will be guided gently through yoga postures while sitting on a chair, with a special focus on breath and alignment.

CIRCUIT TRAINING

Learn the fundamentals of a solid gym workout and refine your skills. All levels welcome.

DANCE PARTY

Learn the latest moves and groove to the beats of your favorite classics. It's the house party you don't want to miss every Friday night! All levels welcome.



FUNCTIONAL FLEXIBILITY

These functional stretches add maximum flexibility to your body. All levels welcome. Benefits include increased mobility, flexibility, coordination, and body balance.

GENTLE YOGA

Conclude your day by soothing mind, body, and soul at this yoga class. All levels welcome for this gentle experience. Benefits include mindfulness, gratitude, and sleep.



H2O CARDIO

This aqua class focuses on using the water as resistance to build cardiovascular endurance, while being gentle on your joints. All levels welcome.

H2O POWER

A challenging aerobic conditioning class in the water. Moderate to advanced levels only.

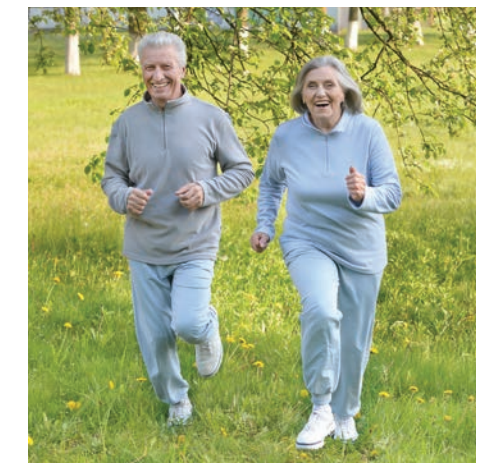
HATHA YOGA FLOW

Basic Hatha is perfect for the beginner as an introduction to yoga asanas (postures) and/or for the seasoned practitioner who desires a more gentle class and a return to the beginner's mind. All levels welcome.

JOURNEY OF A LIFETIME WALKING CLUB

This ongoing class begins when you identify your next dream travel

location. We create a 10-stop journey between CountrySide Lakes and your destination, complete with maps, collectibles, and other fun commemoratives. Each resident is provided a pedometer and the adventure begins. Logged steps are converted to miles and the progress is tracked and celebrated. Benefits include walking, socialization, and family member participation. All levels welcome.



MINDFULNESS BASICS

Become more mindful, create bilateral brain function, and relax. All levels welcome.

MORNING MEDITATION

Start your day by taking time for yourself and resetting your mind. Utilizes breathing techniques and mindfulness meditation. All levels welcome.

STRETCH

Improve total body flexibility. All levels welcome.

WELCOME
NEW RESIDENTS!

Eloise S.
A-217
Thelma & Hugh S.
A-208
Betty K.
A-103
Sally & Dom D.
B-204

RESIDENT
BIRTHDAYS

STAFF
BIRTHDAYS

March 6
Ralph G.
March 8
Helen L.
Kay H.
Stefan B.
March 10
Norman C.
Shirley C.
March 11
Proscilla P.
March 12
Carolyn L.
March 13
Betty V.
March 17
Rose P.
March 18
Jack H.
March 19
Cleo R.
March 23
Bernadine B.
Janet H.
March 24
Patricia P.
Lillian L.
March 26
Emmy L.

March 10
Kathleen H.
Dining Room Super-
visor (Culinary)
Keshawndra E.
Med Tech (Nursing)
March 11
Carrie M., LPN
Assistant Director
of Nursing
Catherine P.
Concierge Desk
March 15
Kaylee H.
Caregiver (Nursing)
March 15
Sara P.
Server (Culinary)
March 21
Maria M.
Housekeeping
March 22
Logyn F.
Server (Culinary)
March 25
Alexis I.
Server (Culinary)
March 28
Mirian E.
Housekeeping

MARCH 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Ash Wednesday			
			1	2	3	4
5	6	7	8	9	10	11
Daylight Saving Time Begins					St. Patrick's Day	
12	13	14	15	16	17	18
	First Day of Spring			National Puppy Day		
19	20	21	22	23	24	25
26	27	28	29	30	31	

Jordan Gawel

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

Jordan has been here at CountrySide for over 2 years. She started out as a server and then became a cook. You've probably seen her in the Dining Room, cheerfully serving everyone. Jordan recently graduated with honors from the culinary program at Daytona State College. She has wanted to be a chef since she was 6 years old and loves making really good food that makes people happy. Her hobbies are baking and going to the gym, and she is currently in the middle of completing her bachelor's degree in supervision management. Jordan thoroughly loves our staff and enjoys working with our residents here at CountrySide. It makes her happy to come to work and serve everyone. So next time you see her, be sure to say congratulations and tell her much we appreciate her!



CountrySide Lakes[®]

A Shepherd Senior Living Community

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