

# CountrySide Chronicle

MONTHLY NEWS CALENDAR

OCTOBER 2020

Joining together in the fight against breast cancer!



Follow us for updates – [CountrySideLakes.com](http://CountrySideLakes.com)



CSL32127

Happy October! We had Assisted Living Week in September and I want to let all of you know how much I appreciate the staff of CountrySide Lakes. The amount of extra hours worked and the number of extra shifts picked up during COVID-19 can be summed up in one word...AMAZING! The level of commitment by all the team members has been humbling. They have all altered their lifestyles in order to keep everyone at CountrySide Lakes safe. We continue to be a COVID free community!

VISITATION – As most of you know, Gov DeSantis has given the order to open up Assisted Living Communities for visitation. We have been working very hard to implement a policy that keeps everyone here as safe as possible and keeps CSL compliant with the State's order. Calling this a challenge would be a huge understatement.

Remember this is LIMITED visitation, this is the first step. Here are some of the initial guidelines:

1. All visits must be scheduled, it's on a first come, first served basis.
2. Both visitors and residents must wear masks during the visitation.
3. Visitation day and times will be:
  - Monday – Saturday, 10 am - 5pm
  - Sunday, 10 am - 2pm.
4. Call for scheduling times & details.

DINING – We are pushing the State to allow us back into the Dining Room. We know all of you are tired of seeing styrofoam – and trust me – we are tired of serving it to you. We understand how important eating with your friends and having that daily camaraderie is. We are working very hard to get the elected powers that be to change their position.

LEAVING THE PROPERTY – We are still strongly discouraging all residents from leaving the community. Everyone here should



wear a mask the entire time you are out of the community. Let's all be safe rather than sorry, as we continue to work hard to keep COVID-19 out of the community. When you do go out, social distance, wash your hands and wear your masks. Avoid the three C's – Closed Spaces, Crowded Places and Close Contact settings.

We love and care about you, we don't want anything to happen to any of you.

Please continue to make a difference for someone today.

*Charlie*

## RESIDENT SPOTLIGHT

### Rita Conlon

Rita was born and raised in Bath, NY. She married John Cronin and moved to Olean, NY where they raised their six children, 3 boys and 3 girls! She lost her dear husband at the very young age of 41. Rita had to join the workforce to care for her children. She worked in the school system for twenty years and, during that time, married Arthur Conlon in 1966. They retired to Calabash, NC where she enjoyed playing Bridge, knitting, crocheting, and baking. Rita loved her house and had lots of friends, but when she lost Arthur, the house was too big for her. On her 100th birthday, June 14th of 2020 her daughter came and asked her to live with her. Rita said, "Oh I am not ready for that, but I would love to move to Florida and be near you." Rita came right here to us and she is truly loving getting to know everyone – she joins in most of our activities and exercises regularly! Welcome, Rita – we are so glad you are part of our family!



# Bella's Corner

Follow Bella's photos & videos

 @CSL32127

## Why the relationship between owners and pets is always an unconditional one

We all know our pets love us, but what is behind their unconditional love?

The wider bond between people and dogs has strengthened over time, around 30,000 years to be precise. Anyone who has ever owned a pet knows they have the capacity for the kind of unconditional love that is seen otherwise only between a human and its offspring.

The gentle nudge of a wet nose or a lick on the hand comes unbidden when we're upset or feeling down. The bounding dash to the door to greet us is also a demonstrable sign of the strength of the human-canine bond.

A subtle change in our demeanor can be picked up and registered by our dogs or cats. Cats, although fiercely independent by nature, do possess a similar capacity for love and nurture, as my cat-owning friends can testify.

Studies have also shown that looking a dog in the eyes can boost levels of oxytocin (a hormone involved in social bonding), in both the person and the dog. It's not just "cupboard love" triggered by a hungry belly. There is in fact nothing artificial that could ever replace that sheer authenticity of feeling. Dogs are the only species that, like a human child, runs to its human when it is frightened, anxious or just pleased to see us.

It is also the only animal, aside from other humans, that actively seeks out eye contact with people, and truly wants to be with us. Cats too come to us when we are down and will show they are pleased to see us with a lick on the hand or a gentle purr to express their own feelings of contentment

Pets give people so much in terms of love and emotional support. Simply stroking a dog, cat, rabbit or even horse can lead to lower blood pressure and



can combat stress. The feelings are reciprocated, as our touch can have therapeutic effects for our pets, particularly if they are feeling out of sorts.

Companion animals can provide support and friendship to society's lonely, sick or elderly. They can be friends to those who do not easily understand the world around them. Autistic children for instance can be guided gently from their closed, confusing and isolated worlds by a patient and loving dog or cat. Anxiety disorders and depression also can be eased by the loving presence of a pet.

Many people rail against the increasing "humanization" of our pets, but I think that's wrong. People aren't generally trying to turn their pets into little humans. They are instead seeing companion animals increasingly as loving, sentient creatures that, as even science has proven, truly love us. Our pets deserve human-grade food, a warm and safe place to rest, plenty of exercise and our unconditional love and attention.

Perhaps it's a sign of the good side of our human natures that we are increasingly willing to provide these things?

# October 1-12, 2020

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

1	2	3	4	5	6	7	8	9	10	11	12
Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday
<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> Close in Heart ♥ 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> Close in Heart ♥ 6 feet Apart Atrium</p>	<p><b>WEAR PINK</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>Brain Games</b> Atrium</p> <p>1:00 pm <b>Animal Videos</b> Close in Heart ♥ 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>HAPPY HOUR</b></p> <p>6:30 pm <b>Movie</b> Close in Heart ♥ 6 feet Apart Atrium</p>	<p>9:00 am <b>Billiards</b> Billiards Room</p> <p>10:15 am <b>Assigned Bingo</b> Dining Room</p> <p>10:00 am <b>Puzzles</b> Billiards Room</p> <p>1:00 pm <b>Adventure Videos</b> Close in Heart ♥ 6 feet Apart Atrium</p> <p>2:30 pm <b>Assigned Activities Small Groups</b> See Stephanie</p> <p>6:30 pm <b>Movie</b> Close in Heart ♥ 6 feet Apart Atrium</p>	<p>9:00 am <b>Library</b> 2nd Fl B Side Hall</p> <p>10:30 am <b>Church Outside</b> Close in Heart ♥ 6 feet Apart Backyard</p> <p>2:00 pm <b>Ice Cream</b> Door to Door</p> <p>6:30 pm <b>Movie</b> Close in Heart ♥ 6 feet Apart Atrium</p> <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>10:15 am <b>Assigned LRC</b> See Stephanie</p> <p>1:00 pm <b>Funny Videos</b> Close in Heart ♥ 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>6:30 pm <b>Movie</b> Close in Heart ♥ 6 feet Apart Atrium</p>	<p>9:00 am <b>Billiards</b> Billiards Room</p> <p>10:15 am <b>Assigned Blackjack</b> See Stephanie</p> <p>1:00 pm <b>Animal Videos</b> Close in Heart ♥ 6 feet Apart Atrium</p> <p>1:15 pm <b>Adventure Class</b> Close in Heart ♥ 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> Close in Heart ♥ 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 Crossword</b> See Stephanie</p> <p>1:00 pm <b>Bird Videos</b> Close in Heart ♥ 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> Close in Heart ♥ 6 feet Apart Atrium</p> <p><b>Bible Study</b> Close in Heart ♥ 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>Music Videos</b> Close in Heart ♥ 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> Close in Heart ♥ 6 feet Apart Atrium</p>	<p><b>WEAR PINK</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>Brain Games</b> Atrium</p> <p>1:00 pm <b>SING ALONG SONGS</b> Close in Heart ♥ 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>HAPPY HOUR</b></p> <p>6:30 pm <b>Movie</b> Close in Heart ♥ 6 feet Apart Atrium</p>	<p>9:00 am <b>Billiards</b> Billiards Room</p> <p>10:00 am <b>Puzzles</b> Billiards Room</p> <p>10:15 am <b>Assigned Bingo</b> Dining Room</p> <p>1:00 pm <b>Adventure Videos</b> Close in Heart ♥ 6 feet Apart Atrium</p> <p>2:30 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> Close in Heart ♥ 6 feet Apart Atrium</p>	<p>9:00 am <b>Library</b> 2nd Fl B Side Hall</p> <p>10:30 am <b>Church Outside</b> Close in Heart ♥ 6 feet Apart Backyard</p> <p>2:00 pm <b>Ice Cream</b> Door to Door</p> <p>6:30 pm <b>Movie</b> Close in Heart ♥ 6 feet Apart Atrium</p> <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>10:15 am <b>Assigned LRC</b> See Stephanie</p> <p>1:00 pm <b>VIRTUAL TOURS Video</b> Close in Heart ♥ 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>6:30 pm <b>Movie</b> Close in Heart ♥ 6 feet Apart Atrium</p>

## Free Community Shred Event

Saturday, October 3<sup>rd</sup> | 8 - 10 am

**Secure and Confidential**  
Bring your unwanted paper documents.  
Watch your items being shredded on-site.

CountrySide Lakes | 941 Village Trail, Port Orange

CONTACTLESS SAFE EVENT | FACE COVERING REQUIRED



# CSL BIRTHDAYS OCTOBER

## RESIDENTS

- October 4  
Marjorie "Midge" Solomon  
Nancy Rodda
- October 5  
Jacquie Morrison
- October 8  
Aubrey Johnston
- October 9  
Helen Finley
- October 11  
Charlotte Carbone
- October 14  
Connie Baker
- October 16  
Jan Dykstra
- October 24  
Pat Love
- STAFF
- October 2  
Kasia Ingram-Butler
- October 7  
Faslat Agboola
- October 10  
Kourtney Carlisle
- October 11  
Andrew Sweeney
- October 16  
Charlie Dierke  
Jill Pritt-O'Brien
- October 18  
Riley Gatherwood  
Dylon McNally
- October 23  
Linda Webster

# CELEBRATING ALL OF YOU!

We are so thankful for all of our staff members who take care of us in so many ways every single day – and with such style!



# Fighting the Fight

OCTOBER  
*Breast*  
Cancer  
Awareness  
Month

We all know someone who is affected by breast cancer. As we increase awareness and stand together in the fight against this horrible disease, here are some facts that you may not know.

- ♥ In 2020, an estimated 276,480 new cases of invasive breast cancer will be diagnosed in women in the U.S. as well as 48,530 new cases of non-invasive (in situ) breast cancer.
- ♥ 64% of breast cancer cases are diagnosed at a localized stage (there is no sign that the cancer has spread outside of the breast), for which the 5-year survival rate is 99%.
- ♥ This year, an estimated 42,170 women will die from breast cancer in the U.S.
- ♥ Although rare, men get breast cancer too. In 2020, an estimated 2,620 men will be diagnosed with breast cancer this year in the U.S. and approximately 520 will die.
- ♥ 1 in 8 women in the United States will be diagnosed with breast cancer in her lifetime
- ♥ Breast cancer is the most common cancer in American women, except for skin cancers. It is estimated that in 2020, approximately 30% of all new women cancer diagnoses will be breast cancer.
- ♥ There are over 3.5 million breast cancer survivors in the United States.
- ♥ On average, every 2 minutes a woman is diagnosed with breast cancer in the United States. A Global Burden According to the World Health Organization, breast cancer is the most common cancer among women worldwide, claiming the lives of hundreds of thousands of women each year and affecting countries at all levels of modernization.

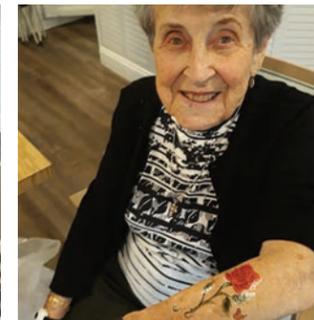
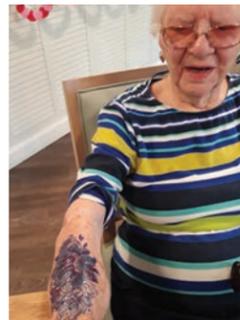
## Good News About Breast Cancer Trends

In recent years, perhaps coinciding with the decline in prescriptive hormone replacement therapy after menopause, we have seen a gradual reduction in female breast cancer incidence rates among women aged 50 and older. Death rates from breast cancer have been declining since about 1990, in part due to better screening and early detection, increased awareness, and continually improving treatment options.

# October 13–26, 2020

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

13	14	15	16	17	18	19	20	21	22	23	24	25	26
Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday
<p>9:00 am <b>Billiards</b> Billiards Room</p> <p>10:15 am <b>Assigned BlackJack</b> See Stephanie</p> <p>Puzzles Billiards Room</p> <p>1:00 pm <b>Animal Videos</b> Close in Heart ♥ 6 feet Apart Atrium</p> <p>1:15 pm <b>Adventure Class</b> Close in Heart ♥ 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> Close in Heart ♥ 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 Crossword</b> See Stephanie</p> <p>1:00 pm <b>Bird Videos</b> Close in Heart ♥ 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> Close in Heart ♥ 6 feet Apart Atrium</p> <p><b>Bible Study</b> Close in Heart ♥ 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>Music Videos</b> Close in Heart ♥ 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>6:30 pm <b>Movie</b> Close in Heart ♥ 6 feet Apart Atrium</p>	<p><b>WEAR PINK</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>Assigned LRC</b> See Stephanie</p> <p>1:00 pm <b>Animal Videos</b> Close in Heart ♥ 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> Close in Heart ♥ 6 feet Apart Atrium</p> <p><b>HAPPY HOUR</b></p> <p>6:30 pm <b>Movie</b> Close in Heart ♥ 6 feet Apart Atrium</p>	<p>9:00 am <b>Billiards</b> Billiards Room</p> <p>10:00 am <b>Puzzles</b> Billiards Room</p> <p>10:15 am <b>Assigned Bingo</b> Dining Room</p> <p>1:00 pm <b>Adventure Videos</b> Close in Heart ♥ 6 feet Apart Atrium</p> <p><b>Assigned Activities Small Groups</b> See Stephanie</p> <p>2:30 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> Close in Heart ♥ 6 feet Apart Atrium</p>	<p>9:00 am <b>Library</b> 2nd Fl B Side Hall</p> <p>10:30 am <b>Church Outside</b> Close in Heart ♥ 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> Close in Heart ♥ 6 feet Apart Atrium</p> <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>10:15 am <b>Assigned LRC</b> See Stephanie</p> <p>1:00 pm <b>Funny Videos</b> Close in Heart ♥ 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>6:30 pm <b>Movie</b> Close in Heart ♥ 6 feet Apart Atrium</p>	<p>9:00 am <b>Billiards</b> Billiards Room</p> <p>10:15 am <b>Assigned BlackJack</b> See Stephanie</p> <p>Puzzles Billiards Room</p> <p>1:00 pm <b>Animal Videos</b> Close in Heart ♥ 6 feet Apart Atrium</p> <p>1:15 pm <b>Adventure Class</b> Close in Heart ♥ 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> Close in Heart ♥ 6 feet Apart Atrium</p> <p><b>Bible Study</b> Close in Heart ♥ 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 Crossword</b> See Stephanie</p> <p>1:00 pm <b>Bird Videos</b> Close in Heart ♥ 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> Close in Heart ♥ 6 feet Apart Atrium</p>	<p>9:30 am <b>Championship Boxing</b> Atrium</p> <p><b>Billiards</b> Billiards Room</p> <p>1:00 pm <b>Music Videos</b> Close in Heart ♥ 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>6:30 pm <b>Movie</b> Close in Heart ♥ 6 feet Apart Atrium</p>	<p><b>WEAR PINK</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 Bingo</b> Dining Room</p> <p>1:00 pm <b>Adventure Videos</b> Close in Heart ♥ 6 feet Apart Atrium</p> <p><b>Assigned Activities Small Groups</b> See Stephanie</p> <p>2:30 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> Close in Heart ♥ 6 feet Apart Atrium</p> <p><b>HAPPY HOUR</b></p> <p>6:30 pm <b>Movie</b> Close in Heart ♥ 6 feet Apart Atrium</p>	<p>9:00 am <b>Billiards</b> Billiards Room</p> <p>10:00 am <b>Puzzles</b> Billiards Room</p> <p>10:15 am <b>Assigned Bingo</b> Dining Room</p> <p>1:00 pm <b>Adventure Videos</b> Close in Heart ♥ 6 feet Apart Atrium</p> <p><b>Assigned Activities Small Groups</b> See Stephanie</p> <p>2:30 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> Close in Heart ♥ 6 feet Apart Atrium</p>	<p>9:00 am <b>Library</b> 2nd Fl B Side Hall</p> <p>10:30 am <b>Church Outside</b> Close in Heart ♥ 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> Close in Heart ♥ 6 feet Apart Atrium</p> <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>10:15 am <b>Assigned LRC</b> See Stephanie</p> <p>1:00 pm <b>Funny Videos</b> Close in Heart ♥ 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>6:30 pm <b>Movie</b> Close in Heart ♥ 6 feet Apart Atrium</p>



# October 27–31, 2020

27 Tuesday	28 Wednesday	29 Thursday	30 Friday	31 Saturday
9:00 am <b>Billiards</b> Billiards Room	9:00 am <b>Exercise</b> 1ST & 2ND FL RESIDENTS 3rd Fl Exercise Rm	9:30 am <b>Championship Boxing</b> Atrium	<b>WEAR PINK</b> 9:00 am <b>Billiards</b> Billiards Room	<b>HAPPY HALLOWEEN</b> 10:15 am <b>BOO BINGO</b> See Stephanie
10:15 am <b>Assigned BlackJack</b> See Stephanie	9:30 am <b>Exercise</b> 3RD FL RESIDENTS 3rd Fl Exercise Rm	<b>Billiards</b> Billiards Room	<b>Exercise</b> 1ST & 2ND FL 3rd Fl Exercise Rm	<b>Stephanie's Spooky Kooky Calamity of Fun &amp; Games</b> See Stephanie
Puzzles Billiards Room	10:15 am <b>Assigned Crossword</b> See Stephanie	1:00 pm <b>Funny Videos</b> Close in Heart ♥ 6 feet Apart Atrium	9:30 am <b>Exercise</b> 3RD FL RESIDENTS 3rd Fl Exercise Rm	1:00 pm <b>1st Fl Residents</b>
1:00 pm <b>Animal Videos</b> Close in Heart ♥ 6 feet Apart Atrium	1:00 pm <b>Bird Videos</b> Close in Heart ♥ 6 feet Apart Atrium	<b>WASH YOUR HANDS!</b>	10:00 am <b>Puzzles</b> Billiards Room	2:00 pm <b>2nd Fl Residents</b>
1:15 pm <b>Adventure Class</b> Close in Heart ♥ 6 feet Apart Atrium	2:00 pm <b>Assigned Activities Small Groups</b> See Stephanie	2:00 pm <b>Assigned Activities Small Groups</b> See Stephanie	10:15 am <b>Brain Games</b> Atrium	3:00 <b>3rd Fl Residents</b>
<b>WASH YOUR HANDS!</b>	3:00 pm <b>Assigned Activities Small Groups</b> See Stephanie	3:00 pm <b>Assigned Activities Small Groups</b> See Stephanie	1:00 pm <b>Animal Videos</b> Close in Heart ♥ 6 feet Apart Atrium	6:30 pm <b>Movie</b> Close in Heart ♥ 6 feet Apart
2:00 pm <b>Assigned Activities Small Groups</b> See Stephanie	3:00 pm <b>Assigned Activities Small Groups</b> See Stephanie	6:30 pm <b>Movie</b> Close in Heart ♥ 6 feet Apart Atrium	2:00 pm <b>Assigned Activities Small Groups</b> See Stephanie	
3:00 pm <b>Assigned Activities Small Groups</b> See Stephanie	4:00 pm <b>Assigned Activities Small Groups</b> See Stephanie		3:00 pm <b>Assigned Activities Small Groups</b> See Stephanie	
4:00 pm <b>Assigned Activities Small Groups</b> See Stephanie	6:30 pm <b>Movie</b> Close in Heart ♥ 6 feet Apart Atrium		4:00 pm <b>HAPPY HOUR</b>	
6:30 pm <b>Movie</b> Close in Heart ♥ 6 feet Apart	<b>Bible Study</b> Close in Heart ♥ 6 feet Apart Dining Room		6:30 pm <b>Movie</b> Close in Heart ♥ 6 feet Apart Atrium	

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



# Beating the Holiday Blues

The holidays are usually viewed as a time of happiness and rejoicing, but for some people, it can be a period of painful reflection, sadness, loneliness, anxiety, and depression.

Feelings of sadness that last through the holiday season, usually from November – December, are often referred to as the holiday blues. Even people who love the holidays can experience the blues during this busy season.

There are a number of reasons why people might experience the holiday blues. Some of the possible causes include:

- Exhaustion
- Financial difficulties – overextending yourself financially or struggling to afford gifts for family and friends can create an added burden
- Not being able to go home for the holidays; missing your family and friends can make the holidays seem especially lonely
- Nostalgia for holidays of the past
- Poor social support, isolation, and loneliness

■ Stress – the holidays can be hectic and stress can sometimes make it difficult to feel the holiday cheer

There are several things that you can do on your own to make the holidays easier to deal with.

## AVOID EXCESSIVE ALCOHOL

Alcohol is a depressant and drinking too much can exacerbate any negative feelings that you might have. This doesn't mean you need to go cold turkey. Instead, limit your consumption and avoid using alcohol as a way to deal with or avoid difficult emotions.

## DON'T ISOLATE YOURSELF

Social isolation can be a major risk factor for depression. The problem is that sadness often makes you want to hide by yourself at home. And if you are on your own apart from family for the holidays, reaching out and finding social connections can be all the more difficult.

## BE SOCIAL

Look for ways that you can enjoy social connections with friends.

Most importantly, reach out. If you're

feeling lonely, ask a friend to come over for a heart to heart. Call someone you're missing.

## TRY TO EXERCISE REGULARLY

While it can be difficult to stick to a workout schedule when you are feeling down, regular physical activity can play an important role in preventing and reducing depression.

## HAVE REALISTIC EXPECTATIONS

It's fine to be excited about the holidays and make plans for the things you want to do. But it is important to keep your expectations sensible.

The holidays don't have to be perfect to be special. They don't have to be exactly like the holidays of the past to be just as meaningful and memorable.

The holiday blues may come around, but there are things that you can do to turn things around. Start by paying attention to the things that are contributing to stress and anxiety. By understanding the things that lead to your seasonal sadness, you can start taking steps to control these triggers before they hijack your happiness.



## Linda Webster

It is with a heavy heart that we announce the retirement of our beloved Linda at the front desk. It is with heartfelt appreciation, blessings, and love that we say our “see ya later”. Linda will continue to bless us with her husband by continuing church services on Sundays. Linda has lead the front desk for 12 years. She has been instrumental in training her staff, caring for the residents, and helping to take care of the CountrySide Lakes team members. She has a heart for everyone, a soul that brings light into every dark space, and a smile that shares joy each day. Linda is a part of our family and we are grateful for all she has done for each one of us. Linda, God blessed us by bringing you to our community and we know he will bless you in your retirement. “We will miss you” is an understatement, but we also are so very happy for you. With so much love and gratitude we say THANK YOU for everything!



*- Forever, your CountrySide Lakes Family*

## CountrySide Lakes®

## 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

### Peter Pakuris

Director of Sales & Marketing  
ppakuris@CountrySideLakes.com  
386.756.3480

### 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