CountrySide Chronicle MONTHLY NEWS CALENDAR JANUARY 2019

So long, 2018...we had a blast!

















From the Director's Desk

Wow – 2018 seemed to fly by without ever looking back. But there's good news on the horizon, and it's called 2019.

I believe this year will provide us with many opportunities to help and serve others. Along those lines, my goal for our team is to always make a difference for people. No matter how big or small, I believe our purpose is to make a difference for someone today. That's precisely how I end every one of our daily Directors meetings, and I mean it from the bottom of my heart. I feel that if we are capable of doing this, we should, without fail. Our world will be a better place if we all just try to make a difference every day, even in small ways.

I would love for all of us to use 2019 to find people, places and causes that we can positively impact. And remember, helping doesn't have to consume your entire day. It can be as simple as letting someone merge into your lane when you really don't want to. Even when you think they are trying to pull a fast one by not waiting their turn in line, like you did. It's incredibly hard to do sometimes but consider that they may have a reason.

Let's all take our time and look around and listen to friends and family talk about things that may benefit from our touch or influence. Let's get involved. Let's be difference makers. Let's take advantage of the opportunity to



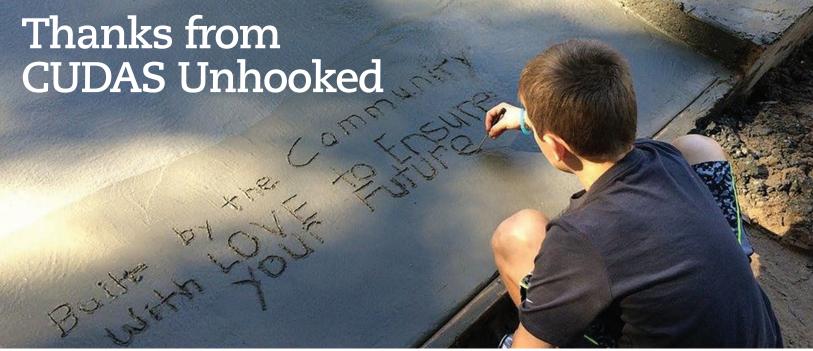
serve others and show the people in our circle how rewarding and uplifting it is to be a part of something bigger than ourselves. Bottom line, let's all work to make it

Charlie

a great year.

Bella's Corner Follow Bella's photos & videos





Congratulations Dorothy!

RESIDENT SPOTLIGHT

Dorothy Vining

Born in Honolulu, Hawaii in August 1941, Dorothy Vining doesn't remember the Japanese attack on Pearl Harbor four months later. But she sure remembers her family's stories about it.

Her father, who was in the U.S. Navy, had shipped out a few days before the attack. Before he left, he told his family it seemed like the Navy knew something was up, but nobody was sure what. After his service, he brought Dorothy and the family to Tennessee, where he worked in Oak Ridge as part of the secret Manhattan Project. That's where Dorothy spent her early school years. She then attended Massey Business School in Atlanta and met her husband Troy through a friend.

From there they moved to several spots in Florida. After his death two years ago, she moved to CountrySide Lakes last October. It's a spot the entire family enjoys visiting. They had four children, two boys and two girls, and now there are eight grandchildren.

"One thing about CountrySide, there is so much going on you never have to be alone," she said. "Everybody I've met is very nice."

The kids thank you. We thank you. The community thanks you as well.

Our message to you, the residents of CountrySide Lakes, is really that simple: Thank you so much for supporting the CUDAS Unhooked program to help atrisk youths in New Smyrna Beach.

Your time, your donations, your efforts, your work "Our residents have so much to give, and it's great to with the community events we've sponsored – all have see them out in the community and involved with made a huge difference in the past year. It's almost too much to list: garage sales with items you donated, the projects like this," said Stephanie Lynch, Director of Life Engagement. "It feels good to make a difference, Christmas project to raise money, the presents for the kids ... it was all very special and very effective. and I feel it's a privilege to be involved."

Because Bella was such a good girl all year, Santa left her some new chew toys for Christmas. Plus her appearance in the Christmas parade was a thrill for all the kids! It's been a very busy year for this young lady, entertaining residents and guests. Lately she's been taking it easy in preparation for a great 2019.

Since 2009, CUDAS Unhooked has helped more than 180 at-risk and homeless teens in New Smyrna Beach. From mentoring to personal development to housing in the program's three-bedroom, two bath home, the project has made a difference in their lives and in the community.

Thanks to you, that is.

Looking back on 2018: What a year!

As we launch headfirst into 2019, we thought we'd take a look back to see how much fun we had here at CountrySide Lakes last year - and how much we accomplished.

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In January we featured Dolores Smith in our resident spotlight and looked back on a fun Then & Now presentation that was all about pie tasting. We enjoyed mini pecan and mincemeat pies, apple, pumpkin, and sweet potato, and topped them with whipped cream. Who can argue with pie?



In February, we spotlighted resident Jo Clark and the Spruce Creek Creekettes, a group of ladies who have performed at Countryside Lakes several times over the years. Their performances are amazing. We hope to have them back again in 2019. Stay tuned.

Our March newsletter looked back on an amazing Mardi Gras-themed Chef's Table. Our resident spotlight was on Charlotte Charest. In addition, the Then & Now centered on world travel and featured a silk scarf was brought back from Japan during WWII and Russian nesting dolls.



Our April newsletter spotlighted Walma Taylor and brought uplifting news about the success of our Teddy Bear drive. In addition, were ramping up for our annual Hydration Drive. The year before, we collected 200 cases of water and Gatorade to give to the Port Orange Fire Department.



In May, we spotlighted Charlie Smith, and the newsletter featured our project to make 50 sensory bottles for the Florida Autism Center in Daytona Beach and Easter Seals Child Development Center.



In June we spotlighted Barbara Tillis and looked back on our participation in Red Nose Day, a national fundraising campaign run by Comic Relief USA, which uses the power of entertainment to raise money and awareness to end child poverty.



COUNTRYSIDE CHRONICLE



July we celebrated collecting 813 cases of water donated by our wonderful residents, staff, family, and some amazing community partners. Plus the Sweetwater Elementary 3rd Grade Class gave us the greatest performance of music from *Beauty* and The Beast. More than 100 children fit nicely in our living room and put their hearts into the performance.



In August we wrote about our focus on collecting school supplies or making cash donations so hardworking teachers didn't have to spend their own money.



September was a time to think We were also grateful for a quiet hurricane season.



Lakes' designation as an equine therapy location.



about getting up early - for 6:15 am trips to the beach to see the sunrise.

October was a time to spotlight Lily Hamner and celebrate CountrySide





In November the spotlight fell on Myrna & Dan Kearns. We were also thankful about dodging hurricane Michael but thinking about ways to help the Florida Gulf Coast, which was hit. Ah. and Bella, our beautiful retriever, was continuing to grow and adapt every day here.



December was time to celebrate the holidays. What a great time it was! And of course as 2019 approaches we are anticipating even more fun here at CountrySide Lakes.

January 1–14, 2019

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Tuesday Wednesday Thursday Friday Saturday Sunday Monday Tuesday W	Wednesday Thursday	Friday
NEW YEAR your seat for Chefs Table Proto an Aerobics Personal & Chefs Table Proto Trips Concirers Detk Shopping, Bank, Pharmacy Trips Concirers Detk Billiards Concirers Detk Shopping, Bank, Pharmacy Trips Concirers Detk Shopping, Pharmacy Trips Pharmacy Trips Shopping, Pharmacy Trips Shopping,	9:00 am9:00 amSchopping, Bank, Pharmacy Trips Concierge DeskPersonal Trips Concierge Desk9:30 amPersonal Trips Concierge Desk9:30 amPersonal Trips Concierge Desk9:30 amPersonal Trips Concierge Desk9:30 amPersonal Trips Concierge Desk0:00 amPersonal Trips Concierge Desk0:45 amIntervals Exercise Area0:45 amIntervals Exercise Area0:45 amIntervals Exercise Area0:45 amNusic with Bella Door-to-Door0:45 amMusic with Bella Door-to-Door0:45 amMusic with Bella Door-to-Door0:45 amMusic with Michael T Lobby1:00 amMusic with Michael T Lobby1:00 pmMusic with Michael T Lobby1:00 pmMusic with Michael T Lobby2:00 pmSingo Dining Room2:00 pmSingo Dining Room2:00 pmSingo Dining Room3:00 pmMovie & Popcor Activity Area2:30 pmMovie & Popcor Activity Area3:00 pmMovie & Popcor Activity Area </td <td>1:00 pr Comput Atrium Bus Rid Concierge Stretch Exercise A Visits w Atrium 1:40 pr Dancing your Se Exercise A 2:30 pr Music w Judy Loo Lobby 3:00 pr Happy H Wine & Appetiz Atrium</td>	1:00 pr Comput Atrium Bus Rid Concierge Stretch Exercise A Visits w Atrium 1:40 pr Dancing your Se Exercise A 2:30 pr Music w Judy Loo Lobby 3:00 pr Happy H Wine & Appetiz Atrium

6:30 pm Movie & Popcorn Activity Area

COUNTRYSIDE CHRONICLE JANUARY 2019

Atrium

with Bella

Backyard 6:30 pm Movie & Popcorn Activity Area

Outdoor Activity

Atrium

Activities are shown in red. Wellness classes are in blue.

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oor Activity Bella ard

ds Room

6:30 pm Movie & Popcorn Activity Area

12

Saturday

9:00 am Billiards Billiards Room

9:30 am Fitness Fun with JOJO Exercise Area Church of Epiphany Activity Area

10:00 am Planet Earth Atrium

1:00 pm Football Billiards Room

1:30 pm <mark>Bingo</mark> Dining Room

3:00 pm

Happy Hour & Trivia Atrium

6:30 pm Movie & Popcorn Activity Area Puzzles Billiards Room 13

Sunday

9:00 am Coffee & Conversation Lobby

10:00 am Planet Earth Atrium NO Group Liturgy

10:30 am Countryside

Church Exercise Area

1:00 pm Music with Jeff Lobby

3:00 pm Happy Hour Atrium

6:30 pm Movie and Popcorn Atrium

14

Monday

8:30 am Shopping, Bank, Pharmacy Trips Concierge Desk

9:30 am Fitness Fun with JOJO Exercise Area

10:00 am Visits with Bella Door-to-Door

10:30

Crossword Atrium

11:00 am Circuit Training Exercise Area

1:00 pm

Music with Tennyson Lobby Shopping: Dollar Tree Concierge Desk Visits with Bella Atrium

2:00 pm Bridge

Activity Area Dancing in your Seats Exercise Area

Outdoor Activity with Bella Backyard

3:00 pm Happy Hour Atrium

6:30 pm Movie & Popcorn Atrium

January 15–26, 2019 16 15 17 21 22 23 18 19 20 24 25

Personal & Doctor Trips Concierge Desk Aerobics Exercise Area 9:30 am Grocery Orders Atrium Stretch & Stability Exercise Area Visits with Bella Door-to-Door Darts Billiards Room 10:00 am WII Bowling Activity Area Nail Salon Nurses Station 1:00 pm Music with Sam Collins Lobby Walks with Bella Backyard Hand and Foot Activity Area 2:00 pm January Birthday Celebration Lobby 3:00 pm Happy Hour Atrium Visits with Bella Atrium 6:30 pm

Tuesday

9:00 am

9:00 am

Concierge Desk

Meeting

10:00 am

Activity Area

Door-to-Door

Puzzles

10:30 am

Billiards Room

10:45 am

Dancing in

vour Seats

Concierge Desk

Lobby

Atrium

11:00 am **Circuit Training** Exercise Area 1:00 pm Trivia & Crossword Atrium Visits with Bella Atrium 2:00 pm Functional Flex Exercise Area 2:30 pm Spanish Class Activity Area 3:00 pm Happy Hour Shannon and JJ Atrium **Outdoor Activity** with Bella Backyard 6:30 pm CHEFS TABLE Dining Room George Gall Lobby

> Movie & Popcorn Activity Area

9:00 am Shopping, Bank, Personal and Pharmacy Trips Doctor trips Concierge Desk **Resident** Council Billiards Billiards Room 9:30 am Grocery Orders *Our Lady of Hope* Atrium Puzzles Mass & Anointina Billiards Room Visits with Bella 10:00 am Visits with Bella Door-to-Door 1:00 pm Book Club Library 1:00 pm Hand and Foot Activity Area Lunch Bunch 2:00 pm Bingo Dining Room 3:00 pm Happy Hour Atrium Walks with Bella Backyard 6:30 pm Music with Pat D Lobby

9:30 am Miles of Smiles with Stephanie Atrium 10:00 am Visits with Bella Door-to-Door 11:00 am **Circuit Training** Exercise Area 1:00 pm **Computer Class** Atrium Bus Ride Concierge Desk Stretch Exercise Area Visits with Bella Atrium 1:40 pm Dancing in vour Seats Exercise Area 2:30 pm Music with Judy Locke Lobby 3:00 pm Happy Hour Wine & Appetizers Atrium **Outdoor Activity** with Bella Backyard Darts Billiards Room 6:30 pm Music with **Project Trio** Lobby Movie & Popcorn Activity Area

9:00 am Billiards Billiards Room 9:30 am Fitness Fun with IOIO Exercise Area Church of Epiphany Activity Area 10:00 am Piano Recital Lobbv Puzzles Billiards Room 1:00 pm Dominoes Atrium 2:00 pm Music with Blue Velvet Lobby 3:00 pm Happy Hour & Trivia Atrium 6:30 pm Bingo Dining Room Movie & Popcorn Activity Area Puzzles Billiards Room

9:00 am Coffee & Conversation Lobby 10:00 am Our Lady of Hope Fitness Fun with Group Liturgy JOJO Activity Area 10:30 am Countryside Church Exercise Area 10:30 1:00 pm Music with Town Atrium Square Lobby Football Billiards Room 2:00 pm Dominoes Meeks Atrium Lobby 3:00 pm Happy Hour Atrium 6:30 pm Atrium Movie and Popcorn Atrium Bingo Atrium wise Activity Area

8:30 am Shopping, Bank, Pharmacy Trips Concierge Desk 9:30 am Exercise Area 10:00 am Visits with Bella Door-to-Door Darts Crossword 11:00 am **Circuit Training** Exercise Area 1:00 pm Music with Bobby Lobby Shopping: Walmart Concierge Desk Visits with Bella

9:00 am 9:00 am Personal and Personal & Doctor trips Concierge Desk 9:30 am 9:30 am Grocery Orders Darts Atrium Dominoes 10:00 am Atrium Visits with Bella Door-to-Door Door-to-Door 10:45 am Billiards Room Dancing in your Seats 10:00 am Lobby WII Bowling Activity Area 1:00 pm 1:00 pm Music with Mickey & Ron Lobby Walks with Bella Backyard Backyard Hand and Foot Activity Area Activity Area 2:00 pm 3:00 pm Happy Hour Exercise Area 2:30 pm Visits with Bella Activity Area 3:00 pm Movie & Popcorn Atrium

8:30 am Grocery Orders Doctor Trips Atrium Concierge Desk 9:00 am Personal and Doctor trips Billiards Room Atrium **Billiards** Billiards Room Visits with Bella 9:30 am Bingo Dining Room Puzzles Billiards Room Lunch Bunch 10:00 am Concierge Desk Visits with Bella Door-to-Door Music with JJ 1:00 pm Music with Walks with Bella Michael T Lobby Hand and Foot Book Club Library Hand and Foot Activity Area **Functional Flex** 2:00 pm Arts & Crafts Atrium Spanish Class 3:00 pm Atrium Happy Hour

Happy Hour Walks with Bella Backyard 6:30 pm Shannon Rae and JJ Lobby

Visits with Bella

Lobbv



Activity Area

Atrium 2:00 pm Lobby Dining Room 6:30 pm Bridge Activity Area Activity Area Dancing in vour Seats Exercise Area Outdoor Activity with Bella Backyard 3:00 pm Happy Hour 6:30 pm Music with James Movie & Popcorn

Lobby

Activities are shown in red. Wellness classes are in blue.

Friday

Atrium

Atrium

Atrium

Lobby

Atrium

9:30 am Miles of Smiles with Stephanie

10:00 am Visits with Bella Door-to-Door

11:00 am Circuit Training Exercise Area

1:00 pm **Computer Class**

Bus Ride Concierge Desk Stretch Exercise Area Visits with Bella

1:40 pm Dancing in vour Seats Exercise Area

2:30 pm Music with Judy Locke

3:00 pm Happy Hour Wine & Appetizers

Outdoor Activity

Music with Sweet

Movie & Popcorn

26

9:00 am Billiards Billiards Room

9:30 am Fitness Fun with JOJO Exercise Area

10:30 Crossword Atrium Church of Epiphany

Activity Area Puzzles Billiards Room

1:00 pm Lowella

Lobby Sports Billiards Room

1:30 pm Bingo Dining Room

3:00 pm Happy Hour & Trivia Atrium

6:30 pm Movie & Popcorn Atrium Puzzles Billiards Room

JANUARY CSI. BIRTHDAYS

RESIDENTS

Jan 3 Martha Coffin

Jan 5 **Bob Solomon**

Jan 6 **Barbara Tillis**

Jan 7 Joe Kricek

Jan 9 Mary Gilliken

Jan 13 AnneMarie Morris

Jan 17 Albert Hunsberger Sarah Walsh

Jan 18 Josephine Clark Lilly Hamner

Jan 19 **Gerald Anderson**

Jan 22 **Charlotte Charest** Ethelyn Hamlin

Jan 29 Olga Miller

STAFF

Jan 4 **Madeleine Milne** Nursing

Jan 9 Glenda Reilly Nursing

Jan 10 Trudy Simmons Nursing

Jan 11 Shakella Acker Nursing

Jan 16 Leonore Fusco Housekeeping

Jan 20 Yolanda Palacio Housekeeping

Jan 21 Najah Taylor Nursing

Jan 23 Lauren Gawel Culinary

Jan 25 **Gregory Lawrence** Culinary

Jan 30 William Holmes Culinary

January 27–31, 2019						
27	28	29	30	31		
Sunday	Monday	Tuesday	Wednesday	Thursday		
Sunday 9:00 am Coffee & Conversation Lobby 10:00 am Our Lady of Hope Group Liturgy Activity Area Sunday Brunch Dining Room 10:30 am Countryside Church Exercise Area 1:00 pm Crossword & Trivia Lobby 2:30 pm Dominoes Atrium 3:00 pm Happy Hour Atrium 6:30 pm Music with Jiller Lobby Movie & Popcorn Atrium	8:30 am Shopping, Bank, Pharmacy Trips Concierge Desk 9:30 am	Tuesday 9:00 am Personal & Doctor Trips Concierge Desk 9:30 am Dominoes Atrium Visits with Bella Door-to-Door Darts Billiards Room 10:00 am WII Bowling Activity Area 1:00 pm Music with Sam Collins Lobby Walks with Bella Backyard Hand and Foot Activity Area 3:00 pm Chili Cookoff \$5.00 Beer & Bow Benefits Cudas Unhooked! Lobby Happy Hour Atrium Visits with Bella Lobby 6:30 pm Movie & Popcorn Activity Area	Wednesday 9:00 am Personal & Doctor Trips Concierge Desk 9:30 am Darts Billiards Room 10:00 am Atlantic Hearing Balance Atrium Visits with Bella Door-to-Door 10:45 am Dancing in your Seats Lobby Lunch Bunch Concierge Desk 1:00 pm Music with Stevie G Lobby Walks with Bella Backyard Hand and Foot Activity Area 2:00 pm Functional Flex Exercise Area 3:00 pm Happy Hour Atrium Visits with Bella Lobby 6:30 pm Movie & Popcorn Activity Area	Thursday 9:00 am Personal and Doctor trips Atrium Billiards Billiards Room 9:30 am 9:30 am 9:30 am Puzzles Billiards Room 10:00 am Visits with Bella Door-to-Door 1:00 pm Book Club Library 1:00 pm Jazz with Jonathan Lobby Hand and Foot Activity Area 2:00 pm Bingo Dining Room 3:00 pm Happy Hour Atrium Walks with Bella Backyard 6:30 pm Movie & Popcorn Activity Area		
	Movie & Popcorn Activity Area					

Activities are shown in red. Wellness classes are in blue.

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You thought 2018 was good?

Just walt.

Here at CountrySide Lakes, some great things await!

Chef Devin will host a new Chef's Table on January 16 at 6:30 pm. He'll discuss new meal ideas, prep ideas, cooking shortcuts and more, and you get to enjoy some great food. The cost is \$15 for residents and \$25 for guests, which includes a six-course meal, beer and wine.

Get your high-heel sneakers ready because we'll be offering even more exercise classes. A new class. Silver Sneakers. will be offered by JoJo on Saturdays at 9:30 am as well as Mondays at the same time.



Did you know you can place your grocery order with Stephanie Lynch in the Atrium and your groceries will be delivered in the afternoon? See Stephanie for details and take advantage of being able to stay in when it's cold outside!

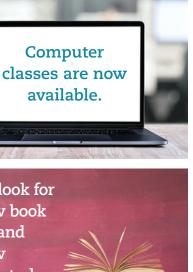
Also look for a new book club and a new Bible study.

Clearly, it's going to be an active and fun year. Join us! For any questions, and if you have any requests for additional activities, see Stephanie.

COUNTRYSIDE CHRONICLE

There will be fall prevention classes, which can reduce your medication needs... and enable you to have that ice cream after dinner.





Interesting Events in JANUARY

- ✤ January 1, 1942 Twenty six countries signed the Declaration of the United Nations, in Washington, D.C., reaffirming their opposition to the Axis powers and confirming that no single nation would make a separate peace.
- ✤ January 3, 1959 Alaska was admitted as the 49th U.S. state with a land mass almost one-fifth the size of the lower 48 states together.
- ✤ January 8, 1987 The Dow Jones industrial average first topped the 2,000 mark.
- ✤ January 17, 1773 The ship Resolution, sailing under Captain James Cook, became the first vessel to cross the Antarctic Circle.
- January 20, 1945 Franklin Delano Roosevelt was inaugurated to an unprecedented fourth term as president of the United States. He had served since 1933.
- ✤ January 21, 1976 The Concorde supersonic jet began passenger service with flights from London to Bahrain and Paris to Rio de Janeiro, cruising at twice the speed of sound (Mach 2) at an altitude up to 60,000 feet.
- ✤ January 24, 1972 Japanese soldier Shoichi Yokoi was discovered on Guam after he had spent 28 years hiding out in the jungle not knowing World War II had long since ended.

COUNTRYSIDE 🗩 HEROES

Gary Evans Looking for some adventure? Gary is your man.

Gary is one of our drivers, and he always goes above and beyond for our residents and the Countryside Lakes team. He started work at CSL in 2009 and works weekends, often driving when Life Engagement plans a wild adventure.



He's about safety, no question, but also about ensuring everybody has a good time. He's driven us to Medieval Times, the Victory casino boat, and during the holidays he and his wife Ginny are our very own Mr. and Mrs. Claus. Gary always brings a level of positivity to our residents when taking them on personal trips and shows a great amount of care and compassion.

"Gary's smile, positive attitude and his love for others make him an asset to all," said Stephanie Lynch, Director of Life Engagement. "He adds so much to our community."

Country Side Lakes

A Shepherd Senior Living Community

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