

CCC REFLECTIONS

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

Vol. 29 No. 2

February 2012

Abraham Lincoln

1831 - Lost his job

1832 - Defeated in run for Illinois State Legislature

1833 - Failed in business

1835 - Sweetheart died

1836 - Had nervous breakdown

1838 - Defeated in run for Illinois House Speaker

1843 - Defeated in run for nomination for U.S. Congress

1848 - Lost re-nomination

1849 - Rejected for land officer position

1854 - Defeated in run for U.S. Senate

1856 - Defeated in run for nomination for Vice President

1858 - Again defeated in run for U.S. Senate

1860 - Elected President

Never Give Up!

From The Desk of the Nursing Director

Deborah Hayes, RN, DON

February is an eventful month with blustery weather and dates that are etched in time. Abraham Lincoln's birthday, Valentine's Day, and George Washington's birthday are celebrated this month. February is also the month for the National Heart Association's recognition of fighting heart disease. The National Heart Association is celebrating **Red Day** on Friday, **February 3, 2012**. This is a day to make everyone aware of heart disease. We here at Countryside Christian Community are encouraged to wear red and will be incorporating fun red foods, drinks and decorations into our residents daily routine and activities to help raise everyone's awareness of heart disease. It is our mission to make a difference and help save lives.

Heart disease is still the number one killer of women, causing one in three deaths each year. This disease claims the lives of more than 422,000 American women each year. You can make a difference by becoming heart healthy and taking part in **Red Day** to help save lives. We want to spread the awareness of the preventions and risks of heart disease. Keeping your heart healthy, to lower your risk of heart disease, can be rather easy. Everyday preventative steps such as watching your weight, quitting smoking, controlling cholesterol and blood pressure, drinking in moderation, becoming active and engaging in physical activity, preventing type II diabetes and managing stress can reduce your risk of heart disease.

So in this month of love, let us love our hearts by being physically active, eating a heart healthy diet and becoming educated about heart disease and its risk factors. Happy Valentine's Day to everyone☺

*"We can do no great things, only small things with great love."
Mother Teresa*



CCC Reflections is published monthly

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Matters of the Heart

Jennifer Grube, LNAC, Infection Control

This February, we will once again celebrate love of all kinds, the love we have for our friends, our family, and our God. On this February 14th, I suggest that we celebrate another kind of love, the love we must have for ourselves. As caregivers and family members, we readily take care of the health needs of our patients and loved ones, but we sometimes put our own health concerns on the back burner. In order to take care of others as best as we can, we have to first take care of ourselves and our bodies. To show this self-love, why not start by caring for the ultimate symbol of Valentine's Day itself, the heart.

Our hearts beat an average of sixty to one-hundred times per minute at rest. That means this hardworking organ will beat over thirty-one million times in one year, each contraction pumping life-sustaining blood to every part of our body. The least we can do for our heart in return is to take some simple steps to reduce its workload and keep it healthy. The American Heart Association recommends that we focus on seven lifestyle habits concerning cardiac health: exercise, cholesterol, diet, blood pressure, weight, blood sugar, and smoking.

We all know that **exercise** is good for us, but it is not always easy to incorporate it into our lives as a regular habit. The key is to make small changes and increase our activity level a little at a time. Start by parking farther away at the grocery store or taking a short brisk walk after dinner. Any increase in activity level is better than none. This is why exercises and activities are so vital to our elderly residents.

The bad **cholesterol**, LDL is a waxy substance that forms plaques in veins and arteries if it is in excess. These plaques will lead to blockages that cause high blood pressure, heart disease, and stroke. Cholesterol can affect the blood flow throughout your body, so keeping it in good control will help your whole body function well. The first step in reducing your LDL is to stick with foods that are low in trans and saturated fats. Also, increasing your fiber intake improves your cholesterol levels. Exercise will also help to raise your good cholesterol, or HDL.

Diet, weight, and blood sugars are sometimes difficult areas for us to manage. Our Pennsylvania Dutch heritage is famous for some fattening (but very tasty) favorites. The key is moderation and balance. If you try to deprive yourself of all your favorite foods, you run the risk of "yo-yo dieting" and binge eating. Take those small steps to improve your diet, lose excess weight, and keep your blood sugars under control. Try using a smaller plate at meals to reduce your portions. Replace one unhealthy snack with a vegetable or whole grain fiber. Keep track of what you are doing and how you are feeling when you eat. Many of us eat out of boredom, emotional need, or habit versus hunger.

High **blood pressure** is the single most significant risk factor for heart disease. When your blood pressure stays within healthy ranges, you reduce the strain on your heart, arteries, and kidneys which keeps you healthier longer. The first steps to controlling your blood pressure are eating a heart-healthy low-sodium diet, maintaining a healthy weight, and managing stress. It is also important to avoid smoking. Smoking affects your cholesterol levels, increases your risk for blood clots, reduces your lung capacity, and hardens your arteries – all of which will increase your risk for cardiovascular disease.

This Valentine's Day, why not show yourself the love you deserve. Take care of your heart and it will take care of you.

John's Jottings

by John Landis, Chaplain

“His Work”

The teaching about the Holy Spirit is very extensive and there is more than I am mentioning. I'm not sure I'm giving these brief teachings in the correct order. Today I'm writing about the work of the Holy Spirit. I'll give Bible verses of where it teaches the idea I'm presenting. I encourage you to take the time to look up these verses for yourself.

Let's look at the Spirit's work in the believer (us):

1. He regenerates the believer - (*John 3:5-8; John 6:63-65; Ephesians 4:23-24; I John 3:7-10*)
 - * He brings a new birth to us in our personhood -- our soul and spirit.
 - * He gives us new life and new beginning.
2. He dwells within the believer - (*I Cor. 6:19-20; I Cor. 3:16-17; Acts 2:4*)
 - * He makes his home within us.
3. He sanctifies the believer - (*Romans 15:16; I Cor. 1:2; I Cor. 6:11; II Thess. 2:13*)
 - * To be sanctified means being separated from our past sinfulness and given to or set apart for the Lord. This is a completed work in the sight of God and yet it is a work in process in our daily lives.
4. He empowers the believer - (*Luke 24:49; Acts 1:8; Phil. 4:13,19*)
 - * The Holy Spirit is fully God and gives to the believer the enabling ability for every need we may have in life
5. He produces fruit in the believer - (*Gal. 5:22-23; John 15:1-8; I Peter 1:3-11*)
 - * Where the Spirit of God is there is life. (*Romans 8:10-11*)
 - * We have the divine nature in us, so that is the expression we will show in our lives. A tree or plant produces according to its genetic make up which is the new nature of Jesus' Spirit that is in us.
6. He directs the affairs of the believer - (*John 16:13-15; Acts 13:1-4; I John 3:23-24*)
 - * This happens as we yield ourselves to his Lordship. If we want to follow Jesus, we can't go and do our own thing. We must follow Jesus.
7. He testifies through us from the Word of God about Jesus - (*John 10:26; 15:26; 16:13-15*)
 - * Life is not about me. This is a very difficult statement because our world teaches and believes in the glory and power of the individual person. We must die to this belief and accept the way of the lord.
8. He gives spiritual discernment of the Word of God to the believer - (*John 14:26; II Tim. 3:16-17; II Tim. 1:13-14; II Tim 2:15*)
 - * It is so easy to listen to a teaching and think what we hear is really good. But we need to be students of the Word of God and diligently search for the truth. Not everything that people say is correct or according to the will and way of Jesus.
9. He confirms the believer in his Christian experience - (*Romans 8:12-17; I John 5:10-12; John 13:34-35*)
 - * The Holy Spirit is not a silent person. He does and will express himself in our lives.

I hope and pray these nine works of the Holy Spirit will be a blessing to us. Really we are without excuse. God loves us and He wants to express himself through us. Praise be to His name!

The Holy Spirit

Korner



Kitchen

Karen Yingst, Dietary

By the time this newsletter comes out we will be in the third month of winter. What a great time to try a new soup recipe! We prepare this recipe using frozen sliced zucchini but it will work just as well with fresh zucchini from your garden.

Chicken Tortellini soup

3½ qt. chicken broth	9 oz. tortellini, fresh refrigerated
3 cups zucchini, frozen, sliced	1 tsp. basil, dried
6 cups chicken, cooked and cut up	¼ cup parsley, dried
2 cups diced canned tomatoes	½ tsp. black pepper
3 cups carrots, diced	¼ cup parmesan cheese, grated

Thaw zucchini a few minutes and chop coarsely by hand. Combine all ingredients except parmesan cheese and simmer until tomatoes, carrots and tortellini are tender. Sprinkle parmesan cheese on top just before serving. Makes about 12 servings.



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.

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.



Welcome

New Residents

Robert Wenger	Nursing.	Room 35
Elizabeth Hess.	Nursing.	Room 41
Harold Sellers	Nursing.	Room 37
Aaron Haldeman.	Nursing.	Room 37

We Remember

Frances Yeager

Frances was 94 years old and lived at CCC for 2 years.

Lewis Clark

Lewis was 90 years old and lived at CCC for 5 months.

Family and friends have our sincere condolences.



Harold Sellers

Harold was 87 years old and lived at CCC for a brief time.

February

Resident's Birthdays

- 15 - Bertha Glovan
- 19 - Ruth Boyer
- 28 - Jean Sweinhart

Employee's Birthdays

- 3 - Earl "Ted" Hartman
- 15 - Monica Greene
- 15 - Mackenzie McFeaters
- 15 - Debra Karinch
- 17 - Darlene Hinkle
- 20 - Tyler Carpenter
- 26 - Lois Arnold



Birthdays

What's Keeping Us Busy?

Compiled by Susanna Varner, Activities

February Highlights

- 3 - **Go Red for Women Day** - Wear **RED** attire.
- 3 - Country Gospel music with **Echoes of Grace** at **10:00am** in the **Multi-Purpose Room**.
- 5 - Service by the members of **Providence Mennonite Church** at **7:00pm** in the **Chapel**.
- 7 - **Make Valentines** with the Farrel family at **10:15am** in the **Multi-Purpose Room**.
Assistance and supplies will be provided.
- 9 - **Make a Heart Necklace** using felt, beads and other supplies at **10:15am**.
Nursing Residents will make their necklaces in the **Gathering Place**.
Personal Care Residents will make their necklaces in the **Multi-Purpose Room**.
- 10 - Trivia Questions will be asked every hour between **8:30am** and **4:00pm** for **All Day Trivia**.
Winners may only give one correct answer.
- 12 - Children from the United Christian Churches will be singing songs of Gods love during a **Valentine Sing-A-Long** in the **Hallways** starting at **2:00pm**
- 14 - **Marty's One Man Band** (Marty of Marty's Music Store) will be here to sing valentine songs at **10:15am** in the **Multi-Purpose Room**.
- 15 - Paul and Ann Harnish from **Moments of Glad Tidings** will be joining us for a hymn sing at **2:00pm** in the **Chapel**.
- 16 - Nursing Residents - Bring your ideas and suggestions to the **Nursing Resident Meeting** at **10:15am** in the **Gathering Place**.
- 17 - The **Union Deposit Singers** will be singing through the **Hallways** starting at **7:00pm**.
- 18 - Newmanstown United Christian Church is hosting the **Birthday Party** this month. Come and celebrate the February birthdays at **2:00pm** in the **Main Dining Room**.
- 20 - **One Accord**, of Lebanon County, will be providing a **Valentine Themed Program** for us at **6:30pm** in the **Chapel**.
- 21 - **Fastnacht Donuts** will be served for dessert at the **Noon Meal**.
- 24 - **Jonestown Bible Church** will be here for a sing-a-long and devotional at **10:00am** in the **Chapel**.
- 26 - Rev. Williams from **Faith Fellowship Church** will be leading us in a **Hymn Sing** at **2:00pm** in the **Chapel**.

Wednesday Evening Services

- 1 - Prayer Meeting with Campbelltown, UCC; 7:00pm
- 8 - Prayer Meeting with Palmyra UCC; 7:00pm
- 15 - Prayer Meeting with Fontana UCC; 7:00pm
- 22 - Prayer Meeting with Colebrook UCC; 7:00pm
- 29 - Prayer Meeting with Newmanstown UCC; 7:00pm

These services will be held in the Chapel.

February Motor Tours

- 7 - Breakfast and shopping at Dutchway in Myerstown; 8:30am
Personal Care & Cottage
- 13 - Open House at the home of Vicki Dundore; 1:30pm
Personal Care & Cottage

Please sign up for these trips at the business office



Mid-Winter Caribbean Cruise

February 1st - February 3rd

Cruise Directors

Lisa Kissinger

Susanna Varner



Wednesday

Wear Tropical Attire

- 9:30am Ship Shape Exercise Class in the Seven Seas Restaurant*
- 10:15am Piano Melodies (Hymn Sing) in the Stardust Lounge*
- 2:00pm Bon voyage Party (tropical hors d'oeuvres and games) in the Seven Seas Restaurant*
- 4:00pm Deep Sea Fishing in the Stardust Lounge (Magnetic Fishing Rod and Fish)*
- 5:00pm Set Sail Supper in the Seven Seas Restaurant*
- 7:00pm Prayer Meeting with Campbelltown UCC in the Chapel*

Thursday

Wear Formal Attire

- 9:30am Ship Shape Exercise in the Seven Seas Restaurant*
- 10:15am Travel Trivia in the Stardust Lounge (Questions will pertain to many different places in the world)*
- 12:00pm Salad Buffet and Surf and Turf with the Captain and his crew in the Seven Seas Restaurant*
- 2:00pm On Board Bowling in the Seven Seas Restaurant*
- 4:00pm Scenic Seaside Video in the in the Stardust Lounge*

Friday

Wear Red Attire

- 9:30am Ship Shape Exercise Class in the Seven Seas Restaurant*
- 10:00am Gospel Music by Echoes of Grace in the Multi-Purpose Room*
- 12:00pm Caribbean Island Feast in the Seven Seas Restaurant*
- 2:00pm Tiki Cart in Personal Care - Serving Tropical Ice Cream*
- 2:30pm Tiki Cart in Nursing - Serving Tropical Ice Cream*
- 4:00pm Game Time in the Stardust Lounge*

Seven Seas Restaurant - Main Dining Room

Stardust Lounge - Gathering Place

Housekeeping Position

(44 hours in a two week period)

Week 1

Monday, Tuesday
& Thursday
5:30am - 2:00pm

Week 2

Tuesday & Thursday
5:30am - 2:00pm
and
Saturday 5:30am - 9:30am

(also during vacations and as needed)

If interested in this position
contact:

Mary Ellen Rohrer
or
Monica Greene
867-4636



Answers to last month's puzzle

B	A	N	K																	
P	L	O	W																	
A	N	G	E	L																
C	R	A	B	S																
F	I	G	H	T																
S	H	O	E	S																
B	L	O	W	E	R															
C	A	S	T	L	E															
D	R	I	F	T	S															
F	L	A	K	E	S															
H	O	C	K	E	Y															
P	A	T	R	O	L															
S	H	O	V	E	L															
F	I	S	H	I	N	G														
I	C	I	C	L	E	S														
L	E	O	P	A	R	D														
P	A	J	A	M	A	S														
S	K	A	T	E	R	S														
S	N	O	W	M	A	N														
B	L	A	C	K	I	C	E													
B	O	A	R	D	E	R	S													
S	N	O	W	F	A	L	L													
S	N	O	W	S	U	I	T													
S	C	U	L	P	T	U	R	E												
S	N	O	W	S	T	O	R	M												
S	N	O	W	W	H	I	T	E												
S	N	O	W	M	O	B	I	L	E											
W	A	T	E	R	F	A	L	L	S											

D O N T L I C K T H E L I G H T P O L E

A **Sewing Circle Group** will be starting on Tuesday February 28th and will be held monthly in the Multi-Purpose Room. Each month we will be working on making comforters. Anyone (this includes residents, family members and friends) is welcome to join us for cutting, sewing and knotting comforters.



Occupancy Availability

Cottage

2 bedrooms
w/basement & garage

Personal Care Suite

If interested, call 867-4636
for more information.

Arthritis Exercise Class Schedule

Multi-Purpose Room
12:45pm



Thursday, February 9th
Thursday, February 16th
Thursday, February 23rd

Reminder

Please do not feed Boots!



He is on a special diet recommended by the Vet

Scavenger Hunt

February 21st

1:00pm - 3:30pm

This hunt will begin at the front office. You will be given a list of clues. After finding the answers to all the questions you will be rewarded a prize.



Volunteers and activity staff will be available to assist those who need help going to the various locations to find the answers.

Principle of the Month

Wisdom will be applied to promote efficient use of all available resources.

Matthew 25:14-30

Activity Program Survey

We will be conducting a survey about Activity Programs. Personal Care Residents, Nursing Residents and family members are welcome to complete a survey.

Survey forms are available in the Activity Room. Please return all completed surveys to the Activity Department.



♥️🌸🌸🌸 Valentine's Day Superstition 🌸🌸🌸♥️

In both Britain and America, a young girl can tell the type of man she will marry by what bird she first sees on St. Valentine's Day:

Blackbird - clergyman or priest

Robin - sailor

Bluebird - a happy man

Dove - a good man

Sparrow - a farmer

Goldfinch (or any yellow bird) - a rich man

Crossbill - an argumentative man

Woodpecker - she will never marry

Valentine's Day Word Search



T D S R E V O L E A J F E C A N D Y A M
H O L I D A Y Z T F L O W E R S C B K V
C R A C A D Q S A W J D M N E C L Y A C
E O K E B U L T L M A R S H M A L L O W
L M A M F N J E O E A H X G Z K E F Z F
E A V R S I A E C F G G Y N N N K V E M
B N A C Q W F W O D L A P D T I D O R O
R C L W K Z E S H A Q I I I M V L I O X
A E E O I K K E C G N H N R Y L V E S G
T L N R V C P E T K U E V N R N F N E I
I D T R N E S T R H S H X S S A T I S F
O I I A G L S B A D E E X C Y O M M H T
N P N T W D I T A W W A Q F H S M E O P
T U E Q A H K Y D U Y N R E O M T B K R
S C T R A D I T I O N X Y T V G X V R R
O B Y B H A I L O V E Y O U J S D R A C

romance
chocolate
marshmallow
valentine
Valentine's Day
love
cards

I love you
cupid
celebration
poems
gift
holiday
tradition

arrow
be mine
candy
flowers
lace
pink
roses






sweetheart
feelings
lovers
kiss
hug
marriage
sweets



ACTIVITIES CALENDAR

February 2012



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
KEY: CH - Chapel ATR - Activity Therapy Room CL - Country Lounge	MPRW - Multi -Purpose Room West GP - Gathering Place MDR - Main Dining Room	DAILY: 8:20 Devotions 9:30 Exercise MDR 	WEAR TROPICAL ATTIRE 1 10:15 Piano Melodies GP 2:00 Bon Voyage Party MDR 4:00 Deep Sea Fishing GP 7:00 Campbelltown UCC - CH	GROUNDHOG DAY 2 10:15 Travel Trivia MPRW 2:00 On Board Bowling MPRW 4:00 Scenic Seaside Video GP WEAR FORMAL ATTIRE	GO RED FOR WOMEN DAY 3 10:00 Echoes of Grace MPRW 2:00 Tiki Cart - PC 2:30 Tiki Cart - Nursing 4:00 Game Time GP WEAR RED TODAY	10:15 Vacation Memories MPRW 2:00 Bocce MPRW 4:00 Scripture Reading GP 7:00 Lawrence Welk GP
5 9:00 Sunday School - CH Ken Sellers 7:00 Providence Mennonite Church CH	6 10:15 Bible Study MPRW 10:30 Room Visits - Nursing 1:00 Helping Hands ATR 4:00 Table Ball GP 	7 FULL MOON 8:30 Bus Trip PC & Cottage 10:15 Make Valentines MPRW 2:00 Bingo MPRW 4:00 Song Time GP	8 10:15 Music Hour GP 2:00 Penny Game MPRW 4:00 Parachute GP 7:00 Palmyra UCC - CH	9 10:15 Make Necklace PC - MPRW 10:15 Make Necklace Nursing - GP 12:45 Arthritis Class MPRW 2:00 Coffee Cart - PC 2:30 Coffee Cart - Nursing 4:00 Read & Reminisce GP	10 ALL DAY TRIVIA 10:00 Poetry Hour MPRW 10:15 Morning Manicures GP 2:00 Bible Trivia MPRW 4:00 Kick Ball GP 	11 10:15 History Social (Lebanon) MPRW 1:00 Foot Massages Nursing Rooms 4:00 Name that Sound GP 7:00 Lawrence Welk GP
12 9:00 Sunday School - CH David Weidman 2:00 Valentine Sing-A-Long Halls 	13 10:15 Bible Study MPRW 10:30 Room Visits - Nursing 1:30 Bus Trip PC & Cottage 1:45 Singspiration CL 4:00 Balloon Volleyball GP	14 VALENTINE'S DAY 10:15 Marty's One Man Band MPRW 2:00 Valentine Bingo MPRW 4:00 Rhythm Band GP WEAR RED/PINK	15 10:15 Country Folk Gathering MPRW 2:00 Moments of Glad Tidings CH 4:00 Feather Ball GP 7:00 Fontana UCC - CH	16 10:15 Visits with Lisa - PC 10:15 Nursing Resident Meeting GP 12:45 Arthritis Class MPRW 2:00 Coffee Cart - PC 2:30 Coffee Cart - Nursing 4:00 Amusing Morsels GP	17 10:00 Stories w/John MPRW 2:00 Hillbilly Golf MPRW 4:00 Kick Ball GP 7:00 Union Deposit Singers Halls	18 10:15 Wheel of Fortune GP 2:00 Birthday Party w/Colebrook MDR 4:00 Scripture Reading GP 7:00 Lawrence Welk GP
19 9:00 Sunday School - CH Leon Daily 2:00 Singing with Sonny and Audrey MPRW	20 PRESIDENT'S DAY 10:15 Bible Study MPRW 10:30 Room Visits - Nursing 1:00 Helping Hands ATR 4:00 Table Ball PG 6:30 One Accord CH	21 FASTNACHT DAY 10:15 Bingo MPRW 1:00 - 3:30 Scavenger Hunt Beginning at the Front Office 4:00 Song Time GP Fausnacht Donuts Served at Noon Meal	22 ASH WEDNESDAY 10:15 Music Hour GP 2:00 Make Soft Pretzels MDR 4:00 Parachute GP 7:00 Colebrook UCC - CH	23 10:15 Visits with Lisa - PC 10:15 We Remember GP 12:45 Arthritis Class MPRW 2:00 Coffee Cart - PC 2:30 Coffee Cart - Nursing 4:00 Read & Reminisce GP	24 10:00 Jonestown Bible Church CH 2:00 Bocce MPRW 4:00 Kick Ball GP	25 10:15 Table Top Games MPRW 2:00 What's in the Bag? GP 4:00 Scripture Reading GP
26 9:00 Sunday School - CH Bruce Gettle 2:00 Hymn Sing w/Faith Fellowship CH	27 10:15 Bible Study MPRW 10:30 Room Visits - Nursing 1:45 Singspiration CL 4:00 Balloon Volleyball GP	28 10:15 February Bingo MPRW 1:00 Sewing Circle MPRW 2:00 February Trivia GP 4:00 Song Time GP	29 LEAP DAY 10:15 Music Hour GP 2:00 Hillbilly Golf MPRW 4:00 Parachute GP 7:00 Newmanstown UCC - CH 	Word Search Hand Out Every Wednesday	