

CountrySide Chronicle

MONTHLY NEWS CALENDAR

FEBRUARY 2020

Entertainment abounds at CountrySide!



CountrySideLakes.com

From the Director's Desk

Once again, the month has flown by. February begins with a continuation of our mild winter. We are blessed to live in Port Orange, Florida.

We have plenty going on in February. We have our Ladles of Love crock pot cook off at the beginning of the month. Our 3rd Annual Teddy Bear Drive is also going on all month. Take advantage of the sales after Valentine's Day to get the better pricing for stuffed animals. The Port Orange Police Department will be the main organization receiving the teddy bears, but we will also help out the Fire Department and the Sheriff's

Department, too. We appreciate your continued support of our efforts to help how we can.

I can't write a message in February without talking about Valentine's Day and all the important people in our lives. We are so very fortunate to have people around us that are dear to us. They may not be as near as we would like, but we have to make that effort to stay connected. Connection and communication go hand-in-hand. You have to show them how much they mean to you, by staying in their lives. Don't be too proud, make the first and second effort.



I hope all of you have a wonderful Valentine's Day.

Make the effort to make a difference.

Charlie

RESIDENT SPOTLIGHT

Polly Dahm

Polly was born in Jacksonville and raised in Atlanta, but she moved back to Florida in 1963. Polly worked for the Social Security Administration for 25 years and enjoyed it very much. She has one daughter, who lives in Christmas, Florida. She also has a granddaughter, who lives near the beach, and is a teacher at Silver Sands in the Special Education department. Pollys brother played professional football for the San Francisco 49ers and the Washington Redskins, as a left defensive end in the 60s. Her life motto is "Live and let live" and her favorite song is "My Way." She loves to read, and play in the stock market a little bit. Welcome to the CountrySide Lakes family – we are glad you are here!



Bella's Corner

Follow Bella's photos & videos

@CSL32127



If you need anything from the front desk... we're here for you!

Activities and Events



Bocce is an old Italian game that is definitely a hit among your friends! Come out, have some fun, cheer and take a shot at it!



Join us on Saturday, February 1st at 3 pm for a special Super Bowl Happy Hour & Pre-Game Party



CROCKPOT COOKOFF

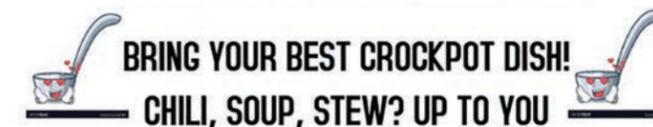
\$10 ENTRY FEE
\$5.00 GUEST TASTING FEE & ENJOY A FREE BEER!
SATURDAY FEBRUARY 8TH

From 3pm until 5pm

COUNTRYSIDE LAKES

941 VILLAGE TRAIL PORT ORANGE, FL 32127

CONTACT STEPHANIE 386-307-0290 OR SLYNCH@COUNTRYSIDELAKES.COM



\$100 GRAND PRIZE ALL PROCEEDS GO TO BARRACKS OF HOPE & CUDAS UNHOOKED

CULINARY CORNER

Chef's Table Menu for February 13th

Sign-up with the Concierge to join us!

1ST COURSE

Pan Seared Scallops
with Sweet & Spicy Bacon Chutney and Yum Yum Sauce

2ND COURSE

Kale and Crisp Apple Salad
with Candied Sliced Pecans and Spiced Vinaigrette

3RD COURSE

Roasted Duck Breast with Sweet Blood Orange Glaze
Balsamic Roasted Vegetables | Lavender Rice

4TH COURSE

Red Hot Velvet Cake with Whipped Cream Cheese Icing
and Chocolate Dipped Strawberry



FEBRUARY 2020

Teddy Bear Drive

Last year, thanks to the generosity of our CountrySide community, we collected over 600 teddy bears for first responders to help children in traumatic situations.

THIS YEAR'S GOAL IS 750!

Please bring any new stuffed animal to the front desk or call Stephanie at 386.307.0290 for pickup



February 1-14, 2020

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

1	2	3	4	5	6	7	8	9	10	11	12	13	14
Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
8-10:00 am Walmart, Publix Concierge Desk	9:00 am Coffee & Conversation Lobby	9:00 am Stretch Exercise Area	9:00 am Coffee & Conversation Lobby	9:00 am Stretch Exercise Area	9:00 am Billiards Billiards Room	Walmart Grocery Orders for Saturday Delivery Atrium	8-10:00 am Walmart, Publix Concierge Desk	9:00 am Coffee & Conversation Lobby	9:00 am Stretch Exercise Area	9:00 am Billiards Billiards Room	9:00 am Stretch Exercise Area	9:00 am Billiards Billiards Room	Walmart Grocery Orders for Saturday Delivery Atrium
9:00 am Arts & Crafts with Rosie Atrium	10:00 am Our Lady of Hope Group Liturgy Activity Area	10:00 am Dice Dots Atrium	9:30 am Connect Activity Area	10:00 am Trivia Atrium	Puzzles Billiards Room	9:00 am Stretch Exercise Area	9:00 am Stretch Exercise Area	10:00 am Funny Videos Atrium	10:00 am Dice Dots Atrium	10:00 am Puzzles Billiards Room	10:00 am Our Lady of Hope Mass & Anointing Activity Area	9:30 am Puzzles Billiards Room	9:00 am Stretch Exercise Area
Puzzles Billiards Room	10:30 am Countryside Church Exercise Area	Visits with Bella Door-to-Door	11:00 am Hearing Checks Activity Area	11:00 am Stretch, Tone & Strengthen Exercise Area	10:00 am Music with Sam Atrium	9:30 am Church of Epiphany Activity Area	9:30 am Church of Epiphany Activity Area	10:00 am NO Group Liturgy Activity Area	11:00 am Visits with Bella Door-to-Door	11:00 am Bocce Ball Lobby	Dominoes/Uno Atrium	10:00 am Visits with Bella Door-to-Door	9:00 am Stretch Exercise Area
1:00 pm 10¢ Left Right Center Atrium	1:00 pm Music with Dan & Debbie Lobby	11:00 am Tone & Strengthen Exercise Area	11:00 am Stretch, Tone & Strengthen Exercise Area	1:00 pm Brain Games Atrium	Nail Salon Nurse Station	10:00 am Puzzles Billiards Room	Puzzles Billiards Room	10:30 am Countryside Church Exercise Area	11:00 am Tone & Strengthen Exercise Area	11:00 am Stretch, Tone & Strengthen Exercise Area	11:00 am Stretch, Tone & Strengthen Exercise Area	10:00 am Music with Rocky Atrium	10:00 am Puzzles Billiards Room
2:00 pm Bingo Dining Room	2:00 pm Music with Dan & Debbie Lobby	1:00 pm 10¢ Blackjack Atrium	12:45 pm Hand and Foot Activity Area	2:00 pm Walks with Bella Backyard	Darts Billiards Room	10:00 am 10¢ Roulette Atrium	9:45 am BOCCE Lobby	1:00 pm 10¢ Left Right Center Atrium	1:00 pm 10¢ Blackjack Atrium	2:00 pm Bingo Dining Room	1:00 pm Brain Games Atrium	12:45 pm Hand and Foot Activity Area	10:00 am 10¢ Roulette Atrium
3:00 pm Super Bowl Pregame Happy Hour Atrium	2:00 pm Funny Videos Atrium	Shopping: Bealls Outlet Concierge Desk	1:00 pm Hand and Foot Activity Area	2:00 pm Bible Study Library	12:45 pm Hand and Foot Activity Area	11:00 am Tone & Strengthen Exercise Area	Puzzles Billiards Room	1:00 pm Music with Johnny Cash Tribute Band Lobby	2:00 pm Bingo Dining Room	Shopping: Ross/Walgreens Concierge Desk	1:00 pm Walks with Bella Backyard	1:00 pm Jazz with Jonathan Dining Room	11:00 am Tone & Strengthen Exercise Area
6:00 pm Music with Uncle John Lobby	6:30 pm Movie Atrium	2:00 pm Bingo Lobby	2:00 pm Crossword Atrium	2:30 pm Spanish Class Activity Area	3:00 pm Happy Hour Atrium	1:00 pm Music with Johnny Cash Tribute Band Lobby	1:00 pm 10¢ Left Right Center Atrium	1:00 pm Music with Johnny Cash Tribute Band Lobby	3:00 pm Happy Hour Atrium	2:00 pm Ross/Walgreens Concierge Desk	2:00 pm Hand and Foot Activity Area	2:00 pm Bingo Lobby	1:00 pm Culture Class Art of the 50s Atrium
		3:00 pm Happy Hour Atrium	2:00 pm Miles of Smiles with Stephanie New Mexico Atrium	3:00 pm Happy Hour Atrium	Walks with Bella Backyard	Visits with Bella Atrium	2:00 pm Bingo Lobby	3:00 pm Happy Hour Atrium	3:00 pm Happy Hour Atrium	2:00 pm Outdoor Activity with Bella Backyard	2:00 pm Bible Study Library	3:00 pm Happy Hour Atrium	Visits with Bella Atrium
		Walk it Out Exercise Area	3:00 pm Happy Hour Atrium	6:00 pm Music with Wayne Bishop Lobby	6:30 pm Movie Atrium	Bus Ride Concierge Desk	3:00 pm LADLES OF LOVE CROCKPOT COOKOFF \$5.00 Atrium	2:00 pm Culture Class Music of the 50s Atrium	6:00 pm Walk it Out Exercise Area	3:00 pm Miles of Smiles with Stephanie New York Atrium	2:30 pm Spanish Class 2nd Floor	3:00 pm Happy Hour Atrium	Bus Ride Concierge Desk
		6:00 pm Music with Pat D Lobby	6:00 pm Music with Tymze 2 Lobby	7:00 pm Movie Atrium		2:00 pm Culture Class Music of the 50s Atrium	7:00 pm Movie Atrium	2:00 pm Culture Class Music of the 50s Atrium	Happy Hour Atrium	3:00 pm Visits with Bella Lobby	3:00 pm Walk it Out Exercise Area	6:30 pm Chefs Table Dining Room	2:00 pm Music with Judy Locke Lobby
		7:00 pm Movie Atrium	7:00 pm Movie Atrium			3:00 pm Free Friday Happy Hour Atrium	7:00 pm Movie Atrium	3:00 pm Free Friday Happy Hour Atrium	6:00 pm Music with James Wise Lobby	6:00 pm Music with Tennyson Lobby	Happy Hour Atrium	Movie Atrium	3:00 pm Free Friday Happy Hour Atrium
						Outdoor Activity with Bella Backyard		Outdoor Activity with Bella Backyard	7:00 pm Movie Atrium	7:00 pm Movie Atrium	Visits with Bella Lobby	6:00 pm Music with Jeff Lobby	Outdoor Activity with Bella Backyard
						6:30 pm Movie Atrium		6:30 pm Movie Atrium			7:00 pm Movie Atrium	7:00 pm Movie Atrium	6:00 pm Valentines Day Love Songs with DJ Chris Lobby
													7:00 pm Movie Atrium

February 15–26, 2020

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

15	16	17	18	19	20	21	22	23	24	25	26
Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday
8-10:00 am Walmart, Publix Concierge Desk	9:00 am Coffee & Conversation Lobby	9:00 am Stretch Exercise Area	9:00 am Coffee & Conversation Lobby	9:00 am Resident Council Meeting Atrium	9:30 am Billiards Billiards Room	Walmart Grocery Orders for Saturday Delivery Atrium	8-10:00 am Walmart, Publix Concierge Desk	9:00 am Coffee & Conversation Lobby	9:00 am Stretch Exercise Area	9:00 am Billiards Billiards Room	9:00 am Stretch Exercise Area
9:00 am Stretch Exercise Area	10:00 am Our Lady of Hope Group Liturgy Activity Area	9:30 am Spanish Class Dining Room	10:00 am BOCCE Lobby	10:00 am Karaoke Atrium	Puzzles Billiards Room	9:00 am Stretch Exercise Area	9:00 am Stretch Exercise Area	10:00 am Sunday Brunch Dining Room	10:00 am 10¢ Blackjack Atrium	10:00 am BOCCE Lobby	10:00 am Trivia Atrium
9:30 am Church of Epiphany Activity Area	10:30 am Countryside Church Exercise Area	10:00 am 10¢ Blackjack Atrium	11:00 am Stretch, Tone & Strengthen Exercise Area	11:00 am Tone & Strengthen Exercise Area	10:00 am Trivia Atrium	9:00 am Puzzles Billiards Room	9:30 am Church of Epiphany Activity Area	Our Lady of Hope Group Liturgy Activity Area	Visits with Bella Door-to-Door	11:00 am Stretch, Tone & Strengthen Exercise Area	11:00 am Tone & Strengthen Exercise Area
Puzzles Billiards Room	1:00 pm Music with Gailforce Lobby	11:00 am Visits with Bella Door-to-Door	12:45 pm Hand and Foot Activity Area	1:00 pm Brain Games Atrium	12:45 pm Hand and Foot Activity Area	10:00 am 10¢ Roulette Atrium	Puzzles Billiards Room	10:30 am Countryside Church Exercise Area	11:00 am Tone & Strengthen Exercise Area	Visits with Bella Door-to-Door	1:00 pm Brain Games Atrium
9:45 am BOCCE Lobby	2:00 pm Bingo Dining Room	1:00 pm Music with Bobby Meeks Lobby	1:00 pm Hand and Foot Activity Area	2:00 pm Walks with Bella Backyard	1:00 pm Music with Dani Atrium	11:00 am Visits with Bella Door-to-Door	9:45 am BOCCE Lobby	3:00 pm Happy Hour Atrium	1:00 pm Music with Sweet Melissa Lobby	12:45 pm Hand and Foot Activity Area	2:00 pm Walks with Bella Backyard
Puzzles Billiards Room	3:00 pm Happy Hour Atrium	2:00 pm Outdoor Activity with Bella Backyard	2:00 pm Crossword Atrium	2:30 pm Bible Study Library	2:00 pm Bingo Dining Room	11:00 am Tone & Strengthen Exercise Area	Puzzles Billiards Room	6:30 pm Bingo Dining Room	Shopping: Bealls Outlet Concierge Desk	1:00 pm Crossword Atrium	2:00 pm Bible Study Library
11:00 am Clothing Sale Atrium	6:30 pm Movie Atrium	2:00 pm Bingo Dining Room	2:00 pm Miles of Smiles with Stephanie North Carolina Atrium	2:30 pm Spanish Class Activity Area	3:00 pm Happy Hour Atrium	1:00 pm Music with One Voice Lobby	1:00 pm 10¢ Left Right Center Atrium	3:00 pm Happy Hour Atrium	2:00 pm Bingo Atrium	2:00 pm Miles of Smiles with Stephanie North Dakota Atrium	2:30 pm Spanish Class Activity Area
1:00 pm COUNTRYSIDE LAKES 500 Lobby		3:00 pm Walk it Out Exercise Area	3:00 pm Happy Hour Atrium	6:00 pm Music with JJ Lobby	3:00 pm Happy Hour Atrium	1:00 pm Visits with Bella Atrium	2:00 pm Family Feud Atrium	6:30 pm Happy Hour Atrium	3:00 pm Outdoor Activity with Bella Backyard	3:00 pm Happy Hour Atrium	3:00 pm Happy Hour Atrium
2:00 pm Brain Games Atrium		3:00 pm Happy Hour Atrium	6:00 pm Music with Frank Lobby	7:00 pm Movie Atrium	6:00 pm Music with George Gall Lobby	2:00 pm Culture Class History of the 50s Lobby	3:00 pm Happy Hour Atrium	6:30 pm Music with Randy Atrium	3:00 pm Happy Hour Atrium	6:00 pm Music with Susie & Mike Lobby	7:00 pm Movie Atrium
3:00 pm Happy Hour Atrium		6:30 pm Movie Atrium	7:00 pm Movie Atrium		7:00 pm Movie Atrium	3:00 pm Free Friday Happy Hour Atrium	6:30 pm Music with Randy Atrium		6:30 pm Movie Atrium	7:00 pm Movie Atrium	
6:30 pm Music with Blue Velvet Atrium						3:00 pm Outdoor Activity with Bella Backyard					
						6:00 pm Music with Fubars Lobby					
						7:30 pm Movie Atrium					

FEBRUARY CSL BIRTHDAYS

RESIDENTS	STAFF
February 6 Dorothy Mendes	February 3 Amber Boyce
February 7 Pat Kurey	February 19 Jocelyn Burns
February 13 Julia Iaconis	February 23 Destinie Lungahi
February 16 Donna Phillips	February 27 John Borca
February 17 Lillian Martin	February 28 Bryanna Daley
February 22 Virginia Glover	
February 26 Chester Anderson	

February 27–29, 2020

27

Thursday

9:30 am
Billiards
Billiards Room

Puzzles
Billiards Room

10:00 am
Nail Salon
Nurse Station

Darts
Billiards Room

12:45 pm
Hand and Foot
Activity Area

1:00 pm
Music with Michael T
Lobby

2:00 pm
Bingo
Dining Room

3:00 pm
Happy Hour
Atrium

Walks with Bella
Backyard

6:30 pm
Movie
Atrium

28

Friday

Walmart Grocery Orders for Saturday Delivery
Atrium

9:00 am
Stretch
Exercise Area

Puzzles
Billiards Room

10:00 am
10¢ Roulette
Atrium

Visits with Bella
Door-to-Door

11:00 am
Tone & Strengthen
Exercise Area

1:00 pm
Culture Class Wild Stories of the 50's
Atrium

Visits with Bella
Atrium

Bus Ride
Concierge Desk

2:00 pm
Crossword
Lobby

3:00 pm
Free Friday Happy Hour
Atrium

Outdoor Activity with Bella
Backyard

6:00 pm
Music with Chuck
Lobby

7:00 pm
Movie
Atrium

29

Saturday

8-10:00 am
Walmart, Publix Concierge Desk

9:00 am
Stretch
Exercise Area

9:30 am
Church of Epiphany
Activity Area

Puzzles
Billiards Room

9:45 am
BOCCE
Lobby

Puzzles
Billiards Room

1:00 pm
10¢ Left Right Center
Atrium

2:00 pm
Crossword & Brain Games
Atrium

3:00 pm
Happy Hour
Atrium

6:30 pm
Music with Blue Velvet
Atrium

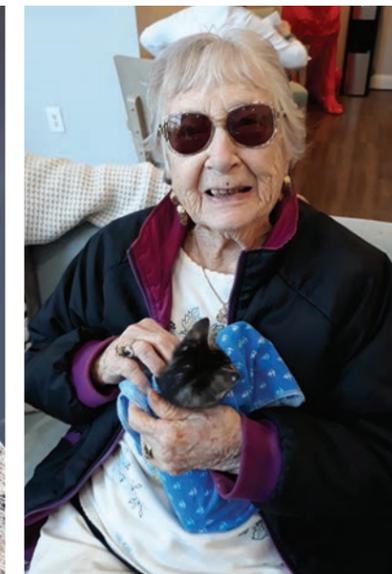
Activities Professional Week was January 19-26th.

I would like to thank everyone for their kind words, flowers, cards – but most of all participation. I love what I do, I love being with you! I need you to come out and join in some fun. The more, the merrier is not just a phrase. We are able to laugh and learn new things. Every time you are joining an activity, please invite a friend.

Love,

Stephanie

Join us for activities and bring a friend!



Interesting Events in FEBRUARY

- ❖ February 2, 1848 - The war between the U.S. and Mexico ended with the signing of the Treaty of Guadalupe Hidalgo. In exchange for \$15 million, the U.S. acquired the areas encompassing parts or all of present day California, Nevada, Utah, Arizona, New Mexico, Colorado, Wyoming, and Texas. The treaty was ratified on March 10, 1848.
- ❖ February 4, 1861 - Apache Chief Cochise was arrested in Arizona by the U.S. Army for raiding a ranch. Cochise then escaped and declared war, beginning the period known as the Apache Wars, which lasted 25 years.
- ❖ February 8, 1910 - The Boy Scouts of America was founded by William Boyce in Washington, D.C., modeled after the British Boy Scouts.
- ❖ February 11, 1990 - In South Africa, Nelson Mandela, at age 71, was released from prison after serving 27 years of a life sentence on charges of attempting to overthrow the apartheid government. In April 1994, he was elected president in the first all-race elections.
- ❖ February 17, 1865 - During the Civil War, Fort Sumter in South Carolina was returned to the Union after nearly a year and a half under Confederate control. The fort had been the scene of the first shots of the war.

Cody Khorassani

We're lucky to have you!

Cody Khorassani rejoined our team in May of 2019 on the 2 pm to 10 pm shift. Cody brings a breath of fresh air to our community with his care and compassion towards our residents. He is a team player and helps wherever needed, all with a smile on his face. We are lucky to have you as part of our team Cody, keep up the great work!



CountrySide Lakes
A Shepherd Senior Living Community

MANAGEMENT STAFF

Charlie Dierke
Executive Director
cdierke@CountrySideLakes.com
386.756.3480, Ext.102

Trudy Simmons, LPN
Director of Nursing
tsimmons@CountrySideLakes.com
386.756.3480, Ext.110

Diane Goyette
Director of Sales and Marketing
dgoyette@CountrySideLakes.com
386.756.3480, Ext.114

Michaelene Achorn
Administrative Manager
machorn@CountrySideLakes.com
386.756.3480, Ext.103

Andrew Leszczynski
Director of Maintenance
aleszczynski@CountrySideLakes.com
386.756.3480, Ext.106

Chris Favata
Executive Chef
cfavata@CountrySideLakes.com
386.756.3480, Ext.112

Stephanie Lynch
Life Engagement Director
slynch@CountrySideLakes.com
386.756.3480, Ext.111

Celia Laureano
Director of Housekeeping
claureano@CountrySideLakes.com
386.756.3480, Ext.107

CountrySideLakes.com



CSL32127