

# CountrySide Chronicle

MONTHLY NEWS CALENDAR

SEPTEMBER 2020

## Living Your Best Life!



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CSL32127

# From the Director's Desk

This hurricane season is living up to the predictions to be one of the most active in a long time. We are entering September and the named storms are already up to the letter N. Depending on the activity we may be past that by the time this newsletter makes it to you. Let's all keep our fingers crossed the storms continue to go the opposite direction of CountrySide Lakes.

COVID-19 – Our every-two-weeks testing cycle remains in place this month. We are still COVID-free, knock on wood. All of us here at CountrySide want this schedule to continue.

The governor and the task force set up to implement community visitation will soon give us an update. We are waiting for instructions from his office on when and how visitation can and will occur. There are so many variables and considerations that come into play when dealing with a virus like COVID-19, like social distancing, masks, temperature taking and testing, these all affect visitation. Not to mention most of our residents have not seen their family in over six months. At CountrySide Lakes we understand the need to have family and friends visit. We



also have the need to do it in a safe and secure manner. Keeping our residents safe and keeping COVID-19 out of the building are our top priorities.

Please work to keep yourselves and your loved ones COVID free, that will truly make a difference.

*Charlie*

## RESIDENT SPOTLIGHT

# Charles & Joan Decoursey



Welcome to our new friends! Charles and Joan married in 1953 and lived primarily in the Long Island / New York city area. They have three beautiful daughters and one handsome son. They have a lot of grandchildren and four great grandchildren. Joan worked as an assistant for an Admiral in the Navy. Charles served in the Navy and also spent many years working various jobs, learning everything he could. Joan enjoys watercolors and was a member of the Art League. Charles' hobbies include good conversations, Bible study, and learning about others. We are so glad you are here and we look forward to getting to know you both!

# Bella's Corner

Follow Bella's photos & videos

@CSL32127



Bella is sending her love and you can tell she is missing all of you. Animals are essential to our world, our hearts, and our home.



My name is Emma Steel. I'm 17 years old and a Senior at Laurel Springs. I spend most of my time training as a competitive figure skater or working in the pottery studio. My favorite subject to study is math and that's what I plan on majoring in. I absolutely love to travel, my favorite place being Thailand!

My favorite thing to do is spend time with my grandparents and I wanted to do something nice for those who might not be able see their loved ones on a daily basis. It was truly a pleasure to be able to send you all a little note of love!



## Fall Activities

**Grocery orders** can be turned in any day of the week. All orders must be a minimum of \$35.00. If you only need 1 or 2 items you must pay with cash.

**Assisted Living Week** is 9/13-9/19

Special events everyday! Check the calendar for full details – the theme is “Caring is Essential” live everyday to the fullest, have fun, find the joy, and most of all create memories!

- **Arts and Crafts**
- **Golf**
- **Outdoor Bocce**
- **Cornhole**
- **More exercise classes will be available soon.**

Please encourage your friends to join you for an activity they might not have tried. Everything is more fun when we are able to be together!

If you need to be assigned an activity, please see Stephanie so we can have some fun together!

# September 1-12, 2020

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

1	2	3	4	5	6	7	8	9	10	11	12
Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:00 am <b>Billiards</b> Billiards Room</p> <p>10:00 am <b>Assigned Activities Small Groups</b> See Stephanie</p> <p>Puzzles Billiards Room</p> <p>12:30- 1:30 pm <b>Aquatic Aerobics</b> Backyard</p> <p>1:00 pm <b>Animal Videos</b> Social distancing rules apply – close in heart but 6 feet apart Atrium</p> <p><b>WASH YOUR HANDS!</b></p> <p>2:00 pm <b>Assigned Activities Small Groups</b> See Stephanie</p> <p>3:00 pm <b>Assigned Activities Small Groups</b> See Stephanie</p> <p>4:00 pm <b>Assigned Activities Small Groups</b> See Stephanie</p> <p>6:30 pm <b>Movie</b> Social distancing rules apply – close in heart but 6 feet apart Atrium</p>	<p>9:00 am <b>Exercise</b> 1ST &amp; 2ND FL RESIDENTS 3rd Fl Exercise Rm</p> <p>9:30 am <b>Exercise</b> 3RD FL RESIDENTS 3rd Fl Exercise Rm</p> <p>10:15 am <b>Assigned Activities Small Groups</b> See Stephanie</p> <p>1:00 pm <b>Bird Videos</b> Social distancing rules apply – close in heart but 6 feet apart Atrium</p> <p>1:15 pm <b>Assigned Activities Small Groups</b> See Stephanie</p> <p>2:00 pm <b>Assigned Activities Small Groups</b> See Stephanie</p> <p>3:00 pm <b>Assigned Activities Small Groups</b> See Stephanie</p> <p>4:00 pm <b>Assigned Activities Small Groups</b> See Stephanie</p> <p>6:30 pm <b>Movie</b> Social distancing rules apply – close in heart but 6 feet apart Atrium</p> <p>6:30 pm <b>Movie</b> Social distancing rules apply – close in heart but 6 feet apart Atrium</p> <p><b>Bible Study</b> Social distancing rules apply – close in heart but 6 feet apart Dining Room</p>	<p>9:30 am <b>Championship Boxing</b> Atrium</p> <p><b>Billiards</b> Billiards Room</p> <p>1:00 pm <b>Nature Videos</b> Social distancing rules apply – close in heart but 6 feet apart Atrium</p> <p><b>WASH YOUR HANDS!</b></p> <p>2:00 pm <b>Assigned Activities Small Groups</b> See Stephanie</p> <p>3:00 pm <b>Assigned Activities Small Groups</b> See Stephanie</p> <p>6:30 pm <b>Movie</b> Social distancing rules apply – close in heart but 6 feet apart Atrium</p>	<p>9:00 am <b>Billiards</b> Billiards Room</p> <p><b>Exercise</b> 1ST &amp; 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## CSL BIRTHDAYS SEPTEMBER

### RESIDENTS

- September 1  
Aziz Hanna
- September 6  
John Coburn
- September 13  
Nancy Butzberger
- September 14  
Stewart Harkness  
Lorraine Crane
- September 25  
Barbara Makowski
- September 30  
Lisa Martin
- STAFF**
- September 3  
Robin Fortner
- September 15  
Angelita Pitcher
- September 17  
Sandra Michelin
- September 18  
Bruce Foster
- September 20  
Crystal Mayhue
- September 22  
Jessica Tindal
- September 30  
Michaelene Achorn

# “Caring is Essential” Week

## ADMINISTRATION



As the leaders of your teams, and the managers of your homestead, we know that caring is essential in every aspect of your lives. We face challenges every day and we look forward to using our compassionate minds, loving hearts, and continuous knowledge to bring you the very best in every aspect of everyday life. We hope that you all know how much each of us cares for every single one of you. Michaelene and I are very fortunate to work for all of you and with all of the team members of CountrySide Lakes. We thank all of you for your continuous support and encouragement through these challenging days. We are so grateful for everyone's hard work and dedication!

*Charlie and Michaelene*

## MARKETING



Growing up as an American of Greek descent, I was drawn to the teachings of the ancient Greek philosophers. Their words inspire and help you to examine the meaning of life. When I joined the management team of CountrySide Lakes six months ago, it did not take long for me to see how genuinely caring everyone is in our community. Not just the staff, whose jobs are to care for others, but the residents as well care about each other. Simple acts of kindness occur just about every day. We care about the happiness of others and that sense of caring is the soul of our community. It is also personally rewarding as theorized by the philosopher Plato who said, “Caring about the happiness of others, we find our own”.

*Marketing Director Peter*

## CULINARY



It's the little things that I can do every day to make people's lives better if even just for a moment. As a chef, I am given the opportunity to touch people's lives every day. Whether it's a special dish of comfort food to just something to brighten your day like cookies or even a plate of fruit made especially for you. I love to go above the bar when it comes to personal events just to see the happiness that my work can bring to you. I know that food brings people together like nothing else and the right flavor can touch your soul and bring happiness to it. I am extremely thankful to be able to share my passion for food with all of you.

*Chef Kris*

## ACTIVITIES



Caring is essential for all aspects of our world. We must care for ourselves, each other, and the planet we live on. To care is to show love, compassion, and kindness to those who need it most. In our daily lives we take pride in our ability to care for all of you. I hope that in my senior years I am filled with the wisdom, joy, respect, and most of all the love that all of you exemplify each day. It is essential to my own personal well being to come to work and know that when I leave, you feel cared about!

*Stephanie*

## NURSING



Caregivers learn many skills that transfer to their home and family relationships. They learn patience, compassion, communication, and other skills that help them be successful parents, spouses, and friends. Hearing thank you, receiving a card, or other forms of recognition can really make a caregiver's day. Even more valuable, though, is the look of gratitude in the eyes of the person they are caring for, seeing them make progress and live joyful lives, and seeing the relief of family and friends when they know their loved one is well cared for. We love what we do!

*Trudy and Team*

## MAINTENANCE



Maintenance is essential, we all have things that break, quit working, and need upgrading. The Maintenance team ensures that, not only your apartment is up to your standards and needs, but that the entire building is maintained in a manner to make every resident comfortable anywhere they might want to enjoy. We strive to accomplish all your needs in a timely manner and look forward to being there whenever you need us. We ensure the safety and security of every resident is our top priority from light bulbs to hurricanes we care!

*Andrew and Andrew*

## HOUSEKEEPING



Housekeeping is essential and we all strive to foster an environment of safety, cleanliness, and security through high standards. We strive to bring peace of mind to all of our residents and staff that our cleaning and disinfecting protocols are the essential way for you to live in comfort and peace of mind. All of us enjoy working with you and for you to ensure your home is all you want and need it to be.

*Celia and Team*

## PHYSICAL THERAPY



Caring is what makes you a good therapist but if you are not compassionate, understanding, or sympathetic to how people feel you cannot be a well rounded therapist. Some days the therapy revolves around just caring and showing support to someone's physical or psychological issues on that day.

*Chad and Angela*

# September 13–26, 2020

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

13	14	15	16	17	18	19	20	21	22	23	24	25	26
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:30 am <b>Church Outside</b> Social distancing rules apply – close in heart but 6 feet apart Backyard</p> <p>1:00 pm <b>1st Fl Residents Self Expression is Essential</b> Join Stephanie in the Atrium</p> <p>2:00 pm <b>2nd Fl Residents Self Expression is Essential</b> Join Stephanie in the Atrium</p> <p>3:00 pm <b>3rd Fl Residents Self Expression is Essential</b> Join Stephanie in the Atrium</p> <p>6:30 pm <b>Movie</b> Social distancing rules apply – close in heart but 6 feet apart Atrium</p> <hr/> <p><b>WASH YOUR HANDS!</b></p>	<p>9:30 am <b>Exercise</b> 3RD FL RESIDENTS 3rd Fl Exercise Rm</p> <p>10:00 am <b>Puzzles</b> Billiards Room</p> <p>10:15 am <b>Assigned Activities Small Groups</b> See Stephanie</p> <p>1:00 pm <b>1st Fl Residents Self Love is Essential</b> Join Stephanie in the Atrium</p> <p>2:00 pm <b>2nd Fl Residents Self Love is Essential</b> Join Stephanie in the Atrium</p> <p>3:00 pm <b>3rd Fl Residents Self Love is Essential</b> Join Stephanie in the Atrium</p> <p>6:30 pm <b>Movie</b> Social distancing rules apply – close in heart but 6 feet apart Atrium</p> <hr/> <p><b>WASH YOUR HANDS!</b></p>	<p>9:00 am <b>Billiards</b> Billiards Room</p> <p>10:00 am <b>Assigned Activities Small Groups</b> See Stephanie</p> <p>Puzzles Billiards Room</p> <p>1:00 pm <b>1st Fl Residents Memories are Essential</b> Join Stephanie in the Atrium</p> <p>2:00 pm <b>2nd Fl Residents Memories are Essential</b> Join Stephanie in the Atrium</p> <p>3:00 pm <b>3rd Fl Residents Memories are Essential</b> Join Stephanie in the Atrium</p> <p>6:30 pm <b>Movie</b> Social distancing rules apply – close in heart but 6 feet apart Atrium</p> <hr/> <p><b>WASH YOUR HANDS!</b></p>	<p>9:00 am <b>Exercise</b> 1ST &amp; 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1st Fl Residents</b></p> <p>2:00 pm <b>2nd Fl Talent Show Staff &amp; 2nd Fl Residents</b></p> <p>3:00 pm <b>3rd Fl Talent Show Staff &amp; 3rd Fl Residents</b></p> <p>6:30 pm <b>Movie</b> Social distancing rules apply – close in heart but 6 feet apart Atrium</p> <hr/> <p><b>WASH YOUR HANDS!</b></p>	<p>9:00 am <b>Library</b> 2nd Fl B Side Hall</p> <p>10:30 am <b>Church Outside</b> Social distancing rules apply – close in heart but 6 feet apart Backyard</p> <p>2:00 pm <b>Ice Cream Delivery</b> Door to Door</p> <p>6:30 pm <b>Movie</b> Social distancing rules apply – close in heart but 6 feet apart Atrium</p> <hr/> <p><b>WASH YOUR HANDS!</b></p>	<p>9:00 am <b>Billiards</b> Billiards Room</p> <p><b>Exercise</b> 1ST &amp; 2ND FL RESIDENTS 3rd Fl Exercise Rm</p> <p>9:30 am <b>Exercise</b> 3RD FL RESIDENTS 3rd Fl Exercise Rm</p> <p>10:00 am <b>Puzzles</b> Billiards Room</p> <p>10:15 am <b>Assigned Activities Small Groups</b> See Stephanie</p> <p>1:00 pm <b>Bird Videos</b> Social distancing rules apply – close in heart but 6 feet apart Atrium</p> <p>1:15 pm <b>Assigned Activities Small Groups</b> See Stephanie</p> <p>2:00 pm <b>Assigned Activities Small Groups</b> See Stephanie</p> <p>3:00 pm <b>Assigned Activities Small Groups</b> See Stephanie</p> <p>4:00 pm <b>Assigned Activities Small Groups</b> See Stephanie</p> <p>6:30 pm <b>Movie</b> Social distancing rules apply – close in heart but 6 feet apart Atrium</p>	<p>9:00 am <b>Billiards</b> Billiards Room</p> <p>10:00 am <b>Assigned Activities Small Groups</b> See Stephanie</p> <p>Puzzles Billiards Room</p> <p>12:30- 1:30 pm <b>Aquatic Aerobics</b> Backyard</p> <p>1:00 pm <b>Animal Videos</b> Social distancing rules apply – close in heart but 6 feet apart Atrium</p> <p>2:00 pm <b>Assigned Activities Small Groups</b> See Stephanie</p> <p>3:00 pm <b>Assigned Activities Small Groups</b> See Stephanie</p> <p>4:00 pm <b>Assigned Activities Small Groups</b> See Stephanie</p> <p>6:30 pm <b>Movie</b> Social distancing rules apply – close in heart but 6 feet apart Atrium</p>	<p>9:00 am <b>Exercise</b> 1ST &amp; 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# September 27-30, 2020

**27** Sunday    **28** Monday    **29** Tuesday    **30** Wednesday

<p>9:00 am <b>Library</b> 2nd Fl B Side Hall</p> <p>10:30 am <b>Church Outside</b> Social distancing rules apply - close in heart but 6 feet apart Backyard</p> <p>2:00 pm <b>Ice Cream Delivery</b> Door to Door</p> <p>6:30 pm <b>Movie</b> Social distancing rules apply - close in heart but 6 feet apart Atrium</p> <p><b>WASH YOUR HANDS!</b></p>	<p>8:30 -11:30 am <b>FLU SHOT CLINIC</b></p> <p>1:00 pm <b>Bird Videos</b> Social distancing rules apply - close in heart but 6 feet apart Atrium</p> <p>1:15 pm <b>Assigned Activities Small Groups</b> See Stephanie</p> <p>2:00 pm <b>Assigned Activities Small Groups</b> See Stephanie</p> <p>3:00 pm <b>Assigned Activities Small Groups</b> See Stephanie</p> <p>6:30 pm <b>Movie</b> Social distancing rules apply - close in heart but 6 feet apart Atrium</p>	<p>9:00 am <b>Billiards</b> Billiards Room</p> <p>10:00 am <b>Assigned Activities Small Groups</b> See Stephanie</p> <p>Puzzles Billiards Room</p> <p>12:30- 1:30 pm <b>Aquatic Aerobics</b> Backyard</p> <p>1:00 pm <b>Animal Videos</b> Social distancing rules apply - close in heart but 6 feet apart Atrium</p> <p><b>WASH YOUR HANDS!</b></p> <p>2:00 pm <b>Assigned Activities Small Groups</b> See Stephanie</p> <p>3:00 pm <b>Assigned Activities Small Groups</b> See Stephanie</p> <p>4:00 pm <b>Assigned Activities Small Groups</b> See Stephanie</p> <p>6:30 pm <b>Movie</b> Social distancing rules apply - close in heart but 6 feet apart Atrium</p> <p><b>Bible Study</b> Social distancing rules apply - close in heart but 6 feet apart Dining Room</p>	<p>9:00 am <b>Exercise</b> 1ST &amp; 2ND FL RESIDENTS 3rd Fl Exercise Rm</p> <p>9:30 am <b>Exercise</b> 3RD FL RESIDENTS 3rd Fl Exercise Rm</p> <p>10:15 am <b>Assigned Activities Small Groups</b> See Stephanie</p> <p>1:00 pm <b>Bird Videos</b> Social distancing rules apply - close in heart but 6 feet apart Atrium</p> <p>1:15 pm <b>Assigned Activities Small Groups</b> See Stephanie</p> <p>2:00 pm <b>Assigned Activities Small Groups</b> See Stephanie</p> <p>3:00 pm <b>Assigned Activities Small Groups</b> See Stephanie</p> <p>4:00 pm <b>Assigned Activities Small Groups</b> See Stephanie</p> <p>6:30 pm <b>Movie</b> Social distancing rules apply - close in heart but 6 feet apart Atrium</p> <p><b>Bible Study</b> Social distancing rules apply - close in heart but 6 feet apart Dining Room</p>
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Activities are shown in red.  
Wellness classes are in blue.

Thank you to everyone for the most amazing birthday. I love you all!

*Stephanie*



## Jenna Schuld is our Flower Angel!

She put out a Facebook call to friends and family to bring joy and love to our seniors. From the bottom of our hearts, we THANK YOU for all the kindness. Our residents were so excited to get such lovely gifts and cards, smiles were shared by all.



## Andy & Andy!

What can we say about Andrzej and Andrew? They are two peas in a pod, they both like to eat, they both make us laugh, they both like bocce. Andy & Andy, as Susie calls them keep us maintained at all times. We know we call on them for every little light bulb and every A/C issue but we also know how special they are, how they will do anything to ensure we are comfortable. They have been instrumental in moving new residents in and helping set up everything we all need to complete our work. Stephanie needs them to help with so many projects, and we surely could not live without them! Thank you Andrew and Andrew for all you do for our community and each one of us. We appreciate you!



## CountrySide Lakes®

## MANAGEMENT STAFF

### Charlie Dierke

*Executive Director*

[cdierke@CountrySideLakes.com](mailto:cdierke@CountrySideLakes.com)

386.756.3480, Ext.102

### Trudy Simmons, LPN

*Director of Nursing*

[tsimmons@CountrySideLakes.com](mailto:tsimmons@CountrySideLakes.com)

386.756.3480, Ext.110

### Peter Pakuris

*Director of Sales & Marketing*

[ppakuris@CountrySideLakes.com](mailto:ppakuris@CountrySideLakes.com)

386.756.3480

### Michaelene Achorn

*Administrative Manager*

[machorn@CountrySideLakes.com](mailto:machorn@CountrySideLakes.com)

386.756.3480, Ext.103

### Andrew Leszczynski

*Director of Maintenance*

[aleszczynski@CountrySideLakes.com](mailto:aleszczynski@CountrySideLakes.com)

386.756.3480, Ext.106

### Chris Favata

*Executive Chef*

[cfavata@CountrySideLakes.com](mailto:cfavata@CountrySideLakes.com)

386.756.3480, Ext.112

### Stephanie Lynch

*Life Engagement Director*

[slynch@CountrySideLakes.com](mailto:slynch@CountrySideLakes.com)

386.756.3480, Ext.111

### Celia Laureano

*Director of Housekeeping*

[claureano@CountrySideLakes.com](mailto:claureano@CountrySideLakes.com)

386.756.3480, Ext.107

[CountrySideLakes.com](http://CountrySideLakes.com)



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