

The page is framed by a decorative border of purple flowers, likely cosmos, with dark centers and light purple petals. The background within the border is a light purple, textured pattern of smaller, similar flowers.

CCC REFLECTIONS

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

Vol. 28 No. 5

May 2011

*Mothers hold
their children's
hands for a short
while, but their
hearts forever.*



Karen Yingst, Dietary

Pasta primavera is an Italian-American dish that consists of pasta and fresh vegetables. Since *primavera* means spring, the vegetable choices should be the crisp new vegetables of spring. The dish may contain almost any kind of vegetable, but most cooks use firm, crisp vegetables such as broccoli, carrots, peas, onions and green bell peppers. Pasta primavera is usually highlighted by light flavors, aromatic herbs and bright colors and finished with Parmesan cheese.

This recipe is a lovely way to welcome spring and fresh new vegetables. If you like, the vegetables can be changed to suit your own tastes. I love to use a vegetable steamer to cook my vegetables, especially broccoli and asparagus. I have an inexpensive collapsible steamer that fits in any regular saucepan. Put about an inch of water in the pan, then the steamer and add your cut up vegetables. Cover and turn on high heat. Once the water boils the vegetables cook very quickly so watch them carefully.

Pasta Primavera

½ lb. bow tie pasta, uncooked	½ cup diced onions
2 cups broccoli florets	½ teaspoon garlic powder
1 cup sliced carrots	1 tablespoon dried basil
¼ cup butter	¼ teaspoon black pepper
2 cup fresh mushrooms, sliced	½ cup chicken broth
3 tablespoon Parmesan cheese	

Cook pasta until tender but firm and drain. Steam carrots and broccoli, starting with the carrots for 5 to 10 minutes or until just tender. Take care to not overcook the broccoli.

Melt butter and sauté mushrooms and onions until tender. Add seasonings and chicken broth. Toss pasta, vegetables and butter sauce together and reheat to serve. Sprinkle with parmesan cheese.

Yield: 12 servings

CCC Reflections is published monthly

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.

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John's Jottings

by John Landis, Chaplain

Angels

I recently read the book "The Boy Who Came Back from Heaven" during our bible study time. There were many references to how angels ministered to a boy named Alex. He was involved in an auto accident in which his skull was detached from his spinal column. During this time he was alive but made a trip to heaven. He talked about the angels and how they ministered to him. In Hebrews 1:14 it says, "Are not all angels ministering spirits sent to serve those who will inherit salvation?" This is the main idea given in the book about the ministry of angels. Yes, there are angels who serve the Lord and do ministry for God's children.

Angels are super natural beings who are created by God. They were witnesses to the creative work of God. They were present at the creation of our universe. (*Job 38:7*) They serve as members of God's eternal court. (*Job 1:6, Isa. 6:2-4*) They are ever praising and worshipping God. (*Ps. 103:20, Ps 148:2*)

There are a variety of orders and layers of responsibility within the angels. There are Seraphim's (*Isa. 6:2*) who seem to surround God at all times. There are guardians angels (*Mt. 18:10, Dan. 3:24-26, Dan. 6:19-22*) who give special protection. There is a death angel (*Ex. 12*) who took the lives of the first born of Egypt and the lives of Sennacherib's soldiers. (*2 Chron. 32:21*) There are archangels named Michael and Gabriel. (*Dan 8:16, Jude 9*) Satan, called Lucifer, may have been an archangel before he sinned. But his heart was lifted up in pride causing a war in heaven. He was cast out of heaven. (*Jude 6, Lk. 10:18, Isa. 14:12-15, Ez. 28:11-17*) Even though Jesus suffered and died, he rose again from the grave and hell as a victor over both. He conquered them and became our Savior and Lord. Satan is a loser and cannot stop Jesus. Jesus is not an angel but the Son of God.

There are many other references in the Bible that talk about angels and their ministry. See how many you can find in the Bible which I have not mentioned. But remember they are only ministering spirits of the Lord Jesus Christ. They are under the command of the Lord Jesus Christ. There is no salvation for angels. But we who are created in the likeness and image of God and have a sin nature and do sin have salvation provided for us in Jesus' death and resurrection. We have eternal life and are not under the condemnation of sin. But the fallen angels/demons are under the condemnation and judgment of God. Their eternal habitation is death and hell.

Nowhere in the Bible do we find that we are to, or can, worship angels. John, in the book of Revelation, was told by an angel to not worship him. (*Rev. 19:10*) Paul warned the Colossians in chapter 2, that it was Jesus who came in human flesh to redeem and save all creation. He also said all creatures are under the Lordship of Jesus. We worship and obey our Lord Jesus. Our focus is to be Jesus and not any of his angels, especially Satan. We can thank Jesus for our angels and their help, but to talk with them and worship them -- NO.



Please join us every Monday in the Multi-Purpose Room at 10:15am. We will be studying some of the stories that Jesus told (parables).

Farewell

By Helen M. Papeika RN, MSN

Yes, this is farewell.

After nearly four years serving as the Director of Nursing for Countryside Christian Community, I am announcing that I am leaving for another opportunity. My last day at Countryside will be May 18, 2011.

In my time at Countryside, I have had lots of experiences that have bettered me as a person and a nurse, and I will carry them with me into my future.

- The staff in general – Countryside is blessed to have staff throughout the facility that cares deeply for our residents. Staff often see their job as a calling to help others. I have seen people go above and beyond what is in their job description to do what is right and kind.
- To the families – making the decision to have your relative live in a long term care setting is not an easy one. I thank you for trusting us to care for your loved one, and for the involvement you provide in their lives.
- To the nursing staff in particular – you are the only department in the building that is with our residents 24/7. The level of dedication required by a nurse is unlike any other discipline in healthcare. I thank you for your devotion to our profession and I am proud to have worked with you.
- And finally to my residents – I will miss you the most. You are kind and gentle, humorous and wise. It has been a gift getting to know all of you, and these memories will remain with me for a long time to come.

Thank you for everything. God bless you.



Employees

Meet Your Safety Committee

May 26th

1pm to 2pm

Main Dining Room

Learn more about our June event for National Safety Month

“A Million Acts of Safety”



New Residents



Moved



Claire Hoepfer

Helen Warfield

Nursing

Room 37

Claire Hoepfer

Nursing

Room 45

Eleanor Abildness

Nursing

Room 51

M
a
y

Resident's Birthdays

- 13 - Thomas Royer
- 17 - Grace Craig
- 26 - Carrie Meyerhoffer
- 26 - Christine Smith
- 29 - Paul D. Shuey
- 30 - Anna Struphar

Employee's Birthdays

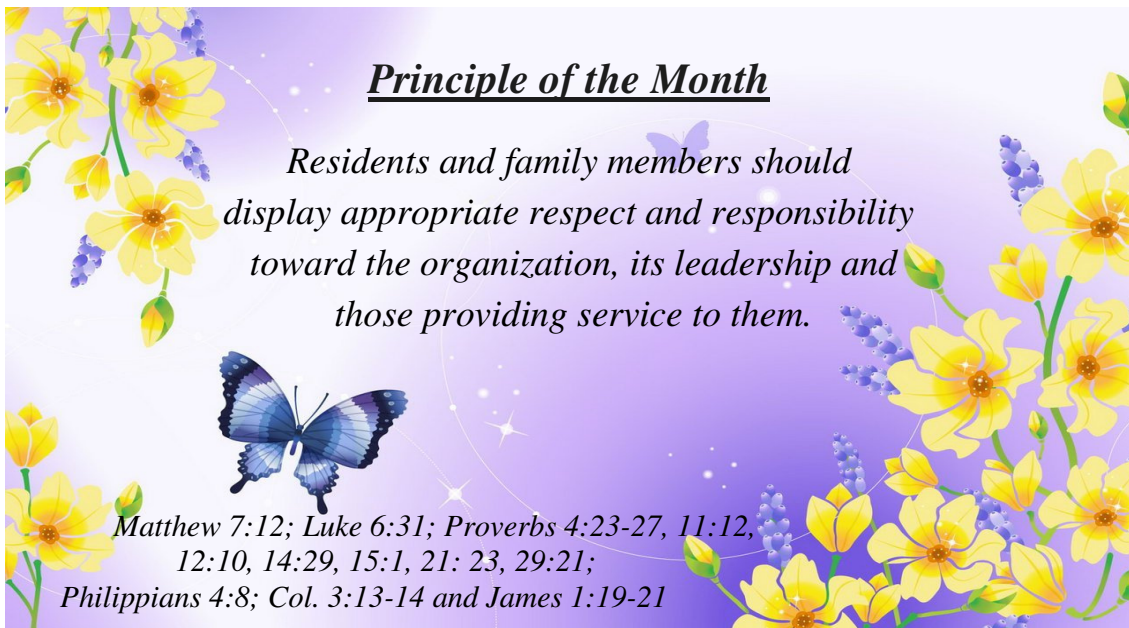
- 2 - Eileen Landis
- 3 - Vicki Dundore
- 3 - June Kleinfelter
- 5 - Helen Papeika
- 6 - Carol Smarr
- 8 - Curtis Gussler
- 21 - Crystal Jackson

Birthdays

Principle of the Month

Residents and family members should display appropriate respect and responsibility toward the organization, its leadership and those providing service to them.

Matthew 7:12; Luke 6:31; Proverbs 4:23-27, 11:12, 12:10, 14:29, 15:1, 21: 23, 29:21; Philippians 4:8; Col. 3:13-14 and James 1:19-21



What's Keeping Us Busy?

Compiled by Susanna Varner, Activities

May Highlights

- 1 - Members of the **Providence Mennonite Church** will be providing a service for us at **7:00pm** in the **Chapel**.
- 3 - **Lebanon Valley Youth Chorus** (Mennonite choir of over 50 voices) will be singing for us at **7:00pm** in the **Chapel**.
- 5 - **Nursing Residents** – Bring your ideas and suggestions to your **Quarterly Meeting** at **10:15am** in the **Gathering Place**.
- 6 - **Echoes of Grace** will be singing gospel bluegrass music for us at **10:00am** in the **Multi-Purpose Room**.
- 13 - **All Day Trivia** questions will be asked between **9:00am and 4:00pm**. You may only give one correct answer.
- 13 - Willie Marshal will be sharing his testimony through his **Christian Poetry** at **10:00am** in the **Multi-Purpose Room**.
- 14 - All female residents and guests who have received invitations are welcome to join us for our **Annual Mother's Day Tea**. The Tea will begin at **2:00pm** with entertainment in the **Chapel** followed by refreshments in the Main Dining Room.
- 18 - Ann and Paul Harnish from **Moments of Glad Tidings** will be singing gospel music for us at **2:00pm** in the **Chapel**.
- 19 - This morning we will be **Decorating Cupcakes** in a springtime theme at **10:15am** in the **Main Dining Room and Gathering Place**.
- 19 - Hearing Aid Associates will be providing a **Hearing Aid Clinic** between **3:00pm and 4:00pm** in the **Multi-Purpose Room**. Receive a free hearing aid battery and cleaning.
- 20 - Join us for a special program on **Nurses of Yesteryear** at **2:00pm** in the **Multi-Purpose Room**. There will be a display of equipment used by nurses from long ago.
- 20 - **Union Deposit Singers** will be singing and playing instruments for us through the **Hallways** beginning at **7:00pm**.
- 21 - Celebrate the May birthdays at the **Birthday Party** in the **Main Dining Room** at **2:00pm**. The party will be hosted by **Palmyra United Christian Church**.
- 22 - **Reverend Williams** from the Faith Fellowship Church in Cleona will be leading in a hymn sing and devotional at **2:00pm** in the **Chapel**.
- 24 - Chris and Gary Wolf of **The Only Purpose** will be singing gospel music for us at **2:00pm** in the **Chapel**.
- 27 - Members of the **Jonestown Bible Church** will be providing a service for us at **10:00am** in the **Chapel**.
- 28 - Come and honor our veterans during our **Memorial Day Salute** at **2:00pm** in the **Main Dining Room**. Enjoy patriotic games and refreshments.
- 31 - Join us for the first picnic of the summer. The **Memorial Day Picnic** will be held at **12:00 Noon** in the **Pavilion**. Residents who do not regularly eat in the dining room can purchase tickets at the business office. In case of inclement weather the picnic will be held indoors

May Motor Tours (Please sign up for these trips at the business office.)

- 4 - Palmyra Shopping Center; Personal Care & Cottagers, 9:30am
- 10 - Trip to the Hebrew Tabernacle and lunch at Lapp's Family Restaurant; Admission to the tabernacle is \$6.50, Personal Care & Cottagers, 10:00am
- 12 - Out to Lunch at Farmer's Wife; Nursing & PC, 11:15am
- 26 - Countryside Drive to Indiantown Gap and Memorial Lake; Nursing, 10:00am
- 27 - Countryside Drive to Indiantown Gap and Memorial Lake; Personal Care & Cottage, 1:30pm

Wednesday Evening Services, 7:00pm

- 4 - Prayer Meeting with Campbelltown United Christian Church
- 11 - Prayer Meeting with Palmyra United Christian Church
- 18 - Prayer Meeting with Fontana United Christian Church
- 25 - Prayer Meeting with Colebrook United Christian Church

These services will be held in the Chapel.

Get your nails filed and painted during morning manicures beginning at 9:00am in the Activity Room

**Friday
May 13th**



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



Thursday, May 5th
Thursday, May 19th
Thursday, May 26th

*Residents Trip
Sponsored by the CCC
Auxiliary*

*Knoebels Grove
Thursday, June 2, 2011
Lunch and drinks will be
provided.*

*Sign up for this trip at the
business office.*

Mark Your Calendars

*Family Picnic
Saturday
June 11, 2011*



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.

Pictures of Mothers

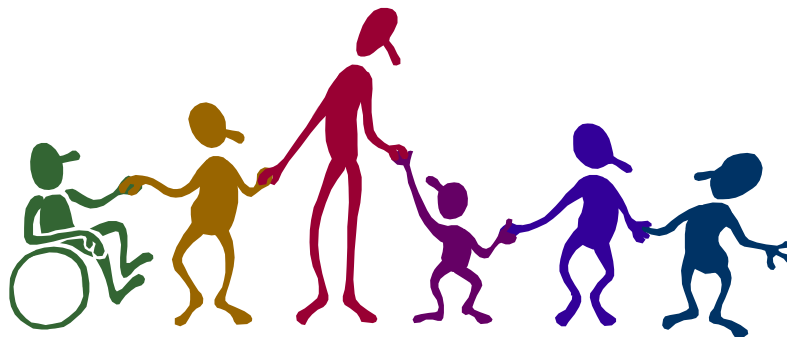
During the month of May we will be displaying pictures of mothers on the bulletin board located outside the Gathering Place. If you have a picture of your mother that you would like to share, please give it to Gloria or Susanna.



COMING IN JUNE

**“A MILLION ACTS OF
SAFETY”**

JOIN IN!



GET INVOLVED!

HELP MAKE OUR HOME

A SAFER PLACE!

Things That Mom Does

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

ADVISES
ARRANGES
BELIEVES
CLEANS
COOKS
DRIVES
EVALUATE
HUGS
KISSES
LAUGHS
LISTENS



LOVES
PAYS BILLS
PRAISES
PRETENDS
READS
REMINDS
SMILES
TEACHES
TRAVELS
VALUES

ACTIVITIES CALENDAR

May 2011



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
<p>9:00 Sunday School - CH David Weidman</p> <p>7:00 Providence Mennonite Church CH</p>	<p>10:15 Bible Study MPRW 11:15 Friendship Circle GP 1:00 Helping Hands ATR 1:45 Singspiration CL 4:00 Balloon Volleyball GP</p>	<p>10:15 Bingo MPRW 2:00 Shake Loose a Memory MPRW 4:00 Song Time GP 7:00 Lebanon County Youth Chorus CH</p>	<p>9:30 Palmyra Shopping Center PC & Cottage 9:30 Room Visits - Nursing 10:15 Music Hour GP 2:00 Wheel of Fortune MPRW 4:00 Parachute GP 7:00 Campbelltown UCC CH</p>	<p>10:15 Crossword Puzzle MPRW 10:15 Nursing Resident Meeting GP 12:45 Arthritis Class MPRW 2:00 Coffee Cart - PC 2:30 Coffee Cart - Nursing 4:00 Read & Reminisce GP</p>	<p>10:00 Echoes of Grace MPRW 2:00 Bocce MPRW 4:00 Kick Ball GP</p>	<p>10:15 Country Folk Gathering MPRW 2:00 What Mother Taught Me MPRW 4:00 Scripture Reading GP 7:00 Lawrence Welk GP</p>
MOTHER'S DAY 8	9	10	11	12	ALL DAY TRIVIA 13	14
<p>9:00 Sunday School - CH Larry Shuey</p> <p>3:00 Video - GP "Love Comes Softly"</p>	<p>10:15 Bible Study MPRW 11:15 Friendship Circle GP 1:00 Lets Walk Outdoors 1:45 Singspiration CL 4:00 Table Ball GP</p>	<p>10:00 Bus Trip PC & Cottage 10:15 Bingo w/Farrel Family MPRW 2:00 Bowling MPRW 4:00 Song Time GP</p>	<p>10:15 Music Hour GP 2:00 Make May Basket MPRW 4:00 Parachute GP 7:00 Palmyra UCC - CH</p>	<p>10:15 Trivia Time MPRW 10:15 We Remember GP 11:15 Out for Lunch PC & Nursing 2:00 Coffee Cart - PC 2:30 Coffee Cart - Nursing 4:00 Amusing Morsels GP</p>	<p>9:00 Morning Manicures ATR 10:00 Poetry Hour MPRW 2:00 Hillbilly Golf MPRW 4:00 Kick Ball GP</p>	<p>10:15 Table Top Games MPRW 2:00 Mother's Day Tea CH 4:00 Scripture Reading GP 7:00 Lawrence Welk GP</p>
15	16	FULL MOON 17	18	19	20	21
<p>9:00 Sunday School - CH Ken Sellers</p> <p>3:30 Gospel Music Video GP</p>	<p>10:15 Bible Study MPRW 11:15 Friendship Circle GP 1:00 Helping Hands ATR 1:45 Singspiration CL 4:00 Balloon Volleyball GP</p>	<p>10:15 Bingo MPRW 2:00 Noodle Volleyball MPRW 4:00 Rhythm Band GP</p>	<p>9:30 Room Visits- Nursing 10:15 Music Hour GP 2:00 Moments of Glad Tidings CH 4:00 Parachute GP 7:00 Fontana UCC - CH</p>	<p>10:15 Cooking Group MDR 10:15 Cooking Group GP 12:45 Arthritis Class MPRW 2:00 Coffee Cart - PC 2:30 Coffee Cart - Nursing 3:00 Hearing Aid Clinic MPRW 4:00 Read & Reminisce GP</p>	<p>10:00 Stories with John Landis MPRW 2:00 Nurses of Yesteryear MPRW 4:00 Kick Ball GP 7:00 Union Deposit Singers Halls</p>	<p>10:15 Jeopardy MPRW 2:00 Birthday Party MDR 4:00 Scripture Reading GP</p>
22	23	24	25	NO EXERCISE 26	27	28
<p>9:00 Sunday School - CH Lee Wenger</p> <p>2:00 Faith fellowship Church CH</p>	<p>10:15 Bible Study MPRW 11:15 Friendship Circle GP 1:00 Lets Walk Outdoors 1:45 Singspiration GP 4:00 Table Ball GP</p>	<p>9:30 Room Visits - Nursing 10:15 Bingo MPRW 2:00 Only Purpose CH 4:00 Song Time GP</p>	<p>10:15 Music Hour GP 2:00 Apple Turnover Sundaes MDR 4:00 Parachute GP 7:00 Colebrook UCC - CH</p>	<p>10:00 Countryside Drive Nursing 10:15 Bible Trivia MPRW 12:45 Arthritis Class MPRW 2:00 Coffee Cart -PC 2:30 Coffee Cart -Nursing 4:00 Read & Reminisce GP</p>	<p>10:00 Jonestown Bible Church CH 1:30 Countryside Drive PC & Cottage 2:00 Let's Walk Outside 4:00 Kick Ball GP</p>	<p>10:15 Story Hour MPRW 2:00 Memorial Day Salute MDR 4:00 Scripture Reading GP 7:00 Lawrence Welk CH</p>
29	MEMORIAL DAY 30	WEAR PATRIOTIC ATTIRE 31		KEY:		DAILY:
<p>9:00 Sunday School - CH Walter Knight III</p> <p>7:00 North Annville Bible Church CH</p>	<p>10:15 Video - GP "Friendly Persuasion" 3:30 Video - GP "Backyard Wildlife"</p>	<p>10:00 Bird Bingo MPRW 12:00 Memorial Day Picnic PAV 2:00 Spelling Bee MPRW 4:00 Balloon Volleyball GP</p>	<p>Word Search Hand Out Every Wednesday</p>	<p>CH - Chapel ATR - Activity Therapy Room CL - Country Lounge PAV - Pavilion</p>	<p>MPRW- Multi-Purpose Room West GP - The Gathering Place MDR- Main Dining Room</p>	<p>8:15 Devotions 9:30 Exercise MDR</p>