

CountrySide Chronicle

MONTHLY NEWS CALENDAR

FEBRUARY 2021

Ring in the New Year together!



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CSL32127

From the Director's Desk

Groundhog Day is approaching, We will know if we will have six more weeks of winter or if spring will show up early! The weather has been a roller coaster and I know that all of us look forward to warm spring days to sit by the pool or go for a nice long walk. The best thing is that we never have to shovel snow!

This is the month of love. For hundreds of years we have celebrated love in one way or another. We are lucky to have people in our lives that

love and care for us each day. It is a privilege to work in an industry that is truly about having love for others.

We are happy to be serving dinner in the dining room and appreciate everyone's patience as we return to wonderful meals shared with each other.

We want to welcome all of our new residents and we look forward to getting to know each of you. Be sure to join in our wonderful activities and meet some of your neighbors.



We are always excited to make new friends. We are all here to help you get settled and enjoy all of the exciting things happening each day.

Make everyday a great day!

Michaelene

RESIDENT SPOTLIGHT

Phil Tharp

Phillip "Phil" Tharp is 71 years old and was born on December 15, 1949 in Flint, Michigan. He lived there until he joined the Marine Corps where he was a Combat Radio Operator and bravely served in the Vietnam war in 1968. He traveled all over the North Vietnam area and spent over six years serving our country. After his service, he dabbled in many fields such as carpentry, cooking, maintenance, and landscaping. He was married and is the father of six children, blended of his and hers. He is also lucky enough to have five grandchildren, all over the country. Phil has joined us for trivia, brain games, and is an avid card player. His most enjoyable hobby is woodworking. His philosophy in life is very simple "Dazzle me with brilliance, don't baffle me with bull!"

We thank you for your service and we are so glad to welcome you to our family.



Bella's Corner

Follow Bella's photos & videos

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The loss of a furbaby is such a difficult life event, they love us unconditionally and all we want is to give them the greatest life. A friend told me, "Beloved pets leave us sooner because their hearts work so hard to bring us so much joy." We suffered the loss of "Hope" the cat, "Maggie" the Bischon, and "Rolex" the Yorkie. Know that we are with you in love and support and in love of your babies.

IT'S OK TO GRIEVE!

Don't let anyone minimize your grief, including yourself. It's quite common to hear comments like, 'Get over it. It's only a dog.' Do not let anyone else tell you if, when or how much to grieve. Everyone experiences the process differently and there is no right or wrong way to grieve. You may even find differences in the way you grieve for different pets, as sometimes the bonds you have with some pets are stronger than others.

FIND AN OUTLET

Locking grief away does not make it go away so some people find it helpful to write a letter or poem to their lost pet. Or finding a way to memorialize their pet in some meaningful way such as a photo collage, planting a tree or making a donation to a local animal charity in their name are also ways to help with the healing process and to honor the pet at the same time.

EXPRESS YOURSELF

Acknowledge and express your grief. Cry, yell, or talk it out with an understanding friend or family member. If you do not have friends and family who understand your grief, reach out to those who do. If your grief interferes with your ability to function normally, your family doctor or mental health therapist can help by evaluating you for depression.

REMEMBER HAPPY TIMES

Try to replace memories of your pet's ill health and the day they died with positive happy memories of the wonderful lives you had together. Dwelling on the sadness will make it harder to overcome your grief.

BE KIND TO YOURSELF

Grief can rob you of energy and emotional reserves. Eat well, sleep lots and stay active to release endorphins to improve your mood.

IN LOVING MEMORY OF HOPE, MAGGIE & ROLEX

We love you!

February 1–14, 2021

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

1	2	3	4	5	6	7	8	9	10	11	12	13	14
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 am Billiards Billiards Room	9:00 am Darts Billiards Room	9:30 am Exercise 3rd Fl Exercise Rm	9:00 am Billiards Billiards Room	9:00 am Darts Billiards Room	9:00 am Puzzles Billiards Room	9:00 am Visit the Library 2nd Fl B Side Hall	9:00 am Billiards Billiards Room	9:00 am Darts Billiards Room	9:30 am Exercise 3rd Fl Exercise Rm	9:00 am Billiards Billiards Room	9:00 am Darts Billiards Room	9:00 am Puzzles Billiards Room	9:00 am Visit the Library 2nd Fl B Side Hall
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10:15 am LRC Atrium	10:15 am Crossword Atrium	1:15 pm Bingo Dining Room	1:30 pm Bocce 1st & 2nd Fl Residents Atrium	10:15 am Sing A Long Songs Atrium	1:00 - 3:00 pm Arts & Crafts Small Groups Atrium	2:00 pm Ice Cream Atrium	10:15 am LRC Atrium	10:15 am Crossword Atrium	1:15 pm Bingo Dining Room	1:30 pm Bocce 1st & 2nd Fl Residents Atrium	10:15 am Sing A Long Songs Atrium	1:00 - 3:00 pm Arts & Crafts Small Groups Atrium	2:00 pm All about Love & Ice Cream Atrium
1:15 pm Assigned Bingo Small Groups Dining Room	Puzzles Billiards Room	2:30 pm Bocce Atrium	2:30 pm Bocce 3rd Fl Residents Atrium	1:15 pm Bingo Small Groups Atrium	6:30 pm Movie Social distancing rules apply – close in heart but 6 feet apart Atrium	Super Bowl Pregame Party Atrium	1:15 pm Assigned Bingo Small Groups Dining Room	Puzzles Billiards Room	2:30 pm Bocce Atrium	2:30 pm Bocce 3rd Fl Residents Atrium	1:15 pm Bingo Small Groups Atrium	6:30 pm Movie Social distancing rules apply – close in heart but 6 feet apart Atrium	2:00 pm All about Love & Ice Cream Atrium
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To Everyone,

You make my life so amazing! Each and every person that lives here, works here, and are part of our family inspires me. The love and friendship that I have been shown over the past three years has kept my heart full. I am truly inspired by the dedication of our teams.

The nursing department shows kindness, joy, and compassion on a level I have never witnessed before. The culinary team is filled with people who love their jobs and they go above and beyond to ensure you are healthy and enjoy amazing food. They are always there for me and feed me very well! Housekeeping works hard to keep our community clean and safe and they do it with a smile. They spend so much time helping me clean up after activities. The directors encourage my crazy, join in when possible, and give me the morale boost every time I need one. When it comes to maintenance, our two Andrews are sincerely my best buddies, they make me laugh, they let me be myself, and still are my friends –even when I am a little crazy. There isn't anything that any of our team members won't do to support each other and I am thankful to be part of such an amazing group of people.

My friends, our residents – I have worked so hard to know each and everyone of you by name. I still don't always know your apartment number but I know which hall you live on! The years of wisdom, hardship, and love you have lived gives me hope that, as I mature, I will do it with the same grace and tenacity that you have shown. Each of you always shares a smile with me. You all celebrate my accomplishments and forgive my failures. You truly are a family like no other. I love you from the bottom of my heart!

Thank you for making this Activity Professional feel loved, cared for and special, not just during some national week, but every single day I spend with you.

Love,

Stephanie



Vaccinations are under way!

The next clinic date is being scheduled and we will inform everyone as soon as we have the date and time. We are thankful everyone responded well to the first dose and would also like to thank everyone for their patience and dedication to the process.

Please remember the vaccine does not stop you from catching Covid 19 so please stay vigilant in hand washing, mask wearing, and social distancing. Please remind family and friends to also follow health and safety guidelines.

Everybody did great! Well...nearly everybody. :)



CSL BIRTHDAYS FEBRUARY

RESIDENTS

February 6

Dorothy Mendes

February 7

Patricia "Pat" Kurey

February 13

Julia Iaconis

February 14

George Hawk

February 16

Donna Phillips

February 17

Lillian Martin

February 22

Virginia Glover

February 24

Joyce McGraw

February 25

Pat Straight

STAFF

February 3

Amber Boyce

February 7

Peter Pakuris

February 23

Destinie Lungah

February 15–28, 2021

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Wellness classes are in blue.

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HAPPY *Valentine's Day.*

Whether you love Valentine's Day or hate it, one thing's clear: Valentine's Day history goes way back. And, while Valentine's Day is now known for kissing, Valentine's Day gifts and hard-to-get dinner reservations, the origins of the holiday are far less romantic. Here is everything you need to know about the real origins behind the February 14th holiday.

WHEN IS VALENTINE'S DAY?

First, a quick refresher: Valentine's Day always falls on February 14. Valentine's Day 2021 is Sunday, February 14, and Valentine's Day 2020 was Friday, February 14. (For those wanting to make big plans, Valentine's Day 2022 will be Monday, February 14. At the end of the 5th century, Pope Gelasius declared February 14 St. Valentine's Day, and since then, February 14 has been a day of celebration (religious or romantic).

HOW DID VALENTINE'S DAY START?

Valentine's Day is a fixed day on the calendar, and the ancient Roman calendar included a mid-February holiday even before St. Valentine's time. That holiday (arguably the origin of Valentine's Day), called Lupercalia, celebrated fertility, and may have included a ritual in which men and women were paired off by choosing names from a jar. In Ancient Greece, people observed a mid-winter celebration for the marriage of the god Zeus and the goddess Hera. Some historians wonder if these traditions may have influenced the way we now celebrate February 14.

WHO WAS SAINT VALENTINE?

Saint Valentine's Day was commemorated for martyred saints named — you guessed it — Valentine. Differing legends celebrate three different saints called Valentine or Valentinus, but since very little was known about these men and there were conflicting reports of the Saint Valentine Day story, the feast day was removed from the Christian liturgical calendar in 1969.

But even though not much is known about the real history of the Saint Valentines on whom the holiday is based, the legend of Saint Valentine has several tellings. One legend says that Saint Valentine refused to convert to paganism and was executed by Roman Emperor Claudius II. Prior

to his death, he was able to miraculously heal the daughter of his jailer, who then converted to Christianity along with his family. Another legend says a bishop called Saint Valentine of Terni is the true namesake of the holiday; this Saint Valentine was also executed.

But according to others—and this is how Saint Valentine became affiliated with a love-focused holiday—Saint Valentine was a Roman priest who performed weddings for soldiers forbidden to marry, because of a Roman emperor edict decreeing married soldiers did not make good warriors and thus young men could not marry. This Saint Valentine wore a ring with a Cupid on it—a symbol of love—that helped soldiers recognize him. And, in a precursor to greeting cards, he handed out paper hearts to remind Christians of their love for God.

Because of this legend, St. Valentine became known as the patron saint of love. The Saint Valentine prayer asks Saint Valentine to connect lovers together, so that two become one, and the couple remembers their devotion to God.

While the Saint Valentine story set the groundwork for establishing the day as a holiday for romantic love, what truly solidified the connection between Saint Valentine and love was a poem by medieval author Geoffrey Chaucer in 1381, which historians consider the origin of the “modern” celebration of Valentine's Day, where we celebrate our romantic partnership with one other person.

WHY DO WE CELEBRATE VALENTINE'S DAY?

Chaucer lived in the Middle Ages, the era of courtly love, when broad, romantic statements of devotion—poems, songs, paintings—celebrated partnership. By the end of the 15th century, the word “valentine” was being used to describe a lover in poems and songs of the day, and in the 18th century, a book called *The Young Man's Valentine Writer* was published in England. By the mid-19th century, mass-produced paper Valentine's Cards were being created (though Valentine card ideas are still worth trying), and Valentine's Day as we know it was born.

Remember to love each other, be kind, be considerate, and most of all be thankful for all the love that is bestowed upon us each and every day.

Team Members

The new year is in full effect, life is becoming more normal and we just want to encourage you to stay focused on our daily goals. Make the most of everyday and realize how important it is for you to be here. Our residents depend on your talents, tenacity, and terrific attitude to brighten their days. As all of us have come to know each other we realize that each of us has a unique ability to be amazing. We are always thankful for everything you do each and every day.



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