

CountrySide Chronicle

MONTHLY NEWS CALENDAR

OCTOBER 2018

CSL Designated as Equine Therapy Location

It is truly wonderful to be designated as the Equine Therapy location as Susie Q brought friends to become certified as therapy horses. Everyone passed the people visit test and now they are headed to Shands Children's Hospital. We love being part of their amazing adventures!



CountrySideLakes.com

Welcome to October. Is winter here yet? Not until February. We dodged a bad storm in Florence. She has left lots of flooding all over North and South Carolina. Please pray for all those affected. We will be doing a supply drive for the relief effort as soon as we get more details. We want to be efficient in our effort to help. The hurricane breeding grounds seem to be quiet as we start the month. Let's all keep our fingers crossed it stays that way. We know there is always a late storm, so we will keep vigilant in watching out for next one.

The calendar is packed with lots of events and entertainers for the month. Halloween will be here before we know it. For those of you that don't know – this is Stephanie's favorite holiday. Is that really the right word? I don't think any of us get the day off. Nonetheless, she is very excited and has lots of "Stephanie" ideas, so be on the lookout! September was a very busy month for new residents. Please join me in welcoming them! They have chosen CountrySide Lakes as their new home. We are glad to have them all as part of the family.



Flu shots will be taking place on Monday, October 15th from 9:00-11:30 am on the second floor. Please make sure you sign up. We will be giving the "high dose" vaccine. This recommended for our community. Let's have a great October. Make a difference for someone today.

Charlie

RESIDENT SPOTLIGHT

Lily Hamner

We want to introduce you to Lily Hamner (and her sweet little dog Maggie). Lily was born in Kentucky in the coal mining area and when she was 13 moved to Virginia. After high school, she married and moved to Delaware where she raised two beautiful children. Lily was a stay-at-home mom until her children went to college, when she worked as a cashier at a clothing store. Lily moved to Florida in 1975 and she has two grandchildren and two great grandchildren. She likes to play bridge and is always looking for people to play with. She loves to go on walks with Maggie, her favorite color is black, and she has always loved animals. Lily is a wonderful woman who lives by the philosophy "Do unto others as you would have them do unto you!" Welcome to CountrySide Lakes Lily we are so glad you are part of our family!



Congratulations Lily!

Bella's Corner

Follow Bella's photos & videos
 @CSL32127

Bella has had new friends move in and she knows how hard it can be to adjust to a new home. Here are her best tips for keeping them calm, safe, and feeling loved. Bella knows they will enjoy all of the love they will receive from our residents. There is never a day without a good belly rub and loving snuggles at CountrySide Lakes!



Be consistent. Keep your routine schedule for feeding, walks, playtime, cuddling and bedtime. If a dog is used to using a doggy door, set one up in your new place. If your cat is accustomed to outdoor time, arrange for that — even if you have to use a leash initially for safety purposes and to keep him from running away.

Bring favorites. You may be tempted to get your pet new accoutrements, but this is not a good time to introduce new items. Instead, bring your pet's favorite bed, crate, toys, food and water dishes, treats and other familiar items. Put them in similar places as they were in your previous home. Favorites will help your pet feel in control and at home more quickly.

Minimize anxiety. Think of ways to ease your pet's transition. Some animals will feel best being near you no matter what you're doing. Others will do better in a crate away from the moving madness. Or perhaps it's better for your animal buddy to stay at a friend or family member's home during the actual move; joining you once you've unpacked. The more secure they feel, the better they'll weather the change.

Keep them safe. During the packing stage, the actual move and the transition in the new home, plan for your pet's safety. Some animals will be

upset and scared once the boxes and suitcases take over. They may hide or run away. Set aside a safe place where they can't get lost or hurt. Make sure your pet has identification and your contact information, and that you have copies of veterinarian records. Learn about any aggressive animals in the neighborhood, or any structural risks in the home or yard.

Be patient. Allow your pets to take their time sniffing around their new digs. Let them explore — and if they decide to hide for a while, that's OK as long as they know where the doggy door or litter box is. Allow them to come out when they are ready. Their behavior may change for awhile, including eating and "potty" habits, barking, pacing or protection behaviors. They need time to get used to their new home, just as you do.

Love 'em up. Give your pet the attention he is used to. A bit of extra loving will go a long way as they come to feel at home in their new surroundings. Remember that difficult behaviors are a result of their discomfort with the change and a sense of not feeling in control. Difficult behaviors don't mean the pet is bad and can't change. Get help from a professional trainer or veterinarian if your pet's difficult behaviors persist, and remember all the unconditional love they give you.

CULINARY CORNER

Be sure to join us October 3rd for Chefs Table – Jordan will be cooking for us one last time! Remember we have Brunch the last Sunday of each month, now including Bloody Mary's or Mimosas! Join the culinary staff for activities as they create fun with food in our Culinary Club. Every month we are able to enjoy Prime Rib night and look forward to being with friends and family for all of our delectable dining experiences.



A "See You Soon" Note From Jordan



Dear Residents and Team Members,

Being here for the past 3 years has been the best experience of my life! I have learned so much from my co workers and the residents I care for. I will be back to visit you all when I visit my family. I'm so excited to start this new adventure in my life and learn so much more. Thank you all for all the knowledge you have given me and letting me care for you for 3 years!

Jordan

Happy Halloween!



Halloween is creeping closer. Do you have your costume? We are gearing up for witches brews and goblin goodies. Be sure to join all the fun activities that await in the shadows. Creepy crawly crafts, ghostly games, and howling good laughs! Be on the lookout for Boo Bingo now offered at 6:30 p.m. Mondays and Thursdays. Sensational Sunday movies, freakish football fun, and try your hand at the Price is Right. There is such joy around you everyday, all it takes is you! Join us everyday for all the fun we can create together.

Join your friends for a spooktacular Halloween day and night!

9:30 - 11:00 am

Florida Autism center will join us for crafts and treats.

3:00 - 4:00 pm

Spooky Potions at Bella's & Fellas

6:00 - 8:30 pm

Monster Music, tricks & treats and a Costume Contest!!!!



October 1-13, 2018

Activities are shown in red.
Wellness classes are in blue.

	1	2	3	4	5	6	7	8	9	10	11	12	13
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Community Garage Sale Nov. 4th We are all so blessed, as we enter the holiday season we want to be able to bless others. We will be holding a community garage sale November 4th at 8 a.m. till everything is gone! Please take this time to go through some things you may not need or use and give them to Stephanie for the garage sale. All of the money raised will be used to provide Christmas presents for children in need. It's a great chance to help others and rid yourself of a little clutter! Thank you for all you do to give back to our community. The true gift in life is being able to help others.	9:00 am Shopping, Bank, Pharmacy Trips Concierge Desk 9:30 am Wheel of Fortune Atrium 10:00 am Puzzles Billiards Room 11:00 am Cards for Soldiers Atrium 1:00 pm Music with Mickey Lobby Shopping: Walmart Concierge Desk 2:00 pm Dancing in your Seats Exercise Area 2:30 pm Happy Birthday Michaelene Atrium 3:00 pm Happy Hour Atrium 6:30 pm Bingo Dining Room 7:30 pm Movie and Popcorn Atrium	9:00 am Blood Pressure Clinic Activity Area Personal & Doctor Trips Concierge Desk Aerobics Exercise Area 9:30 am Update Signatures and Voter Registration 9:30 am Invincible Intervals Exercise Area 10:00 am Bible Study Nail Spa Nurse Station Visits with Bella Door-to-Door 11:00 am Darts Billiards Room 1:00 pm Blackjack Walks with Bella Backyard Hand and Foot Activity Area 2:00 pm Trivia Atrium Yoga Exercise Area 3:00 pm Happy Hour Atrium Visits with Bella Atrium 6:30 pm Movie & Popcorn Activity Area	9:00 am Shopping, Bank, Pharmacy Concierge Desk 9:30 am UNO Atrium 10:00 am Arts & Crafts Atrium 10:00 am Our Lady of Hope Group Liturgy Activity Area Visits with Bella Door-to-Door 10:30 am Puzzles Billiards Room 10:45 am Dancing in your Seats Lobby Lunch Bunch Concierge Desk 11:00 am Circuit Training Exercise Area 1:00 pm Trivia Atrium Visits with Bella Atrium 2:00 pm Functional Flex Exercise Area 2:30 pm Spanish Class Activity Area 3:00 pm Happy Hour Atrium Outdoor Activity with Bella Backyard 6:30 pm Chef's Table Dining Room	9:00 am Personal Trips Concierge Desk Aerobics Exercise Area Billiards Billiards Room 9:30 am Stretch Exercise Area Board Games Atrium Visits with Bella Door-to-Door Puzzles Billiards Room 1:00 pm Music with Michael T Lobby Book Club Library 1:00 pm Hand and Foot Activity Area Yoga Exercise Area 3:00 pm Happy Hour Atrium Walks with Bella Backyard 6:30 pm Bingo Dining Room Movie & Popcorn Activity Area	8:30 am Walmart Concierge Desk 9:30 am Miles of Smiles with Stephanie Atrium 10:00 am Visits with Bella Door-to-Door 11:00 am Circuit Training Exercise Area Cards to Soldiers Atrium 1:00 pm Music with Tennyson Lobby Bus Ride Concierge Desk Stretch Exercise Area Visits with Bella Atrium 1:40 pm Dancing in your Seats Exercise Area 3:00 pm Happy Hour Wine & Appetizers Atrium Outdoor Activity with Bella Backyard Darts Billiards Room 6:30 pm Movie & Popcorn Activity Area	9:00 am Billiards Billiards Room 9:30 am Church of Epiphany Activity Area 10:00 am Visits with Bella Door-to-Door 1:00 pm Football Billiards Room 1:30 pm Bingo Dining Room 2:00 pm Root Beer Floats Lobby 3:00 pm Happy Hour Atrium Visits with Bella Atrium 6:30 pm Movie & Popcorn Atrium Puzzles Billiards Room	9:00 am Hymns Lobby 10:00 am NO Group Liturgy 10:30 am Countryside Church Exercise Area 1:00 pm Songs with Shannon Rae Lobby Football Billiards Room 2:00 pm Dominoes Atrium 3:00 pm Happy Hour Atrium 6:30 pm Movie and Popcorn Atrium	8:30 am Shopping, Bank, Pharmacy Trips Concierge Desk 9:30 am Jeopardy Atrium Visits with Bella Door-to-Door 11:00 am Circuit Training Exercise Area 1:00 pm Music with Sam Lobby Shopping: Kohls Concierge Desk Visits with Bella Atrium 2:00 pm Dancing in your Seats Exercise Area 3:00 pm Happy Hour Atrium Outdoor Activity with Bella Backyard 6:30 pm Bingo Dining Room Movie & Popcorn Activity Area	9:00 am Personal & Doctor Trips Concierge Desk Aerobics Exercise Area 9:30 am Invincible Intervals Exercise Area Darts Billiards Room 10:00 am Bible Study Activity Area Culinary Club Atrium Visits with Bella Door-to-Door 1:00 pm Crossword Lobby Walks with Bella Backyard Hand and Foot Activity Area 2:00 pm Yoga Exercise Area 3:00 pm Connect Hearing Activity Area Happy Hour Atrium Visits with Bella Atrium 6:30 pm Music with Sweet Melissa Lobby Movie & Popcorn Activity Area	8:30 am Letter Writing Atrium 9:00 am Personal Shopping & Banking Trips Concierge Desk 10:00 am Our Lady of Hope Mass & Anointing Activity Area Nerf Gun Target Practice Atrium Visits with Bella Door-to-Door 10:30 am Puzzles Billiards Room 10:45 am Dancing in your seats Lobby 11:15 am Circuit Training Exercise Area 1:00 pm Crossword Atrium Visits with Bella Atrium 2:00 pm Music WITH LARRY JAMES Lobby Functional Flex Exercise Area 3:00 pm Outdoor Activity with Bella Backyard Happy Hour Atrium 6:30 pm George Gall Lobby 7:30 pm Movie & Popcorn Activity Area	9:00 am Personal Trips Concierge Desk Aerobics Exercise Area Billiards Billiards Room 9:30 am Stretch Exercise Area Visits with Bella Door-to-Door Puzzles Billiards Room 1:00 pm Music with Michael T Lobby Book Club Library 1:00 pm Hand and Foot Activity Area 2:00 pm Yoga Exercise Area 3:00 pm Happy Hour Atrium Walks with Bella Backyard 6:30 pm Bingo Dining Room Movie & Popcorn Activity Area	8:30 am Shopping: Walmart Concierge Desk Sign up for Sunday Movie Concierge Desk 9:30 am Miles of Smiles with Stephanie Atrium 10:00 am Visits with Bella Door-to-Door Puzzles Billiards Room 11:00 am Circuit Training Exercise Area Cards to Soldiers Atrium 1:00 pm Bus Ride Concierge Desk Stretch Exercise Area Visits with Bella Atrium 1:40 pm Dancing in your Seats Exercise Area 1:00 pm Music with Tennyson Lobby 3:00 pm Happy Hour Wine & Appetizers Atrium Outdoor Activity with Bella Backyard Darts Billiards Room 6:30 pm Movie & Popcorn Activity Area	9:00 am Billiards Billiards Room 9:30 am Church of Epiphany Activity Area 10:00 am Visits with Bella Door-to-Door Cards Atrium 1:00 pm Football Billiards Room 1:00 pm Sea Shell Frame Craft Atrium 3:00 pm Happy Hour Atrium Visits with Bella Atrium 6:30 pm Bingo Dining Room Movie & Popcorn Atrium Puzzles Billiards Room

October 14–25, 2018

Activities are shown in red. Wellness classes are in blue.

14	15	16	17	18	19	20	21	22	23	24	25
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
9:00 am Hymns Lobby	8:30 am Shopping, Bank, Pharmacy Trips Concierge Desk	9:00 am Personal & Doctor Trips Concierge Desk	9:00 am Shopping, Bank, Pharmacy Trips Concierge Desk	9:00 am Personal Trips Concierge Desk	8:30 am Walmart Concierge Desk	9:00 am Billiards Billiards Room	9:00 am Hymns Lobby	8:30 am Shopping, Bank, Pharmacy Trips Concierge Desk	9:00 am Personal & Doctor Trips Concierge Desk	9:00 am Shopping, Bank, Pharmacy Trips Concierge Desk	9:00 am Personal Trips Concierge Desk
10:00 am Our Lady of Hope Group Liturgy Activity Area	9:00 am Flu Shots Activity Area	9:30 am Aerobics Exercise Area	9:00 am Resident Council Meeting Atrium	9:30 am Billiards Billiards Room	9:30 am Miles of Smiles with Stephanie Atrium	9:30 am Church of Epiphany Activity Area	10:00 am Our Lady of Hope Group Liturgy Activity Area	9:30 am The Price Is Right Atrium	9:30 am Aerobics Exercise Area	9:30 am UNO Atrium	9:00 am Aerobics Exercise Area
10:30 am Countryside Church Exercise Area	9:30 am Are You Smarter Than a 5th Grader Atrium	10:00 am Invincible Intervals Exercise Area	9:30 am UNO Atrium	9:30 am Stretch Exercise Area	10:00 am Visits with Bella Door-to-Door	10:00 am Crossword Atrium	10:30 am Countryside Church Exercise Area	11:00 am Visits with Bella Door-to-Door	9:30 am Invincible Intervals Exercise Area	10:00 am Arts & Crafts Atrium	9:30 am Stretch Exercise Area
1:00 pm MOVIES \$6.50 (sign up in advance) Concierge Desk	11:00 am Visits with Bella Door-to-Door	10:00 am Bible Study Activity Area	10:00 am Arts & Crafts Atrium	10:00 am Board Games Atrium	11:00 am Circuit Training Exercise Area	1:00 pm Visits with Bella Door-to-Door	1:00 pm Football Billiards Room	1:00 pm Circuit Training Exercise Area	10:00 am Darts Billiards Room	10:00 am Group Liturgy with Our Lady of Hope Activity Area	10:00 am Visits with Bella Door-to-Door
2:00 pm Dominoes Atrium	11:00 am Circuit Training Exercise Area	1:00 pm Darts Billiards Room	10:00 am Group Liturgy with Our Lady of Hope Activity Area	1:00 pm Music with Shannon & JJ Lobby	1:00 pm Cards to Soldiers Atrium	1:30 pm Football Billiards Room	2:00 pm Gailforce Lobby	1:00 pm Music with Mickey and Ron Lobby	10:00 am Bible Study Activity Area	10:30 am Visits with Bella Door-to-Door	1:00 pm Puzzles Billiards Room
3:00 pm Happy Hour Atrium	1:00 pm Music with Sam Lobby	1:00 pm Culinary Club Atrium	10:30 am Visits with Bella Door-to-Door	1:00 pm Book Club Library	1:40 pm 1:00 pm Bus Ride Concierge Desk	1:30 pm Bingo Dining Room	3:00 pm Happy Hour Atrium	3:00 pm Shopping: Bealls, Ross Concierge Desk	1:00 pm Culinary Club Atrium	10:45 am Puzzles Billiards Room	1:00 pm Music with Michael T Lobby
6:30 pm Movie and Popcorn Atrium	2:00 pm Shopping: Dollar Tree Concierge Desk	1:00 pm Music with James Wise Lobby	10:30 am Puzzles Billiards Room	1:00 pm Hand and Foot Activity Area	1:00 pm Stretch Exercise Area	3:00 pm Happy Hour Atrium	6:30 pm Movie and Popcorn Atrium	Visits with Bella Atrium	2:00 pm Crossword Lobby	11:00 am Dancing in your Seats Lobby	1:00 pm Music with Michael T Lobby
	2:00 pm Visits with Bella Atrium	2:00 pm Walks with Bella Backyard	10:45 am Dancing in your Seats Lobby	3:00 pm Happy Hour Atrium	1:00 pm Dancing in your Seats Exercise Area	3:00 pm Visits with Bella Atrium		2:00 pm Dancing in your Seats Exercise Area	2:00 pm Walks with Bella Backyard	11:00 am Yoga Activity Area	1:00 pm Hand and Foot Activity Area
	3:00 pm Outdoor Activity with Bella Backyard	3:00 pm Yoga Exercise Area	11:00 am Lunch Bunch Concierge Desk	3:00 pm Happy Hour Atrium	1:00 pm Pictionary Lobby	6:30 pm Blue Velvet Lobby		3:00 pm Outdoor Activity with Bella Backyard	2:00 pm Movies \$6.50 Yoga Exercise Area	11:00 am Circuit Training Exercise Area	3:00 pm Happy Hour Atrium
	3:00 pm Happy Hour Atrium	3:00 pm Happy Hour Atrium	11:00 am Circuit Training Exercise Area	3:00 pm Walks with Bella Backyard	3:00 pm Happy Hour Wine & Appetizers Atrium	6:30 pm Movie & Popcorn Activity Area		6:30 pm Visits with Bella Atrium	3:00 pm Happy Hour Atrium	1:00 pm Trivia Atrium	6:30 pm Visits with Bella Atrium
	6:30 pm Bingo Dining Room	3:00 pm Happy Hour Atrium	1:00 pm Visits with Bella Atrium	6:30 pm Bingo Dining Room	3:00 pm Outdoor Activity with Bella Backyard			6:30 pm Movie & Popcorn Activity Area	6:30 pm Music with Sweet Melissa Lobby	1:00 pm Happy Hour Atrium	6:30 pm Movie & Popcorn Activity Area
	6:30 pm Movie & Popcorn Activity Area	3:00 pm Happy Hour Atrium	2:00 pm Functional Flex Exercise Area	6:30 pm Movie & Popcorn Activity Area	6:30 pm Outdoor Activity with Bella Backyard				3:00 pm Visits with Bella Atrium	2:00 pm Music with Larry James Lobby	
		3:00 pm Happy Hour Atrium	2:30 pm Spanish Class Dining Room						3:00 pm Happy Hour Atrium	2:00 pm Music with Larry James Lobby	
		3:00 pm Happy Hour Atrium	3:00 pm Outdoor Activity with Bella Backyard						3:00 pm Happy Hour Atrium	2:00 pm Functional Flex Exercise Area	
		6:30 pm George Gall Lobby	6:30 pm Movie & Popcorn Activity Area						3:00 pm Outdoor Activity with Bella Backyard	2:30 pm Spanish Class Dining Room	
									6:30 pm Chef's Table Dining Room	3:00 pm Happy Hour Atrium	

OCTOBER CSL BIRTHDAYS

RESIDENTS	STAFF
October 1 Lucille Jacob	October 11 Andrew Sweeney Maintenance
October 4 Dan Kearns Marjorie Solomon	October 15 Dennis Carroll Culinary
October 5 Jacqueline Morrison	October 16 Charlie Dierke General Manager
October 6 Hugh Shaw	October 17 Ilsa Desosa Housekeeping
October 8 Aubrey Johnston	October 18 Riley Gatherwood Culinary
October 9 Helen Finley	October 22 Paul Martinson Transportation
October 11 Alma Garafola	October 23 Linda Webster Front Desk
October 16 Jan Dykstra	
October 18 Dolores Smith	
October 28 Barbra White	
October 30 Jeanette Irvine	

October 26–31, 2018

26 Friday	27 Saturday	28 Sunday	29 Monday	30 Tuesday	31 Wednesday
8:30 am Shopping: Walmart Concierge Desk	9:00 am Billiards Billiards Room	9:00 am Hymns Lobby	8:30 am Shopping, Bank, Pharmacy Concierge Desk	9:00 am Personal & Doctor Trips Concierge Desk	HALLOWEEN PARTY/ COSTUME CONTEST Atrium
9:30 am Miles of Smiles with Stephanie Atrium	9:30 am Church of Epiphany Activity Area	10:00 am Our Lady of Hope Group Liturgy Activity Area	9:30 am The Price Is Right Atrium	Aerobics Exercise Area	9:00 am Personal & Doctor Trips Concierge Desk
10:00 am Visits with Bella Door-to-Door	10:00 am Puzzles Billiards Room	10:30 am Countryside Church Exercise Area	Visits with Bella Door-to-Door	9:30 am Invincible Intervals Exercise Area	Aerobics Exercise Area
11:00 am Circuit Training Exercise Area	1:00 pm Football Billiards Room	1:00 pm Movie & Popcorn Atrium	11:00 am Circuit Training Exercise Area	Darts Billiards Room	9:30 am Invincible Intervals Exercise Area
Cards to Soldiers Atrium	1:30 pm Bingo Dining Room	Football Billiards Room	1:00 pm Music with Sam Lobby	10:00 am Bible Study Activity Area	Visits with Bella Door-to-Door
1:00 pm Bus Ride Concierge Desk	3:00 pm Happy Hour Atrium	2:00 pm Dominoes Atrium	Shopping: Dollar Tree Concierge Desk	Culinary Club Atrium	Darts Billiards Room
Stretch Exercise Area	Visits with Bella Atrium	3:00 pm Happy Hour Atrium	Visits with Bella Atrium	1:00 pm Crossword Lobby	10:00 am Culinary Club Atrium
Visits with Bella Atrium	6:30 pm Movie & Popcorn Atrium	6:30 pm Music with Jiller Lobby	2:00 pm Dancing in your Seats Exercise Area	Walks with Bella Backyard	1:00 pm Crossword Lobby
1:40 pm Dancing in your Seats Exercise Area	Puzzles Billiards Room	Outdoor Activity with Bella Backyard	Outdoor Activity with Bella Backyard	Hand and Foot Activity Area	Walks with Bella Backyard
2:30 pm Music with Judy Locke Lobby		3:00 pm Happy Hour Atrium	3:00 pm Happy Hour Atrium	2:00 pm Yoga Exercise Area	Hand and Foot Activity Area
3:00 pm Happy Hour Wine & Appetizers Atrium		6:30 pm Bingo Dining Room	6:30 pm Bingo Dining Room	3:00 pm Happy Hour Atrium	2:00 pm Yoga Exercise Area
Outdoor Activity with Bella Backyard		Movie & Popcorn Activity Area	Movie & Popcorn Activity Area	Visits with Bella Lobby	3:00 pm Happy Hour Atrium
Darts Billiards Room					Visits with Bella Lobby
6:30 pm Movie & Popcorn Activity Area					



In September we enjoyed numerous health seminars that gave us great tips on Home Safety, Healthy snacks, and Hearing and Balance. Here are the top tips we received from some of our healthcare friends.

Home Safety

LIGHTING

Make sure all areas have a night light or glow switch plate

CLUTTER

Remove clutter close to doors and out of walkways

FLOORS

Non skid mats wherever you have floors that may become slippery

Healthy Snacks

GREEK YOGURT

Many wonderful flavors to choose from.

TRAIL MIX

Make your own with only the items you like!

HUMMUS AND PITA

Served at Happy Hours

FRESH FRUIT

Available all day in the dining room

Hearing & Balance

Hearing aids can help with the following:

- Fewer instances of confusion or disorientation
- Increased ability to concentrate
- Alertness and awareness of their personal safety
- Remember keep ears clean, and batteries changed so you get the most out of your aids.

Interesting Facts About OCTOBER

- ❖ October 1, 1908 - Henry Ford's Model T, a "universal car" designed for the masses, went on sale for the first time.
- ❖ October 2, 1968 - California's Redwood National Park was established. Redwoods are the tallest of all trees, growing up to 400 feet (120 meters) during a lifetime that can span 2,000 years.
- ❖ October 3, 1863 - President Abraham Lincoln issued a proclamation designating the last Thursday in November as Thanksgiving Day.
- ❖ October 4, 1957 - The Space Age began as the Russians launched the first satellite into orbit. Sputnik I weighed just 184 lbs. and transmitted a beeping radio signal for 21 days. The remarkable accomplishment by Soviet Russia sent a shockwave through the American political leadership resulting in U.S. efforts to be the first on the moon.
- ❖ October 6, 1927 - The first "talkie" opened in New York. The Jazz Singer starring Al Jolson was the first full-length feature film using spoken dialogue.
- ❖ October 24, 1931 - Chicago gangster "Scarface" Al Capone was sentenced to 11 years in jail for Federal income tax evasion. In 1934, he was transferred to Alcatraz prison near San Francisco. He was paroled in 1939, suffering from syphilis. He retired to his mansion in Miami Beach where he died in 1947.
- ❖ October 26, 1881 - The shoot-out at the O.K. Corral in Tombstone, Arizona, occurred between the feuding Clanton and Earp families. Wyatt Earp, two of his brothers and "Doc" Holliday gunned down two Clantons and two others.
- ❖ October 31, 1517 - Martin Luther nailed his 95 Theses to the door of Wittenberg's palace church, denouncing the selling of papal indulgences and questioning various ecclesiastical practices. This marked the beginning of the Protestant Reformation in Germany.

Tressa Deegan

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



Tressa Deegan joined us in March of 2018 – what a joy she has brought to our community! Her dedication to ensuring our residents are in a clean, safe, and beautiful home is inspiring to all of us. Tressa maintains the highest standards of respect, compassion, and love for each and every resident. Tressa has received many compliments from the residents she cares for, as well as other team members for always having a smile to share, an ear to listen, and the heart to encourage. We are so glad she part of our team. Thank you Tressa for all you do!

**CountrySide Lakes**
A Shepherd Senior Living Community

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