



# CountrySide Lakes

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

## The Best Part of My Job Is ....

TRUDY: *"Interacting with all the residents and recognizing staff members for exemplary service"*

PETER: *"Introducing our award winning community to prospective residents"*

KRIS: *"Coming to work every day and seeing all the residents who are like family to me"*

GEORGE: *"Cooking for, serving, and getting to know residents has become a passion"*

BARBARA: *"Getting to play and laugh every day with our fun and talented residents"*

ANDREW: *"Work orders" (haha)*

CELIA: *"Knowing each day that everything is clean and we provided quality service"*

CHAD: *"The joy of seeing patient progress"*

SHERI: *"Serving the community to make lives better and working with great colleagues"*



July 2024

## MESSAGE FROM THE EXECUTIVE DIRECTOR

*"Find a job you enjoy doing, and you will never have to work a day in your life" - Mark Twain*

Our dedicated staff love their jobs. They come to this community every day to make life better for every resident. A recent independent survey of our employees earned CountrySide Lakes Senior Living a certified "Great Place to Work" award in 2024.

The Management Team strives to create a purposeful and rewarding workplace environment for the employees. In return, the managers were asked for their feelings about working at CountrySide Lakes. You can check out their responses on this page.

The original founding fathers of our nation were passionate about their work. Together they established the principles and underlying idea of America. We celebrate their accomplishment on the Fourth of July.

May the pride and glory of living in this great country of ours fill your heart with happiness on Independence Day and every day.

## MANAGEMENT TEAM

TRUDY SIMMONS - Executive Director

PETER PAKURIS - Senior Marketing Director

KRIS WILLIAMS - Nursing Director

GEORGE GAUNT - Culinary Director

BARBARA LOVELACE - Lifestyle Director

ANDREW SWEENEY - Maintenance Director

CELIA LAUREANO - Housekeeping Director

CHAD OWENS - Physical Therapy Director

SHERI MARCUM - Business Office Manager

## THE 100 CLUB



GILBERT ABREU (100), JEAN DOLEN (103), JANE MARINE (106), JINI RAWLINSON (102)

## OLD GLORY



VETERAN MARINES BILL POTTER & GEORGE PHILLIPS

## GUEST SPEAKER

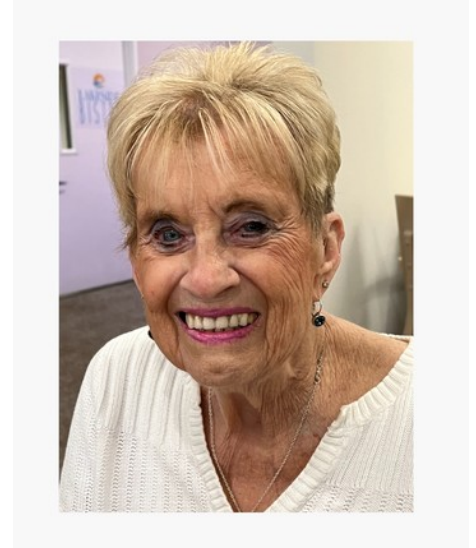


Better sleep for seniors presentation by eminent sleep expert DR. NASHWA WAHBA.

## BETTER SLEEP TIPS

1. Go to bed and get up the same time every day.
2. Try to sleep only when you're tired or sleepy rather than spending too much time awake in bed.
3. Keep lights off or read something boring. Avoid anything stimulating or interesting that will keep you awake.
4. Avoid caffeine and alcohol 4 to 6 hours prior to bedtime.
5. The bed is for sleeping and sex. TV, eating, and computer work in the bed interrupts sleep.
6. No naps. If you must nap, do so for only 30 minutes and only before 3 PM.
7. Take a hot bath or shower 1-2 hours prior to your bedtime. This will raise your body temperature, causing you to feel sleepy.
8. Don't keep checking the clock when trying to sleep.
9. Exercise is good but avoid it 4 hours prior to bedtime.
10. A healthy balanced diet will help you sleep well.
11. Milk contains tryptophan, a natural sleep inducer.
12. A bedroom should be quiet and dark. A cooler room with enough blankets to stay warm is best.
13. Dark curtains, eye mask, and earplugs are recommended.
14. Do not avoid daytime activities because you had a bad night's sleep or you feel tired. This can reinforce insomnia.

## RESIDENT SPOTLIGHT



JANET VACCHIANO loves to decorate. Her apartment is beautifully furnished and her wardrobe is fashionable.

A retired registered nurse, Janet was born and raised in Dayton, Ohio. She married her high school sweetheart Tom. They shared sixty wonderful years together and traveled throughout Europe.

They both loved sports but Janet loved the casino even more. In fact, she once won \$50,000 in Las Vegas playing bingo!

Janet and Tom moved to Port Orange in 1988. After his passing, Janet became active in charity work as a member of the Palmetto Club where she was also a fashion model for various clothing stores in cancer fundraising benefit shows.

God blessed Janet with four sons, a daughter, six grands, and four great-grandchildren.

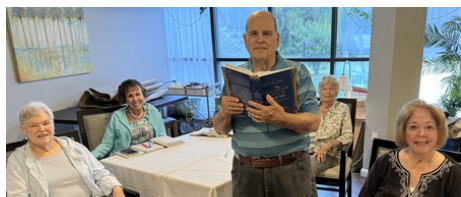


## DARTS



Expert throwers KLARA KERN, MARSHA SPAR, RON FOGEL, and JOYCE MCGRAW

## BIBLE STUDY



PASTOR CRAIG POSEY and faithful students of the gospels.

## ADVICE FOR ANYONE MOVING TO FLORIDA

"Y'all" is singular. "All ya'all" is plural. "All y'all's" is plural possessive.

BBQ is a food group. It does not mean grilling burgers and hot dogs outside.

Don't tell us how you did it up there. Nobody cares.

Soda is soda not Coke. Sweet tea is always the first choice.

A Mercedes-Benz is not a status symbol; a Chevy, Dodge, or Ford is.

If someone says they're fixin' to do something, it doesn't mean anything is broken.

"Bless your heart" is a nice way of saying you're an idiot.

## HAPPY BIRTHDAY

7/3 FRAN GRISLEY  
7/4 BILL POTTER  
7/6 MARSHA SPAR  
7/10 PAT KREIGER  
7/13 SARAH CARPENTER  
7/15 ALICE PELPHREY  
7/18 KATE EICHLER  
7/20 ANNE COSENZA  
7/22 JIM BROOKER  
7/24 GAIL ZANDER  
7/25 RON FOGEL  
7/28 MARIE GRUETER  
7/30 JOAN DAIGNEAULT

## STAFF BIRTHDAYS

7/4 MARIA ERWIN  
7/20 SHERI MARCUM  
7/31 DEXTINY SMITH



JAMES MARCUM, PA was volunteering again in Ukraine.

## EMPLOYEE OF THE MONTH



SWASTEE "MARLA" BARONI deeply believes being a human is a precious gift. She lives a spiritual life and her passion is to "raise people's vibration." It is her nature to make people feel great, especially our residents.

Marla was born in Trinidad Tobago, the youngest of eleven children and was a carnival performer in a steel band dressed lavishly in beautiful Caribbean couture. She moved to Long Island, NY, twenty-six years ago and worked as an aide in sports medicine physical therapy.

She loves to travel and enjoys fishing so much that she owns ten fishing poles. Her greatest catch was a 35 lb. striped bass.

A resident of Port Orange, Marla joined CountrySide Lakes a year ago and is part of the housekeeping team.

Congratulations Marla on being named the "Employee of the Month"!



BILL SMITH, PAT KREIGER, DAVID BRADDISH, DONNA PHILLIPS, DOROTHY LEBO, PAT BARNES, FRAN GRISLEY, JANICE AMROIAN, KATHY MCMINN, MICHAEL MOODY and SANDRA MOODY



MEET SOME OF OUR NEWEST RESIDENTS: MELANIE BUCCOLA, JOYCE MIRABAL, SARAH CARPENTER, KAROL ELMER, LANA BRANNAN, TERESA VALDES, AND DOREEN BROWNING