

CountrySide Chronicle

MONTHLY NEWS

FEBRUARY 2018

Spa Day at CountrySide!



From the Director's Desk

February is a very exciting month. It brings us the SuperBowl – which just happens to be one of my favorite days and games of the year. It gives us all an excuse to make our favorite game foods!

The Winter Olympics also begin in February. It will bring out a sense of pride in our country and most of us will be discussing the athletes and how hard they are competing. Olympic athletes train for years and some even for their lifetime to make the team. They push themselves to the limits of their ability in order to compete for and represent our nation. They should truly be celebrated and

honored for their commitment and sacrifice.

Mid-February bring us Valentine's Day – a time to show and remind our loved ones how much they mean to us. We all have our special way of communicating this, be it flowers or dinner out. Make sure your loved ones know they are precious to you by words and actions.

The Daytona 500 will also be in town this month. This, in addition to Bike Week, will make for a very busy month here in Daytona. Watch out for the motorcycles, they will be everywhere.



February will, no doubt, be a busy month. We are still in flu season so please take all the normal precautions and wash your hands frequently and use hand sanitizer when soap and water are not available. This year's strains of the flu have particularly nasty and deadly in some cases. Please be careful.

Charlie

RESIDENT SPOTLIGHT

Jo Clark

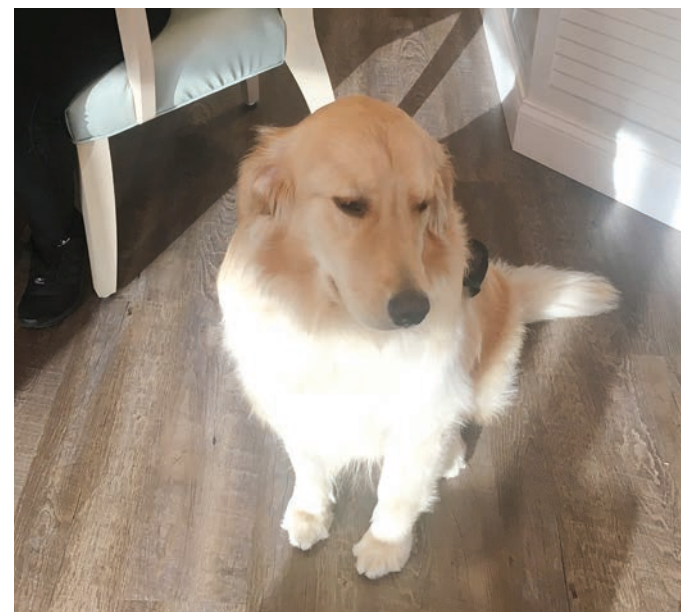
Ms. Jo Clark moved into our community June 3, 2014. She loves to garden and other outdoor activities. She retired from the hospital system as an operator after 25 years. She participates in chair yoga, resistance training, stretch, chair dancing and Tai Chi, just to name a few. Ms. Clark always has a warm and friendly smile for any and all.



Congratulations Jo!

Bella's Corner

Bella is continuing to grow and adapt every day here at CountrySide Lakes. She is currently undergoing obedience training, during which she has an "In-Training" vest. Bella loves all the attention she gets and especially going around and seeing each resident. She also loves to go outside and fetch, when we can keep her from going in the ponds on property. She definitely is a "retriever" and loves the water. Thanks for continuing to care for and love on Bella – she LOVES them.



Follow Bella's photos and videos online at CountrySideLakes.com

After you check out Bella's videos, connect with us on social media to keep up with CountrySide News and Good Shepherds updates! Help spread the word by liking and following us at the sites below.

Being social is ageless.

Instagram

twitter

facebook

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Spruce Creek Creekettes

The Spruce Creek Creekettes are a group of ladies from Spruce Creek Fly-In who have performed at Countryside Lakes over the years. They volunteer to perform throughout the area to senior communities for many different occasions. Residents and family members alike are amazed by the performances!



Chamber of Commerce Business Afterhours

In January, we were excited to host the Chamber of Commerce Business Afterhours event. It was well-attended and everyone had a great time!



Interesting Facts About FEBRUARY

- ❖ February 2, 1925 – Sears, Roebuck opens first store
- ❖ February 3, 1931 – Banks go bust by the thousands following losses during the Wall Street Crash.
- ❖ February 4, 1959 – Barbie Doll invented by Ruth Handler
- ❖ February 5, 1922 – Readers Digest first published
- ❖ February 6, 1943 – Frank Sinatra makes his singing debut on the popular radio show “Your Hit Parade.”
- ❖ February 7, 1964 – The Beatles arrive on their first visit to the United States.
- ❖ February 8, 1910 – The Boy Scouts of America, was incorporated.
- ❖ February 9, 1961 – President Kennedy asked Congress to approve a health insurance plan.
- ❖ February 11, 1990 – Nelson Mandela is released from prison after 27 years.
- ❖ February 14, 1948 – NASCAR holds its first race for modified stock cars on a 3.2 mile-course at Daytona Beach.
- ❖ February 17, 1911 – the first electric self-start was installed in a Cadillac.
- ❖ February 18, 2001 – Dale Earnhardt died in a crash during the Daytona 500.
- ❖ February 21, 1995 – Steve Fossett becomes the first person to fly solo across the Pacific Ocean in a balloon.
- ❖ February 22, 1879 – First Woolworth 5 Cents store opened.
- ❖ February 23, 1945 – US Marines land on Iwo Jima and take control.
- ❖ February 26, 1919 – Congress established Grand Canyon National Park.
- ❖ February 28, 1991 – Gulf War ends.

FEBRUARY 2018

RESIDENT BIRTHDAYS

- February 1
Milton R.
- February 7
Patricia K.
- February 14
Edythe S.
- February 16
Donna P.
- February 17
Lillian M.
- February 22
Virginia G.
- February 23
Clara J.
- February 26
Chester A.

STAFF BIRTHDAYS

- February 3
Amber Boyce
Physical Therapy/Caregiver
- February 7
Tyler Day
Dishwasher
- February 8
Maggie Boyd
Caregiver
- Tonya Hall**
Med Tech
- February 12
Tony Burnett
Cook
- February 23
Madi Keane
Caregiver

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Groundhog Day	
				1	2	3
4	5	6	7	8	9	10
		Mardi Gras	Valentine's Day Ash Wednesday			
11	12	13	14	15	16	17
	President's Day					
18	19	20	21	22	23	24
25	26	27	28			

Brianna Milne

Congratulations, Brianna!
We're lucky to have you.



Brianna loves working at CountrySide Lakes and is a wonderful asset to the Culinary department. She has recently become a supervisor and is doing an excellent job. Brianna was born in Staten Island, New York. She has two sisters and two brothers. Brianna attended Flagler College and the University of North Florida where she earned a degree in Psychology. Brianna is continuing her education at Daytona State College by studying Nursing. Her goal is to be a Psychiatric Nurse Practitioner.

 **CountrySide Lakes**
A Shepherd Senior Living Community

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