

# CountrySide Chronicle

MONTHLY NEWS CALENDAR

JULY 2021

Summer Time, Fun Time, All the Time!



Follow us for updates – [CountrySideLakes.com](http://CountrySideLakes.com)    CSL32127



## From the Director's Desk

Independence day could not have come at a better time. We have regained our independence and are now able to eat together in the dining room, venture out for lunch bunch and the movies, and, most importantly, resume a more health conscience normal life. This 4th of July we celebrate our country, but also ourselves for enduring the challenges over the past 16 months and being able to say we are still fighting the battle against COVID.

We are celebrating Independence Day with a

special Ultimate Burger Bar Buffet, with toppings like grilled onions and mushrooms! We will also have a yummy red, white, and blue dessert so we can all enjoy the sweetness of summer.

Summer heat is blazing, please keep a bottle of water with you and stay hydrated. If you go out, try to do so early in the morning or later in the afternoon. Wear sunscreen, drink water, and enjoy the air conditioning by keeping your patio doors and front doors closed. Be sure to keep your pets' paws off the hot pavement also!



I am so happy to have music back in the building – be sure to catch all our great entertainers.

Today is a great day to make it a great day!

*Michaelene*

### RESIDENT SPOTLIGHT

## Marian Villani

At the beautiful young age of 94 as of July first, Marian is excited to be here with all of us. She was born in Nanticoke, PA and lived there until she was 18. She then moved to New Jersey to enter the Cadet Nursing Corp. During WWII she became a nurse and lived in New Jersey until 1996 when she moved to Florida. Marian has two beautiful daughters who live in Florida and a beloved son who is in heaven. She has seven grandsons, seven great grandsons, and two great granddaughters. She has always loved music, dancing, and theatre. She even learned to tap dance so she could play a nurse in the presentation of South Pacific with her theatre group in Jersey. She loves to stay active, and other hobbies include sewing and reading, and anything to keep her brain challenged. Her philosophy in life is to forget the past, focus on the present, and look forward to the future. Welcome Marian – we are so glad to have you as part of the CountrySide Lakes family.



## Bella's Corner

More pets run away on the Fourth of July than any other day of the year. So, it's critical to ensure people can identify your dog and contact you if he runs off out of fear. Getting him microchipped well in advance of such holidays is a smart decision. It's also a good idea to attach identification tags to his collar.



### 4 REASONS DOGS ARE SCARED OF FIREWORKS

#### 1. THEY'RE LOUD

Most fireworks make some kind of loud sound. Dogs have a more acute sense of hearing than humans, so those loud booms, crackles and whistles are alarming.

#### 2. THEY'RE UNPREDICTABLE

Those firecrackers come without warning. The loud noises and flashing lights sound and look different each time. Plus, they come at different intervals, so dogs can't get used to them.

#### 3. THEY POSE A THREAT

The noise and unpredictability of fireworks leads many dogs to perceive them as a threat. This triggers their fight-or-flight response. Your dog may bark at the noises or try to run away and hide. He may show other signs of anxiety, too, like restlessness, panting, pacing and whining.

#### 4. FIREWORKS MAKE DOGS FEEL TRAPPED

If the noises trigger your dog's flight response, he will try to run from the threat. Unfortunately, there's often nowhere to go, as you can still hear those loud booms indoors.

### HOW TO KEEP YOUR DOG SAFE & CALM DURING FIREWORKS

Fortunately, there are several things you can do to help your dog feel safe and secure.

**Keep Him Inside:** Even if your dog spends most of his time outdoors, bring him inside during firework displays. This will prevent him from running away when he feels scared, which can put him in danger.

**Create a Safe Space:** If your dog is crate-trained, make his crate available, as that's probably already a safe space for him. If not, put him in a bathroom or other small room with music or white noise to help drown out the boom of fireworks. Bringing his bed, blankets and toys into the room can make him feel more comfortable.

# July 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
Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday
9:00 am <b>Billiards</b> Billiards Room 9:30 am <b>Our Lady of Hope Communion</b> 2nd Fl Activity Room 10:00 am <b>Music with Jonathan</b> Lobby 2:00 pm <b>Cornhole</b> Atrium 3:00 pm <b>Happy Hour</b> Atrium 6:30 pm <b>Movie</b> Atrium	9:30 am <b>Exercise</b> 3rd Fl Exercise Rm 10:15 am <b>Cornhole / Axe Throwing</b> Atrium 1:30 pm <b>Bingo \$1.00 per card</b> Dining Room 3:00 pm <b>Happy Hour with Music</b> Atrium 6:30 pm <b>Movie</b> Atrium	8-10:00 am <b>Trips to Publix</b> Concierge 9:00 am <b>Puzzles</b> Billiards Room 9:30 am <b>Aqua Aerobics</b> Pool 1:00 <b>Arts &amp; Crafts Small Groups</b> Atrium 3:00 pm <b>Happy Hour</b> Atrium 6:30 pm <b>Movie</b> Atrium	<b>HAPPY JULY 4TH</b> 9:00 am <b>Visit the Library</b> 2nd Fl B Side Hall 10:30 am <b>Church with Danny &amp; Linda</b> Lobby 11:30 pm <b>ULTIMATE BURGER BAR</b> Dining Room 2:00 pm <b>Mexican train</b> 2nd Fl A Side 3:00 pm <b>Darts</b> 3rd Fl Billiards 3:00 pm <b>Happy Hour</b> Atrium 6:30 pm <b>Movie</b> Atrium	9:30 am <b>Exercise</b> 3rd Fl Exercise Rm 10:15am <b>Travel Class U.S.A.</b> Atrium 11:00 am <b>Darts</b> Billiards Room 1:00 pm <b>Music with Mickey</b> Lobby 2:15 pm <b>10¢ Roulette</b> 2nd Fl Act Rm 3:00 pm <b>Happy Hour</b> Atrium 3:00 pm <b>Brain Games</b> 2nd Fl Act Rm 6:30 pm <b>Movie</b> Atrium	9:30 am <b>Aqua Aerobics</b> Pool 11:00 am <b>Darts</b> Billiards Room 1:15 pm <b>Bocce</b> Lobby 2:15 pm <b>10¢ Roulette</b> 2nd Fl Act Rm 3:00 pm <b>Happy Hour</b> Atrium 3:00 pm <b>Brain Games</b> 2nd Fl Act Rm 6:30 pm <b>Movie</b> Atrium	9:30 am <b>Exercise</b> 3rd Fl Exercise Rm 10:15 am <b>Game Show Wheel Of fortune</b> Atrium 1:30 pm <b>Bingo</b> Dining Room 3:00 pm <b>Mindful Matters</b> 3rd Fl Exercise Rm 3:00 pm <b>Happy Hour</b> Atrium 6:30 pm <b>Movie</b> Atrium	9:00 am <b>Billiards</b> Billiards Room 9:30 am <b>Our Lady of Hope Communion</b> 2nd Fl Activity Room 10:00 am <b>Videos</b> Atrium 1:00 pm <b>Music with Sam</b> Lobby 2:15 pm <b>CornHole</b> Atrium 3:00 pm <b>Happy Hour</b> Atrium 6:30 pm <b>Movie</b> Atrium	9:30 am <b>Exercise</b> 3rd Fl Exercise Rm 10:15 am <b>Cornhole / Axe Throwing</b> Atrium 1:00pm <b>BlackJack</b> Atrium 2:00 pm <b>Sing A Long with Judy</b> Lobby 3:00 pm <b>Happy Hour W/ Funny Videos</b> Atrium 6:30 pm <b>Movie</b> Atrium	9:00 am <b>Puzzles</b> Billiards Room 10:45 am <b>Lunch Bunch</b> Concierge 1:00 pm <b>Music with Jiller</b> Lobby 2:00 - 3:00 pm <b>Arts &amp; Crafts Small Groups</b> Atrium 3:00 pm <b>Happy Hour with Trivia</b> Atrium 6:30 pm <b>Movie</b> Atrium	9:00 am <b>Visit the Library</b> 2nd Fl B Side Hall 10:30 am <b>Church with Danny &amp; Linda</b> Lobby 1:00 pm <b>Music with Al Canali</b> Lobby 2:00 pm <b>Mexican train</b> 2nd Fl A Side 3:00 pm <b>Happy Hour</b> Atrium 6:30 pm <b>Movie</b> Atrium	9:30 am <b>Stretch Exercise</b> 3rd Fl Exercise Rm 10:15am <b>Travel Class U.S.A.</b> Atrium 11:00 am <b>Darts</b> Billiards Room 1:30 pm <b>Bingo</b> Dining Room 2:30 pm <b>Who am I ????</b> Atrium 3:00 pm <b>Happy Hour\$</b> Atrium 6:30 pm <b>Movie</b> Atrium	9:30 am <b>Aqua Aerobics</b> Pool 11:00 am <b>Darts</b> Billiards Room 1:15 pm <b>Bocce</b> Lobby 2:15 pm <b>10¢ Left Right Center</b> 2nd Fl Act Rm 3:00 pm <b>Happy Hour</b> Atrium 3:15 pm <b>Crossword</b> 2nd Fl Act Rm 6:30 pm <b>Movie</b> Atrium	9:30 am <b>Weights Exercise</b> 3rd Fl Exercise Rm 10:15 am <b>Game Show Jeopardy</b> Atrium 1:30 am <b>Bingo</b> Dining Room 3:00 pm <b>Bible Study &amp; Communion</b> 3rd Fl Exercise Rm <b>Happy Hour</b> Atrium 6:30 pm <b>Movie</b> Atrium
15	16	17	18	19	20	21	22	23	24	25	26	27	28
Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday
9:00 am <b>Billiards</b> Billiards Room 9:30 am <b>Our Lady of Hope Communion</b> 2nd Fl Activity Room 10:00 am <b>Music with Shannon</b> Lobby 2:00 pm <b>CornHole</b> Atrium 3:00 pm <b>Happy Hour</b> Atrium	9:30 am <b>Cardio Exercise</b> 3rd Fl Exercise Rm 10:15 am <b>Cornhole / Axe Throwing</b> Atrium 1:30 pm <b>Bingo 25¢ per card</b> Dining Room 3:00 pm <b>Happy Hour W Music</b> Atrium 6:30 pm <b>Movie</b> Atrium	8-10:00 am <b>Trips to Publix</b> Concierge 9:00 am <b>Puzzles</b> Billiards Room 9:30 am <b>Aqua Aerobics</b> Pool 10:45 am <b>Lunch Bunch</b> 2:00 p.m. <b>Arts &amp; Crafts Small Groups</b> Atrium 3:00 pm <b>Happy Hour</b> Atrium 6:30 pm <b>Movie</b> Atrium	9:00 am <b>Visit the Library</b> 2nd Fl B Side Hall 10:30 am <b>Church with Danny &amp; Linda</b> Lobby 1:00 pm <b>Music with Gailforce</b> Lobby 2:00 pm <b>Mexican train</b> 2nd Fl A Side 3:00 pm <b>Happy Hour</b> Atrium 6:30 pm <b>Movie</b> Atrium	9:30 am <b>Stretch Exercise</b> 3rd Fl Exercise Rm 10:15 am <b>Travel Class U.S.A.</b> Atrium 11:00 am <b>Darts</b> Billiards Room 1:30 pm <b>Bingo</b> Billiards Room 3:00 pm <b>Happy Hour</b> Atrium 10¢ Left Right Center 2nd Fl Act Rm 6:30 pm <b>Movie</b> Atrium	9:30 am <b>Aqua Aerobics</b> Pool 11:00 am <b>Roulette</b> Atrium 1:15 pm <b>Bocce</b> Lobby 2:15 pm <b>Who am I ????</b> 2nd Fl Act Rm 3:00 pm <b>Happy Hour</b> Atrium 3:00 pm <b>Brain Games</b> 2nd Fl Act Rm 6:30 pm <b>Movie</b> Atrium	9:30 am <b>Weights Exercise</b> 3rd Fl Exercise Rm 10:15 am <b>Game Show Pictionary</b> Atrium 1:30 am <b>Bingo</b> Dining Room 2:30 pm <b>Piano Music with Sherri</b> Lobby 3:00 pm <b>Mindful Matters</b> 3rd Fl Exercise Rm 6:30 pm <b>Movie</b> Atrium	9:00 am <b>Billiards</b> Billiards Room 9:30 am <b>Our Lady of Hope Communion</b> 2nd Fl Activity Room 10:00 am <b>Videos</b> Atrium 1:00 pm <b>Music with Susie</b> Lobby 2:00 pm <b>CornHole</b> Atrium 3:00 pm <b>Happy Hour</b> Atrium	9:30 am <b>Cardio Exercise</b> 3rd Fl Exercise Rm 10:15 am <b>Cornhole / Axe Throwing</b> Atrium 1:30 pm <b>Bingo 25¢ per card</b> Dining Room 3:00 pm <b>Happy Hour W Music</b> Atrium 6:30 pm <b>Movie</b> Atrium	8-10:00 am <b>Trips to Publix</b> Concierge 9:30 am <b>Aqua Aerobics</b> Pool 10:15 am <b>Aqua Aerobics</b> Pool 10:45 am <b>Lunch Bunch</b> Concierge 1:30 - 3:00 pm <b>Arts &amp; Crafts Small Groups</b> Atrium 3:00 pm <b>Happy Hour</b> Atrium 6:30 pm <b>Movie</b> Atrium	10:30 am <b>Church</b> TBA 2:00 pm <b>Mexican Train</b> 2nd Fl A Side Tables 3:00 pm <b>Darts</b> 3rd Fl Billiards 3:00 pm <b>Happy Hour</b> Atrium 6:30 pm <b>Movie</b> Atrium	9:30 am <b>Stretch Exercise</b> 3rd Fl Exercise Rm 10:15 am <b>Travel Class U.S.A.</b> Atrium 11: 00 am <b>Darts</b> Billiards Room 1:30 pm <b>Bingo 25¢ per card</b> Dining Room 3:00 pm <b>Happy Hour</b> Atrium 3:00 pm <b>10¢ Left Right Center</b> 2nd Fl Act Rm 6:30 pm <b>Music with Blue Velvet</b> Atrium	9:30 am <b>Aqua Aerobics</b> Pool 1:15 am <b>Puzzles</b> Billiards Room 2:15 pm <b>Who am I ????</b> Atrium 3:15 pm <b>Brain Games</b> 2nd Fl Act Rm 3:00 pm <b>Happy Hour</b> Atrium 6:30 pm <b>Movie</b> Atrium	9:30 am <b>Weights Exercise</b> 3rd Fl Exercise Rm 10:15 am <b>Mindful Matter</b> 3rd Fl Exer Rm 1:30pm <b>Bingo</b> Dining Room 2:30 pm <b>Game Show Wheel Of fortune</b> 2nd Fl Act Rm 3:00 pm <b>Happy Hour</b> Atrium 3:30 pm <b>10¢ Roulette</b> 2nd Fl Act Rm 6:30 pm <b>Movie</b> Atrium





# Happy Fourth of July!

The Fourth of July — also known as Independence Day or July 4th—has been a federal holiday in the United States since 1941, but the tradition of Independence Day celebrations goes back to the 18th century and the American Revolution. On July 2nd, 1776, the Continental Congress voted in favor of independence, and two days later delegates from the 13 colonies adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 to the present day, July 4th has been celebrated as the birth of American independence, with festivities ranging from fireworks, parades and concerts to more casual family gatherings and barbecues. The Fourth of July 2021 is on Sunday, July 4, 2021; the federal holiday will be observed on Monday, July 5, 2021.

## A HISTORY OF INDEPENDENCE DAY

When the initial battles in the Revolutionary War broke out in April 1775, few colonists desired complete independence from Great Britain, and those who did were considered radical.

By the middle of the following year, however, many more colonists had come to favor independence, thanks to growing hostility against Britain and the spread of revolutionary sentiments such as those expressed in the bestselling pamphlet “Common Sense,” published by Thomas Paine in early 1776.

On June 7, when the Continental Congress met at the Pennsylvania State House (later Independence Hall) in Philadelphia, the Virginia delegate Richard Henry Lee introduced a motion calling for the colonies’ independence.

Amid heated debate, Congress postponed the vote on Lee’s resolution, but appointed a five-man committee—including Thomas Jefferson of Virginia, John Adams of Massachusetts, Roger Sherman of Connecticut, Benjamin Franklin of Pennsylvania and Robert R. Livingston of New York—to draft a formal statement justifying the break with Great Britain.

Did you know? John Adams believed that July 2nd was the correct date on which to celebrate the birth of American independence, and would reportedly turn down invitations to appear at July 4th events in protest. Adams and Thomas Jefferson both died on July 4, 1826 — the 50th anniversary of the adoption of the Declaration of Independence.

On July 2nd, the Continental Congress voted in favor of Lee’s resolution for independence in a near-unanimous vote (the New York delegation abstained, but later voted affirmatively). On that day, John Adams wrote to his wife Abigail that July 2 “will be celebrated, by succeeding Generations, as the great anniversary Festival” and that the celebration should include “Pomp and Parade...Games, Sports, Guns, Bells, Bonfires and Illuminations from one End of this Continent to the other.”

On July 4th, the Continental Congress formally adopted the Declaration of Independence, which had been written largely by Jefferson. Though the vote for actual independence took place on July 2nd, from then on the 4th became the day that was celebrated as the birth of American independence.

## EARLY FOURTH OF JULY CELEBRATIONS

In the pre-Revolutionary years, colonists had held annual celebrations of the king’s birthday, which traditionally included the ringing of bells, bonfires, processions and speechmaking. By contrast, during the summer of 1776 some colonists celebrated the birth of independence by holding mock funerals for King George III as a way of symbolizing the end of the monarchy’s hold on America and the triumph of liberty.

Festivities including concerts, bonfires, parades and the firing of cannons and muskets usually accompanied the first public readings of the Declaration of Independence, beginning immediately after its adoption. Philadelphia held the first annual commemoration of independence on July 4, 1777, while Congress was still occupied with the ongoing war.

George Washington issued double rations of rum to all his soldiers to mark the anniversary of independence in 1778, and in 1781, several months before the key American victory at the Battle of Yorktown, Massachusetts became the first state to make July 4th an official state holiday.

After the Revolutionary War, Americans continued to commemorate Independence Day every year, in celebrations that allowed the new nation’s emerging political leaders to address citizens and create a feeling of unity. By the last decade of the 18th century, the two major political parties—the Federalist Party and Democratic-Republicans—that had arisen began holding separate Fourth of July celebrations in many large cities.

## FOURTH OF JULY FIREWORKS

The first fireworks were used as early as 200 BC. The tradition of setting off fireworks on the 4 of July began in Philadelphia on July 4, 1777, during the first organized celebration of Independence Day. Ship’s cannon fired a 13-gun salute in honor of the 13 colonies. The Pennsylvania Evening Post reported: “at night there was a grand exhibition of fireworks (which began and concluded with thirteen rockets) on the Commons, and the city was beautifully illuminated.” That same night, the Sons of Liberty set off fireworks over Boston Common.

## FOURTH OF JULY BECOMES A FEDERAL HOLIDAY

The tradition of patriotic celebration became even more widespread after the War of 1812, in which the United States again faced Great Britain. In 1870, the U.S. Congress made July 4th a federal holiday; in 1941, the provision was expanded to grant a paid holiday to all federal employees.

Over the years, the political importance of the holiday would decline, but Independence Day remained an important national holiday and a symbol of patriotism.

Falling in mid-summer, the Fourth of July has since the late 19th century become a major focus of leisure activities and a common occasion for family get-togethers, often involving fireworks and outdoor barbecues. The most common symbol of the holiday is the American flag, and a common musical accompaniment is “The Star-Spangled Banner,” the national anthem of the United States.



# Nine Steps to Summer Fun!



## 1. COOK A FRESH MEAL

Fresh produce tends to be more cost efficient and readily available during the summer. Cooking with fresh fruits and vegetables can provide valuable nutrition to seniors. Additionally, cooking can be therapeutic activity because it allows for a sense of purpose and a creative outlet, according to *Psychology Today*.

## 2. REMINISCE ON THE PAST

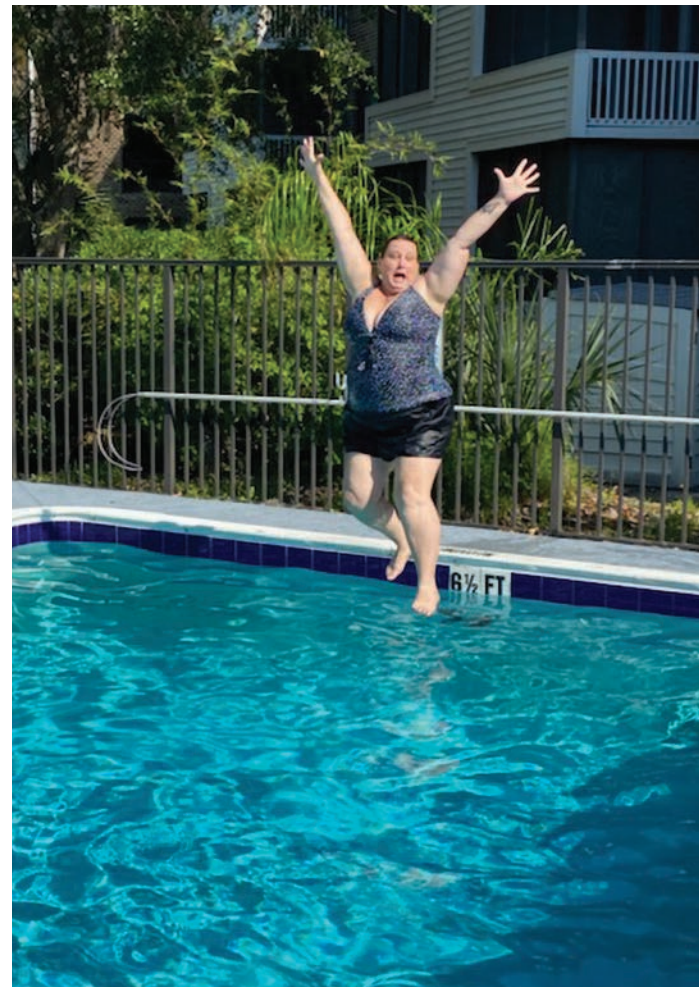
Summertime is an excellent time for us to review previous summer memories. From days at an amusement park to trips across the country, we usually acquire quite a list of memories, and often enjoy sharing and retelling stories from our past. Additionally, reminiscing can have benefits, including better communication and reduced stress.

## 3. WORK ON A CRAFT

Art therapy provides creative stimulation for aging adults and those living with dementia, according to Dr. Barbara Bagan. Working on a craft can help individuals express their emotions and develop fine motor skills. By producing a product, seniors can also increase their confidence, concentration and motivation. Working with clay in particular also offers significant benefits for aging adults, based on recent research.

## 4. STAY ACTIVE AND COOL

Swimming and water aerobics help you beat the heat while also staying fit. Water-based summer activities for seniors are usually low-impact and great for individuals with arthritis or stiff joints. Other low-impact exercises include yoga, chair tai chi and balloon volleyball.



## 5. PLAY GAMES

Board games and card games are fun, competitive ways to help older adults stay engaged as well as socialize. An extensive scientific study shows that games and other leisure activities can reduce the risk of dementia. If the weather allows, consider playing outside games such as cornhole.



## 6. WATCH MOVIES

Movies provide an emotional escape and can help take the focus off current ailments and offers a way to relax. We hold weekly classic film showings from several genres, based on resident's preferences.

## 7. READ A BOOK

Reading is a fantastic activity for seniors during any season, but especially during the summer. Aging adults can read while outside in the shade or in inside in the AC. A book club is a fantastic way to encourage both more reading and socialization. Reading might be difficult depending on eyesight or other factors. If so, consider alternatives like audio books or large print versions.

## 8. ENJOY A COLD TREAT

Summer wouldn't be complete without ice cream! An ice cream social is a great way to engage with others while cooling off with a sweet treat. Further, ice cream might actually have a few health benefits.

Need another excuse? National Ice Cream Day is July 21st! Just be sure to consider any dietary restrictions before indulging.

Tips – If you or your loved ones plan to be outside at any time, be sure to use sun protection. Sunscreen, sunglasses and protective clothing will help protect eyes and skin. Additionally, our bodies lose fluids more quickly as the temperature rises. Be sure to drink plenty of water to stay hydrated. Overall, stay safe and cool this summer, but don't forget to have fun!

## 9. GET OUTSIDE (SAFELY)

While the heat may limit some outdoor activities, it's still important to get outside. Sunlight is a great source of vitamin D, which can help fight osteoporosis, anxiety and depression, boost the immune system, and it improves brain health. Getting outside for even a brief period, should be a priority for all aging adults—especially those fighting memory diseases.

A few opportunities can include:

- ❖ Take advantage of cooler times of the day by watching the sunrise, or catching a beautiful sunset in the evening.
- ❖ Find a spot in the shade for bird watching. It can be entertaining and engaging as watchers attempt to identify different birds.
- ❖ Consider taking a morning or evening walk. Be sure to bring along a bottle of water to avoid dehydration.



# July 29-31, 2021

29

Thursday

9:00 am  
**Billiards**  
Billiards Room

9:30 am  
**Our Lady of Hope Communion**  
2nd Fl Activity Room

10:00 am  
**Videos**  
Atrium

1:00 pm  
**Music with Randy**  
Lobby

2:00 pm  
**CornHole**  
Atrium

3:00 pm  
**Happy Hour**  
Atrium

6:30 pm  
**Movie**  
Atrium

30

Friday

9:00 am  
**Darts**  
Billiards Room

9:30 am  
**Cardio Exercise**  
3rd Fl Exercise Rm

10:15 am  
**Cornhole /Axe Throwing**  
Atrium

1:30pm  
**Bingo**  
Dining Room

2:30 pm  
**Sing A Long**  
Atrium

3:00pm  
**Happy Hour**  
Atrium

6:30 pm  
**Movie**  
Atrium

31

Saturday

8-10:00 am  
**Trips to Publix**  
Concierge

9:30 am  
**Aqua Aerobics**  
Pool

10:45 am  
**Lunch Bunch**  
Concierge

2:00 pm  
**Arts & Crafts Small Groups**  
Atrium

3:00 pm  
**Happy Hour**  
Atrium

6:30 pm  
**Movie**  
Atrium

Always a pleasure for Al Torizzo to give a belly rub to our favorite furry friend!



Funny, outgoing, and always joyful! Allen Foraker enjoys having Bella as his buddy!

Orange you glad to see the dining room open, Bon Appetit and don't forget dessert!



Love comes around and stays forever for Norm & Aline Roberts!



Happy to stand for our country Charles salutes America and all who have served as he did!



Ceil has beauty and talent for a few lifetimes, Her smile reaches her eyes and our hearts.



The Karins just bring a smile to light the world. Good friends are such a gift to us all.



Aubrey is always excited to share a good story or a cold Stella! Join us at Happy Hour every day at 3:00 in the Atrium.



Cool is being in the pool, the summer heat will not have us beat!

A century of wisdom, hard work, and tenacity! Rita, Dottie, Jack, & Joan – The 100 Club keeps growing!



## CSL BIRTHDAYS JULY

### RESIDENTS

- July 1  
**Marian Villani**
- July 3  
**HAPPY 105th BIRTHDAY Dottie Pealer**
- July 11  
**Melisande Oppenheim**
- July 14  
**Betty Snover**
- July 17  
**Evelyn Flynn**
- July 22  
**Jack Curran**
- July 24  
**Jack Watson**
- July 28  
**Marie Grueter**

### STAFF

- July 3  
**Sara Ionadi**
- July 20  
**Sheri Marcum**
- July 24  
**Madison Ionadi**
- July 27  
**David Hughes**
- July 28  
**Denise Blanchette**



## Jordan Triplett

Jordan is a welcomed addition in our culinary department. He is just 21 years old but has a vision and goal to be successful and happy which is what he considers to be most important. Jordan was adopted by a couple from Edgewater when he was three months old and grew up with three sisters and two brothers. He is the second youngest of the six. He attended New Smyrna Beach High School but finished and graduated from Warner Christian Academy. His favorite pastime is music and he is a percussionist playing drums in school and at local small events and churches. Jordan hopes to move somewhere that has four seasons, he likes the snow and would like to be in the cold weather some! Jordan, welcome to CountrySide lakes. We are so happy to have you as part of our team.



## CountrySide Lakes®

## MANAGEMENT STAFF

### Michaelene Achorn

General Manager

[machorn@CountrySideLakes.com](mailto:machorn@CountrySideLakes.com)

386.756.3480, Ext.102

### Sheri Marcum

Administrative Manager

[smarcum@CountrySideLakes.com](mailto:smarcum@CountrySideLakes.com)

386.756.3480, Ext.103

### Stephanie Lynch

Life Engagement Director

[slynch@CountrySideLakes.com](mailto:slynch@CountrySideLakes.com)

386.307.0290

### Trudy Simmons, LPN

Director of Nursing

[tsimmons@CountrySideLakes.com](mailto:tsimmons@CountrySideLakes.com)

386.756.3480, Ext.110

### Julie Smith, LPN

Assistant Director of Nursing

[jsmith@CountrySideLakes.com](mailto:jsmith@CountrySideLakes.com)

386.756.3480, Ext.104

### Andrzej Leszczynski

Director of Maintenance

[aleszczynski@CountrySideLakes.com](mailto:aleszczynski@CountrySideLakes.com)

386.756.3480, Ext.106

### Celia Laureano

Director of Housekeeping

[claureano@CountrySideLakes.com](mailto:claureano@CountrySideLakes.com)

386.756.3480, Ext.107

### Peter Pakuris

Director of Sales & Marketing

[ppakuris@CountrySideLakes.com](mailto:ppakuris@CountrySideLakes.com)

215.880.5118

[CountrySideLakes.com](http://CountrySideLakes.com)



CSL32127