



CountrySide Lakes

941 Village Trail Port Orange, FL 32127 386-756-3480

SEPTEMBER 2025

Message from the Executive Director

September is "Healthy Aging Month", a time of awareness of healthy lifestyle habits as we grow older such as regular exercise, nutritious diet, and preventive medical screenings.

Here at CountrySide Lakes, healthy living is healthy aging. Developing and maintaining positive aging practices contributes to greater resilience as we age.

Healthy eating is a cornerstone of healthy aging and physical activity can help prevent chronic diseases and fall related injuries.

That's why I encourage everyone to participate in our fitness programs that include exercise classes, seated tai chi, chair yoga, and balance classes.

Engaging in activities that stimulate the mind are critical. Reading, thinking, learning, and problem-solving help minds stay active.

Games such as crosswords, trivia, and spintopia as well as jigsaw puzzles, card games and other table games not only stimulate the mind but are a lot of fun.

Social activities are crucial for healthy aging. Our busy monthly calendars include multiple activities centered on sports, gardening, painting, choir, drama, live entertainment and happy hours.

Let's all make our personal "healthy aging" a priority!

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



"Back to School" supplies drive



"Chef's Table" last Wednesday of each month



"Legally Blonde" theater excursion

Aging Healthy

How to Stay Healthy

BILL SMITH
"A lot of walking daily"

RON WALKER
"Eat well, drink well, pray"

JANET VACCHIANO
"Be happy everyday"

JOYCE MCGRAW
"Eat lots of veggies"

KARIN MURPHY
*"Keep moving, stay positive,
and trust in God"*

MIDGE SOLOMON
"Eat right and exercise"

DALE STUMP
"BioFreeze - use it"

OUIDA BOYLE
"Follow the doctor's orders"

BILL POTTER
*"Properly nourish your body and
mind with positive actions"*

ADRIENNE BOND
"Get involved in many activities"

NANCY RODDA
*"Plenty of fruits and veggies,
no caffeine, no alcohol,
watch sugar intake"*

MARIE HELLAND
*"Keep your positive attitude
and many active friendships"*

JANET & SHARKEY THOMAS
"Do what your doctors say"

ALICE PELPHREY
"Don't sweat the small stuff"

Best Thing About Aging

GEORGE PHILLIPS
"Not dying young"

CAROLYN CAPUTO
"You can eat ice cream at every meal"

JEAN DEXTER
"Wisdom one acquires along the way"

PAT JONES
*"Getting older I am able to
slow down to the speed of joy"*

JIM BARLOW
"You can learn from your mistakes"

STEPHANIE RIJ
*"Sleeping in because you
don't need to go to work"*

MELANIE BUCCOLA
"Doing whatever you want to do"

KATHY SANTI
"Closer relationship to God"

CAROLYN PACE
"Taking time to be with your family"

JOAN LONERGAN
*"I enjoy the small things in life
and appreciate all I have"*

MIKE HELLAND
"No one frowns on your napping"

MICHAEL LYNN
*"Watching my children and grandchildren
grow and go through stages of their lives"*

SHARON BALTZEGAR
*"Nothing but knowledge
and life experiences"*

LEFKI DEMOPOULOS
"Not a thing"

Advice to Your Younger Self

MAUREEN O'CONNELL
"Do not waste energy on regrets"

JEAN DOLEN
"Slow down appreciate what you have"

PAT ANDERSON
*"Life isn't always fair but you will
find a way to overcome anything
that comes your way"*

SALLY ENGLE
"Have more fun"

JIM BROOKER
*"Take career changes
if they are presented"*

BARBARA LAMPERT
"Sit less, exercise more"

PAT LOVE
"Finish college, live life before marriage"

MARIE GRUETER
*"Learn to drive in your teens so you can
manage a motorized chair in your 90's"*

DAVID TANAJES
"Enjoy life more, don't stress so much"

BEVERLY ROSS
*"Learn new skills, participate in the
environment in which you are living"*

CLARENCE BLOOM
"Treat your body as a gift from God"

PAM BOONE
*"You don't have to do it by yourself
You can do it by yourself"*

CAROLYN GANE
"Accept the inevitable"

EDIE HOLBROOK
"Do it all again"



Long live our proud veterans!

Aging Gratefully

Lots of folks talk about aging "gracefully". However, if you speak with anyone around our community, they will likely disagree that there is anything "graceful" about aging.

Aging hurts and it can be depressing. It can be frustrating and it can be unfair. Statistics show the "aging process" is tough on everyone. The longer you live, the tougher it gets.

Here at CSL, we provide quality care and lots of opportunities to enjoy healthy living but the #1 contributor to aging well is ... gratitude!

Keeping a positive outlook has wide reaching benefits. Both physical and mental benefits of living graciously and gratefully have been proven in recent research articles. There is a direct correlation of emotional wellbeing to physical health. It's true!

If you struggle to "stay positive" here are a few things that can help:
Create a list of things for which you are grateful, read it out loud daily.
Participate in group activities.
Listen to favorite music and dance.
Make healthy choices when eating.
Exercise everyday.
Drink water.
Ask for help or seek some company when you feel blue.
Call a positive friend you have not spoken to in a while.
Go for a walk.
Put on a funny show/movie.
Do something nice for someone.

- Jermy Rieves

Survey Results

Greatest Influence On My Life

1. Mother
2. Father
3. Jesus / God
4. Grandparents
5. Children
6. Teachers
7. School Coach
8. Aunt
9. USA
10. Marines

Happy Birthday!

9/4 LINDA DAHLBERG
9/4 BARBARA LAMPERT
9/6 SHARKEY THOMAS
9/9 WILLIAM KUCHAR
9/16 ELLEN WELLER
9/18 ALINE ROBERT
9/19 NANCY FLEET
9/19 SHARON BALTZEGAR
9/20 BURNEICE MIRANDA
9/22 DAVID TANAJES
9/22 ALLAN TRUEBLOOD
9/25 RON WALKER
9/28 DAPLYN SNYDER
9/28 MICHAEL MOODY
9/30 KARIN MURPHY

Staff Birthdays

9/11 ROSE POLYDORE
9/17 CHRIS LISANTI
9/18 CHRISTIAN WALKER
9/19 MARLA BARONI
9/22 JESSICA TINDAL
9/30 ANA GARCIA DE RIVERA

Employee of the Month



SONIA PEREZ CAMPOS joined our housekeeping staff six months ago and assists in culinary services.

She was born and raised in El Salvador and moved to Florida fourteen years ago where she worked in a cheese factory prior to CSL.

Sonia lives in Holly Hill with her husband Giovanni and son Alejandro. When she is at home, she loves to work on her vegetable garden.

Sonia's dream is to one day become a nurse. Good luck. Dreams do come true!

Resident Spotlight



PAT ANDERSON is one our most active and popular residents.

She and her husband George moved to CSL from their home in Edgewater, FL a year ago to enjoy a care free retirement lifestyle. Pat says; "We don't have to cook or clean, just have fun. If we ever feel down, all we need to do is walk out our apartment and the wonderful people who live here cheer us up".

Born and raised in Philadelphia, Pat is still a devoted Eagles and Phillies fan. She misses the soft pretzels with mustard that is a staple in the Philadelphia area.

Quite the genealogist, Pat traced her ancestry back to her 7th great grandfather who "came over on the Mayflower" in 1620.

She and George are often on the dance floor because Pat loves to dance. In fact, she met her first two husbands at church dances.

Pat was a former travel company manager in New Jersey where she held a degree in Certified Travel Consulting. Since then, she and George have traveled on many trips that have brought them unforgettable memories.

We are so grateful that this "Philly Gal" and mother of four sons, eight grandchildren, and five great grandchildren selected CountrySide Lakes as her home.

Welcome Party For Our Newest Residents

Friday, September 5 @ 3:00 PM in the Atrium



ADRIENNE BOND



CAROLYN STUEDLI



DALE STUMP



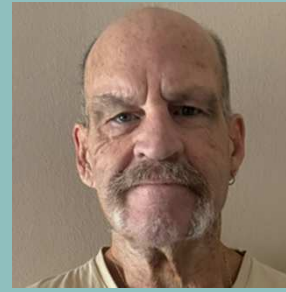
PAM TAYLOR



JOYCE PAGE



CHERYL TOBIN



SAMMY SCAFF



ANNA COZZY



VICKI WELCH



LINDA WELCH



JUANITA DIXON



DEENA STEIN



REBECCA HUTTO



BETTY ANN TUCKER



HOSTED BY AMBASSADORS: MARSHA & STEWART SPAR,
KATHY MCMINN. AND MARIE & MIKE HELLAND