



# CCC REFLECTIONS

*Countryside Christian Community  
200 Bellann Court, Annville, PA 17003*

*Vol. 28 No. 8*

*August 2011*

*The sea, once it  
casts its spell,  
holds one in its  
net of wonder  
forever.*

*- Jacques Cousteau*

# A New Bus for CCC

After 19 years we felt it was time to consider purchasing a new bus. One of the main reasons was that we now need to transport a few of our residents on a litter. This is necessary when the doctor requests that the person is brought into their office by litter or the resident cannot sit in a wheelchair. The new litter is designed so that all you need to do is push a button in order for it to go up or down – no more lifting. The new bus can also accommodate up to three people who need to stay in their wheelchairs while traveling. If we are only taking one person to a doctor in their wheelchair, they can now be placed right in back of the driver – no longer must they sit in the back of the bus which is not the smoothest of rides.

We greatly appreciate the individuals who bequeathed monies to Countryside during the past year which provided the funds needed to purchase the new bus.

The former bus was given to the Penn View Bible Institute.



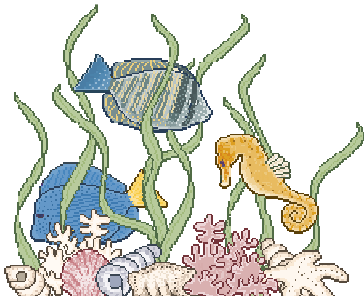
## **FROM THE DESK OF SUSIE**

*Susan E. Fisher RN, BSPA*

DON'T MISS the SHOT! I found this quick, pertinent article in my recent Ladies Home Journal. Tetanus and Pertussis, otherwise known as Whooping Cough, are still a real threat. Have you had a recent booster shot, Tdap, which protects you from tetanus, diphtheria and pertussis? It is recommended for all adults, but only about 7% of the adult population has received the shot in the past few years, according to the Center for Disease Control.

Tetanus is a real threat at this time of year, when rusty nails and other hazards lie in wait for bare feet. Pertussis, a highly contagious bacterial infection has frequent outbreaks and even epidemics every few years. Call your physician about getting the one-shot booster.

The home will be updating resident's Tdap, booster shot, in the near future.



MISSION STATEMENT: Countryside Christian Community, a ministry of the United Christian Church, is committed to serving older adults according to the Biblical responsibility found in Matthew 25:40.

Website: [www.countrysidechristian.info](http://www.countrysidechristian.info)

### CCC Reflections is published monthly

Mary Ellen Rohrer, Executive Director  
Michelle Whitman, P.C. Administrator  
Deborah Hayes, Director of Nursing  
John Landis, Chaplain

Countryside Christian Community  
200 Bellann Ct.  
Annville, PA 17003-9012  
Phone: 717-867-4636

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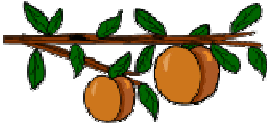
# Korner



## Kitchen

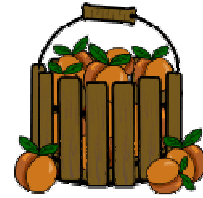
Karen Yingst, Dietary

These recipes were included in our peach cookbook from 2008. The first two recipes use fresh peaches, so good when they are ripe and sweet. The Peaches and Cream Cake doesn't have any fruit in it but if you have fresh ripe peaches, they would be delicious sliced over the top.



### Peach Custard

2 cups sliced ripe peaches  
3 eggs, beaten  
1 cup sugar  
2 tbsp. butter  
Cinnamon  
9" unbaked pie shell



Fill pie shell  $\frac{3}{4}$  full with sliced peaches. Beat eggs, add sugar and blend. Pour over peaches. Sprinkle with cinnamon and dot with butter. Bake in oven at 400° for 10 minutes then reduce heat to 350° and bake an additional 35 minutes. Serves 6

### Easy Peach Pie

1. Slice 4 cups peaches and place in a baked, cooled pie shell or graham cracker crust.
2. Combine 2 tbsp. cornstarch,  $\frac{1}{2}$  cup sugar and  $1\frac{1}{2}$  cups water and bring to a boil. Stir in a small box of peach or apricot Jell-O.
3. Pour liquid mixture into pie shell (over peaches) and refrigerate for 4 hours or till set.
4. Serve with cool whip.

### Peaches and Cream Cake

1 - 3 oz. package peach Jell-O  
1 yellow cake mix  
2 - 3 oz. package peach Jell-O  
2 cups boiling water

1 cup cold milk  
1 - 3 oz. package peach Jell-O  
1 - 3.4 oz. package instant vanilla pudding  
 $\frac{1}{2}$  - 8 oz. container whipped topping  
Additional whipped topping for garnish

Mix dry cake mix with first pack of peach Jell-O. Mix cake mix and bake according to directions on box. When cake is finished, poke holes all over top of cake using a meat fork. Cool 30 minutes. Meanwhile, combine 2 packs of Jell-O with boiling water. Pour over top of baked cake. Cover and refrigerate until cold. (about 2 hours)

For topping, combine milk and last pack of Jell-O in a bowl. Add pudding mix, beating with a whisk or mixer until thick and smooth, about 2 minutes. Fold in whipped topping and spread on cold cake. To serve, cut into squares and top with a dollop of whipped topping.



## *Meet Our New Director of Nursing*



Hi everyone, my name is Deborah A. Hayes and I like to be called Deb, Debbie or Debra, whatever you prefer. I was born in Wilkes-Barre, Pennsylvania and my family moved to Annville when I was five years old due to my fathers work. I just recently celebrated my 50<sup>th</sup> birthday and am happily married to my husband Robert who is from Goosetown, Pennsylvania. We have known each other for over 20 years and celebrated 11 years of marriage on July 1<sup>st</sup>. We have no children but we do get to help spoil nine nieces and nephews. Our extended family consists of an orange tabby cat that we rescued and call Ginger. She too is spoiled and enjoys baked haddock.

I have a formal Catholic education from kindergarten through college becoming a Registered Nurse and graduating from Alvernia College in Reading, Pennsylvania. I also served in the United States Air Force for a four year tour which consisted in being based in sunny California and then Hawaii.

I am looking forward to working at Countryside Christian Community, getting back to the basics of nursing and coming back to a community of which I am very familiar with and love. My previous job was in Harrisburg at a 404 bed facility where I was an Assistant Director of Nursing and oversaw the operations of one building with varied units and a patient population of 202 beds. I am hoping to hang my hat and spirit in this very serene and peaceful facility. My door is always open and again I look forward to getting to know each of you and becoming a part of this team and family.



### **Principle of the Month**

***Employees should be attentive to the direction, instruction and example of those in leadership roles.***

*Proverbs 13:18, 15:32, and 19:20; Ephesians 6:5-8;  
Philippians 2:14-16; Colossians 3:22;  
II Thessalonians 3: 8-10; Timothy 6:1-2;  
and Titus 2:9-10*



# The Simple Value of Water to the Body

I would like to share with you some very interesting facts from a book entitled *The Seven Pillars of Health* by Don Colbert, MD. This book is highly motivating not because it brings some new sensational method of body care but, rather, because it gives you the mechanics to understand how your body works. For instance, Pillar I is how drinking water plays a far more major role in your health than most of us are aware. I would like to immerse you in just a little of the information revealed in this very energetically written book.

Dr. Colbert relates that:

1. If you wait until you are thirsty to drink you have already begun dehydration.
2. Your major organs (Brain, Heart, Lungs, Liver, and Kidneys) will steal water from the other parts of your body because water is vital to their/your function. These organs will suffer if they cannot steal enough water elsewhere in the body.
3. Cartilage is 80% water and can dry up and disintegrate which equates to pain & arthritis in the joints. Remember, vital organs will steal water wherever.
4. “Water is the hero of the gastrointestinal tract...without adequate water, the whole digestive system goes into emergency mode, and you may get heartburn, indigestion, constipation, hemorrhoids, and even ulcers.” But, for good digestion drink only a small amount of water with your meal having the rest later.
5. Concerning Asthma (which is associated with high levels of histamine) “Your bronchial tubes need adequate hydration to prevent constriction. Animal studies have shown that histamine production goes down as water intake goes up.” Elevated histamine levels are also associated with allergies.
6. “Some symptoms of inadequate water intake may include headaches, back pain, joint aches, dry skin, allergies, heartburn, constipation, and memory loss.”
7. Dr. Colbert relates that adequate water supply to the body is a tremendous beauty treatment. Remember that prunes are merely dehydrated plums.
8. Brain cells require a lot of water to function well, being nearly 85% water. Your brain function will slow down without proper hydration. “Water ...helps reduce the risk of degenerative diseases such as Alzheimer’s disease, multiple sclerosis, Parkinson’s disease and Lou Gehrig’s disease.”
9. “The first sign of failing health is a shift of fluid from the inside of the cell to the outside of the cell....Cells die when they don’t have enough energy to maintain the membrane pumps, which maintain the balance of water inside and out.”

“ACTION STEP: Instead of reaching for a soft drink or tea, drink clean, natural water.”

*The Seven Pillars of Health - Pillar I topics:*

Water and You, What Happens When You Don’t Drink Water, The Fountain of Youth, The Rap on Tap Water, Is Bottled Water Better?, Filtered Water, How Much, and When to Drink.

*This synopsis is brought to you by the Social Services Office, Roz Kujovsky. Look for Pillar 2 synopsis on sleep and rest in next month’s Reflections or better yet get a copy of Dr. Colbert’s book:*

Please note that a donation or contribution to Countryside Christian Community is purely voluntary. A contribution is in no way a requirement for a business relationship, residency or a continued stay in the community. All residents will receive the same standard quality of care notwithstanding contributions in their name. Countryside Christian Community operates as a not-for-profit Christian ministry of the United Christian Church and serves older adults without regard to race, color, national origin, ancestry, sex, physical handicap, disability or religious creed. The official registration and financial information of Countryside Christian Community may be obtained from the Pennsylvania Department of State by calling toll-free, within Pennsylvania, 1-800-732-0999. Registration does not imply endorsement.



# Maintenance Memos

*Troy Dennis, Director of Maintenance*



Hello and welcome to Maintenance Memos from the maintenance department. First I would like to thank everyone for such a great welcome when I started at C.C.C. in December and for the support offered when I took over as Director of Maintenance at the end of June. Thank you very much!

When asked if I would like to include an article in the monthly newsletter I thought that it could be a good tool to remind residents and staff of some current issues, chronic problems and even future events. So here we go into uncharted waters.

## AIR CONDITIONING USAGE

When setting the range on air conditioners, never set below 70 degrees. The average system in our area is designed for 95 degree days and for the system to maintain 75 degrees. So it is best to program the system in the mid to upper 70's. If the setting is below 70, the system may run continuously and freeze the lines. It is also important to understand that at most, a 20 degree difference should be maintained between outside temperatures and inside settings. For example if outside is 105 degrees, than raise the inside setting to 85 degrees. Your system may not be able to take the temp to 75 easily. If the system lines do freeze, shut the system down and allow things to thaw completely. Freezing can occur when settings are too low, Freon is low, or the system is not working properly.

## REMOVING CORDS FROM OUTLETS

When removing a cord from an outlet it is imperative that you use the plug as a handle. **Do not pull it out by the cord.** Continually removing a cord in this manner will cause the cord to separate from the plug and expose the wires. This creates a situation where someone could get seriously shocked. It is also very important to watch for pinched cords. If a cord becomes pinched or damaged, the wires can heat up and start a fire. Pinched cords can also become sliced and this could also lead to someone being shocked. Whenever you move equipment and appliances, remember to first unplug the cord from the outlet. It is at this time that most accidents happen.

Thank you for your time and assistance in these memo items.



Please join us every Monday in the Multi-Purpose Room at 10:15am. John Landis will be leading a study on "Character Sketches" from the pages of scripture.



## New Residents

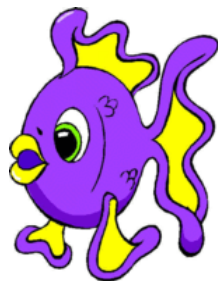
Martin Wolfe. . . . .Nursing. . . . . Room 43

Betty Flory. . . . .Nursing. . . . . Room 37

## We Remember

### Doris Bowman

Doris was 88 years old  
and lived at CCC  
for almost 2 years.



*Family and friends have our sincere condolences.*

## *Moved*

Ruth Edris

Doris May

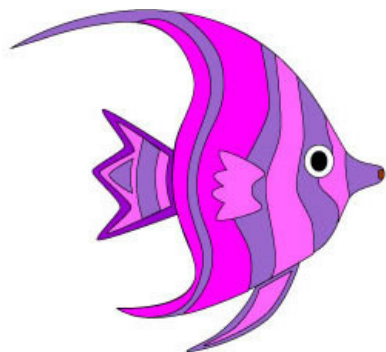
Alice Tormo

Josephine Rudy

Geraldine Fernsler



*August*



### Employee's Birthdays

- 3 - Susie Fisher
- 10 - Jane Plourde
- 31 - Goldie Palmer

### Resident's Birthdays

- 10 - Eleanor Abildness
- 13 - William White
- 22 - Miriam Binkley
- 27 - Mary Zern

## *Birthdays*

# What's Keeping Us Busy?

Compiled by Susanna Varner, Activities

## August Highlights

- 2 - Cool off with a **Milkshake** at **2:00pm** in the **Pavilion**.
- 4 - Nursing Residents bring your ideas and suggestions to the **Nursing Resident Meeting** at **10:15am** in the **Gathering Place**.
- 5 - **Echoes of Grace** will be singing gospel bluegrass music for us at **10:00am** in the **Multi-Purpose Room**.
- 6 - Celebrate the August birthdays at the **Birthday Party** in the **Main Dining Room** at **2:00pm**. The party will be hosted by Balsbaugh United Christian Church.
- 7 - Members of the **Providence Mennonite Church** will be providing a service for us at **7:00pm** in the **Chapel**.
- 9 - Lucille Dundore will be showing **Slides** at **10:15am** in the **Chapel**.
- 12 - **All Day Trivia** questions will be asked between **9:00am** and **4:00pm**. You may only give one correct answer.
- 12 - **Grief Share** will be led by John Landis at **10:00am** in the **Multi-Purpose Room**.
- 17 - Help **Make Zucckies** (Zucchini Cookies) at **2:00pm** in the **Main Dining Room**. Cookies will be served during coffee cart.
- 14 - **Sonny and Audrey** will be singing gospel music for us at **2:00pm** in the **Multi-Purpose Room**.
- 19 - Willie Marshal will be sharing his testimony through his **Christian Poetry** at **10:00am** in the **Multi-Purpose Room**.
- 19 - Make a **Butterfly or Flower Craft** out of craft foam to hang up in your room at **2:00pm** in the **Multi-Purpose Room**.
- 26 - Members of the **Jonestown Bible Church** will be providing a service for us at **10:00am** in the **Chapel**.
- 28 - **Reverend Williams** from the Faith Fellowship Church in Cleona will be leading in a hymn sing and devotional at **2:00pm** in the **Chapel**.

## August Motor Tours

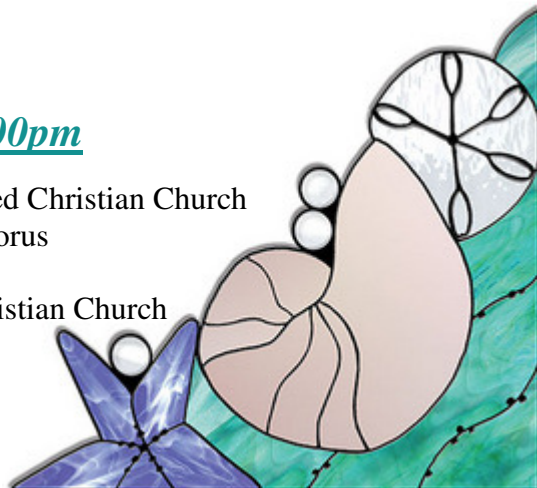
- 4 - Countryside Drive; 1:30pm - Personal Care & Cottage
- 9 - Picnic at John & Eileen Landis's Home; 4:30pm - Personal Care & Cottagers  
Cottagers - Please bring a covered dish
- 10 - Palmyra Shopping Center; 9:30am - Personal Care & Cottage
- 14 - Worship Service at UCC Camp Grove; 6:30pm - Personal Care & Cottage  
Rev. Marlin Heagy will be speaking
- 18 - Ice cream at Patches Creamery; 1:00pm - Nursing
- 30 - Countryside Drive; 10:00am - Nursing
- 31 - Ice cream at Palmyra Dairy Queen; 1:30pm - Personal Care & Cottage

*Please sign up for these trips at the business office.*

## Wednesday Evening Services, 7:00pm

- 3 - Prayer Meeting with Newmanstown United Christian Church
- 10 - Singing by Blue Mountain Mennonite Chorus
- 17 - Prayer Meeting - CANCELLED
- 24 - Prayer Meeting with Annville United Christian Church
- 31 - Prayer Meeting with Balsbaugh United Christian Church

*These services will be held in the Chapel.*





# Cleona Campmeeting



## Bus Schedule

### Sunday

August 14 - Leave at 6:30pm

### Monday

August 15 - Leave at 1:30pm  
Leave at 6:45pm

### Tuesday

August 16 - Leave at 9:30am  
Leave at 1:30pm  
Leave at 6:45pm

### Wednesday

August 17 - Leave at 9:30am  
Leave at 1:30pm  
Leave at 6:45pm

### Thursday

August 18 - Leave at 9:30am  
Leave at 1:30pm  
Leave at 6:45pm

### Friday

August 19 - Leave at 9:30am  
Leave at 1:30pm  
Leave at 6:45pm

*Please sign up at the business office for each time you would like to go to Campmeeting.*

### Occupancy Availability

#### Cottages

1 bedroom w/Florida Room

2 bedroom w/basement & garage  
(available later this summer)

**Personal Care Rooms  
are also available.**

If interested, call 867-4636 for more information.



### Mark Your Calendar

**Auction at CCC  
September 29, 2011**

*Details in next month's newsletter*



**Arthritis Exercise Class Schedule**  
Multi-Purpose Room  
12:45pm



Thursday, August 4<sup>th</sup>  
Thursday, August 11<sup>th</sup>

# Homecoming Week

at

Countryside Christian Community

August 22<sup>nd</sup> - 26<sup>th</sup>

Theme - "Country Fair"



## Monday

10:15 - Bible Study  
1:00 - Peel Peaches  
2:00 - Peach Shortcake in the Pavilion  
4:00 - Ring Toss

## Tuesday

10:00 - 12:00  
Display of Arts and Crafts  
by Residents  
*(residents should give arts and crafts  
to activity department by August 18<sup>th</sup>)*  
2:00 - Win a cupcake at our Cake Walk  
4:00 - Old Fashioned Hymn Sing



## Wednesday

10:15 - Rabbits Visit  
2:00 - Auction by Mays Kurtz  
*(you will be given play money  
for this special auction)*  
4:00 - Basketball Toss

## Thursday

9:30 - Husk Corn  
12:00 - Picnic Lunch  
1:15 - The Only Purpose (Chris & Gary)  
4:00 - Cow Pattie Toss

## Friday

10:00 - Jonestown Bible Church  
1:30 - Carnival for Nursing  
*(Games, Food, & Prizes)*  
2:30 - Carnival for Personal Care &  
Cottagers *(Games, Food, & Prizes)*  
4:00 - Video  
"Memories of the Country Fair"

## Countryside Christian Community Auxiliary

### Fall Festival

#### Chicken BBQ, Bake Sale & Yard Sale

Saturday, September 17, 2011  
8:00 AM - 1:00 PM

**Chicken BBQ Tickets - \$6.50**  
(Baked potato and roll are included)

**Tickets can be purchased at the Business Office**  
(tickets available August 2<sup>nd</sup>)

**Ticket holders need to pick up their BBQ dinner  
between 10:00am and 12:00 noon**

"Come-N-Dine" tickets will also be available



## What is Come-N-Dine???

### Hosts

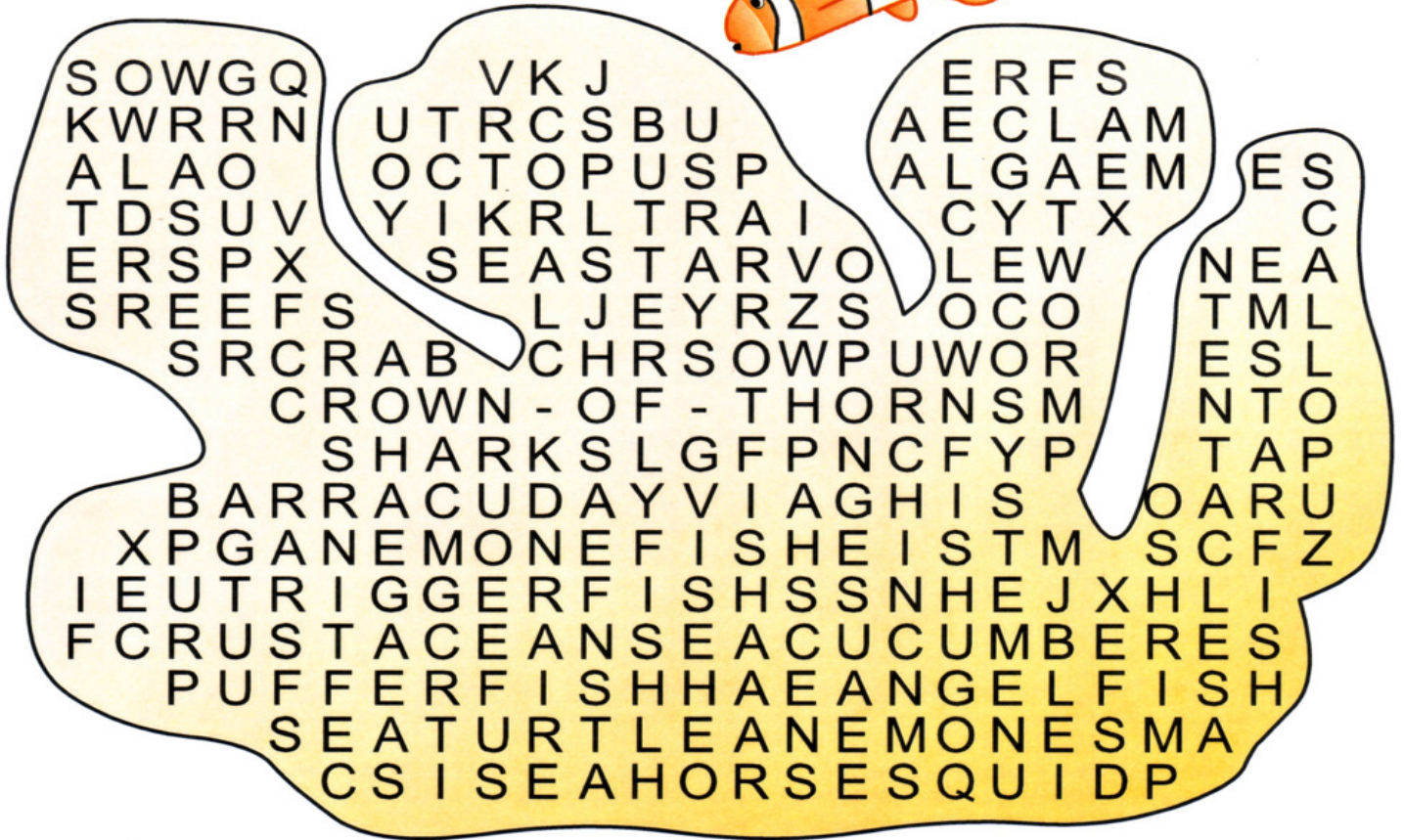
Anyone can be a host. The host picks the date, time, menu and how many guests they would like to have. If you would like to be a host, forms are available at the business office.

### Guests

At the Fall Festival there will be a display of all the hosts and the date and time of their meal. At this time you can purchase your ticket to attend one of these meals. Tickets are \$10.00 each.

The hosts will only know who their guests are when they arrive at their door.

# Coral Reef



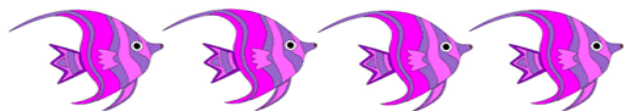
ALGAE  
 ANEMONEFISH  
 ANEMONES  
 ANGELFISH  
 BARRACUDA  
 BUTTERFLYFISH  
 CLAM  
 CLOWNFISH  
 CORAL  
 CRAB  
 CROWN-OF-THORNS  
 CRUSTACEANS

ECOSYSTEM  
 EEL  
 FLATWORM  
 GROUPE  
 OCTOPUS  
 PARROTFISH  
 PUFFERFISH  
 RAYS  
 REEFS  
 SCALLOP  
 SEA CUCUMBER  
 SEA STAR

SEAHORSE  
 SEATURTLE  
 SHARKS  
 SHRIMP  
 SKATES  
 SPONGES  
 SQUID  
 STARFISH  
 TENTACLES  
 TRIGGERFISH  
 URCHIN  
 WRASSES

# ACTIVITIES CALENDAR

## AUGUST 2011



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
<b>DAILY:</b> 8:30 Devotions 9:30 Exercise MDR	10:15 Bible Study MPRW 1:45 Singspiration CL 4:00 Table Ball GP	10:15 Bingo MPRW 2:00 Milkshakes PAV 4:00 Song Time GP	10:15 Music Hour GP 2:00 Bowling MPRW 4:00 Parachute GP 7:00 Newmanstown UCC CH	10:00 Countryside Drive PC & Cottage 10:15 Nursing Resident Meeting GP 12:45 Arthritis Class MPRW 2:00 Coffee Cart - Nursing 2:30 Coffee Cart - PC 4:00 Read & Reminisce GP	10:00 Echoes of Grace MPRW 2:00 Bible Trivia MPRW 4:00 Kick Ball GP	10:15 Country Folk Gathering MPRW 2:00 Birthday Party MDR 4:00 Scripture Reading GP 7:00 Lawrence Welk GP
8	9	10	11	12	13	14
9:00 Sunday School - CH Charles Brown 7:00 New Providence Mennonite Church CH	10:15 Bible Study MPRW 11:15 Friendship Circle GP 1:00 Helping Hands ATR 1:45 Singspiration CL 4:00 Balloon Volleyball GP	10:15 Slides by Lucille Dundore CH 2:00 Bocce MPRW 4:00 Song Time GP 4:30 Picnic at Landis's PC & Cottage	9:30 Palmyra Shopping Center - PC & Cottage 10:15 Music Hour GP 2:00 Lemonade on Patio 4:00 Parachute GP 7:00 Blue Mt. Mennonite Chorus CH	10:15 Bingo MPRW 12:45 Arthritis Class MPRW 2:00 Coffee Cart - PC 2:00 Coffee Cart - Nursing 4:00 Amusing Morsels GP	<b>ALL DAY TRIVIA</b>	<b>FULL MOON</b> 10:15 Story Hour MPRW 2:30 Trivia MPRW 4:00 Scripture Reading GP 7:00 Lawrence Welk GP
15	16	17	18	19	20	21
9:00 Sunday School - CH Gerald Brinser 2:00 Singing by Sonny and Audrey MPRW 6:30 Worship at Camp Grove -Bus	10:15 Bible Study MPRW 11:15 Friendship Circle GP 1:45 Singspiration CL 4:00 Table Ball GP	10:15 Bingo MPRW 2:00 Noodle Volleyball w/Farrel Family MPRW 4:00 Rhythm Band GP	10:15 Music Hour GP 2:00 Make Zuckies MDR 4:00 Parachute GP 7:00 No Service	10:15 Country Folk Gathering GP 1:00 Out for Ice Cream Nursing 2:00 Coffee Cart - PC 2:30 Coffee Cart - Nursing 4:00 Read & Reminisce GP	10:00 Poetry Hour MDR 10:30 Morning Manicures ATR 2:00 Flower/Butterfly Craft MPRW 4:00 Kick Ball GP 7:00 Union Deposit Singers - Halls	10:15 Table Top Games MPRW 2:00 Wheel Of Fortune MPRW 4:00 Scripture Reading GP
Campmeeting Week						
22	23	24	25	26	27	28
9:00 Sunday School - CH Bill Houser 3:00 Gospel Music Video GP	10:15 Bible Study MPRW 1:00 Peel Peaches MDR 2:00 Peach Shortcake Social PAV 4:00 Ring Toss GP	10:00 -12:00 Arts and Crafts Display MPRW 2:00 Cake Walk PAV 4:00 Hymn Sing GP	10:15 Rabbits Visit - PAV 2:00 Auction MPRW 4:00 Basketball Toss GP 7:00 Annville UCC - CH	9:00 Corn Husking MDR 10:30 Exercise MPRW 12:00 Picnic PAV 1:15 The Only Purpose PAV 4:00 Cow Pattie Toss GP	10:00 Jonestown Bible Church CH 1:30 Carnival PAV Nursing 2:30 Carnival PAV PC & Cottagers 4:00 Memories of the Fair GP	10:15 Bingo MPRW 2:00 Hillbilly Golf MPRW 4:00 Scripture Reading GP 7:00 Lawrence Welk GP
Homecoming Week						
29	30	31				
9:00 Sunday School - CH Lee Wenger 2:00 Faith Fellowship Church CH	10:15 Bible Study MPRW 11:15 Friendship Circle GP 1:00 Helping Hands ATR 1:45 Singspiration CL 4:00 Table Ball GP	10:00 Countryside Drive Nursing 10:15 Bible Trivia MPRW 2:00 Bingo MPRW 4:00 Song Time GP	10:15 Music Hour GP 1:30 Dairy Queen PC & Cottage 2:00 Name That Sound GP 4:00 Parachute GP 7:00 Balsbaugh UCC - CH	<b>Word Search Hand Out Every Wednesday</b>	<b>KEY:</b> CH - Chapel ATR - Activity Therapy Room CL - Country Lounge PAV - Pavilion	MPRW- Multi-Purpose Room West GP - The Gathering Place MDR - Main Dining Room