



# CountrySide Lakes

941 Village Trl • Port Orange, FL 32127 • (386) 756-3480

March 2022



Valentine Party Celebration



Chef's Table

## Director's Corner

Welcome to our new Executive Director, Brandi Bettin. She comes to us from IOWA and is thrilled to be at CountrySide Lakes. She is married to Christopher and they have 6 blended children.

She is excited to meet all of the residents and has an open door policy. There will be some changes made that will improve the community as well.

Feel free to stop by and introduce yourself to Brandi any time during the day.



### MARCH BIRTHDAYS

All of our monthly birthdays will be celebrated at a birthday lunch once a month. We will have cake and celebrate with everyone.



## What's Cooking

### Restaurant News

Beginning March 1st, there will be no more tray service. If you would like room service, there will be a charge per episode and it can be charged to your room.

If you are sick, there is no charge for a sick tray. In addition, if you call in your order and come down to get it, there is no charge. TO GO orders are always no charge.

This is going to be bumpy at first and we ask for your patience and flexibility. Also, the dining room will be going to restaurant style dining. We will have a hostess, and order together as you would in a regular restaurant. We are doing these things to enhance the services at CountrySide Lakes.

If you have questions, please contact Brandi or Mikey.



## What's New?

### Comforter Service

In an effort to keep our washing machine and dryers from breaking down often, we are asking that you do not wash your heavy blankets and comforters in them.

As a service, we will take your comforters and blankets once a week to the laundromat and have them professionally cleaned. This charge can be added to your room charges.

This is very important as this is what is wearing out our machines and breaking them.

If you have any questions or concerns, please see Stacey or the concierge.



### Honoring Vietnam Veterans

Vietnam War Veterans Day is observed every year on March 29. We offer a salute to all the Vietnam War vets in our community and thank you for your service.



### Aim To Be Welllderly

With today's seniors living longer, there's a determined focus on vibrant, healthy aging. Wellderly Week, the third week in March, encourages seniors to embrace growing older.

What does it mean to be "wellderly"? The term refers to older adults who focus on health span rather than life span, seeking optimal wellness for as long as possible. They take proactive steps to lead fulfilling, engaged lives without fixating on their age. Thriving, not just living, is the goal.

A number of lifestyle choices contribute to being wellderly. Regular physical activity is key, and it can be as simple as stretching, walking and gardening. A healthy, balanced diet fights illness and helps the body function at its best. Staying socially and mentally engaged are crucial to emotional well-being, as is maintaining a strong sense of purpose. Gratitude, humor and joy are also traits of the wellderly.

A good balance of optimism and realism is also important for healthy aging. Growing older is a part of life, but those who strive to nourish their body and mind can truly be wellderly.



## VOICE FRIEND CALLING SYSTEM

CountrySide Lakes will be implementing an on-demand call-in line as an additional method of communicating our daily activities, meals, and community notifications. This number can be accessed by you any time of day, by calling 877-281-5695. The call-in line can only be accessed by you if we have the phone number you are calling from in our new Voice Friend system. Should you have any questions, please do not hesitate to contact Stacey, 386-756-3480 Ext 108 or 386-316-0187.

## Welcome New Residents

### Welcome New Residents

Our community is blessed with wonderful residents including these newest neighbors:

Fred Dietrich  
Mary Busek  
Marsha Spar  
Stewart Spar  
Reva "June" Summers  
John "Ken" Summers  
Anne Marie Martino  
Peter Martino  
Bill Smith

## Health News

### COVID Guidelines

As the COVID-19 pandemic continues, we are following recommendations from the Centers for Disease Control and Prevention and our national, state and county leaders. These guidelines may affect office hours as well as policies regarding face masks and temperature checks. We appreciate your patience as we adjust our practices as necessary, and we continue to ask for your cooperation to help keep our community safe. Thank you!



### PIZZA AND POKER

Join us this month for a Pizza and Poker party. We will enjoy NY Pizza and other goodies while we play poker. Cost is \$20 Stacey Bucks for the poker chips. Please sign up in the book. Our party will be held on March 11th at 5:30pm.



## Staff Directory

- Executive Director: Brandi
- Marketing Director: Peter
- Nursing Director: Trudy
- Culinary Director: Mikey
- Life Engagement Director: Stacey
- Maintenance Director: Andrew
- Housekeeping Director: Celia
- Physical Therapy Director: Chad

We are all here to make CountrySide Lakes the best place to live. Please let us know how we can be of service to you.

## Happy Hour

Complimentary Happy Hour will be every Monday and Friday from 3:00-4:00. Complimentary snacks will be provided. Come join your friends for some music, snacks, and drinks. An overall smashing time!





## Comments / Suggestions

### Let us know how we're doing!

What do you like about our community? What problems have you had? What can we do to serve you better? Please take a few moments to jot down your comments on this slip and drop it by the office. Your feedback is important to us!

Your Name: (optional)

Your Phone Number: (optional)

Your Apartment Number: (optional)

Comments / Suggestions:



Community Comment Card™