

CountrySide Chronicle

MONTHLY NEWS CALENDAR

DECEMBER 2018

Fall Memories



Merry Christmas & Happy Holidays

I hope your Holiday Season is moving slower than mine. I barely remember November and we have such a packed schedule for December it's looking to be a sprint to New Years Eve. This is a special time of the year and I hate how fast it seems to go by. The holidays are supposed to be remembered, savored and beloved. Take time to do all three.

Where to begin for December... We have two Christmas dinners, our Christmas party, Angel Tree, we are a Toys for Tots drop off this year, Warner Christian Choir, a vaudeville show, piano recitals, special musical guests all month, New Hope Caroling, and don't forget the New Years Eve party. Whew! That's a lot of commas. My hope is for everyone to have



a safe and blessed Christmas and remember all those who sacrificed to make this holiday possible for us all to enjoy. Make a difference today.

Charlie



Congratulations Allen!

RESIDENT SPOTLIGHT

Allen Foraker

We would like to welcome Allen Foraker to our community. Allen comes to us from just up the road, raised in Jacksonville and lived there with his wife of 54 years, working as an independent tax counselor, and raising 3 children. He is blessed to have 4 grandchildren and 9 great grandchildren. He is 89 years young and loves fishing. Allen loves to bowl and talk with new friends so if you see him out introduce yourself or join him for a glass of wine at happy hour and share some stories! Allen we are so glad that you are with us and we look forward to getting to know you more!

Bella's Corner

Follow Bella's photos & videos

@CSL32127



Bella met some special new friends, Orlando Christian Prep school choir came to sing and when they toured the building they ran into Bella! In typical Bella fashion she put on a show of admiration and love for each student. Bella has a gift for lighting up a room when she enters. Bella's ability to sense when someone needs her is impeccable. Bella looks forward to seeing all of the kids again when they come back in the spring with a new show for us all to see.

Paws of War – A Dog Named Artemis

Russell Keyzer arrived at Paws of War at the same time the organization had taken in 3 litters of puppies. It was in the process of figuring out which puppies would train as service dogs and which would go up for adoption or into foster.

"One of the founders of Paws of War had a puppy in mind for me," Keyzer recalls. "She just had a sixth sense that we were going to click well. She pulled out this little Belgian Malinois mix named Artemis, put her right down on the floor and the dog ran right up to me and sat in between my legs. She's been glued to my hip ever since, quite literally."

Of the many things Artemis does for Keyzer, her companionship has helped him the most. Keyzer lives alone, and he finds living with her gives him comfort. She also forces him to go out of the house and be more social with other people.

"I've been clean and sober for 5 years," Keyzer says. "I've been going to 12-step groups for a while, and they get very crowded."

He reached a point where the crowd was triggering him, and he couldn't go to the meetings. "I was sitting outside in the hallway, trying to listen in. The dog allowed me to be engaged in those groups."

Lights, noise and crowds are all triggers for Keyzer's PTSD. Artemis will put her body between Keyzer and other people to create physical space. "She'll know before I do that someone in close proximity will trigger my symptoms."

She will sense his anxiety growing and give him a signal when it's time to leave.

Keyzer is a recovery coach, and he gives regular presentations to different groups. "If I'm speaking somewhere, and I start getting too passionate about what I'm talking about, the anxiety goes up, the blood pressure goes up, and she'll start mouthing my hand, which is her signal for me to breathe, to calm down."



Shortly after Keyzer began working with Artemis, his knee gave out. He had to use a cane. "Even though the dog originally wasn't supposed to be for stability, we just adjusted," he says.

They changed the vest she wears and trained her to walk a little farther out from Keyzer's side to pull him onto his good knee and give him stability.

And while Keyzer doesn't need that anymore, he found that when they're climbing stairs, Artemis will actually pull him up. "It's amazing what they can do," Keyzer says. "It's limitless."

Having a service dog has done more for Russell Keyzer than he ever imagined.

"My PTSD is under control. I can go to the gym again, I can go to the grocery store. I think those are the biggest changes. That's the real quality of life," he says. "I can live a normal life for the most part."

CULINARY CORNER

New Chef, New Year, New Recipes and New Exciting Experiences.

Chefs Table will be available in January, make sure you sign up early to enjoy all that Chef Devin has up his sleeve.

New dates and times will be announced soon!

Don't forget, this makes a great gift for friends and family. See Stephanie for Gift Certificates!



Holiday Party for Residents, Staff and their families

Dec 13th from 6-9 p.m. Join us for live entertainment, food, fun, photos with Santa, and most of all – the joy of spending the holidays together!



So Proud – Our Seniors Got Talent!

Donna Phillips and Ceil McGill made it into *Seniors Got Talent*. Donna played the piano and did so beautifully beating out 47 other contestants to make it to the semi-finals.

Ceil McGill used her amazing voice and singing ability to make it all the way to the TOP TEN. They were so graceful on stage, and were such an amazing representation of all of our residents at CountrySide Lakes. Thank you, ladies, for sharing your talents and representing all of CountrySide Lakes with such poise, beauty, and style. You are both truly Stars in our eyes!



December 1-14, 2018

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

1	2	3	4	5	6	7	8	9	10	11	12	13	14
Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am Billiards Billiards	Hanukkah Begins at Sunset	8:30 am Shopping, Bank, Pharmacy Trips Concierge Desk	9:00 am Blood Pressure Clinic Atrium	8:30 am Letter Writing Atrium	9:00 am Personal & Doctor Trips Concierge Desk	8:30 am Shopping, Bank, Pharmacy Trips Concierge Desk	9:00 am Billiards Billiards Room	9:00 am Coffee & Conversation 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
9:30 am Church of Epiphany Activity Room	9:00 am Coffee & Conversation Lobby	9:00 am Vitas Healing through the Holidays Support Group Activity Area	9:00 am Personal & Doctor Trips Concierge Desk	9:00 am Personal Shopping & Banking Trips Concierge Desk	9:30 am Aerobics Exercise Area	9:30 am Miles of Smiles with Stephanie Atrium	9:30 am Church of Epiphany Activity Area	10:00 am NO Group Liturgy Activity Area	9:00 am Vitas Healing through the Holidays Support Group Activity Area	9:30 am Aerobics Exercise Area	9:30 am Dominoes Atrium	9:30 am Billiards Billiards Room	9:00 am Miles of Smiles with Stephanie Atrium
10:00 am Medieval Times Trip Concierge Desk	10:00 am Our Lady of Hope Group Liturgy Activity Room	9:30 am Crossword Atrium	9:30 am Stretch & Stability Exercise Area	9:30 am Wheel Of Fortune Atrium	9:30 am Invincible Intervals Exercise Area	10:00 am Visits with Bella Door-to-Door	10:00 am Piano Recital Lobby	10:30 am Countryside Church Exercise Area	9:30 am Crossword Atrium	10:00 am Visits with Bella Door-to-Door	10:00 am Our Lady of Hope Mass & Anointing Activity Area	9:30 am Invincible Intervals Exercise Area	10:00 am Visits with Bella Door-to-Door
Dominoes Atrium	10:30 am Countryside Church Exercise Area	9:30 am Visits with Bella Door-to-Door	10:00 am Mary Kay Beauty Day Atrium	10:30 am Visits with Bella Door-to-Door	11:00 am Circuit Training Exercise Area	11:00 am Circuit Training Exercise Area	Visits with Bella Door-to-Door	1:00 pm Music with JJ Lobby	11:00 am Circuit Training Exercise Area	10:00 am Visits with Bella Door-to-Door	10:30 am Puzzles Billiards Room	10:30 am Visits with Bella Door-to-Door	11:00 am Circuit Training Exercise Area
Visits with Bella Door-to-Door	1:00 pm Christmas Parade Concierge	11:00 am Circuit Training Exercise Area	10:00 am Visits with Bella Door-to-Door	10:45 am Lunch Bunch Concierge Desk	1:00 pm Music with Michael T Lobby	1:00 pm Bus Ride Concierge Desk	1:00 pm Football Billiards Room	3:00 pm Jason Lee on the Piano Lobby	1:00 pm Music with Dino Lobby	1:00 pm Puzzles Billiards Room	10:45 am Dancing in your Seats Lobby	1:00 pm Puzzles Billiards Room	1:00 pm Bus Ride Concierge Desk
1:00 pm Football Billiards	Football Billiards Room	1:00 pm Music with James Lobby	1:00 pm Music with Mickey Lobby	1:00 pm Dancing in your seats Lobby	Book Club Library	Visits with Bella Atrium	1:30 pm Bingo Dining Room	Happy Hour Atrium	1:00 pm Walks with Bella Backyard	1:00 pm Music with Sam Collins Lobby	1:00 pm Book Club Library	1:00 pm Puzzles Billiards Room	1:00 pm Stretch Exercise Area
1:30 pm Bingo Dining Room	2:00 pm Dominoes Atrium	Shopping: Walmart Concierge Desk	1:00 pm Walks with Bella Backyard	11:15 am Circuit Training Exercise Area	Hand and Foot Activity Area	Music with Rational Cats Lobby	3:00 pm Avon Shop Atrium	Happy Hour Atrium	2:00 pm Bingo Dining Room	1:00 pm Yoga Exercise Area	2:00 pm Hand and Foot Activity Area	1:00 pm Puzzles Billiards Room	1:00 pm Visits with Bella Atrium
2:00 pm Jonathan Brady Lobby	3:00 pm Music with Sweet Melissa Lobby	Visits with Bella Atrium	Hand and Foot Activity Area	1:00 pm Music with Tennyson Atrium	2:00 pm Bingo Dining Room	3:00 pm Outdoor Activity with Bella Backyard	Happy Hour Atrium	6:30 pm Movie and Popcorn Atrium	3:00 pm Happy Hour Atrium	2:00 pm Yoga Exercise Area	1:00 pm Lunch Bunch Concierge Desk	1:00 pm Circuit Training Exercise Area	1:40 pm Dancing in your Seats Exercise Area
3:00 pm Happy Hour Atrium	Happy Hour Atrium	2:00 pm Bingo Dining Room	2:00 pm Yoga Exercise Area	1:00 pm Music with Tennyson Atrium	3:00 pm Happy Hour Atrium	Visits with Bella Atrium	3:00 pm Happy Hour Atrium	6:30 pm Movie and Popcorn Atrium	3:00 pm Happy Hour Atrium	3:00 pm Yoga Exercise Area	2:00 pm Circuit Training Exercise Area	1:00 pm Musical Show with Chuck Gillespie Lobby	2:30 pm Music with Judy Locke Lobby
Visits with Bella Atrium	6:30 pm Movie and Popcorn Atrium	3:00 pm Bingo Dining Room	3:00 pm Happy Hour Atrium	2:00 pm Visits with Bella Atrium	3:00 pm Happy Hour Atrium	2:00 pm Functional Flex Exercise Area	3:00 pm Happy Hour Atrium	6:30 pm Movie and Popcorn Atrium	3:00 pm Happy Hour Atrium	3:00 pm Happy Hour Atrium	2:00 pm Yoga Exercise Area	3:00 pm Happy Hour Atrium	3:00 pm Happy Hour Lobby
6:30 pm Movie & Popcorn Atrium	To see the Christmas Parade it will be best to get set up early and be on the sidewalk by McDonald's.	3:00 pm Happy Hour Atrium	3:00 pm Happy Hour Atrium	2:00 pm Visits with Bella Atrium	Walks with Bella Backyard	6:30 pm Movie & Popcorn Activity Area	6:30 pm Movie & Popcorn Atrium	6:30 pm Movie and Popcorn Atrium	6:30 pm Movie & Popcorn Atrium	6:30 pm Movie & Popcorn Activity Area	2:00 pm Functional Flex Exercise Area	3:00 pm Happy Hour Atrium	3:00 pm Happy Hour Atrium
Puzzles Billiards Room		Outdoor Activity with Bella Backyard	3:00 pm Yoga Exercise Area	3:00 pm Outdoor Activity with Bella Backyard	3:00 pm Happy Hour Atrium	3:00 pm Outdoor Activity with Bella Backyard	6:30 pm Movie & Popcorn Atrium	6:30 pm Movie and Popcorn Atrium	6:30 pm Movie & Popcorn Activity Area	6:30 pm Movie & Popcorn Activity Area	2:30 pm Spanish Class Dining Room	3:00 pm Happy Hour Atrium	3:00 pm Happy Hour Atrium
		6:30 pm Movie & Popcorn Atrium	3:00 pm The Big Band Lobby	3:00 pm Happy Hour Atrium	6:30 pm Music with Shannon Rae Lobby	6:30 pm Movie & Popcorn Activity Area	6:30 pm Movie & Popcorn Atrium	6:30 pm Movie and Popcorn Atrium	6:30 pm Movie & Popcorn Activity Area	6:30 pm Movie & Popcorn Activity Area	3:00 pm Volusia Medical Supply Atrium	3:00 pm Happy Hour Atrium	3:00 pm Happy Hour Atrium
			Movie & Popcorn Activity Area	6:30 pm Movie & Popcorn Activity Area	6:30 pm Movie & Popcorn Activity Area	6:30 pm Movie & Popcorn Activity Area	6:30 pm Movie & Popcorn Atrium	6:30 pm Movie and Popcorn Atrium	6:30 pm Movie & Popcorn Activity Area	6:30 pm Movie & Popcorn Activity Area	6:30 pm Movie & Popcorn Activity Area	Outdoor Activity with Bella Backyard	3:00 pm Happy Hour Atrium
											6:30 pm Movie & Popcorn Activity Area	Outdoor Activity with Bella Backyard	6:30 pm Movie & Popcorn Activity Area

December 15–26, 2018

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

15	16	17	18	19	20	21	22	23	24	25	26
Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday
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 and Doctor trips Atrium	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 Trips Concierge Desk	9:00 am Merry Christmas Conversation Lobby	9:00 am Personal & Doctor Trips Concierge Desk
9:30 am Church of Epiphany Activity Area	10:00 am Our Lady of Hope Group Liturgy Activity Area	9:00 am Vitas Healing through the Holidays Support Group Activity Area	9:30 am Aerobics Exercise Area	9:00 am Resident Council Meeting Atrium	9:30 am Billiards Billiards Room	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	9:00 am Vitas Healing through the Holidays Support Group Activity Area	9:30 am Dominoes Atrium	9:30 am Darts Billiards Room
10:00 am Piano Recital Lobby	10:30 am Countryside Church Exercise Area	9:30 am Crossword/Trivia Atrium	10:00 am Stretch & Stability Exercise Area	10:00 am Visits with Bella Door-to-Door	9:30 am Bingo Dining Room	11:00 am Circuit Training Exercise Area	10:00 am Piano Recital Lobby	10:30 am Countryside Church Exercise Area	9:30 am Christmas Eve Visit with Friends Atrium	1:00 pm Walks with Bella Backyard	10:00 am Atlantic Hearing Balance Atrium
1:00 pm Visits with Bella Door-to-Door	1:00 pm Football Billiards Room	11:00 am Visits with Bella Door-to-Door	10:00 am Visits with Bella Billiards Room	10:30 am Puzzles Billiards Room	10:00 am Visits with Bella Door-to-Door	1:00 pm Bus Ride Concierge Desk	1:00 pm Puzzles Billiards Room	1:00 pm Football Billiards Room	11:00 am Visits with Bella Door-to-Door	1:00 pm Visits with Bella Backyard	10:45 am Dancing in your Seats Lobby
1:00 pm Football Billiards Room	2:00 pm Gailforce Lobby	11:00 am Circuit Training Exercise Area	10:00 am Culinary Club Christmas Cookies! Atrium	10:45 am Dancing in your Seats Lobby	1:00 pm Book Club Library	1:00 pm Stretch Exercise Area	1:00 pm Forgiven Way Lobby	2:00 pm Dominoes Atrium	11:00 am Circuit Training Exercise Area	3:00 pm Happy Hour Atrium	1:00 pm Dancing in your Seats Lobby
1:30 pm Bingo Dining Room	3:00 pm Happy Hour Atrium	1:00 pm Music with Bobby Meeks Lobby	1:00 pm Music with Sam Collins Lobby	11:00 am Lunch Bunch Concierge Desk	1:00 pm Hand and Foot Activity Area	1:40 pm Visits with Bella Atrium	1:30 pm Football Billiards Room	3:00 pm Happy Hour Atrium	1:00 pm Music with Tennyson Lobby	6:30 pm Movie & Popcorn Activity Area	1:00 pm Lunch Bunch Concierge Desk
3:00 pm Happy Hour Atrium	6:30 pm Movie and Popcorn Atrium	Shopping: Walmart Concierge Desk	1:00 pm Walks with Bella Backyard	1:00 pm Circuit Training Exercise Area	2:00 pm Yoga Exercise Area	2:30 pm Music with Judy Locke Lobby	3:00 pm Happy Hour Atrium	6:30 pm Happy Hour Atrium	Shopping: Bealls & Ross Concierge Desk	6:30 pm Movie & Popcorn Activity Area	1:00 pm Music with Dino Lobby
6:00 pm New Hope Church		Visits with Bella Atrium	Hand and Foot Activity Area	1:00 pm Trivia Atrium	2:00 pm Jazz with Jonathan Lobby	3:00 pm Happy Hour Wine & Appetizers Atrium	3:00 pm Happy Hour Atrium	3:00 pm Happy Hour Atrium	Visits with Bella Concierge Desk		1:00 pm Walks with Bella Backyard
6:00 pm Caroling Door to Door		2:00 pm Bridge Activity Area	2:00 pm Hand and Foot Activity Area	2:00 pm Circuit Training Exercise Area	3:00 pm Happy Hour Lobby	3:00 pm Happy Hour Wine & Appetizers Atrium	3:00 pm Happy Hour Atrium	6:30 pm Movie & Popcorn Atrium	Visits with Bella Atrium		Hand and Foot Activity Area
6:30 pm Blue Velvet Lobby		Dancing in your Seats Exercise Area	2:00 pm December Birthday Celebration Lobby	2:30 pm Functional Flex Exercise Area	3:00 pm Happy Hour Atrium	Outdoor Activity with Bella Backyard	3:00 pm Happy Hour Atrium	6:30 pm Movie & Popcorn Billiards Room	2:00 pm Bingo Dining Room		2:00 pm Functional Flex Exercise Area
6:30 pm Movie & Popcorn Activity Area		Outdoor Activity with Bella Backyard	Yoga Exercise Area	2:30 pm Spanish Class Dining Room	3:00 pm Happy Hour Atrium	Darts Billiards Room	3:00 pm Happy Hour Atrium	Puzzles Billiards Room	2:00 pm Bridge Activity Area		3:00 pm Happy Hour Atrium
Puzzles Billiards Room		3:00 pm Happy Hour Atrium	3:00 pm Yoga Exercise Area	3:00 pm Happy Hour Atrium	3:00 pm Happy Hour Atrium	6:30 pm Music with Sweet Melissa Lobby	3:00 pm Happy Hour Atrium		Dancing in your Seats Exercise Area		3:00 pm Happy Hour Atrium
		6:30 pm Shenanigans the Show Lobby	Outdoor Activity with Bella Backyard	3:00 pm Happy Hour Atrium	3:00 pm Happy Hour Atrium	6:30 pm Movie & Popcorn Activity Area	3:00 pm Happy Hour Atrium		Outdoor Activity with Bella Backyard		6:30 pm Movie & Popcorn Activity Area
			3:00 pm Happy Hour Atrium	6:30 pm George Gall Lobby	6:30 pm George Gall Lobby		6:30 pm Movie & Popcorn Activity Area		Happy Hour Atrium		
			Visits with Bella Atrium	6:30 pm George Gall Lobby	6:30 pm George Gall Lobby				3:00 pm Happy Hour Atrium		
			Visits with Bella Atrium	Movie & Popcorn Activity Area	Movie & Popcorn Activity Area				6:30 pm Movie & Popcorn Activity Area		

DECEMBER CSL BIRTHDAYS

RESIDENTS	STAFF
December 2 Sophie Griffin	December 2 Joe Pfalzgraf Culinary
December 4 Halina Marquand	December 4 Taylor Smith Culinary
December 6 Betty Moran	December 7 Tyler Day Culinary
December 7 Normand Robert	December 7 Julie Smith Nursing
December 13 Albert Moscoco	December 13 Celia Lauren Housekeeping
December 15 Sally D'Agresta	December 15 Marissa Caro Nursing
December 16 Lynn Molnar Dolores Burkard	December 15 Tressa Deegan Housekeeping
December 23 Mary Deininger	December 17 Jacqueline Jones Nursing
December 26 James McCown	December 18 Nick Avis Culinary
December 31 Donald Poehnert	December 24 Diane Goyette Director
	December 25 Kris Favata Kitchen Manager
	December 30 Murine Wilson Nursing

December 27–31, 2018

27 Thursday	28 Friday	29 Saturday	30 Sunday	31 Monday
9:00 am Personal Trips Concierge Desk Aerobics Exercise Area Billiards Billiards Room	8:30 am Shopping: Dollar Tree 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 1:00 pm Bus Ride Concierge Desk Stretch Exercise Area Visits with Bella Atrium 1:40 pm Dancing in your Seats Exercise Area 2:30 pm Music with Judy Locke Lobby 3:00 pm Happy Hour Atrium 6:30 pm 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 Puzzles Billiards Room Visits with Bella 1:00 pm Tennyson Lobby Football Billiards Room 1:30 pm Bingo Dining Room 3:00 pm Happy Hour Atrium Visits with Bella Atrium 6:30 pm Movie & Popcorn Atrium Puzzles Billiards Room	9:00 am Coffee & Conversation Lobby 10:00 am Our Lady of Hope Group Liturgy Activity Area 10:30 am Countryside Church Exercise Area 1:00 pm Roy Orbison and Peggy Lee Lobby 2:30 pm Dominoes Atrium 3:00 pm Happy Hour Atrium 6:30 pm Movie & Popcorn Atrium	Happy New Year New Years Party and Activities All Day See Daily Calendar for details!

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



Don't forget to drop off your toys in the box located in the lobby. Toys must be new and unwrapped. We will be collecting toys through December 21st.

Cuda's Unhooked

See Stephanie for Christmas Gift Ideas for the kids!

Pick an angel off the tree to help Allie, Tyler, Wesley, and Leilani have a beautiful Christmas.

These kids are amazing and they truly need to know they are loved and cared for.



Merry Christmas from the Directors

Merry Christmas, Happy Hanukkah, Feliz Navidad!
Dear Santa, I received the best gift in February of this year. I became the Life Engagement Director at Countryside Lakes. This community is such a blessing to be a part of. The residents are so loving, caring, and kind. The staff is helpful, fun, and compassionate. They have all been so joyful in all my antics and shenanigans. Every single person that lives here has brought a smile to my face and joy to my life. All I want for Christmas is for them to have the best holiday season filled with love and laughter and friendship. My prayer for all is to find joy in each day, focus on the good, and remember all the wonderful Christmas's of the years gone by. May each resident feel the hope that a New Year brings and gain health and peace for 2019. With many thanks, prayers, and Love!

Stephanie Lynch

Director of Life Engagement

May your hearts and homes be filled with the joys that this Holiday Season brings, Merry Christmas and a wonderful New Year!

Tammy Sawtell

Director of Nursing

Residents and Family, Best wishes for the holidays and happiness throughout the new year!

Celia Lauren

Director of Housekeeping

I would like to wish everyone a Merry Christmas and a joyous New Year. It is such an honor to have the opportunity to spend my days with the residents and staff here at CountrySide Lakes. I hope Santa brings you everything you wish for and the New Year is full of good health and new experiences.

Michaelene Achorn

Administrative Manager

Thank you for the sweet and thoughtful introduction to the CSL family. I want to wish everyone here at CSL a happy and safe holiday season.

Devin Gairor

Executive Chef

To all of our Residents, I want to wish you peace and blessings this Holiday Season. It is a pleasure to be with all of you. May 2019 bring love and joy to all.

Andrew Leszczynski

Director of Maintenance

Happy Holidays to all of our Residents, Families, Staff & Guests. I am so blessed to be a part of this great community here at CountrySide Lakes. The True meaning of the Holidays is Happiness, Peace and Joy. We have that everyday, all day, all year. Therefore we have the Holiday Spirit in all of us always and for that I am so thankful. I look forward to another year ahead embracing all of us here at CountrySide Lakes.

Diane Goyette

Director of Sales and Marketing

As we enter this Holiday Season, I would like to wish my CountrySide Lakes Family a Blessed and Happy Holiday!

Trudy Simmons

Assistant Director of Nursing

Interesting Facts About DECEMBER

- ❖ December 5, 1492 – Haiti was discovered by Christopher Columbus.
- ❖ December 5, 1791 – Wolfgang Amadeus Mozart died a pauper at age 35 in Vienna, Austria. He had become seriously ill and rapidly declined, leading to speculation that he had been poisoned, although this was later proven false. During his brief life, he created over 600 musical compositions and is widely considered one of the finest composers who ever lived.
- ❖ December 6, 1877 – At his laboratory in West Orange, New Jersey, Thomas Edison spoke the children's verse "Mary had a Little Lamb..." while demonstrating his newly invented phonograph which utilized a revolving cylinder wrapped in tinfoil to record sounds.
- ❖ December 7, 1941 – The U.S. Naval base at Pearl Harbor, Hawaii, was attacked by nearly 200 Japanese aircraft in a raid that lasted just over one hour and left nearly 3,000 Americans dead.
- ❖ December 11, 1901 – The first transatlantic radio signal was transmitted by Guglielmo Marconi from Cornwall, England, to St. John's, Newfoundland.
- ❖ December 24, 1943 – General Dwight D. Eisenhower was appointed Supreme Commander of the Allied Expeditionary Force preparing for D-Day.

Ilsa DeSosa

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



Ilsa joined our team in August 2017 and, since day one, she has brought excellence, quality, and service to our residents and her team. Ilsa loves plants and animals and shares a special bond with Bella. Ilsa has an unwavering compassion, respect, and desire to be there for our residents. She wants to ensure they have the very best everyday. You will never see her without a smile. Thank you Ilsa for your hard work and dedication!

**CountrySide Lakes**
A Shepherd Senior Living Community

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