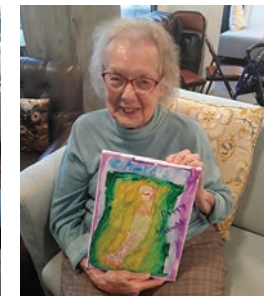
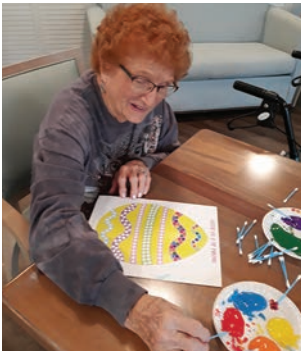


CountrySide Chronicle

MONTHLY NEWS CALENDAR

MAY 2020

April Showers Bring May Flowers...and Fun!



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CSL32127

From the Director's Desk

Who would have thought that April would have gone by so fast? Maybe the days seem longer, but the weeks seem shorter... that may not make sense to anyone. I may just be suffering from "COVID-itis", not sure if that's even a word.

Well, what do you think about how the country is handling this entire COVID-19 pandemic? That's not a political question – I am curious about how you and your families are dealing with everything. What are your thoughts on how we will recover from all the stress and strain of the virus? I think the way our country operates will have to change. I think the way

a lot of the people work is going to change. I think the way that our kids and grandkids and even great grandkids go to school and are educated will be forever changed. I don't think any segment of our economy, or any individual will come out of this unaffected. This pandemic will reshape our country – and the world, for that matter.

I have been focusing daily on giving thanks and finding the silver lining to things. I work to communicate better and I work to make a difference. Times like this prove who we are. Do you see yourself as a kind person? Now is the time to prove it. Are you



an understanding person? Again, now is the time to prove it. Don't be defined or defeated by this virus. Make a conscious effort every day to be a difference maker. Show the people around you how to react and how to act during an extremely difficult time. Together, we will get through this.

Charlie

Honoring our Military

All gave some. Some gave ALL.

Thank you to the Military Spouses who served in the Armed Forces or kept everything going on the home front. The reason our military is able to protect us all is because of loving families who support them.

Join us in celebrating: **Armed Forces Day** | May 16th – We are thankful for every branch and every member.
Memorial Day | May 25th – Remembering those who gave their lives for our freedom.



The Importance of Stress Relief

The past few months have been difficult, stressful, and challenging. We all miss our family and friends. We look forward to the day when we can all be together again. It is very important to find ways to relieve stress. Having some time each day to set aside the world's problems, our own difficulties, and just remember all of the wonderful things life has given us and still has to offer. Here are Stephanie's top tips for stress relief.

Activities – giving your mind something else to concentrate on can lessen worries.

Reading – look for inspirational books that can give you hope and courage to face anything. Seeing how others overcome is a boost of encouragement.

Exercise – it doesn't have to be extreme, a simple walk, ten minutes of stretching, anything that gets your blood pumping can help release endorphins to make you feel better.

Communication – we are all here for you, if you just need a friendly face to listen, we have those. Do you need a compassionate mind for advice, we have those. Do you need to see a smile? We have plenty! Staying positive through challenges gives strength to self and others!



MAY Birthdays

RESIDENTS

- May 1
Eloise Doster
Millie Gover
- May 2
Marjorie Hedrick
- May 3
Allen Fouraker
- May 8
Jan Sanetti
- May 11
Ute Bahr
Domenic D'Agresta
- May 13
Wilma Dickey
- May 15
Bill Swenson
- May 17
Bernice Giddish
- May 19
Barbara Rollins
- May 20
Penny Rowland
- May 21
Walma Taylor
- May 28
Kathleen Wilt
- May 30
Judy Van Camp

STAFF

- May 7
Mason Rape
- May 12
Michele Juzwiak
- May 15
Patricia Borders
Rachel Keithan
- May 16
Olivia Nason
- May 17
Vivian Roberts
- May 19
Ryan Gardner
- May 20
Patrice Fiddler
- May 26
John Edgar
- May 29
Christopher Boyle

COUNTRYSIDE HEROES

Our Heroes... our Residents. their Families. our Team. our Leaders. our Partners. Everyone involved in our daily life is a HERO beyond measure.

Thank you to each and every resident, family member, team member, director, and all of our vendors. Without each and every one of you we could not accomplish the tasks at hand. We know how hard it has been on everyone. We appreciate your dedication in all aspects of our lives.



RESIDENT SPOTLIGHT

Lewis Lampe

Lew (aka Lewie) Lampe has served his country ever since joining the Navy at the age of 17. A renowned Ammunitions Specialist for the Department of Defense, Lew has traveled the world extensively throughout his life. His favorite place is Germany.

Born in Bellevue, Iowa, Lew celebrated his 85th birthday on April 17th. He was married for 12 years and has a devoted son and daughter. He follows international news closely each day and loves ballroom dancing but his passion is professional football. He can hardly wait to watch "Brady & Bronk" playing for his beloved Tampa Bay Buccaneers!

