

CountrySide Chronicle

MONTHLY NEWS CALENDAR

OCTOBER 2019

Fall into Spooky...



From the Director's Desk

Happy October! Best month of the year. I am biased – this is my birth month. Also, my brother's and my sister's birth month, but more so, my mom's. We actually share the same birthday. My mom has been gone eight years in November. Take the time to tell your loved ones how much they are loved, for one day, it will be the last time.

October is known for Breast Cancer Awareness month. I lost my sister to the disease. She fought long and hard, she inspired many people during her battle. Find a charity or a person and

make a difference for them while they are battling this disease. It is cruel and relentless, our support has to be equal to the task.

We also, have Columbus Day in October. This is a day that celebrates Christopher Columbus landing in the "New World" in 1492. Columbus Day is one of the ten federal holidays observed by the federal government.

Halloween is the last day of the month. Stephanie has too many things planned for me to list. Costumes



and candy will certainly be involved. Watch the calendar and social media to see how you can participate or help in the celebration.

Make a difference for someone today.

Charlie

RESIDENT SPOTLIGHT

Les Frank

Les was born in Lansing, Michigan and is 82 years old. He has two daughters that both live close to CountrySide Lakes. Les studied physical education, but started out teaching math. After teaching for a while, he became the recreation director at a school for the blind. He was truly lucky in that one of his students was the one and only Stevie Wonder! He taught Stevie when he was 14 years old. Les says that he would put on concerts in the school. That's just pretty amazing. He moved to Florida in 1980 and he sold cars at Lloyd Buick Cadillac for 21 years. Les enjoyed the cold weather hunting, fishing, snow skiing, and he enjoys staying in shape. Les says he also enjoys spending time with his three grandchildren. His advice to young people is to work hard, be well educated, be honest, and make lots of money. Be sure to say hi when you see Les. We are really glad he is part of the CountrySide Lakes family!

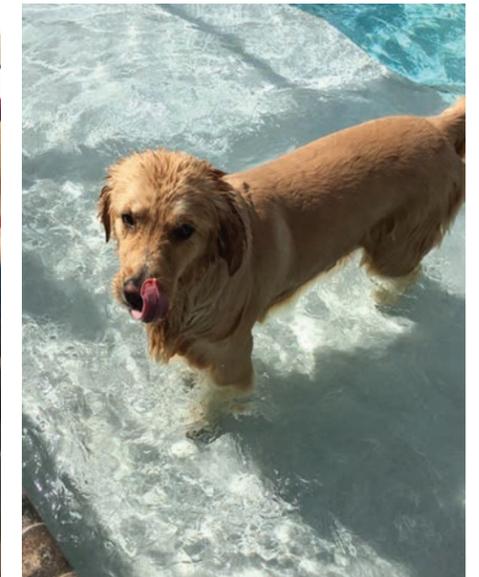


Bella's Corner

Follow Bella's photos & videos
@CSL32127

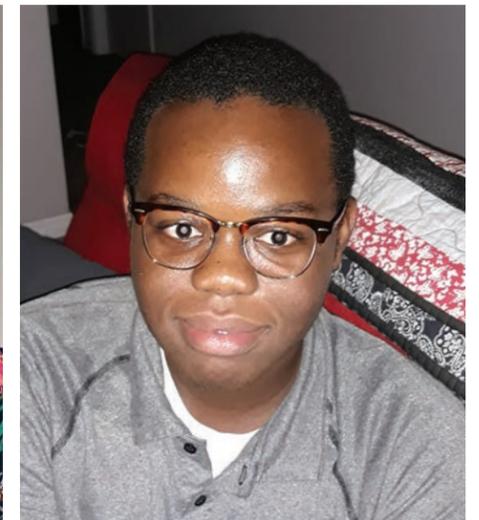
Dogs and Halloween

Remember costumes can be scary to pets. Best to let them dress up early, take pictures, and then let them have some quiet time in another room while you answer all those tricking and treating! Remember to hide the candy – dogs love chocolate but it is not good for them. Bella is our little pumpkin, but be on the lookout for her at the Halloween costume contest. She may have some other costumes in mind for the big party!



Cudas Unhooked

Cudas Unhooked has 3 great kids living in the house. Brandon, Jaheim, and Lilly. These kids are beating the odds and not letting family circumstances stop them from getting the very best education and obtaining their goals in life. Be on the lookout for our donation bin in the atrium that will help supply the house and these beautiful young people with their basic needs.



CULINARY CORNER



Chef's Table Menu October 17th & 24th

Sign-up with the Concierge to join us!

1ST COURSE

Grilled Cantaloupe and Prosciutto

2ND COURSE

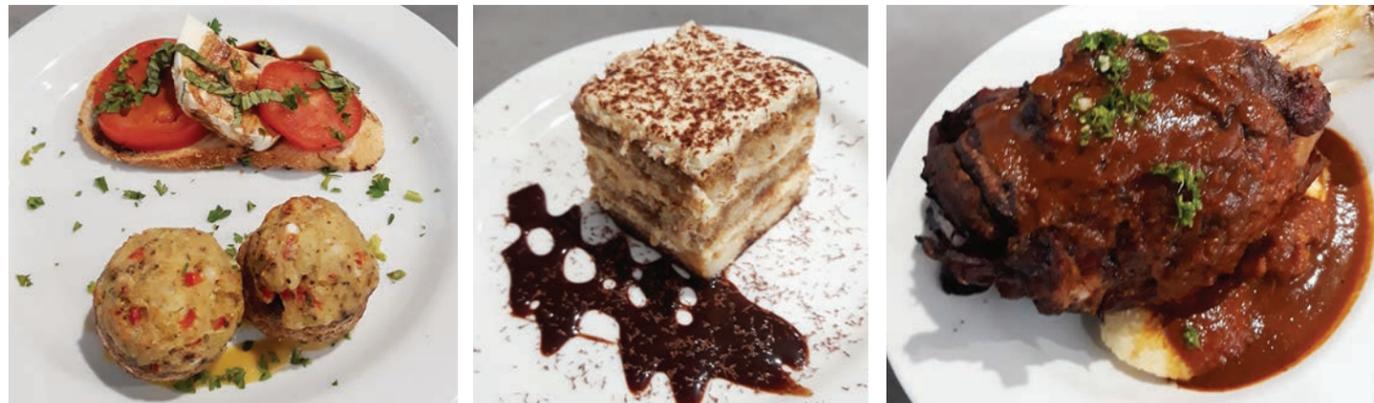
Pumpkin Bisque with Roasted Corn Cake

3RD COURSE

Ginger and Brown Sugar Glazed Salmon with Fresh Arugula and Duchess Potatoes

4TH COURSE

Spiced Vanilla Cheesecake | Raspberry Gran Mariner Frosted Raspberry



Activities and Events

Thank you everyone for participating in Sing A Long Karaoke, Our new fitness classes, and always showing up ready to have some fun! Get Ready for our Annual Halloween Costume

Bible Study is back along with a daily devotional – spirituality gives us the opportunity to reflect and collect courage for challenges.



There are some great activities that have been around for a long time, just because you don't see them on the schedule doesn't mean they are not available.

We will always have **Personal Trips** (Monday - Friday) – book your outing with the front desk at least 72 hours in advance.



Catch up on your reading and dive into new stories with books in our library!



Contest, October 31st Prize for best Team Member Costume and Best Resident Costume. Then stick around for some awesome music. Be prepared for us to be a little ghoulish this month!!

– with Love, Stephanie

CountrySide Choir Do you like to sing or act? Join our new Players Club and you will be entertaining us this December with a one-of-a-kind Christmas show.



Board Games, Darts, Billiards and Puzzles are on the 3rd floor and available for you anytime.



The Dock and the Putting Green are always waiting for you.



October 1–14, 2019

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

1	2	3	4	5	6	7	8	9	10	11	12	13	14
Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday
8:30 am Grocery Orders for Wednesday Delivery Atrium Daily Devotional Atrium 9:00 am \$5 Papparazzi Jewelry with Lunia Atrium 10:00 am Tone & Strength Exercise Area 11:00 am Circuit Workout with Stephanie Exercise Area Visits with Bella Door-to-Door 12:45 pm Hand and Foot Activity Area 1:00 pm Music with Jody Anderson Lobby Walks with Bella Backyard 2:00 pm Countryside Choir Atrium 3:00 pm Bible Study 2nd Floor Activities Happy Hour Atrium Visits with Bella Lobby 6:00 pm Music with Mickey Lobby 7:00 pm Movie Atrium	8:30 am Daily Devotional Atrium 9:00 am Stretch Exercise Area 9:30 am Walk it Out Exercise Area 10:30 am Visits with Bella Door-to-Door 11:00 am Circuit Workout with Stephanie Exercise Area 1:00 pm 10¢ BlackJack Atrium Walks with Bella Backyard 2:00 pm Crossword Atrium 2:30 pm Spanish Class Activity Area 3:00 pm Happy Hour Atrium Walks with Bella Backyard 6:00 pm Happy Hour Atrium Walk It Out Exercise Area 6:00 pm Music with Lawrence Calvin Lobby 7:00 pm Movie Atrium	9:00 am Billiards Billiards Room Puzzles Billiards Room 10:00 am Puttin' Around Backyard Visits with Bella Door-to-Door 12:45 pm Hand and Foot Activity Area 1:00 pm Music with Michael T Lobby Book Club Library 2:00 pm Bingo with Rosie Dining Room 3:00 pm Happy Hour Atrium Walks with Bella Backyard 6:00 pm Music with Rocky Atrium 7:00 pm Movie Atrium	9:00 am Stretch Exercise Area 10:00 am UNO Atrium 11:00 am Circuit Workout Exercise Area 1:00 pm Music with Chuck Atrium Visits with Bella Atrium 2:00 pm Crossword with Charlie Lobby 3:00 pm Free Friday Happy Hour Atrium Outdoor Activity with Bella Backyard 6:30 pm Movie Atrium	8-11:00 am Walmart, Publix Concierge Desk 9:00 am Stretch Exercise Area 9:30 am Church of Epiphany Activity Area 10:00 am Left Right Center Atrium Puzzles Billiards Room 11:00 am Lunch Bunch with Mark Lobby 1:00 pm Music with Uncle John Lobby 2:00 pm Bingo with Rosie Dining Room 3:00 pm Happy Hour Atrium 6:30 pm Movie Atrium	9:00 am Coffee & Conversation Lobby 10:00 am NO Group Liturgy Activity Area 10:30 am Countryside Church Exercise Area 1:00 pm Music with Tony T & Debbie O Lobby 2:00 pm Dominoes Atrium 3:00 pm Happy Hour Atrium 6:00 pm Music with Dan and Debbie Atrium 7:00 pm Movie Atrium	8:30 am Daily Devotional Atrium 9:00 am Stretch Exercise Area 9:30 am Spanish Class Dining Room 10:00 am 10¢ BlackJack with Diane Atrium Visits with Bella Door-to-Door 11:00 am Circuit workout Exercise Area 1:00 pm Music with James Wise Lobby Shopping: Big Lots Concierge Desk Visits with Bella Atrium 2:00 pm Trivia with Michaelene Atrium Outdoor Activity with Bella Backyard 3:00 pm Happy Hour Atrium 6:30 pm Bingo with Rosie Dining Room 7:30 pm Movie Atrium	9:00 am Uno Atrium 10:00 am Tone & Strength Exercise Area 12:45 pm Hand and Foot Activity Area 1:00 pm Outdoor Activity with Bella Backyard 2:00 pm Cupcake/Cookie Decorating Atrium 3:00 pm Happy Hour Atrium Connect Hearing Library 6:00 pm Music with Tennyson Atrium 7:00 pm Movie Atrium	9:00 am Stretch Exercise Area 10:00 am Our Lady of Hope Mass & Anointing Activity Area Puttin' Around Backyard 1:00 pm Walks with Bella Backyard 2:00 pm Jazz with Jonathan Lobby 2:30 pm Spanish Class 2nd Floor 3:00 pm Volusia Medical Supply Maintenance Library Happy Hour Atrium Visits with Bella Lobby 6:30 pm Movie Atrium	9:00 am Personal and Doctor Trips Concierge Billiards Billiards Room Puzzles Billiards Room 10:00 am Music with Jeff Lobby Visits with Bella Door-to-Door 12:45 pm Hand and Foot Activity Area 1:00 pm Music with Frank Lobby Book Club Library 2:00 pm Bingo Dining Room 3:00 pm Happy Hour Atrium 6:30 pm Movie Activity Area	8:30 am Daily Devotional Atrium 9:00 am Stretch Exercise Area 10:00 am Visit with Kittens 2nd Floor Activities Visits with Bella Door-to-Door 11:00 am Circuit workout with Stephanie Exercise Area 1:00 pm Miles of Smiles going to Massachusetts Atrium Visits with Bella Atrium Bus Ride Concierge Desk 2:00 pm Music with Judy Locke Lobby 3:00 pm Free Friday Happy Hour Atrium 3:30 pm Walk it Out Exercise Area Outdoor Activity with Bella Backyard 6:30 pm Movie Atrium	8-11:00 am Walmart, Publix Concierge Desk 8:30 am Daily Devotional Atrium 9:00 am Dance in Your Seat or on Your Feet Exercise Area 9:30 am Church of Epiphany Activity Area 10:00 Countryside Players Club Atrium Puzzles Billiards Room 11:00 am Picnic Lunch at the Beach Concierge 1:00 pm Music with Randy Lobby 2:00 pm Bingo Dining Room 3:00 pm Happy Hour Atrium 6:30 pm Movie Atrium	9:00 am Coffee & Conversation Lobby 10:00 am Our Lady of Hope Group Liturgy Activity Area 10:30 am Countryside Church Exercise Area 11:00 am Lunch Bunch and Movies at Pavilion Concierge 1:00 pm Music with Josh Mabe Lobby 2:00 pm Dominoes Atrium 3:00 pm Happy Hour Atrium 6:30 pm Movie Atrium	COLUMBUS DAY 8:30 am Daily Devotional Atrium 9:00 am Stretch Exercise Area 9:30 am Spanish Class Dining Room 10:00 am 10¢ Left Right Center Atrium Visits with Bella Door-to-Door 11:00 am Circuit workout with Stephanie Exercise Area 1:00 pm Music with Rocky Lobby Shopping: Bealls Outlet Concierge Desk 2:00 pm Crossword Atrium Outdoor Activity with Bella Backyard 3:00 pm Walk it Out Exercise Area Happy Hour Atrium 6:30 pm Bingo Dining Room 7:30pm Movie Atrium

October 15–26, 2019

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

15	16	17	18	19	20	21	22	23	24	25	26
Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 am Stretch Exercise Area	8:30 am Daily Devotional Atrium	9:00 am Billiards Billiards Room	8:30 am Daily Devotional Atrium	8-11:00 am Walmart, Publix Concierge Desk	9:00 am Puttin' Around Backyard	8:30 am Daily Devotional Atrium	8:30 am Stretch Exercise Area	8:30 am Daily Devotional Atrium	9:00 am Billiards Billiards Room	8:30 am Stretch Exercise Area	8-11:00 am Walmart, Publix Concierge Desk
9:00 am \$5 Paparazzi Jewelry with Lunia Atrium	9:00 am Resident Council Meeting Atrium	9:00 am Puzzles Billiards Room	9:00 am Stretch Exercise Area	9:30 am Church of Epiphany Activity Area	9:00 am Coffee & Conversation Lobby	9:00 am Stretch Exercise Area	9:00 am Grocery Orders for Wednesday Delivery Atrium	9:00 am Stretch Exercise Area	9:30 am Puzzles Billiards Room	9:00-11:00 am FLU CLINIC 2nd Floor Activity	8:30 am Daily Devotional Atrium
10:00 am Music with Sam Lobby	10:30 am Stretch Exercise Area	10:00 am Music with Dino Lobby	10:00 am 10¢ BlackJack with Diane Atrium	10:00 UNO Atrium	10:00 am Funny Videos Atrium	9:30 am Spanish Class Dining Room	9:30 am Daily Devotional Atrium	10:00am Dice Dots Atrium	10:00 am Visits with Bella Door-to-Door	11:00 am FLU CLINIC 2nd Floor Activity	9:00 am Daily Devotional Atrium
11:00 am Circuit Workout with Stephanie Exercise Area	11:00 am Visits with Bella Door-to-Door	12:45 pm Darts Billiards Room	1:00 pm Visits with Bella Door-to-Door	11:00 am Puzzles Billiards Room	10:30 am Our Lady of Hope Group Liturgy Activity Area	10:15 am 10¢ Left Right Center Atrium	10:00 am 10¢ Roulette Atrium	11:00 am Visits with Bella Door-to-Door	12:45 pm Hand and Foot Activity Area	11:00 am Circuit workout with Stephanie Exercise Area	9:30 am Daily Devotional Atrium
12:00 pm Visits with Bella Door-to-Door	1:00 pm Music with Tennyson Atrium	1:00 pm Hand and Foot Activity Area	1:00 pm Music with Susie Atrium	11:00 am Lunch Bunch with Mark Lobby	10:30 am Countryside Church Exercise Area	11:00 am Circuit workout with Stephanie Exercise Area	11:00 am Circuit Workout with Stephanie Exercise Area	1:00 pm Music with JJ Lobby	1:00 pm Music with Jeff Morey Lobby	1:00 pm Miles of Smiles going to Minnesota Atrium	10:00 am Church of Epiphany Activity Area
12:00 pm Grocery Orders for Wednesday Delivery Atrium	1:00 pm Music with Michael T Lobby	2:00 pm Dominoes Atrium	2:00 pm Bus Ride Concierge Desk	1:00 pm Music with Dan Lobby	1:00 pm Music with Jiller Lobby	1:00 pm Music with Bobby Lobby	12:45 pm Visits with Bella Door to Door	2:00 pm Walks with Bella Backyard	2:00 pm Bingo Dining Room	2:00 pm Visits with Bella Atrium	9:30 am Church of Epiphany Activity Area
12:45 pm Hand and Foot Activity Area	2:15 pm Walks with Bella Backyard	3:00 pm Happy Hour Atrium	2:00 pm Left Right Center with Rosie Atrium	2:00 pm Music with Dan Lobby	3:00 pm Happy Hour Atrium	3:00 pm Happy Hour Lobby	1:00 pm Hand and Foot Activity Area	2:30 pm Hand and Foot Activity Area	3:00 pm Happy Hour Atrium	2:00 pm Bus Ride Concierge Desk	10:00 Mad Science Atrium
1:00 pm Music with Mickey Lobby	2:30 pm Miles of Smiles going to Michigan Atrium	3:00 pm Happy Hour Atrium	3:00 pm Left Right Center with Rosie Atrium	3:00 pm Music with Dan Lobby	3:00 pm Happy Hour Atrium	3:00 pm Happy Hour Atrium	1:00 pm Shopping: Bealls Outlet Concierge Desk	3:00 pm Hand and Foot Activity Area	3:00 pm Happy Hour Atrium	2:00 pm Music with Judy Locke Lobby	11:00 am Lunch Bunch with Mark Lobby
2:15 pm Country Club Players Club Atrium	2:30 pm Spanish Class Activity Area	3:00 pm Happy Hour Atrium	3:00 pm Free Friday Happy Hour Atrium	3:00 pm Music with Jiller Lobby	3:00 pm Happy Hour Atrium	3:00 pm Happy Hour Atrium	2:00 pm Happy Hour Atrium	1:00 pm Walks with Bella Backyard	3:00 pm Happy Hour Atrium	3:00 pm Music with Randy Lobby	1:00 pm Music with Dani Lobby
3:00 pm Bible Study 2nd Floor Activities	3:00 pm Happy Hour Atrium	6:30 pm Walks with Bella Backyard	3:00 pm Outdoor Activity with Bella Backyard	3:00 pm Music with Blue Velvet Lobby	6:30 pm Movie Atrium	6:30 pm Movie Atrium	2:00 pm Crossword Atrium	2:00 pm Brain Games Atrium	3:00 pm Walks with Bella Backyard	6:00 pm Music with Randy Lobby	2:00 pm Bingo Dining Room
3:00 pm Happy Hour Atrium	3:00 pm Walk it Out Exercise Area	6:30 pm Music with George Gall Lobby	6:30 pm Movie Atrium	7:30 pm Movie Atrium	6:30 pm Movie Atrium	6:30 pm Movie Atrium	2:00 pm Outdoor Activity with Bella Backyard	3:00 pm Bible Study 2nd Floor Activities	6:30 pm Walks with Bella Backyard	3:30 pm Happy Hour Atrium	3:00 pm Happy Hour Atrium
3:30 pm Special Shopping trip to Belk 20% off for all Concierge	6:00 pm Music with Calvin Lobby	7:30 pm Chef's Table Dining Room	6:30 pm Movie Atrium	7:30 pm Movie Atrium	6:30 pm Bingo Dining Room	6:30 pm Bingo Dining Room	3:00 pm Walk it Out Exercise Area	3:00 pm Happy Hour Atrium	6:30 pm Movie Atrium	3:30 pm Walk it Out Exercise Area	6:00 pm Happy Hour Atrium
6:30 pm Movie Atrium	7:00 pm Movie Atrium	7:30 pm Movie Atrium	6:30 pm Movie Atrium	7:30 pm Movie Atrium	7:30 pm Movie Atrium	7:30 pm Movie Atrium	3:00 pm Happy Hour Atrium	3:00 pm Visits with Bella Lobby	6:30 pm Movie Atrium	3:30 pm Outdoor Activity with Bella Backyard	6:00 pm Movie Atrium
							6:00 pm Music with Chuck Fisher Lobby	6:30 pm Movie Atrium		6:30 pm Movie Atrium	
							7:00 pm Movie Atrium				

OCTOBER CSL BIRTHDAYS

RESIDENTS	STAFF
October 4 Midge Solomon	October 7 Faslat Agboola
October 5 Hugh Shaw	October 10 Mary Mis
Jacqueline Morrison	October 11 Andrew Sweeney
October 8 Aubrey Johnson	October 16 Charlie Dierke
October 9 Helen Finley	October 18 Riley Catherwood
October 11 Charlotte Carbone	October 23 Linda Webster
October 16 Jan Dykstra	
October 24 Pat Love	
October 28 Barbra White	
October 30 Jeanette Irvine	

October 27–31, 2019

27 Sunday	28 Monday	29 Tuesday	30 Wednesday	31 Thursday
9:00 am Coffee & Conversation Lobby	8:30 am Daily Devotional Atrium	8:30 am Daily Devotional Atrium	8:30 am Daily Devotional Atrium	HALLOWEEN
10:00 am Sunday Brunch Dining Room	9:00 am Stretch Exercise Area	Grocery Orders for Wednesday Delivery Atrium	9:00 am Stretch Exercise Area	9:00 am Billiards Billiards Room
Our Lady of Hope Group Liturgy Activity Area	9:30 am Spanish Class Dining Room	Stretch Exercise Area	10:00am Dice Dots Atrium	Puzzles Billiards Room
10:30 am Countryside Church Exercise Area	10:00 am 10¢ Left Right Center Atrium	9:00 am Personal and Doctor Trips Concierge Desk	Visits with Bella Door-to-Door	10:00 am Nail Salon Nurse Station
11:00 am Lunch Bunch & MOVIE Lobby	Visits with Bella Door-to-Door	10:00 am Music with Sam Collins Lobby	11:00 am Circuit workout with Stephanie Exercise Area	Darts Billiards Room
1:00 pm Music with Ron & Diane Lobby	1:00 pm Music with Angelo Lobby	Visits with Bella Door-to-Door	1:30 pm Miles of Smiles going to Mississippi Atrium	12:45 pm Hand and Foot Activity Area
2:00 pm Dominoes Atrium	2:00 pm Crossword / Brain Games Atrium	Darts Billiards Room	Walks with Bella Backyard	1:00 pm Happy Halloween SPOOKTACULAR Costume Parade & Contest Atrium
3:00 pm Happy Hour Atrium	Outdoor Activity with Bella Backyard	11:00 am Circuit Workout with Stephanie Exercise Area	2:30 pm Spanish Class Activity Area	3:00 pm Happy Halloween Hour Atrium
6:30 pm Movie Atrium	3:00 pm Walk it Out Exercise Area	12:45 pm Hand and Foot Activity Area	3:00 pm Happy Hour Atrium	Walks with Bella Backyard
	Happy Hour Atrium	1:00 pm Family Feud Lobby	Walk it Out Exercise Area	6:00 pm HAPPY HALLOWEEN DANCE
	6:30 pm Movie Atrium	Walks with Bella Backyard	Visits with Bella Lobby	Music with Lawrence Calvin Lobby
		3:00 pm Bible Study 2nd Floor Activities	6:00 pm Music with Pat D Lobby	
		Happy Hour Atrium		
		Visits with Bella Lobby		
		3:30 pm Walk it Out Exercise Area		
		6:30 pm Movie Atrium		

Casino Night



Exercise Classes

Exercise classes are in full swing and it's great to see so many taking their health seriously! Stephanie is excited to keep modifying classes to give you the easiest functional fitness routine for your personal best. October starts the holiday season and we need to be fit to enjoy all the extra treats.

- ❖ The 9:00 class will be Stretch and Tone. This class is for everyone but will be more intense to gain the most mobility and strength for those who are very active.
- ❖ The 11:00 class is going to target arthritis, joint issues, and balance.
- ❖ The 3:00 class will focus on flexibility and help with personal target areas.

Be sure to stop by and get a exercise stretch band from Chad in physical therapy. Don't forget to bring your water bottle. Hydration is the key to happy health! If you need specific help with a fitness plan see Stephanie today.

Participation in activities improves health, wellness, and emotional well being. For every 1 point decrease on a social activity scale, there was a 33% more rapid rate of decline in motor function (e.g., grip strength, muscle strength) within an average of five years

- ❖ The risk of developing a disability in activities of daily living decreased by 43% over an average of 5 years for each additional social activity engaged in; the risk of mobility disability decreased by 31%
- ❖ Among older adults with depression, those who were highly socially active were over 2.5 times more likely to have improvements in their depressive symptoms 2 years later than those with low social activity
- ❖ An intervention that combined structured social activity with light-intensity exercise (e.g., card games, croquet) significantly improved older adults' memory function and sleep
- ❖ The rate of cognitive decline was reduced by an average of 70% in older adults who were frequently socially active compared to those who were infrequently socially active over an average of 5 years.
- ❖ Older adults who participated on a daily or weekly basis in social activity had a 40% reduced risk of developing dementia compared those who were not socially engaged.

Interesting Events in OCTOBER

- ❖ October 1, 1908 - Henry Ford's Model T, a "universal car" designed for the masses, went on sale for the first time.
- ❖ October 2, 1968 - California's Redwood National Park was established. Redwoods are the tallest of all trees, growing up to 400 feet (120 meters) during a lifetime that can span 2,000 years.
- ❖ October 3, 1863 - President Abraham Lincoln issued a proclamation designating the last Thursday in November as Thanksgiving Day.
- ❖ October 4, 1957 - The Space Age began as the Russians launched the first satellite into orbit. Sputnik I weighed just 184 lbs. and transmitted a beeping radio signal for 21 days. The remarkable accomplishment by Soviet Russia sent a shockwave through the American political leadership resulting in U.S. efforts to be the first on the moon.
- ❖ 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 24, 1931 - Chicago gangster "Scarface" Al Capone was sentenced to 11 years in jail for Federal income tax evasion. In 1934, he was transferred to Alcatraz prison near San Francisco. He was paroled in 1939, suffering from syphilis. He retired to his mansion in Miami Beach where he died in 1947.
- ❖ October 26, 1881 - The shoot-out at the O.K. Corral in Tombstone, Arizona, occurred between the feuding Clanton and Earp families. Wyatt Earp, two of his brothers and "Doc" Holliday gunned down two Clantons and two others.
- ❖ October 31, 1517 - Martin Luther nailed his 95 Theses to the door of Wittenberg's palace church, denouncing the selling of papal indulgences and questioning various ecclesiastical practices. This marked the beginning of the Protestant Reformation in Germany.

Michelle Juzwiak

We're lucky to have you!

Michelle joined our team in January 2019. Michelle was here for Hurricane Dorian and, along with her teammates, ensured we were helpful and available to our residents. She and her husband, Don, have two sons and one daughter. Michelle enjoys spending time with her family and being involved with her church. She has a contagious smile and loves working here at CountrySide Lakes.



 CountrySide Lakes®
A Shepherd Senior Living Community

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