

CountrySide Chronicle

MONTHLY NEWS CALENDAR

NOVEMBER 2018



A Brief History of **THANKSGIVING**

In September 1620, a small ship called the *Mayflower* left Plymouth, England, carrying 102 passengers — an assortment of religious separatists seeking a new home where they could freely practice their faith, and other individuals lured by the promise of prosperity and land ownership in the New World. After a treacherous crossing that lasted 66 days, they dropped anchor near the tip of Cape Cod. One month later, the *Mayflower* crossed Massachusetts Bay, where the Pilgrims, as they are now commonly known, began the work of establishing a village at Plymouth.

Throughout that first brutal winter, most of the colonists remained on board the ship, where they suffered from exposure, scurvy and outbreaks of contagious diseases. Only half of the *Mayflower*'s original passengers and crew lived to see their first New England spring. In March, the remaining settlers moved ashore, where they received an astonishing visit from an Abenaki Indian who greeted them in English. Several days later, he returned with another Native American, Squanto, a member of the



Pawtuxet tribe who had been kidnapped by an English sea captain and sold into slavery, before escaping to London and returning to his homeland on an exploratory expedition. Squanto taught the Pilgrims, weakened by malnutrition and illness, how to cultivate corn, extract sap from maple trees, catch fish in the rivers and avoid poisonous plants. He also helped the settlers forge an alliance with the Wampanoag, a local tribe, which would endure for more than 50 years.

In November 1621, after the Pilgrims' first corn harvest proved successful, Governor William Bradford organized a celebratory feast and invited a group of the fledgling colony's Native American allies, including the Wampanoag chief, Massasoit. Now remembered as America's "first Thanksgiving"— although the Pilgrims themselves may

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We dodged another hurricane in October. We will be listening closely for ways to help the Florida Gulf Coast with relief. Pray for all those impacted by Michael. It was a devastating storm with horrific damage left in its wake.

November brings the start of the Holiday Season. We will celebrate Thanksgiving twice this month. First on Friday the 16th and of course on Thursday the 22nd. The reason for two dates is to help the families that are planning family visits out of town. It gives our residents the opportunity to share the meal with their families. Please pick a date and join us.

This year we have become a drop off location for the National Organization Toys for Tots. We are proud to be involved with this group. What is donated locally, stays local. That is very important to all of us.

Last, but by no means least, we have adopted the Cuda's Unhooked house. This is a small home for local at risk teens. A truly worthy cause for us to support. We have chosen them not just for this holiday season, but for the future. We want to help the house and the kids throughout the year and years to come. Please visit their website to find out more about them.



www.cudasunhooked.org

We will also have a link added to our website for them.

Remember, this a time of year to be thankful. Thank someone who is or has been instrumental in your life and or your career. Also, take the opportunity to be a part of someone's success story.

Make a difference.

Charlie

RESIDENT SPOTLIGHT

Myrna & Dan Kearns

We are so happy to welcome Dan and Myrna Kearns to our community. They are such a joy to get to know. Dan enjoys music and Myrna enjoys travel. They both have traveled throughout their lives and look forward to sharing stories with all of us. They have been married 62 years and have 3 children, 7 grandchildren and 4 great grandchildren. They were snowbirds from Kentucky for ten years and moved to Florida two years ago.



Congratulations Myrna & Dan!

Bella's Corner

Follow Bella's photos & videos

@CSL32127

Bella is thankful to be part of our family. She enjoys coming to see each and everyone of you. Bella looks forward to pats on the head, belly rubs, and sweet words for the great job she does. Bella is also thankful for the simple things in life such as naps, walks, and most of all her dinner!



Bella's Tips for Healthy Living for our Fur Friends

- ❖ Provide adequate shelter
- ❖ Supply clean, dry bedding
- ❖ Provide clean, fresh water
- ❖ Feed a high-quality pet food
- ❖ Maintain proper body weight
- ❖ Exercise your dog regularly
- ❖ Play with your dog daily
- ❖ Take your dog to the vet at least once a year
- ❖ Keep your dog under control at all times
- ❖ Give your dog a purpose

A HAPPY DOG IS A TIRED DOG

You can easily tell if your dog is getting the right amount of exercise by noting what the dog does when you are finished. If the dog falls over and sleeps for the rest of the day, you probably overdid it. If she runs up to you with her favorite ball and wants to play fetch, well maybe you should throw the ball until she uses up some more energy. If she wants to rest and take a short nap, you've found the right amount of exercise for your dog.



CULINARY CORNER

Welcome Chef Devin Gainor! He is now part of our team and we are so thankful to have him. He has been in the Florida area for 16 years. He is a graduate of The Culinary Institute of America, and will create delicious, healthy meals for you to enjoy. Chef Devin, we are so glad you're here and we look forward to tasting all of your dishes!



New and Exciting Exercise Classes Now Available



INVINCIBLE INTERVALS

We will be practicing specific exercises for balance and fall prevention as we stretch and wake up our joints and muscles!

STRETCH & STABILITY

This is a class using bands, sticks, and steps to challenge our muscles and coordination.

Be sure to check out all of our wellness classes.

YOGA

Brings balance to the mind & spirit!

AEROBICS

Keeps the heart strong and muscles active.

DANCING IN YOUR SEATS

Great fun with music & movement.

FUNCTIONAL FLEX

These functional stretches add maximum flexibility to your body.

CIRCUIT TRAINING

Learn the fundamentals of a solid gym workout and refine your skills.

All levels are welcome. Everyone has fun and we look forward to seeing you at the next class!

(A Brief History of Thanksgiving – continued)

not have used the term at the time — the festival lasted for three days. While no record exists of the historic banquet's exact menu, the Pilgrim chronicler Edward Winslow wrote in his journal that Governor Bradford sent four men on a "fowling" mission in preparation for the event, and that the Wampanoag guests arrived bearing five deer. Historians have suggested that many of the dishes were likely prepared using traditional Native American spices and cooking methods. Because the Pilgrims had no ovens and the *Mayflower's* sugar supply had dwindled by the fall of 1621, the meal did not feature pies, cakes or other desserts, which have become a hallmark of contemporary celebrations.

Pilgrims held their second Thanksgiving celebration in 1623 to mark the end of a long drought that had threatened the year's harvest and prompted Governor Bradford to call for a religious fast. Days of fasting and thanksgiving on an annual or occasional basis became common practice in other New England settlements as well.

During the American Revolution, the Continental Congress designated one or more days of thanksgiving a year, and in 1789 George Washington issued the first Thanksgiving proclamation by the national government of the United States; in it, he called upon Americans to express their gratitude for the happy conclusion to the country's war of independence and the successful ratification of the U.S. Constitution. His successors, John Adams and James Madison, also designated days of thanks during their presidencies.

In 1863, Abraham Lincoln, at the height of the Civil War, made a proclamation entreating all Americans to ask God to "commend to his tender care all those who have become widows, orphans, mourners or sufferers in the lamentable civil strife" and to "heal the wounds of the nation." He scheduled Thanksgiving for the final Thursday in November, and it was celebrated on that day every year until 1939, when Franklin D. Roosevelt moved the holiday up a week in an attempt to spur retail sales during the Great Depression. Roosevelt's plan, known derisively as Franksgiving, was met with passionate opposition, and in 1941 the president reluctantly signed a bill making Thanksgiving the fourth Thursday in November.

WE ARE THANKFUL FOR YOU!

Let our lives be full of Thanks & Giving! All of us at Shepherd Living wish you and yours a wonderful Thanksgiving. Here are a few of our resident holiday decorations to celebrate.



November 1–10, 2018

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



We at Shepherd Living honor all of our residents, team members, and families of our veterans. Your service, dedication, and sacrifice is an inspiration to us all. Thank you for your service to our country.

To the men and women who are serving today and protecting our freedoms — Thank You and God speed. Join us today and everyday in honoring them all!



1	2	3	4	5	6	7	8	9	10
Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
08:30 am ACTIVITIES MEETING Atrium	8:30 am Walmart Concierge Desk	8:00 am Garage Sale Back Parking Lot	9:00 am Coffee & Conversation Lobby	8:30 am Shopping, Bank, Pharmacy Trips, Sign up for Chefs Table Concierge Desk	9:00 am Blood Pressure Clinic Atrium	8:30 am Letter Writing Atrium	9:00 am Personal Trips Concierge Desk	9:00 am Miles of Smiles with Stephanie Atrium	9:00 am Casino Boat Cruise Concierge
9:00 am Personal Trips Concierge Desk	9:30 am Miles of Smiles with Stephanie Atrium	9:00 am Billiards Billiards	10:00 am NO Group Liturgy	9:30 am Monopoly Atrium	9:00 am Personal & Doctor Trips Concierge Desk	9:00 am Personal Shopping & Banking Trips Concierge Desk	10:00 am Health Seminar Atrium	10:00 am Visits with Bella Door-to-Door	9:30 am Church of Epiphany Activity Room
Aerobics Exercise Area	10:00 am Visits with Bella Door-to-Door	9:30 am Church of Epiphany Activity Room	10:30 am Countryside Church Exercise Area	9:30 am Visits with Bella Door-to-Door	Aerobics Exercise Area	9:30 am Leap of Faith Dollar Shop Atrium	9:30 am Invincible Intervals Exercise Area	11:00 am Visits with Bella Door-to-Door	10:00 am Church of Epiphany Activity Area
Billiards Billiards Room	11:00 am Circuit Training Exercise Area	10:00 am Visits with Bella Door-to-Door	1:00 pm Seniors Got Talent Concierge	11:00 am Circuit Training Exercise Area	9:30 am Stretch & Stability Exercise Area	10:00 am Our Lady of Hope Mass & Anointing Activity Area	11:00 am Circuit Training Exercise Area	11:00 am Christmas Cards to Soldiers Atrium	9:30 am Church of Epiphany Activity Area
9:30 am Invincible Intervals Exercise Area	11:00 am Cards to Soldiers Atrium	1:00 pm Football Billiards	1:00 pm Songs with Dino Lobby	1:00 pm Music with James Lobby	Mary Kay Beauty Day Atrium	10:00 am Visits with Bella Door-to-Door	11:00 am Circuit Training Exercise Area	11:00 am Christmas Cards to Soldiers Atrium	10:00 am Visits with Bella Door-to-Door
1:00 pm Music with Michael T Lobby	1:00 pm Bus Ride Concierge Desk	1:30 pm Bingo Dining Room	2:00 pm Dominoes Atrium	2:00 pm Circuit Training Exercise Area	10:00 am Visits with Bella Door-to-Door	10:00 am Our Lady of Hope Mass & Anointing Activity Area	1:00 pm Book Club Library	1:00 pm Bus Ride Concierge Desk	10:00 am Visits with Bella Door-to-Door
Book Club Library	1:40 pm Dancing in your Seats Exercise Area	2:00 pm Dominos Atrium	3:00 pm Happy Hour Atrium	2:00 pm Bridge Activity Room	1:00 pm Music with Sam Lobby	10:00 am Our Lady of Hope Mass & Anointing Activity Area	1:00 pm Hand and Foot Activity Area	1:00 pm Bus Ride Concierge Desk	10:00 am Visits with Bella Door-to-Door
Hand and Foot Activity Area	3:00 pm Happy Hour Wine & Appetizers Atrium	3:00 pm Happy Hour Atrium	6:30 pm Movie and Popcorn Atrium	Bingo Dining Room	Walks with Bella Backyard	10:30 am Puzzles Billiards Room	2:00 pm Music with Jonathan Brady Lobby	2:30 pm Music with Judy Locke Lobby	1:30 pm Bingo Dining Room
2:00 pm Bingo Dining Room	3:00 pm Outdoor Activity with Bella Backyard	6:30 pm Movie & Popcorn Billiards Room	6:30 pm Movie and Popcorn Atrium	Dancing in your Seats Exercise Area	Hand and Foot Activity Area	10:45 am Dancing in your seats Lobby	Bingo Dining Room	3:00 pm Happy Hour Wine & Appetizers Atrium	2:00 pm Gospel Hour with Ron & Diane Lobby
Yoga Exercise Area	3:00 pm Happy Hour Atrium	6:30 pm Movie & Popcorn Billiards Room		3:00 pm Happy Hour Atrium	2:00 pm Yoga Exercise Area	11:15 am Circuit Training Exercise Area	Yoga Exercise Area	3:00 pm Happy Hour Wine & Appetizers Atrium	3:00 pm Happy Hour Atrium
3:00 pm Happy Hour Atrium	3:00 pm Darts Billiards Room	6:30 pm Movie & Popcorn Activity Area		3:00 pm Happy Hour Atrium	3:00 pm Happy Hour Atrium	1:00 pm Tennyson Atrium	3:00 pm Happy Hour Atrium	3:00 pm Outdoor Activity with Bella Backyard	3:00 pm Happy Hour Atrium
Walks with Bella Backyard	6:30 pm Movie & Popcorn Activity Area			3:00 pm Happy Hour Atrium	3:00 pm Happy Hour Atrium	1:00 pm Tennyson Atrium	3:00 pm Happy Hour Atrium	Darts Billiards Room	3:00 pm Happy Hour Atrium
6:30 pm Movie & Popcorn Activity Area				3:00 pm Happy Hour Atrium	3:00 pm Happy Hour Atrium	6:30 pm Bingo Dining Room	3:00 pm Happy Hour Atrium	6:30 pm Movie & Popcorn Activity Area	3:00 pm Happy Hour Atrium
				6:30 pm Movie & Popcorn Atrium	6:30 pm Music with The Big Band Lobby	6:30 pm Bingo Dining Room	3:00 pm Happy Hour Atrium	6:30 pm Movie & Popcorn Activity Area	3:00 pm Happy Hour Atrium
					Movie & Popcorn Activity Area	6:30 pm Bingo Dining Room	3:00 pm Happy Hour Atrium	6:30 pm Movie & Popcorn Activity Area	3:00 pm Happy Hour Atrium
						2:00 pm Functional Flex Exercise Area	3:00 pm Outdoor Activity with Bella Backyard	6:30 pm Movie & Popcorn Activity Area	3:00 pm Happy Hour Atrium
						3:00 pm Outdoor Activity with Bella Backyard	Happy Hour Atrium		3:00 pm Happy Hour Atrium
						6:30 pm Chefs Table Dining Room			3:00 pm Happy Hour Atrium
						Movie & Popcorn Activity Area			3:00 pm Happy Hour Atrium

November 23–30, 2018

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

23 Friday	24 Saturday	25 Sunday	26 Monday	27 Tuesday	28 Wednesday	29 Thursday	30 Friday
9:30 am Miles of Smiles with Stephanie Atrium	9:00 am Billiards Billiards Room	9:00 am Coffee & Conversation Lobby	8:30 am Shopping, Bank, Pharmacy Concierge Desk	9:00 am Personal & Doctor Trips Concierge Desk	9:00 am Personal & Doctor Trips Concierge Desk	9:00 am Personal Trips Concierge Desk	8:30 am Shopping: Walmart Concierge Desk
10:00 am Visits with Bella Door-to-Door	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 Stretch and Stability Exercise Area	9:30 am Darts Billiards Room	9:30 am Billiards Billiards Room	9:30 am Miles of Smiles with Stephanie Atrium
11:00 am Circuit Training Exercise Area	10:00 am Puzzles Billiards Room	10:30 am Countryside Church Exercise Area	11:00 am Circuit Training Exercise Area	9:30 am Visits with Bella Door-to-Door	10:00 am Atlantic Hearing Balance Atrium	9:30 am Invincible Intervals Exercise Area	10:00 am Visits with Bella Door-to-Door
Cards to Soldiers Atrium	Visits with Bella Atrium	Countryside Church Exercise Area	Darts Billiards Room	Darts Billiards Room	Visits with Bella Door-to-Door	Monopoly Atrium	11:00 am Circuit Training Exercise Area
1:00 pm Bus Ride Concierge Desk	1:00 pm Tennyson Lobby	1:00 pm Josh Mabe Lobby	1:00 pm Music with Mickey and Ron Lobby	10:00 am Wednesday Worship Activity Area	Culinary Club Atrium	Visits with Bella Door-to-Door	Cards to Soldiers Atrium
Stretch Exercise Area	Football Billiards Room	Football Billiards Room	Shopping: Dollar Tree Concierge Desk	Wednesday Worship Activity Area	10:45 am Dancing in your Seats Lobby	Puzzles Billiards Room	Cards to Soldiers Atrium
Visits with Bella Atrium	1:30 pm Bingo Dining Room	2:00 pm Dominoes Atrium	Visits with Bella Atrium	Shopping: Dollar Tree Concierge Desk	1:00 pm Crossword Lobby	1:00 pm Music with Michael T Lobby	1:00 pm Music with Town Square Lobby
1:40 pm Dancing in your Seats Exercise Area	3:00 pm Happy Hour Atrium	3:00 pm Happy Hour Atrium	2:00 pm Bingo Dining Room	Visits with Bella Atrium	Walks with Bella Backyard	Book Club Library	Bus Ride Concierge Desk
2:30 pm Music with Judy Locke Lobby	Visits with Bella Atrium	6:30 pm Movie & Popcorn Atrium	Bridge Activity Area	Walks with Bella Backyard	Hand and Foot Activity Area	Hand and Foot Activity Area	Stretch Exercise Area
3:00 pm Happy Hour Wine & Appetizers Atrium	6:30 pm Movie & Popcorn Atrium		Dancing in your Seats Exercise Area	Hand and Foot Activity Area	2:00 pm Yoga Exercise Area	Yoga Exercise Area	Visits with Bella Atrium
Outdoor Activity with Bella Backyard	Puzzles Billiards Room		Outdoor Activity with Bella Backyard	Hand and Foot Activity Area	3:00 pm Functional Flex Exercise Area	3:00 pm Happy Hour Atrium	1:40 pm Dancing in your Seats Exercise Area
Darts Billiards Room			Happy Hour Atrium	Visits with Bella Lobby	3:00 pm Happy Hour Atrium	Walks with Bella Backyard	2:30 pm Music with Judy Locke Lobby
6:30 pm Movie & Popcorn Activity Area			Happy Hour Atrium	6:30 pm Music with Sweet Melissa Lobby	Visits with Bella Lobby	Bingo Dining Room	3:00 pm Happy Hour Wine & Appetizers Atrium
						Movie & Popcorn Activity Area	Outdoor Activity with Bella Backyard
							Darts Billiards Room
							6:30 pm Movie & Popcorn Activity Area



CSL now has an in-house audiologist that will visit the last Wednesday of each month.

Dr. O'Brien is dedicated to her patients and to our residents as she knows how hearing can effect our daily lives. Her goal is always to keep you in your best health and we are so lucky to have her. Be sure to sign up to see her with Stephanie.



CUDAS Unhooked

A house in New Smyrna Beach was built, paid for and is home to five amazing young men and women who are in high school and have faced many challenges in life for their young years. The proceeds from our November 3rd Garage Sale will go to benefit the house and ensure the kids have a wonderful Christmas. Be sure to see Stephanie if you would like to donate to their Christmas fund.

We look forward to helping these children throughout the 2019 school year by providing snacks, and personal care items they may need. Stephanie will go down to the house the first Tuesday of each month and drop off snacks and drinks. Let her know if you would like to visit as well. Thanks for your support!

Items that can be donated such as

- ❖ Deodorant
- ❖ Toothpaste
- ❖ Laundry Soap
- ❖ Bath Soap
- ❖ Toothbrushes
- ❖ School Supplies (Notebook Paper, Pencils & Pens)
- ❖ Makeup and Brushes
- ❖ Facial Cleanser
- ❖ Candy



Interesting Facts About NOVEMBER

- ❖ November 1, 1776 – Mission San Juan Capistrano was founded in California. Each year, the swallows of Capistrano leave their nests there around St. John's Day (October 23rd) and return the following year near St. Joseph's Day (March 19th).
- ❖ November 4, 1922 – King Tut's tomb was discovered at Luxor, Egypt, by British archaeologist Howard Carter after several years of searching. The child-King Tutankhamen became pharaoh at age nine and died around 1352 B.C. at age 19. The tomb was found mostly intact, containing numerous priceless items now exhibited in Egypt's National Museum in Cairo.
- ❖ November 9, 1989 – The Berlin Wall was opened up after standing for 28 years as a symbol of the Cold War. The 27.9 mile wall had been constructed in 1961.
- ❖ November 10, 1775 – The U.S. Marine Corps was established as part of the U.S. Navy. It became a separate unit on July 11, 1789.
- ❖ November 22, 1963 – At 12:30 p.m., on Elm Street in downtown Dallas, President John F. Kennedy's motorcade slowly approached a triple underpass. Shots rang out. The President was struck in the back, then in the head. He was rushed to Parkland Memorial Hospital where fifteen doctors tried to save him. At 1 p.m., John Fitzgerald Kennedy, 35th President of the United States, was pronounced dead. On board Air Force One, at 2:38 p.m., Lyndon B. Johnson was sworn in as the 36th President.

Kris Favata

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



Kris has been part of the CountrySide Lakes family for 3 years. He is our kitchen manager as well as an excellent chef in the making. Kris has shared many talented dishes with us at Chef's Table and has been very creative with his knife skills in preparing centerpieces for Sunday brunch. Kris is an asset, as he always does what needs to be done and enjoys doing the different jobs of the culinary department. His dedication during our transition of getting a new director has been far beyond expectations. We thank you for all your hard work and know that we are lucky to have you with us each day!

 **CountrySide Lakes**
A Shepherd Senior Living Community

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