



CountrySide Lakes

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

Popcorn Pick: 'Elephant Walk'

Starring Elizabeth Taylor, Peter Finch and Dana Andrews, "Elephant Walk" (1954) is a melodrama set in Ceylon (now Sri Lanka). Finch stars as John Wiley, inheritor of his deceased father's tea plantation, and Taylor is his wife, Ruth. Wiley struggles under his late father's arrogant decision to build the family estate directly in the path of the local elephant herd's well-worn path to the watering hole.

There's plenty of tension to go around, from the doomed attraction between Ruth and tea plantation manager Dick Carver, played by Andrews; Wiley's struggle to wear his late father's crown; and, of course, the thirsty elephants trying to storm the gates.



Virtual Visits: Mister Rogers' Neighborhood

Every day is beautiful in Mister Rogers' Neighborhood, a special collection housed in the Senator John Heinz History Center in Pittsburgh, Pa., the same city where the show was filmed. Neighbors of all ages can view a lifelike, smiling statue of Mr. Rogers in his signature red cardigan in his living room set, along with the carefully restored King Friday's Castle and other iconic set pieces.

January 2026

MANAGEMENT TEAM

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

Wild World: Arctic Tern

This little bird, identified by its bright red bill and legs, black cap and gray-and-white body, is famous for having one of the longest yearly migrations of any animal. Arctic terns travel 25,000 to 55,000 miles between the North and South Poles. Rather than taking a direct route, the terns zigzag their way around several continents and oceans in order to avoid bad weather as they travel to abundant fishing grounds. Because the birds live 20 to 30 years, it's estimated that over a lifetime, a tern may fly about 1.5 million miles, equal to three round-trip flights to the moon.

Remember When: Candy Stripers

Wearing red-and-white striped pinafore uniforms that resembled peppermint sticks, candy stripers were once a common sight in many hospitals. Beginning in the 1940s, these teenage girls took part in the first hospital volunteer programs. Their duties included delivering meals and mail to patients, assisting nurses and visitors, and performing clerical tasks. Serving as a candy striper was often a first step to a career in the medical field.

Stick With It: Celebrate Sticker Day

We celebrate National Sticker Day on Jan. 13. Stickers have come a long way since their invention in the 1930s by R. Stanton Avery, who created the first self-adhesive label. His innovation revolutionized labeling and eventually gave rise to some of these sticker types.

Bumper stickers. Bumper stickers originated in the 1940s, pioneered by Forest P. Gill, a screen printer from Kansas City. He used self-adhesive paper and fluorescent inks to create promotional messages for cars. These stickers quickly became a popular way to express opinions, advertise or add humor to vehicles across the United States.

Scratch and sniff stickers. These favorites of kids and kids-at-heart were invented in the 1970s by 3M researchers who developed microencapsulation technology. This process trapped scented oils in tiny capsules that released fragrance when scratched. These stickers became wildly popular in the 1980s, especially among children, combining sensory fun with collectible appeal in schools and sticker albums.

Vinyl stickers. This sticker art can be found on everything from laptops to water bottles to car decals nowadays. Vinyl stickers emerged in the mid-20th century with the development of durable, weather-resistant PVC

materials. Originally used for industrial labeling and signage, they gained popularity for outdoor applications.



Popular Pages: 'The Alchemist'

Part inspirational self-help guide and part fantasy adventure, Brazilian author Paulo Coelho's bestseller "The Alchemist" has sold over 65 million copies since it was first published in 1988. The novel centers on Santiago, a young shepherd in Spain who has a recurring dream of discovering treasure at the pyramids of Egypt and sets out to find it. His journey to locate the riches also becomes a path of self-discovery, all leading to a greater understanding of the universe and his own destiny. Decades later, readers continue to embrace the story's encouraging message to follow their dreams.

Pre-Sleep Snacks

These pre-bedtime snacks can help provide a better night's rest.

Tried and true. A glass of warm milk is a symbol of bedtime routines, and for good reason. Milk contains tryptophan, an amino acid important to the body's creation of serotonin, which is needed to produce the hormone melatonin. Melatonin regulates sleep, and our bodies naturally produce less with age.

A good nut's sleep. Almonds and walnuts provide nutrients and healthy fats that benefit your overall health, and they're excellent sources of melatonin.

Breakfast before bedtime. Eating a bowl of oatmeal two hours or more before bed may improve sleep quality as a source of carbohydrates and melatonin.



Famous Faces Born in January

Jan. 5, 1975: Bradley Cooper
Jan. 10, 1953: Pat Benatar
Jan. 11, 1997: Cody Simpson
Jan. 12, 1985: Issa Rae
Jan. 20, 1930: Buzz Aldrin
Jan. 23, 1964: Mariska Hargitay
Jan. 25, 1981: Alicia Keys
Jan. 29, 1945: Tom Selleck



Name That Era

Some decades see events that give them a single name (hello, Dust Bowl Dirty Thirties), while others end up with more than one nickname.

1920s: The Roaring Twenties

1930s: The Dirty Thirties

1940s: The Flying Forties

1950s: The Nifty Fifties or The Rockin' Fifties

1960s: The Swinging Sixties

And more recent decades haven't earned a name yet at all. What would your suggestions be?

Did You Know?

Tupperware was invented in the 1940s by a man named Earl Tupper.

Stay Healthy

Cover your coughs and sneezes and wash your hands often. Sing "The Alphabet Song" as you scrub to ensure you thoroughly lather away the germs.



Laugh Lines: Screen Time Snickers

National Technology Day on Jan. 6 celebrates the world's tech wonders. Browse these jokes about the computer age:

What's the best way to learn about computers? Bit by bit!

Why is a computer so smart? It listens to its motherboard.

What should you do when your Nintendo game ends in a tie? Ask for a Wii-match.

Signs of the 21st century:

- You haven't played Solitaire with real cards in years.
- You try to enter a password when using a microwave.
- You remember when everyone had diaries and got upset when someone read them. Now people post everything on Facebook and get mad when they don't!

Heard of "typothemia"? It's trying to text in cold weather but making a lot of mistakes.

What kind of phone does an optometrist use? An eye-phone.

The new employee was let go from his job at the keyboard factory. The manager said he wasn't putting in enough shifts.

Why did the digital spy get fired? She couldn't hack it.

Spiders are the best when it comes to using the internet. They know all the good websites.

What do you call a ride-sharing app that serves breakfast? Eggs Uber Easy.



Freedom and Service

Monday, Jan. 19, is Martin Luther King Jr. Day, also known as MLK Day, remembering the legacy and work of American civil rights activist and minister Dr. Martin Luther King Jr. This federal holiday is also a designated National Day of Service.

Frozen Wonderland

The annual Harbin Ice Festival in China is the world's biggest ice and snow sculpture festival, featuring incredible frozen creations for two months in the winter. Artists from all over the world make giant snow sculptures in different parks. Famous past favorites have included a to-scale ice train, castles and historical figures like Napoleon carved into the snow. Visitors have wandered giant ice mazes, ridden down ice slides and taken in all the sights from atop the giant Snowflake Ferris Wheel.



In the Kitchen

Home cooks use a menu of appliances and gadgets for making meals. Look back at what was cooking in popular kitchen trends from decades past.

Decade	Kitchen Appliance/Gadget
1940s	electric blender, refrigerator
1950s	nonstick pans, Tupperware
1960s	electric can opener, dishwasher
1970s	Crock-Pot, fondue set, salad spinner
1980s	microwave oven, food processor
1990s	George Foreman grill, bread machine
2000s	juicer, Magic Bullet, single-cup coffee brewer
2010s	Instant Pot, air fryer, spiralizer

"This Month In History"

JANUARY

1892: On New Year's Day, Ellis Island opens, and 17-year-old Annie Moore from Ireland is the first person to be processed through the new federal immigration station.

1901: In southeastern Texas, oil gushes from a drilling site, marking the birth of the modern oil industry.

1915: An act of Congress creates the U.S. Coast Guard.

1920: The Treaty of Versailles, the peace document that ended World War I, goes into effect.

1932: Hattie Caraway of Arkansas becomes the first woman elected to the U.S. Senate.

1946: The first of almost 78 million baby boomers are born.

1959: Alaska is admitted to the union as the 49th state. With more than 660,000 square miles, it is the largest U.S. state.

1962: Singer Tony Bennett records his signature song, "I Left My Heart in San Francisco."

1977: Millions tune in to watch the TV miniseries "Roots," based on Alex Haley's best-selling novel. The finale broke all previous ratings records.

1985: New York begins enforcing its mandatory seat belt law, the first in the nation.

1997: Madeleine Albright is sworn in as America's first female secretary of state.

2001: Apple CEO Steve Jobs introduces the company's new iTunes music software in response to what he called the "digital music revolution." The "jukebox" program would change the way people buy and consume media.

2005: Called a "superjumbo" jet, the Airbus 380 is unveiled in France. The world's largest commercial airliner, with room for up to 800 passengers, is now in service worldwide.

2016: "Star Wars: The Force Awakens" breaks box office records, becoming one of the highest-grossing installments in the film franchise.