



CountrySide Lakes

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

February 2025

MESSAGE FROM THE EXECUTIVE DIRECTOR

February is a month of national health awareness. In this newsletter, we will focus on maintaining a healthy lifestyle with an emphasis on fitness and balance.

As we age, our minds and bodies change. Staying fit and mentally active are essential to dealing with these changes. Start slowly and progress gradually with any kind of exercise. Incorporate exercises that improve your balance and muscle strength like our afternoon seated tai chi classes. Calisthenic exercises in our morning workout classes will help you achieve body fitness and grace of movement.

Weekly balance classes and chair yoga classes can help improve balance control, reduce the fear of falling, and help exercise without putting pressure on joints.

Keeping your mind active by learning new skills, reading, and playing games can improve your memory.

Eating healthy, staying hydrated, and proper footwear are vital to a longer and healthier lifestyle.

Let's make health awareness a priority personal goal for each of us this month and every month.

MANAGEMENT TEAM

KRIS WILLIAMS - Executive Director
PETER PAKURIS - Senior Marketing Director
JULIE SMITH - Nursing Director
STEVEN BERNSTEIN - Executive Chef
JERNY RIEVES - Activities Director
DANLADI MAIDUGU - Maintenance Director
CELIA LAUREANO - Housekeeping Director
CHAD OWENS - Physical Therapy Director
JANET MUNSON - Business Office Manager



PAT & GEORGE ANDERSON at Chair Yoga



ALLAN TRUEBLOOD exercising for cardiovascular strength and circulation

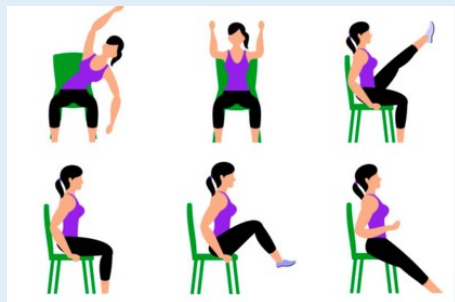
EXERCISE PROGRAM

You are invited to join our morning exercise classes every Monday, Wednesday, and Friday at 9:00 AM in the physical fitness area on the 3rd floor.

Do you have trouble getting out of a chair or find yourself actually plopping down to sit in a chair? Have you experienced the fear of falling when getting dressed or in the shower? Are you self-conscious of arm flabs or tummy rolls?

If this sounds like you, come exercise with us. Body activity will enhance your fitness and overall health wellness. We can increase agility, coordination, and strength in your core muscles. Balance training, increased stability, and upright posture are by-products of our exercise program. Frequent and regular exercise prevents those things that have a negative effect on heart disease, cardiovascular disease, type 2 diabetes, and obesity.

Come join us and find out for yourself how simple and easy it is to stay fit at any age.



*Submitted by Mike Helland
Retired Physical Therapist*

HEALTHY LIFE TIPS



You are your best advocate for a healthy life. Here are a few pro tips to help you ensure a healthy 2025!

1. Talk to your doctor. Establish a rapport that encourages you to ask questions. Do your research. Learn as much as you can about what are some possible solutions that don't involve medication.

2. Remember the goal is to prevent disease in the first place. If something seems off, address it immediately. Analyze any behaviors or lifestyle choices that may be affecting your health. Make any necessary changes to take a proactive approach toward your personal wellness.

3. Consult professionals outside of the traditional medical community. Back pain? Consult a corrective exercise specialist. Weight gain? Consult a nutritionist. Chronic sinus issues? Consult a functional wellness expert.

4. Get testing. Comprehensive blood work, genetic testing, and baseline health assessments are available and vital in getting a clear look at what is going on inside. Your habits and behaviors have played a large role in where you are medically today.

Excerpts from the blog [Jerny.Life](#)

STAY CONNECTED

Do not let your preconceived notions of "I'm not good with technology" or "Technology is for younger people" deter you. That is not true!

You can definitely learn a new skill at any age, and it is good for your brain to learn new things. Ask a friend or family member for help to show you how to do video conferences like "Zoom." From the comfort of your apartment, you can connect with others in the building or several people at once anywhere in the world.

SAY YES TO FRUITS AND VEGETABLES



Research shows that eating five servings of fruits and vegetables every day can reduce risk of some chronic diseases.

ENGAGE YOUR MIND

Exercising your brain is just as important as exercising your body. Activities that challenge your brain on a regular basis keep your mind active and healthy and may help slow cognitive decline as you get older. Learn something new like a game or some kind of skill and spend time on your hobbies.

LIFESTYLE DIRECTOR



JERNY RIEVES is our talented new Director of Activities.

With a background as a hospital wellness specialist, she is ideally suited for the position and has many creative programs in mind for our residents.

Jerny grew up in Chicago, IL, and raised three children in Scottsdale, AZ. She's been a health and wellness professional since the mid 1980s and received her Bachelor of Science in Exercise Physiology from NIU. She holds many nationally accredited certifications in Strength and Conditioning and Senior Exercise.

A highly regarded health coach, she has owned her own health and wellness company since 2009, specializing in weight loss, metabolic health, and human performance. Jerny moved to Orlando in 2020. She fell in love with Florida and now resides in New Smyrna Beach.



2/11 PAT BARNES
2/13 HOWIE SIBLEY
2/13 GLENDA VILLANUEVA
2/14 GEORGE HAWK
2/15 MARIE HELLAND
2/16 JOANN LANDIS
2/16 DONNA PHILLIPS
2/24 JOYCE MCGRAW
2/28 KATHY MCMINN

STAFF BIRTHDAYS

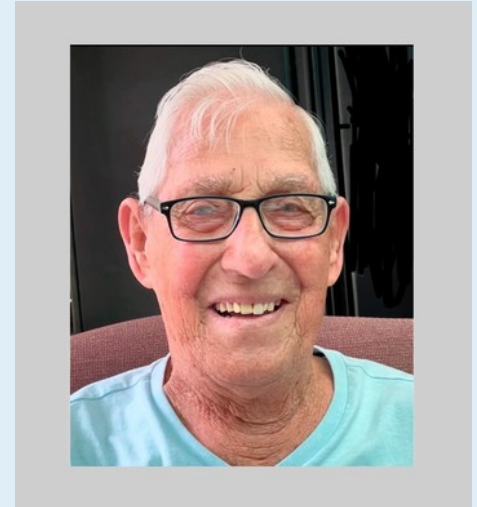
2/3 . AMBER BOYCE
2/8 . TONYA HALL
2/8 . MICHELE KOWALKSI
2/17 JOCELYN BURNS
2/22 JAMIE RILEY

AQUAROLL



BARBARA POTTER relieves the pain in her feet with our amazing Aquaroll equipment in the Physical Therapy clinic on the 3rd floor. It helps decrease pain, swelling, and increase range of motion. See Chad or Angela for a demonstration.

RESIDENT SPOTLIGHT



BILL SMITH stays fit by walking at least three miles every day in addition to attending our seated tai chi classes conducted by a fellow Marine. Bill joined the Marine Corps when he was only 17 years old and served as an Air Wing first mechanic.

Bill was born and raised in Hollywood, Florida, and was a career foreman with Florida Power and Light. His loving wife of 33 years passed away just before they were to have moved together to CountrySide Lakes.

He has a daughter, Tara, a son, Brant, four grandchildren, a great-grandson, and two great-granddaughters on the way.

Bill maintains a healthy lifestyle, tobacco- and alcohol-free. He has strong faith and determination. Even though a fall in the shower broke his back in four places, Bill continues to walk daily at a fast pace and says, *"Anything I set my mind to do, I just do it. I don't ever give up."*



BALANCE CLASS PARTICIPANTS: PAT BARNES, PAT KRIEGER, MARSHA SPAR, MARTHA COFFIN, MARIE HELLAND, (REAR) MIKE HELLAND, BILL KUCHAR, LANA BRANNAN, LEFKI DEMOPOULOS, JOAN DAIGNEAULT, CLAUDETTE KRUPNICK, AND NANCY FLEET



CHAD OWENS IS HELPING BILL POTTER WORK ON HIS STABILITY, BALANCE, AND STRENGTHENING WITH THE USE OF UPPER EXTREMITY SUPPORT ON THE PARALLEL BARS IN OUR EXCLUSIVE PHYSICAL THERAPY CLINIC.