

CountrySide Chronicle

MONTHLY NEWS CALENDAR

MAY 2021

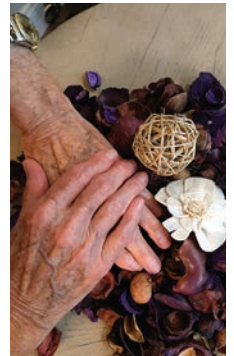
May is for Mom!



Hands that hold our family together.
Hands that express love and beauty.
Hands that make one feel safe.
Hands that stroke brows to ease worry and pain.
Hands that sew, mend and iron clothes.
Hands that knead dough and bake cookies.
Hands that prune roses and plant flowers.
Hands that write words of encouragement and belief.
Hands that gather wood and build fires.
Hands that rub sore muscles and heal.
Hands that create and wrap gifts.



Honest hands. Giving hands.
Scarred hands. Working hands.
Praying hands.



Hands that have held hope and longing.
Hands that have nestled soft babies and grandsons.
Hands that have wiped tears and caressed cheeks.
Hands that have clutched heartache and loss.



Hands that have flipped burgers, canned and cooked many meals.
Hands that have worked the soil, fed animals and seeded fields.
Hands that have hung IV bags and passed instruments.
Hands that have made beds and pulled up our covers.



Hands that have strewn popcorn and decorated trees.
Hands that have washed, brushed and curled hair.
Hands that have soothed many souls.

Strong hands. Loving hands.
Holding unto dreams and faith.

A blessing to behold.
The gift of my mother's hands.

From the Director's Desk

Welcome May in with warmth and sunshine. We are so excited to be able to see everyone. I know the past year has taken a toll on us all and now to have visits, and see loved ones reconnecting is the greatest gift.

I want to thank everyone for their patience, help, understanding, and tenacity in conquering this challenge. We still have some goals to meet but we are on the right path.

We will celebrate Mothers Day this coming Sunday. My mom is such a joy and full of laughter, love, and is always there for me. I appreciate all she has done for me over the years.

We will also celebrate Memorial Day. The sacrifices made by so many are honored in our hearts every day but on May 31st we will take special moments to honor the men and women in our community. We are



forever grateful. Today is a great day to have a great day!

Michaelene

RESIDENT SPOTLIGHT

Frank Mirecki

Yes, Frank was born on April 1st but says he surely is not a fool! Frank was born in Bridesburg (near Philadelphia), Pennsylvania and he worked for the railroad. We are honored to share that Frank is a WWII Veteran and served three years in the U.S. Navy. He has two brothers that also served in the Marines. Frank was married and has four beautiful children and a few grandchildren. His hobbies include model planes and model military vehicles. He enjoys the warm weather we have compared to Philadelphia.

Welcome Home Frank, we are so glad you are here!

Bella's Corner

Follow Bella's photos & videos

   @CSL32127



Bella wants to encourage everyone to take the Aquatic Aerobics class. She loves to swim and enjoys watching everyone from the Physical Therapy department. Did you know Golden Retrievers are avid swimmers? Most start to learn as puppies around eight weeks of age. Everyone knows that water helps with joint pain, inflammation, and gives a great workout without the painful impact that exercise can give. There are many breeds of dogs that love the water and enjoy swimming with their human pets.

ASPCA Animal Poison
Control Center Phone
Number: (888) 426-4435

- ❖ Castor plant
- ❖ Mistletoe
- ❖ Oleander
- ❖ Autumn crocus
- ❖ Bleeding heart
- ❖ Chrysanthemum
- ❖ Flower bulbs of any kind
- ❖ Lily of the valley
- ❖ Peace Lily
- ❖ Rhubarb
- ❖ Stinging nettles
- ❖ Azalea
- ❖ Chinaberry tree
- ❖ Horse chestnut
- ❖ Sago Palm
- ❖ Rhododendron
- ❖ Wisteria

Poisonous Plants

With all the special occasions and spring time in full bloom, Bella wants to remind everyone to be careful with plants and flowers around pets. They are always pretty but can be dangerous for furry friends.

This list contains plants that have been reported as having systemic effects on animals and/or intense effects on the gastrointestinal tract. Please note that the information contained in our plants list is not meant to be all-inclusive, but rather a compilation of the most frequently encountered plants. Please be sure to check the name of the plant to determine its toxicity.

Also, be advised that the consumption of any plant material may cause vomiting and gastrointestinal upset for dogs and cats. Plants listed as either non-toxic, or potentially toxic with mild GI upset as their symptoms are not expected to be life-threatening to your pets.

If you believe that your animal is ill or may have ingested a poisonous substance, or if you have any further questions regarding the information contained in this database, contact either your local veterinarian or the APCC 24-hour emergency poison hotline at 1-888-426-4435.

May 1-28, 2021

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
KENTUCKY DERBY 8-10:00 am Trips to Publix Concierge 9:00 am Puzzles Billiards Room 9:30 am Aqua Aerobics Pool 10:15 am Aqua Aerobics Pool 10:45 am Lunch Bunch Off the Hook 1:30 - 3:00 pm Arts & Crafts Small Groups Atrium 6:30 pm Movie Atrium	10:30 am Church TBA 2:00 pm Mexican Train 2nd Fl A Side Tables 3:00 pm Darts 3rd Fl Billiards 6:30 pm Movie Atrium	9:00 am Billiards Billiards Room 9:30 am Exercise 3rd Fl Exercise Rm 10:15 am Bingo \$.25 per card Dining Room 1:15 pm Darts Billiards Room 2:15 pm Travel Class U.S.A. Atrium 3:15 pm 10¢ Left Right Center Atrium 6:30 pm Movie Atrium	9:00 am Billiards Billiards Room 9:30 am Aqua Aerobics Pool 10:15 am Aqua Aerobics Pool 1:15 pm Bible Study 3rd Fl Exercise Rm 2:15 pm Who am I ???? Atrium 3:15 pm Crossword Atrium 6:30 pm Movie Atrium	9:30 am Exercise 3rd Fl Exercise Rm 10:15 am Bingo Dining Room 1:15 pm Cornhole /Bocce Atrium 2:30 pm Game Show Jeopardy Atrium 3:30 pm Roulette \$.10 Atrium 6:30 pm Movie Atrium	9:00 am Billiards Billiards Room 9:30 am Our Lady of Hope Communion 2nd Fl Activity Room 10:00 am Videos Atrium 2:00 pm Bocce Atrium 2:30 pm Cornhole Atrium	9:00 am Darts Billiards Room 9:30 am Exercise 3rd Fl Exercise Rm 10:15 am Bingo Dining Room 1:15 pm Bocce/Cornhole Atrium 2:30 pm Sing A Long Atrium 3:15 pm Happy Hour Atrium 6:30 pm Movie Atrium	8-10:00 am Trips to Publix Concierge 9:00 am Puzzles Billiards Room 9:30 am Aqua Aerobics Pool 10:15 am Aqua Aerobics Pool 1:30 - 3:00 pm Mothers Day Celebration Atrium 6:30 pm Movie Atrium	9:00 am Visit the Library 2nd Fl B Side Hall 10:30 am Church Outside Backyard 2:00 pm Mexican train 2nd Fl A Side 3:00 pm Darts 3rd Fl Billiards 6:30 pm Movie Atrium	9:00 am Billiards Billiards Room 9:30 am Exercise 3rd Fl Exercise Rm 10:15 am Bingo \$.25 per card Dining Room 1:15 pm Darts Billiards Room 2:15 pm Travel Class U.S.A. Atrium 3:15 pm 10¢ Left Right Center Atrium 6:30 pm Movie Atrium	9:00 am Billiards Billiards Room 9:30 am Aqua Aerobics Pool 10:15 am Aqua Aerobics Pool 1:15 am Mindful Matter Atrium 2:15 pm Who am I ???? Atrium 3:15 pm Brain Games Atrium 6:30 pm Movie Atrium	9:30 am Exercise 3rd Fl Exercise Rm 10:15 am Bingo Dining Room 1:15 pm Cornhole /Bocce Atrium 2:30 pm Game Show Wheel Of fortune Atrium 3:30 pm Roulette \$.10 Atrium 6:30 pm Movie Atrium	9:00 am Billiards Billiards Room 9:30 am Our Lady of Hope Communion 2nd Fl Activity Room 10:00 am Videos Atrium 2:00 pm Bocce Atrium 2:30 pm Cornhole Atrium	9:00 am Darts Billiards Room 9:30 am Exercise 3rd Fl Exercise Rm 10:15 am Bingo Dining Room 1:15 pm Bocce/Cornhole Atrium 2:30 pm Sing A Long Atrium 3:15 pm Happy Hour Atrium 6:30 pm Movie Atrium
15	16	17	18	19	20	21	22	23	24	25	26	27	28
Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
8-10:00 am Trips to Publix Concierge 9:00 am Puzzles Billiards Room 9:30 am Aqua Aerobics Pool 10:15 am Aqua Aerobics Pool 10:45 am Lunch Bunch 4 Rivers BBQ 1:30 - 3:00 pm Arts & Crafts Small Groups Atrium 6:30 pm Movie Atrium	9:00 am Visit the Library 2nd Fl B Side Hall 10:30 am Church Outside Backyard 2:00 pm Mexican train 2nd Fl A Side 3:00 pm Darts 3rd Fl Billiards 6:30 pm Movie Atrium	9:00 am Billiards Billiards Room 9:30 am Exercise 3rd Fl Exercise Rm 10:15 am Bingo \$.25 per card Dining Room 1:15 pm Darts Billiards Room 2:15 pm Travel Class U.S.A. Atrium 3:15 pm 10¢ Left Right Center Atrium 6:30 pm Movie Atrium	9:30 am Aqua Aerobics Pool 10:15 am Aqua Aerobics Pool 1:15 pm Bible Study 3rd Fl Exercise Rm 2:00 pm Communion 2nd Fl Activity Room 2:30 pm Who am I ???? Atrium 3:15 pm Crossword Atrium 6:30 pm Movie Atrium	9:30 am Exercise 3rd Fl Exercise Rm 10:15 am Bingo Dining Room 1:15 pm Cornhole /Bocce Atrium 2:30 pm Game Show Family Feud Atrium 3:30 pm Roulette \$.10 Atrium 6:30 pm Movie Atrium	9:00 am Billiards Billiards Room 9:30 am Our Lady of Hope Communion 2nd Fl Activity Room 10:00 am Videos Atrium 2:00 pm Bocce Atrium 2:30 pm Cornhole Atrium	9:00 am Darts Billiards Room 9:30 am Exercise 3rd Fl Exercise Rm 10:15 am Bingo Dining Room 1:15 pm Bocce/Cornhole Atrium 2:30 pm Sing A Long Atrium 3:15 pm Happy Hour Atrium 6:30 pm Movie Atrium	8-10:00 am Trips to Publix Concierge 9:00 am Puzzles Billiards Room 9:30 am Aqua Aerobics Pool 10:15 am Aqua Aerobics Pool 10:45 am Lunch Bunch Wing House Movie Theatre Pavilion 6:30 pm Movie Atrium	9:00 am Visit the Library 2nd Fl B Side Hall 10:30 am Church Outside Backyard 2:00 pm Mexican train 2nd Fl A Side 3:00 pm Darts 3rd Fl Billiards 6:30 pm Movie Atrium	9:00 am Billiards Billiards Room 9:30 am Exercise 3rd Fl Exercise Rm 10:15 am Bingo \$.25 per card Dining Room 1:15 pm Darts Billiards Room 2:15 pm Travel Class U.S.A. Atrium 3:15 pm 10¢ Left Right Center Atrium 6:30 pm Movie Atrium	9:00 am Billiards Billiards Room 9:30 am Aqua Aerobics Pool 10:15 am Aqua Aerobics Pool 1:15 am Mindful Matters Atrium 2:15 pm Who am I ???? Atrium 3:15 pm Brain Games Atrium 6:30 pm Movie Atrium	9:30 am Exercise 3rd Fl Exercise Rm 10:15 am Bingo Dining Room 1:15 pm Cornhole /Bocce Atrium 2:30 pm Game Show Who wants to be a Millionaire Atrium 3:30 pm Roulette \$.10 Atrium 6:30 pm Movie Atrium	9:00 am Billiards Billiards Room 9:30 am Our Lady of Hope Communion 2nd Fl Activity Room 10:00 am Videos Atrium 2:00 pm Bocce Atrium 2:30 pm Cornhole Atrium	9:00 am Darts Billiards Room 9:30 am Exercise 3rd Fl Exercise Rm 10:15 am Bingo Dining Room 1:15 pm Bocce/Cornhole Atrium 2:30 pm Sing A Long Atrium 3:15 pm Happy Hour Atrium 6:30 pm Movie Atrium

VETERANS
If you are a Veteran please see Stephanie at Happy Hour on Fridays.

May 29–31, 2021

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Saturday

8-10:00 am
Trips to Publix
Concierge

9:00 am
Puzzles
Billiards Room

9:30 am
Aqua Aerobics
Pool

10:15 am
Aqua Aerobics
Pool

10:45 am
Lunch Bunch
Bahama Breeze

1:30 - 3:00 pm
Arts & Crafts
Small Groups
Atrium

6:30 pm
Movie
Atrium

30

Sunday

9:00 am
Darts
Billiards Room

9:30 am
Exercise
3rd Fl Exercise Rm

10:15 am
Bingo
Dining Room

1:15 pm
Bocce/Cornhole
Atrium

2:30 pm
Sing A Long
Atrium

3:15 pm
Happy Hour
Atrium

6:30 pm
Movie
Atrium

31

Monday

MEMORIAL DAY
9:00 am
Puzzles
Billiards Room

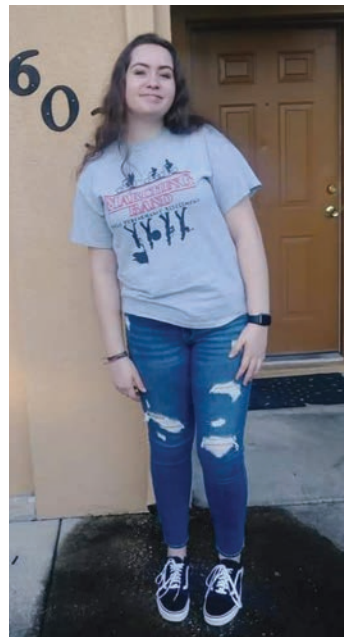
10:00 am
Memorial Day
Honor Ceremony
Atrium

11:00-3:00 pm
Memorial Day
Cookout &
Pool Party
Pool Deck

6:30 pm
Movie
Atrium

Graduation

Lauren Blackden is a smart, spunky, laughable, lovable, hardworking, outgoing young woman who will graduate this month. The seniors of 2021 have faced many challenges and have displayed strength, tenacity, and determination. Lauren, we congratulate you on graduating high school and it is an honor to help you get items you need for the next stage of life.



Meet Tinka Linssens

We would like to introduce to you our Executive Chef and Director of Culinary Tinka Linssens. Tinka was born at Halifax hospital and, because it was her sister's birthday, her parents let her decide her beautifully unique name. Her mom is from Ireland and her dad's side is from Sweden. Tinka has been with her wife since 1998 and they married in 2004. They have a beautiful little girl named Journey. Tinka comes to us with years of experience and excellence in senior living communities. She is a high school graduate of Spruce Creek and She is a graduate of the University of Florida Culinary School.



Her hobbies include six years as a U.S. Olympic Tae Kwon Do fighter. She also spent 6 years as a bicycle officer for the Holly Hill Police Department. Her philosophy in life is "Stay in your lane. If it doesn't concern you, don't get involved." It keeps your life much less stressful!

Welcome, Tinka – we are thankful you are here with us and look forward to tasting some of your favorite dishes.

Monday Grocery Orders

Grocery orders are only done on Mondays now. Turn in orders of \$35.00 or more by Sunday and they will be ordered Monday, delivered on Tuesday.

The Reason for Memorial Day

Memorial Day is an American holiday, observed on the last Monday of May (the 31st this year), honoring the men and women who died while serving in the U.S. military.

Originally known as Decoration Day, it originated in the years following the Civil War and became an official federal holiday in 1971. Many Americans observe Memorial Day by visiting cemeteries or memorials, holding family gatherings and participating in parades. Unofficially, it marks the beginning of the summer season.

HISTORY OF MEMORIAL DAY

Memorial Day, as Decoration Day gradually came to be known, originally honored only those lost while fighting in the Civil War. But during World War I the United States found itself embroiled in another major conflict, and the holiday evolved to commemorate American military personnel who died in all wars, including World War II, The Vietnam War, The Korean War and the wars in Iraq and Afghanistan.

For decades, Memorial Day continued to be observed on May 30, the date Logan had selected for the first Decoration Day. But in 1968 Congress passed the Uniform Monday Holiday Act, which established Memorial Day as the last Monday in May in order to create a three-day weekend for federal employees; the change went into effect in 1971. The same law also declared Memorial Day a federal holiday.

Community Event Prize Winner

Jowell Beck of Ponce Inlet was the prize winner of the drawing at our recent free community shredding event. Michaelene Achorn, General Manager of CountrySide Lakes, presented the gift card to Jowell, who has nine grandchildren and fifteen great grandchildren.



CSL BIRTHDAYS MAY

RESIDENTS

- May 1
Millie Gover
- May 2
Marjorie Hedrick
- May 3
Allen Fouraker
- May 11
Ute Bahr
- May 13
Wilma Dickey
- May 15
Bill Swenson
- May 17
Bernice Giddish
- May 19
Barbara Rollins
- May 20
Penny Rowland
- May 30
Terry Johnston
Judy Van Camp
Judith Sanders

STAFF

- May 15
Patty Borders
- May 19
Ryan Gardner
- May 22
Barbara Lovelace

Welcome to the Team!

Christine Johnson

Please be sure to introduce yourself to Christine, who is now part of our concierge team. Christine will help you and your families check-in after being out of the building. She just moved to Florida this past November and she truly loves our palm trees. Born in Rome, NY, she is now engaged to a man she has known for 28 years – since they were children! Christine loves being a part of the CountrySide Lakes team and says everyone has been so kind and helpful. Her life philosophy is simple, “It is what it is, so you make the best of it.” We are glad you are part of our family, Christine!



CountrySide Lakes®

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