

CountrySide Chronicle

MONTHLY NEWS AUGUST 2017

All-American Burger Bash!

Our July 4th celebration had a fantastic turnout - thanks to all who attended! Lee and team grilled hamburgers, hot dogs, and chicken - complete with all the fixin's. We also rolled out the opening of our new CountrySide bar with cocktails, wine, and beer. In the Great Room, Don Kruger treated everyone to some patriotic music. All in all, a great day!



From the Director's Desk

What do you say about August... HOT HOT HOT!!!

Hurricane season is in full swing. We had our annual hurricane meeting early in July. This is a great opportunity to speak with your loved ones about their plans in case of a storm. Do you know your plan? Do you know your kids' plans? Do you even have a plan? Do you have a "GO" bag? That's a prepacked, ready to go bag, in case of an emergency. Some people keep them in their trunk, some keep them by the door heading out of the house. It's always a "best practice" to have a plan and follow the plan. Predetermine what will make you comfortable in regards to any storm. Don't wait 'till the

last minute to figure it out. Your life may depend on it.

CountrySide Lakes has a Disaster Plan that is approved by the city and the county. Our plan changes every year and with every storm. We work to improve our plan each time we use it. Remember – prepare for the worst and pray for the best. We will keep all of our residents informed during each storm that may be headed our way. As storms get closer, we will have more meetings and start making immediate plans. Take a little time and discuss with your family what your plan is. Who is going where and with whom? Do your best to stick together. You don't want to be trying to track everyone down

during a storm. Having a plan and working the plan will keep you calm and lessen the risk of a mistake or poor decision. If you are in need of an "exit strategy," talk to your local fire department or police station, or someone at the Emergency Management Department. Don't be too proud to ask for help or guidance. Your next door neighbor may also be a great asset. Let's all stay safe.

Charlie



Congratulations Jennie!

RESIDENT SPOTLIGHT

Jennie F.

She is a Navy veteran of World War II and moved here in July 2016 from Allentown, PA. After leaving the Navy, Jennie worked in New York as a secretary. She has one daughter, one son, and three beautiful grandchildren. Jennie enjoys reading, doing puzzles, and aerobics. Yes, that's right - aerobics! At 100, she is an inspiration to us all and an absolute joy to have here.

Bella's Corner

Our Bella is growing up! A pup no more, our girl is on her way to being a beautiful, loving Golden. While she's perfectly content to wander the halls getting belly rubs and playing fetch, we think it's time for all of us to help her reach her full potential - and ours! Starting in September, we'll be organizing events to take Bella out into the Port Orange community, where she can spread joy to others and help us make new friends. Join us as we determine which charities and outings to start with. Charlie will be taking suggestions, or you can drop us a line through our website.



Follow Bella's photos and videos online at [CountrySideLakes.com](https://www.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



Aloha! Hele mei hoohiwahiwa luau (Hawaiian for “Come Celebrate the Luau”)! It’s time again for our Annual Luau Feast. This year we’ll be celebrating on Thursday, August 17th. The dining room will be brightly decorated and Judy Locke will be singing Hawaiian tunes from 4:00-6:00 pm. Be sure to get out your colorful, flowered outfits and join us for this special event. We will provide a Hawaiian lei for you as you arrive for this fun filled dining experience.



On Tuesday, June 20th we were honored to have a group of young adults come and present hymns of the faith. They were here from Grand Prairie, Texas, helping one of our local churches out with their Vacation Bible School and came to bring some joy and fun to our community. Their beautiful hymns were accompanied by a guitar and banjo. We sang and clapped along with them and enjoyed talking with these very talented young adults!

Then & Now – Snow Globes

Our June 12th the Then & Now presentation was a showing of snow globes by one of our very own culinary employees, Haley McKee. She displayed a variety of her collection of snow globes and gave the history on how they are made. Haley even had a very special one that was given to her by her grandmother, and a very unique globe with her picture in it. Everyone enjoyed her presentation and we’re looking forward to the next one.



Interesting Facts About AUGUST

August is the eighth month of the year (between July and September) in the Julian and Gregorian calendars and the fifth month to have the length of 31 days. In the Southern Hemisphere, August is the seasonal equivalent of February in the Northern Hemisphere.

This month was originally named “Sextilis” in Latin, because it was the sixth month in the original ten-month Roman calendar under Romulus in 753 BC, when March was the first month of the year. About 700 BC it became the eighth month when January and February were added to the year before March by King Numa Pompilius, who also gave it 29 days. Julius Caesar added two days when he created the Julian calendar in 45 BC giving it its modern length of 31 days. In 8 BC it was renamed in honor of Augustus. He supposedly chose this month because it was the time of several of his great triumphs, including the conquest of Egypt.

- August symbols:
- ❖ August’s birthstones are the peridot and sardonyx.
 - ❖ Its birth flower is the gladiolus or poppy, meaning beauty, strength of character, love, marriage and family.
 - ❖ The Western zodiac signs for the month of August are Leo (until August 22) and Virgo (from August 23 onwards).

RESIDENT BIRTHDAYS

August 2
Helen W.
August 6
Ray S.
August 8
Art G.
August 13
Maxine H.
August 24
Ellen K.
August 25
Stefan B.
August 27
Elizabeth K.

STAFF BIRTHDAYS

August 2
Timothy Pickavance
Dishwasher
August 6
Lilia Burns
Dining Room Supervisor
Jordan Gawel
Cook
August 9
Lee Conway
Director of Culinary
Gary Parker
Transportation
Karrie Scott
Med Tech
August 12
Sondra Larson
Resident Care Coordinator
August 16
Andrianne Pincheon
Med Tech
August 19
Haley McKee
Server
August 25
Yong Boyd
Caregiver
August 28
Arnold Beaulieu
Server
August 30
Melissa Lungahi
Med Tech

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------|--------|---------|-----------|----------|--------|------------------|
| | | 1 | 2 | 3 | 4 | 5 |
| National Sister Day | | | | | | |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | National Dog Day |
| 26 | 27 | 28 | 29 | 30 | 31 | |

Sondra Larsen

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

Sondra Larsen joined the team here at CountrySide Lakes in 2015 after moving from her hometown of Plymouth, New Hampshire to New Smyrna Beach in 2014. As our Resident Care Director, she is a tremendous asset to the Nursing department.

Sondra loves to help with doctor appointments and many other tasks.

Most notably, she has created the very popular Then & Now Program every Monday at 2:00 pm. Her hard work and creativity is evident every week. If you haven't done so already, be sure to stop in next week and join Sondra in the fun and reminiscing. Thanks, Sondra, for everything you do!



CountrySide Lakes[®]

A Shepherd Senior Living Community

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