

# CountrySide Chronicle

MONTHLY NEWS CALENDAR

AUGUST 2021

## Happy 30th Birthday to CountrySide Lakes



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# From the Director's Desk

30 years of amazing people! All of us at CountrySide Lakes know how amazing it is for us to work here, live here, and be part of such a beautiful community. We are celebrating 30 years of wonderful residents, families, friends, and team members. I look forward to sharing memories with you.

How did we get to August already? I am so grateful that we are still moving in the right direction. Please remember to stay diligent

with wearing a mask, hand washing, and limiting the number of people you are with. It is important for all of us to stay proactive in the challenges of COVID.

I am very excited to start Resident Council and Sunday Brunch! Please be sure to see Stephanie with any questions. We are not open to friends and family for these events, but it will be nice to enjoy them with each other again. Dates and times will be posted soon.



The best thing about being part of this community is being able to make a difference for others. Be sure to participate in a random act of kindness. Today is a great day, to make it a great day!

*Michaelene*

## RESIDENT SPOTLIGHT

### Susan Griffith

Welcome Susan Griffith! She was born in Ohio, raised in Athens – home of Ohio University – the best party school there is! In college, she studied Preschool Education because she had a small child at the time. Susan has been married twice. She has a son and one granddaughter, 3 stepchildren, 6 step grandchildren, and 4 step great grandchildren.

Susan moved to Florida, when her son was about ten years old, where she married for the second time. She spent 8 years as a manager at a record store. Susan has always been in love with music and even played violin when she was younger. She worked doing bookkeeping and accounting to help support her family. Her hobbies include music and physical fitness. “Live hard, die young, and have a good-looking corpse” was her motto when she was younger, but she says that didn’t go as planned! She now says “At my age, the most important thing is to stay active!” We are so glad to have you with us Susan!



# Bella's Corner

Follow Bella's photos & videos  
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If you're a dog owner actively seeking pet care, zeroing in on that special someone to take care of your pooch can be daunting, especially if you have high standards like most of us do. However, once you know what to look for, finding the perfect caregiver will feel a whole lot easier

## A DESIRE TO GET TO KNOW YOUR PET

You love your pup to the moon and back, so sensing that your potential pet sitter has a genuine interest in getting to know your little love is definitely a game changer. A natural connection with animals is a positive trait to see. Ask yourself, “Are they curious about my pet? Do they say they love dogs, but they come in and they don’t even acknowledge my dog?”

## A STRONG RESUME

Asking for a pet-related resume — or even a non-pet related resume — is good practice and can definitely help you get a better picture of who your pet sitter is. Call previous employers listed on the resume to confirm employment, get recommendations from people they’ve worked with and sweep social media to check out their digital presence.

## OPEN COMMUNICATION

Like any relationship, an open line of communication is key. Are they easy to reach? And you should also make sure you feel comfortable talking with your pet sitter or pet-sitting company about any issues related to the job.

## A BACKUP PLAN

Dogs run off. People get locked out. They get sick. What plans does your pet sitter have in play that will fix those pesky problems when they arise? It’s a topic to discuss.

## ATTENTION TO DETAIL

If you’re rattling off details during a meeting with a potential pet sitter, you should be able to glean that they’re on the ball and that things aren’t just going in one ear and out the other. Is the person taking notes? Have they come prepared? Your pet sitter or your dog walker should not just be running through the motions with you. They should be able to ask you questions related to your dog’s care.



## CONSISTENCY

This can be important if you have a pet that’s a creature of habit. Does your dog need to be walked at a certain time? Do they like their food a certain way? A pet sitter needs to understand the importance of that. But it’s also important when it comes to your interactions with them. Are they consistent in the way they communicate with me about problems or just updates on my animal? Are they consistent in how they reply to me when I’m asking for requests or care? It goes without saying that you’re the expert here on what exactly your dog requires, so don’t settle for anything less.

## RELIABILITY

It’s not just about the pet – You’re letting them into your home. You’re giving them the keys. You’re trusting them to follow instructions. Every dog owner should come up with their own vetting system. Ask questions. Expect adept answers. You know what your pet’s needs are, she says, so don’t hire a pet sitter who doesn’t seem capable or willing to meet those needs. Take some time to find the right fit for both you and your best friend.

August 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
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 am Visit the Library 2nd Fl B Side Hall 10:30 am Church with Danni & Linda Lobby 2:00 pm Mexican Train 2nd Fl A Side 3:00 pm Darts 3rd Fl Billiards Happy Hour Atrium 6:30 pm Movie Atrium	9:30 am Stretch Exercise 3rd Fl Exercise Rm 10:15 am 10¢ Left Right Ctr 2nd Fl Act Rm 11:00 am Care Club 2nd Fl Act Rm 1:00 pm Travel Class U.S.A. Atrium 2:00 pm Bingo Dining Room 3:00 pm Happy Hour 3rd Fl Exercise 3:30 pm Buns & Balance 3rd Fl Exercise 6:30 pm Music w/Mickey Lobby	9:30 am Aqua Aerobics Pool 11:00 am Darts Billiards Room 1:00 pm Bocce Lobby 2:15 pm 10¢ Roulette 2nd Fl Act Rm 3:00 pm Happy Hour Atrium 3:00 pm Brain Games/ Crossword 2nd Fl Act Rm 6:30 pm Movie Atrium	9:30 am Weights Exercise 3rd Fl Exercise Rm 10:15 am Wheel Of Fortune 2nd Fl Act Rm 1:00 pm Axe Trowing Atrium 2:00 pm Bingo Dining Room 3:00 pm Happy Hour Atrium 3:30 pm Buns & Balance 3rd Fl Exercise 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 Music with Jonathan Lobby 1:00 pm Olympics Highlights Atrium 2:00 pm Cornhole Atrium 3:00 pm Happy Hour Atrium 6:30 pm Movie Atrium	LUAU DAY 10:00 am Elvis Lobby 11 am-1 pm Luau Lunch Buffet 1:00 pm Stump Stephanie Atrium 2:00 pm Happy Birthday Party - Stephanie Atrium 3:00 pm Happy Hour with Funny Videos Atrium 6:30 pm Movie Atrium	9:00 am Puzzles Billiards Room 1:00 pm Music with Melissa Lobby 2:00 - 3:00 pm Arts & Crafts Coloring 2nd Fl Act rm 3:00 pm Happy Hour with Trivia Atrium 6:30 pm Movie Atrium	9:00 am Visit the Library 2nd Fl B Side Hall 10:30 am Church with Danny & Linda Lobby 1:00 pm Music with Shannon and JJ Lobby 2:00 pm Mexican Train 2nd Fl A Side 3:00 pm Happy Hour Atrium 6:30 pm Movie Atrium	1:15 pm Music with Vintage Now Lobby 2:00 pm Bingo Dining Room 3:00 pm Happy Hour \$ Atrium 6:30 pm Movie Atrium	10:00 am Piano Music with JJ Lobby 1:00 pm Bocce Lobby 2:15 pm 10¢ Left Right Center 2nd Fl Act Rm 3:00 pm Happy Hour Atrium Crossword 2nd Fl Act Rm 6:30 pm Movie Atrium	9:30 am Weights Exercise 3rd Fl Exercise Rm 10:15 am Wheel Of Fortune 2nd Fl Act Rm 1:00 pm Axe Trowing Atrium 2:00 pm Bingo Dining Room 3:00 pm Happy Hour Atrium 3:30 pm Buns & Balance 3rd Fl Exercise 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 Music with Sam Collins Lobby 2:00 pm Cornhole Atrium 3:00 pm Happy Hour Atrium	9:30 am Cardio Exercise 3rd Fl Exercise Rm 10:15 am Life Class 2nd Fl Activity Room 1:00 pm Axe Throwing Atrium 2:00 pm BIG Bingo \$1.00 per card Dining Room Music with Judy Lobby 3:00 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 2:00 pm Arts & Crafts Small Groups Atrium 3:00 pm Happy Hour Atrium 6:30 pm Movie Atrium
15	16	17	18	19	20	21	22	23	24	25	26	27	28
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 am Visit the Library 2nd Fl B Side Hall 10:30 am Church with Danny & Linda Lobby 1:00 pm Music with Al Canali Lobby 2:00 pm Mexican Train 2nd Fl A Side 3:00 pm Happy Hour Atrium 6:30 pm Movie Atrium	9:30 am Stretch Exercise 3rd Fl Exercise Rm 10:15am 10¢ Left Right Ctr 2nd Fl Act Rm 11:00 am Care Club 2nd Fl 1:00 pm Travel Class U.S.A. Atrium 2:00 pm Bingo Dining Room 3:00 pm Happy Hour Atrium 3:30 pm Buns & Balance 3rd Fl Exercise 6:30 pm Movie Atrium	9:30 am Aqua Aerobics Pool 11:00 am Darts Billiards Room 1:00 pm Bocce Lobby 2:00 pm Food Council Dining Room 2:15 pm 10¢ Roulette 2nd Fl Act Rm 3:00 pm Happy Hour Atrium 3:00 pm Brain Games/ Crossword 2nd Fl Act Rm 6:30 pm Movie Atrium	9:30 am Weights Exercise 3rd Fl Exercise Rm 10:15 am Wheel Of Fortune Atrium 1:00 pm Axe Trowing Atrium 2:00 pm Bingo Dining Room 2:30 pm Piano Music with Sherri Adams Lobby 3:00 pm Happy Hour Atrium 3:30 pm Buns & Balance 3rd Fl Exercise 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 Music with Shannon Lobby 1:00 pm Funny Videos Atrium 2:00 pm Cornhole Atrium 3:00 pm Happy Hour Atrium 6:30 pm Movie Atrium	9:30 am Cardio Exercise 3rd Fl Exercise Rm 10:15 am Life Class 2nd Fl Activity Room 1:00 pm Axe Throwing Atrium 2:00 pm Bingo 25¢ per card Dining Room 3:00 pm Happy Hour Atrium 6:30 pm Movie Atrium	8-10:00 am Trips to Publix Concierge 9:30 am Aqua Aerobics Pool 1:30 - 3:00 pm Arts & Crafts Small Groups Atrium 3:00 pm Happy Hour Atrium 6:30 pm Movie Atrium	10:30 am Church TBA 1:00 pm Music with Gail Force Lobby 2:00 pm Mexican Train 2nd Fl A Side Tables 3:00 pm Darts 3rd Fl Billiards Happy Hour Atrium 6:30 pm Movie Atrium	9:30 am Stretch Exercise 3rd Fl Exercise Rm 10:15 am 10¢ Left Right Ctr 2nd Fl Act Rm 11:00 am Care Club 2nd Floor 1:00 pm Travel Class U.S.A. Atrium 2:00 pm Bingo Dining Room 3:00 pm Happy Hour Atrium 3:30 pm Buns & Balance 3rd Fl Exercise Music - Blue Velvet Atrium	10:00 am Darts Billiards Room 1:00 pm Bocce Lobby 2:15 pm 10¢ Roulette 2nd Fl Act Rm 3:00 pm Happy Hour Atrium 3:00 pm Brain Games/ Crossword 2nd Fl Act Rm 6:30 pm Movie Atrium	9:00 am Resident Council Meeting Atrium 10:00 am Axe Throwing Atrium 1:00 pm Music with Melissa Atrium 2:15 pm Double Coverall Bingo Dining Room 3:00 pm Happy Hour Atrium 3:30 pm Buns & Balance 3rd Fl Exercise 6:30 pm Movie Atrium	9:00 am Billiards Billiards Room 9:30 am Our Lady of Hope Communion 2nd Fl Activity Room 1:00 pm Music with Randy Lobby 2:00 pm Cornhole Atrium 3:00 pm Happy Hour Atrium	9:30 am Cardio Exercise 3rd Fl Exercise Rm 10:15 am Life Class 2nd Fl Activity Room 1:00 pm Axe Throwing Atrium 2:00 pm Bingo 25¢ per card Dining Room 3:00 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 Arts & Crafts Small Groups Atrium 3:00 pm Happy Hour Atrium 6:30 pm Movie Atrium

# Hawaiian Luau Birthday Party – August 6th

Pull out your best Hawaiian outfit and be in the Lobby at 10:00 am for, once again, Elvis will be in the building.

Spend the entire day celebrating Stephanie turning 51. We also get to celebrate Lilly's birthday, as we are both August 6 Leos! We will have a special Luau Luncheon Buffet from 11-1 pm.



- 1:15 – Luau laughs & fails, most beautiful places for luaus, and a really great game of trivia.
- 2:00 – Birthday Bash with fun sing-a-long songs, questions and answers, and CAKE.
- 3:00 – Happy, Happy Birthday Happy Hour!



# Take me out to the ballgame...

...Take me out to the field! Join some friends and Stephanie at Jackie Robinson Stadium in Daytona for an evening of baseball. See Stephanie for details and pre-purchasing tickets – they are \$13.00 per person. This will be a lot of fun and make for a great night out. Leave at 6:15



# SVHS Benefit Luncheon

Tuesday, August 17th | 11:00 am-1:00 pm – Drive thru luncheon to benefit the Southeast Volusia Humane Society. Anyone can bring a donation for the shelter and pick up a great bag lunch.

At 2:00 pm join Chef Mikey in the Dining Room for his first Resident Food Council meeting. Please bring your ideas and patience. Constructive criticism is always welcomed. We truly want the very best for you.

# Resident Council

Wednesday, August 25th | 9:15 am – Resident Council will resume meeting in person. You can hear from all of the directors and voice any concerns, ideas, and compliment them or their teams. Resident Council notes will be typed and at the front desk on August 19th.

Beginning in September, Resident Council will be held the 3rd Wednesday of each month at 9:00 am, unless otherwise posted.

Join Danni & Linda Webster each Sunday at 10:30 am for non-denominational church services in the Lobby.



# Healthy Sleep Tips

It's well-established that sleep is essential to our physical and mental health. But despite its importance, a troubling percentage of people find themselves regularly deprived of quality sleep and are notably sleepy during the day.

Though there's a wide range of causes and types of sleeping problems, expert consensus points to a handful of concrete steps that promote more restful sleep. Organizations like the CDC, the National Institutes of Health, the National Institute on Aging, and the American Academy of Family Physicians<sup>4</sup> point to the same fundamental tips for getting better rest.

For many people, trying to implement all these strategies can be overwhelming. But remember that it's not all-or-nothing; you can start with small changes and work your way up toward healthier sleep habits, also known as sleep hygiene.

To make these sleep hygiene improvements more approachable, we've broken them into four categories:

- **Creating a Sleep-Inducing Bedroom**
- **Optimizing Your Sleep Schedule**
- **Crafting a Pre-Bed time Routine**
- **Fostering Pro-Sleep Habits During the Day**

In each category, you can find specific actions that you can take to make it easier to fall asleep, stay asleep, and wake up well-rested.

- **Use a High-Performance Mattress and Pillow:** A quality mattress is vital to making sure that you are comfortable enough to relax. It also ensures, along with your pillow, that your spine gets proper support to avoid aches and pains.
- **Choose Quality Bedding:** Your sheets and blankets play a major role in helping your bed feel inviting. Look for bedding that feels comfortable to the touch and that will help maintain a comfortable temperature during the night.
- **Avoid Light Disruption:** Excess light exposure can throw off your sleep and circadian rhythm. Blackout curtains over your windows or a sleep mask for over your eyes can block light and prevent it from interfering with your rest.
- **Cultivate Peace and Quiet:** Keeping noise to a minimum is an important part of building a sleep-positive bedroom. If you can't eliminate nearby sources of noise, consider drowning them out with a fan or white noise machine. Earplugs or headphones are another option to stop abrasive sounds from bothering you when you want to sleep.
- **Find an Agreeable Temperature:** You don't want your bedroom temperature to be a distraction by feeling too hot or too cold. The ideal temperature can vary based on the individual, but most research supports sleeping in a cooler room that is around 65 degrees.
- **Introduce Pleasant Aromas:** A light scent that you find calming can help ease you into sleep. Essential oils with natural aromas, such as lavender, can provide a soothing and fresh smell for your bedroom.

- **Set a Fixed Wake-Up Time:** It's close to impossible for your body to get accustomed to a healthy sleep routine if you're constantly waking up at different times. Pick a wake-up time and stick with it, even on weekends or other days when you would otherwise be tempted to sleep in.
- **Budget Time for Sleep:** If you want to make sure that you're getting the recommended amount of sleep each night, then you need to build that time into your schedule. Considering your fixed wake-up time, work backwards and identify a target bedtime. Whenever possible, give yourself extra time before bed to wind down and get ready for sleep.
- **Be Careful With Naps:** To sleep better at night, it's important to use caution with naps. If you nap for too long or too late in the day, it can throw off your sleep schedule and make it harder to get to sleep when you want to. The best time to nap is shortly after lunch in the early afternoon, and the best nap length is around 20 minutes.
- **Adjust Your Schedule Gradually:** When you need to change your sleep schedule, it's best to make adjustments little-by-little and over time with a maximum difference of 1-2 hours per night. This allows your body to get used to the changes so that following your new schedule is more sustainable.
- **Wind Down For At Least 30 Minutes:** It's much easier to doze off smoothly if you are at-ease. Quiet reading, low-impact stretching, listening to soothing music, and relaxation exercises are examples of ways to get into the right frame of mind for sleep.
- **Lower the Lights:** Avoiding bright light can help you transition to bedtime and contribute to your body's production of melatonin, a hormone that promotes sleep.
- **Disconnect From Devices:** Tablets, cell phones, and laptops can keep your brain wired, making it hard to truly wind down. The light from these devices can also suppress your natural production of melatonin. As much as possible, try to disconnect for 30 minutes or more before going to bed.

## If You Can't Fall Asleep

Whether it's when you first get into bed or after waking up in the middle of the night, you may find it hard to drift off to sleep. These tips help explain what to do when you can't sleep:

- **Try Relaxation Techniques:** Don't focus on trying to fall asleep; instead, focus on just trying to relax. Controlled breathing, mindfulness meditation, progressive muscle relaxation, and guided imagery are examples of relaxation methods that can help ease you into sleep.
- **Don't Stew in Bed:** You want to avoid a connection in your mind between your bed and frustration from sleeplessness. This means that if you've spent around 20 minutes in bed without being able to fall asleep, get out of bed and do something relaxing in low light. Avoid checking the time during this time. Try to get your mind off of sleep for at least a few minutes before returning to bed.
- **Experiment With Different Methods:** Sleeping problems can be complex and what works for one person may not work for someone else. As a result, it makes sense to try different approaches to see what works for you. Just remember that it can take some time for new methods to take effect, so give your changes time to kick in before assuming that they aren't working for you.
- **Keep a Sleep Diary:** A daily sleep journal can help you keep track of how well you're sleeping and identify factors that might be helping or hurting your sleep. If you're testing out a new sleep schedule or other sleep hygiene changes, the sleep diary can help document how well it's working.
- **Talk With a Doctor:** A doctor is in the best position to offer detailed advice for people with serious difficulties sleeping. Talk with your doctor if you find that your sleep problems are effecting health and safety. (such as from excessive daytime sleepiness), or if they occur alongside other unexplained health problems.

Sunday	Monday	Tuesday
9:00 am Visit the Library 2nd Fl B Side Hall	9:30 am Stretch Exercise 3rd Fl Exercise Rm	10:00 am Darts Billiards Room
10:00 am Sunday Brunch Residents only Dining Room	10:15am 10¢ Left Right Center 2nd Fl Act Rm	1:00 pm Bocce Lobby
10:30 am Church with Danni & Linda Lobby	11:00 am Care Club 2nd Fl	2:15 pm 10¢ Roulette 2nd Fl Act Rm
1:30 pm Art Show Lobby & Atrium	1:00 pm Travel Class U.S.A. Atrium	3:00 pm Happy Hour Atrium
3:00 pm Darts 3rd Fl Billiards	2:00 pm Bingo Dining Room	Brain Games/ Crossword 2nd Fl Act Rm
Happy Hour Atrium	3:00 pm Happy Hour Atrium	6:30 pm Movie Atrium
6:30 pm Movie Atrium	3:30 pm Buns & Balance 3rd Fl Exercise	
	6:30 pm Music with Blue Velvet Atrium	



Random Acts of Kindness

We are celebrating 30 years of community care by committing to 30 acts of kindness for our community and all who are a part of it. If you would like to participate please call Stephanie at 386-307-0290 or email her at SLynch@countrysidelakes.com. We are excited to share all of the kindness with everyone on our social media.

- Give a genuine or silly compliment to anyone and everyone.
- Write down what you appreciate about another family member and pass it along.
- Check in with someone who’s sick.
- Ask if you can help someone who may be having a difficult time in life right now.
- Lend your vehicle to take someone without one shopping for their necessities.
- Hold the door open for the person behind you.
- Say, “Thank you. Have a nice day” to someone who holds the door for you.
- Make a card for someone special.
- Deliver flowers anonymously to a hospital patient.
- Walk someone’s dog.
- Ask a senior citizen about their life story and truly listen.
- Give a hug to a loved one or friend.
- Clean up the mess made when dining out.
- Offer to pay another person’s food bill.
- Lend a hand to someone doing yard work.
- Bring treats to your workplace for coworkers to enjoy.
- Donate to a homeless person, perhaps give them some food.
- Leave a kind server a generous tip.
- Smile big at a random stranger, just because.
- Let a person out from a side road who’s waiting to get into the main road.
- Help another parent out with a stroller or carrying things.
- Hand out random notes that say nice things to people you pass.
- Give away stuff for free online or to a local needy family.
- Give someone a book that you no longer need.
- Give our parents or grandparents a call, just because.
- Volunteer at a community event.
- Pay the toll for the person behind you.
- Pick up trash in a parking lot.
- Drop off cookies at a friend’s house.

CSL BIRTHDAYS  
AUGUST

RESIDENTS

- August 2  
Helen Whetstone
- August 3  
Ruth Smith  
John Kleynenberg
- August 4  
Ann Brown
- August 11  
Kathy Santi
- August 31  
Marjorie Kline  
Eleanor “Ellie” Barrett

STAFF

- August 2  
Tammy Aguir
- August 4  
Sylvia Tabora
- August 6  
Stephanie Lynch  
Lilia Burns
- August 16  
Gina Forsyth
- August 26  
Jeni Katsavrias
- August 30  
Melissa Lungahi

## Welcome Chef Mikey Garcia

Mikey is married to Diane, his beautiful wife of 24 years. Together they have 3 children – Samantha, 22, Michael, 14, and Monica, 9. Mikey was born in New York, NY and raised in Brooklyn. His hobbies (besides cooking) are gardening and spending time with his kids. Mikey's greatest accomplishment, after his family, is that he was the first to graduate from college in his family. The best place he ever visited was Puerto Rico – the island is beautiful and he still has family there! His favorite foods are pizza, Italian and Spanish dishes. Mikey's philosophy for having a beautiful life is to "Be kind, be thoughtful of others and have an attitude of gratitude."



## CountrySide Lakes®

## MANAGEMENT STAFF

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