

CCC REFLECTIONS

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

Vol. 28 No. 9

September 2011

GRANDPARENTS

*Grandparents bestow upon their grandchildren
The strength and wisdom that time
And experience have given them.*

*Grandchildren bless their Grandparents
With a youthful vitality and innocence
That help them stay young at heart forever.*

*Together they create a chain of love
Linking the past with the future.
The chain may lengthen,
But it will never part...*

~Author Unknown~

CCC

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

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



Chicken BBQ will be provided during the noon meal to CCC residents who regularly eat in the dining room

Drinks, hot dogs, hamburger barbecue, apple dumplings, baked goods, crafts, theme baskets, straw, and fall decorations will also be sold.



“Come-N-Dine” tickets will also be available

Yard Sale Spaces are still available. The cost is \$10.00 per space. Bring your own table or blanket to display your items. To reserve a space call the CCC business office. Make checks payable to CCC Auxiliary.

ALL PROCEEDS BENEFIT THE CCC RESIDENTS



Bake good donations should be delivered Friday, September 16th or before 8:00am on the day of the sale.

CCC Reflections is published monthly

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

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FROM THE DESK OF SUSIE

Susan E. Fisher RN, BSPA

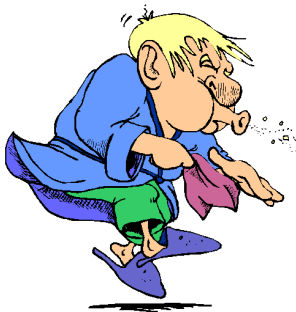
What is a neighbor? According to one definition in the dictionary it means to associate on friendly terms with those who live near-by. Let me share a wonderful neighbor story with you.

During the hot spell in August, our neighborhood children decided to sell fruit punch at a stand in their yard. I do not know why fruit punch was the drink of choice instead of lemonade, but it worked for them. As late evening approached, so did a rain squall. The table was put away and the kids went door to door selling their red fruit punch.

My husband and I were watching Wheel of Fortune when our door bell rang. Jackie, the oldest of the four children, had two large plastic disposable cups in her hand. The other three sang out, "Do you want to buy some of our punch?" Of course I had to know how much it cost. A big cup of punch for 25¢ was a good deal, so I bought two, one for each of us. Then the children offered me two lollipops for free. I do not care for the Blow Pops (they have bubblegum inside the pop). I said, "No thank you. If they were Tootsie Roll Pops, I would accept the free offer."

The kids left the area skipping and jumping because Jay told them their sales would increase if they sat on the corner of our property where two roads meet. They ran home yelling, "Mr. Fisher said next time we may sit on their corner to sell our drinks."

A few minutes into Jeopardy the door bell rang again. There stood the four children with two Tootsie Roll Pops in their hands. Or course, I accepted them and thanked them voraciously. I truly appreciated the trouble they went to finding us the right lollipops. That is what good neighbors do for each other!



Remember To Get Your Flu Shot

Nursing Residents require a signed permission slip either from their Power of Attorney or the resident themselves.

Staff Members will need to sign a form that they either do or do not want the vaccine.



It is suggested that everyone who does not have an allergy to the vaccine, take the shot. If we all are protected we will have a healthier environment to live in. It will be like neighbor helping neighbor.

John's Jottings

by John Landis, Chaplain

The Holy Spirit

Who is the Holy Spirit? This is a very good question and it has a simple but difficult answer. We don't hear many sermons or much teaching given today on the Holy Spirit. Or maybe what you have heard appears a bit ridiculous and strange. So people tend to be fearful and withdrawn from the Holy Spirit or they go to the other extreme of ridiculous. How does one give a clear and simple answer to the question of who is the Holy Spirit? I will try to help you to understand who he is over the next series of articles. This will not be a total coverage of everything about Him.

The Holy Spirit is God. God is Father, Son (Jesus) and Spirit. God cannot be divided, that is why I didn't say the Spirit is a part of God. God is a whole of three that are One. We as humans were created by God, the Father, Son and Holy Spirit to be in his likeness. We have a spirit, soul and body. These make up who we are as one whole being. Even though we were made in the likeness of God, it does not mean God is like us. He isn't. To say God is like us makes us equal to God. We are no way close to being god. Satan in his temping Eve tried to get Eve and Adam to believe they would become god if they listened to him. That is a lie. Humans still have trouble in their thinking of themselves more than they are. As one person we have a spirit of our spiritual worship, a soul for our mind and will and a body for the soul and spirit to live in. The spirit is also life and we are a breathing living being. We are a person that is living. We cannot say God is like us. We are only like God in a limited way as a tri-part being. We are not like Him in all that God is as a person.

The Holy Spirit is a person because he is God. The Bible uses plural pronouns for God many times. In creation the word for God is plural. In creating humans God says, "Let us make man in our image." The Holy Spirit has personal characteristics that only a person can possess. Following are a few examples:

- | | |
|---|-----------------------|
| 1. The Holy Spirit has knowledge | I Corinthians 2:10-11 |
| 2. The Holy Spirit has will | I Corinthians 12:1 |
| 3. The Holy Spirit has a mind | Romans 8:29 |
| 4. The Holy Spirit has hope, peace, joy | Romans 15:13 |
| 5. The Holy Spirit teaches | John 14:26 |
| 6. The Holy Spirit grieves | Ephesians 4:30 |
| 7. The Holy Spirit searches | I Corinthians 2:10 |
| 8. The Holy Spirit speaks | Revelation 2:7 |
| 9. The Holy Spirit calls out | Galatians 4:6 |
| 10. The Holy Spirit makes intercession | Romans 8:26 |
| 11. The Holy Spirit testifies | James 15:26 |
| 12. The Holy Spirit leads | Romans 8:14 |

These are all things a person can do. The Holy Spirit as God does all those and more. It shows God's love and compassion for us.




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.

SLEEP DEPRIVATION

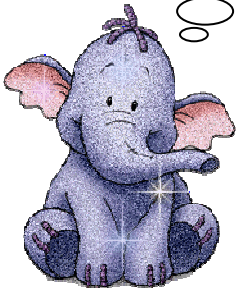
I would like to continue sharing with you some very interesting facts from Dr. Don Colbert's book, *The Seven Pillars of Health*. This book is highly motivating not because it brings some new sensational method of body care but, rather, because it gives you the mechanics for you to understand how your body works.

In this section Dr. Colbert, MD discusses common situations that may feed into insomnia. Paragraph headings in this chapter include Pain, Caffeine, Cigarettes, Alcohol, Medications, Foods, Low Carb Diets, Exercise Within 3 Hours of Bedtime, Bad Mattress/Pillow, Snoring Spouse, Hot Flashes among others and calls them "sleep thieves." Obviously, figuring out what is disturbing your sleep makes for a good start in reducing this problem. Dr. Colbert relates that, "Anyone who thinks they are getting the most out of life with just a few hours of sleep is kidding himself." In an earlier statement he says, "It's usually the same people who chug energy drinks, pop energy pills for breakfast." He relates that sleep deprivation may take as much as 10 years off your life.



Memory is better with a good night's sleep!

He further offers guidelines to help you figure out if you are actually getting enough sleep and discusses other topics such as sleep stages, broken sleep, mattresses, acceptable sleep aids, getting ready for nighttime, managing your thoughts, when to head to bed, sleep journaling, setting the stage for sleep and many other interesting issues related to sleep such as the meaning dreams can play in our lives.



Interesting tidbit: "Before Thomas Edison invented the light bulb in 1879, Americans slept an average of ten hours a night."

This synopsis is brought to you by the Social Services Office, Roz Kujovsky. Look for Pillar 3 synopsis on Living Food in next month's Reflections or better yet get a copy of Dr. Colbert's book.

COLT TRANSPORTATION

Can't drive anymore? Can't afford the gas? Want an alternate mode of transportation? Any person 60 years and older can ride on colt vans for just \$2.35 each trip. Trips can be to anywhere you want in Lebanon County with the addition of transportation to Hershey Medical Center. So visit your friends, attend church, and go to restaurants, the bank, shopping and other destinations. You are required to register ahead with them. Call 274-3514 or go online at www.lebanontransit.org for more information.

Korner



Karen Yingst, Dietary

Kitchen

During the summer we have picnics for our residents at least once a month and we try to have them outside in our pavilion if the weather permits. This July was extremely hot and humid and our July 5th picnic had to be held indoors. Another picnic was scheduled for July 29th and the forecast was the same. The forecast was hazy, hot and humid with the heat index in the 100's. However, July 23rd was looking ideal so on July 22nd we made the decision to have the picnic TOMORROW! It took some last minute scrambling by all departments, but we managed to have a wonderful picnic that day. Many thanks to everyone involved!

We served this easy and luscious dessert at our picnic.

Peanut Butter Chocolate Dessert

16 Oreo cookies	8 oz. whipped topping
4 Oreo cookies	8 oz. whipped topping
2 tbsp. butter, melted	15 miniature peanut butter cups, chopped
8 oz. cream cheese, softened	1 cup milk
½ cup peanut butter	1/3 cup instant chocolate pudding mix
1 cup 10X sugar	
½ cup 10X sugar	

(This recipe will fill a 9 x 9 pan but a larger pan can be used to get more servings.)

Crush first amount of cookies and toss with the butter. Press onto the bottom of an ungreased pan. In a mixing bowl, beat the cream cheese, peanut butter and first amount of 10X sugar until smooth. Fold in first amount whipped topping. Spread over cookie crust. Sprinkle with chopped peanut butter cups.

In another mixing bowl, beat the milk, pudding mix, and second amount of 10X sugar on low speed for 2 minutes. Fold in remaining whipped topping and spread over peanut butter cups. Crush remaining cookies and sprinkle over the top. Cover and chill for at least 3 hours.

Principle of the Month

Conversations should be seasoned with respect and encouragement.

*Proverbs 4:24-27, 11:12, 14:29, 15:1, 21:23; Philippians 4:8; Colossians 3:13-14;
I Timothy 6:1-6; and James 1:19-21*



Maintenance Memos

Troy Dennis, Director of Maintenance



As of July 18th -20th, we installed an upgrade to the SARA system. This system is the link between the residents and the nursing staff. When residents need something, they press their pendent button and the nursing staff will go to their rooms to see what is needed. However, technology is continually changing and things need to be updated periodically.

The new Eco System has made great improvements to meet the needs of our residents.

1. It allows us to pin point many areas in and around the building. Now, when a resident uses their pendent, staff is given an approximant location, like a GPS system. This helps the staff find the resident more easily and is very helpful if the resident were outside.
2. The use of pagers allows as many as 250 calls per minute to come through the system. This does not slow down the notification time to the staff.

Auction at CCC

September 29, 2011

4:00pm

The following items and more will be auctioned:

Computer Desks
Beauty Salon Chair
Hair Dryer Chair
Televisions
Outside Bench
Folding Tables (6ft. and 8ft.)
End Tables
Dressers
Wooden Loveseat
Miscellaneous Chairs
Wooden Dining Room Chairs
(3 with arms)
Galvanized Tubs

Quilt Frame
Wooden Bench
Dining Room Ceiling Light
Magazine Rack
Metal Wardrobe Cabinets
Recliners
Dresser with Mirror
Rockers
Office Chairs
Night Stands
Enamel Basins
Floor Lamps

Food items will also be available for purchase

ALL PROCEEDS BENEFIT THE CCC RESIDENTS

Auctioneer: Harry Bachman

Welcome



New Residents

Lewis ClarkNursing Room 33
 Betty WintersNursing Room 37
 Ethel Dundore.Nursing Room 45
 Joan Souder.Nursing Room 47
 Ruth Wolfe Personal Care Room 22
 Mary McKivisonIndependent Living Cottage 6
 Leon Frazier.Independent LivingCottage 15

We Remember

Martin “Marty” Wolfe

Marty was 90 years old
 and lived at CCC
 for a few days.



Mollie Walters

Mollie was 91 years old
 and lived at CCC
 for 8 years.

Family and friends have our sincere condolences.

September



Birthdays

Employee's Birthdays

7 - Virginia Hobkirk
 8 - Cindy Bailey
 9 - Barry Burrus
 10 - Bonnie Price
 12 - Roshonta Risser
 14 - Chelsea Michael
 18 - Marilyn McIntyre
 21 - Alma Landis
 26 - Gloria Mauras

Resident's Birthdays

5 - Paul R. Shuey
 5 - Grace Frazier
 11 - Pauline Post
 12 - Ethel Dundore
 13 - Esther Martin
 16 - Grace Pierce
 18 - George Yeager
 21 - Rhoda Meyer
 24 - Mary Allison
 29 - Ruth Gingrich

What's Keeping Us Busy?

Compiled by Susanna Varner, Activities

September Highlights

- 2 - **Echoes of Grace** will be singing gospel bluegrass music for us at **10:00am** in the **Multi-Purpose Room**.
- 4 - Members of the **Providence Mennonite Church** will be providing a service for us at **7:00pm** in the **Chapel**.
- 6 - Enjoy a yummy **S'more** (graham crackers, marshmallows, and chocolate) at **2:00pm** in the **Pavilion**.
- 8 - Personal Care Residents - Bring your ideas and suggestions to the **Personal Care Resident Meeting** at **10:00am** in the **Multi-Purpose Room**.
- 8 - A **Let's Go Camping Picnic** is planned for the **Noon Meal** today. Weather permitting it will be held in the **Pavilion**.
- 9 - **All Day Trivia** - Questions will be asked between **9:00am and 4:00pm**. You may only give one correct answer.
- 9 - Willie Marshal will be sharing his testimony through his **Christian Poetry** at **10:00am** in the **Multi-Purpose Room**.
- 13 - Have a delicious time at our **Apple Cider Social** at **2:00pm** in the **Main Dining Room**. There will be apple themed games and refreshments.
- 10 - Celebrate the September birthdays at the **Birthday Party** in the **Main Dining Room** at **2:00pm**. The party will be hosted by Campbelltown United Christian Church.
- 11 - **Sonny and Audrey** will be singing gospel music for us at **2:00pm** in the **Multi-Purpose Room**.
- 11 - **Fontana Adult Sunday School Class** will be providing a service for us at **7:00pm** in the **Chapel**.
- 12 - **Hoof & Horns 4H Club** will be doing a program with their horses on the **West Lawn** at **6:30pm**.
- 16 - The **Union Deposit Singers** will be singing for us through the **Hallways** starting at **7:00pm**.
- 18 - Members of **Little Kutztown Chapel** will be providing a service for us at **7:00pm** in the **Chapel**.
- 19 - **One Accord** from the Lebanon area will be singing gospel music for us at **6:30pm** in the **Chapel**.
- 20 - **Nursing and Personal Care Residents** - Join us for a **Steak Dinner** at **1:00pm** in the **Main Dining Room**. A baked potato, salad and dessert will be served with the steak. **Please sign up** with the activity staff if you would like to attend this special meal.
- 21 - **Moments of Glad Tidings** will be joining us for a **Hymn Sing** at **2:00pm** in the **Chapel**.
- 23 - Members of the **Jonestown Bible Church** will be providing a service for us at **10:00am** in the **Chapel**.
- 23 - Celebrate National Elephant day with us at our **Elephant Party** at **2:00pm** in the **Main Dining Room**. Don't forget to **Wear Gray Today!**
- 25 - **Reverend Williams**, from the Faith Fellowship Church in Cleona, will be leading in a hymn sing and devotional at **2:00pm** in the **Chapel**.
- 29 - The senior citizens of **Mt. Calvary Church** in Elizabethtown will be providing a service for us at **2:00pm** in the **Chapel**.
- 30 - A **Communion Service** will be held at **10:00am** in the **Chapel**.

September Motor Tours

- 7 - Boat ride at the Union Canal (\$6.00 per person for boat ride) followed by a stop at Rita's Italian Ice; Personal Care & Cottagers, 1:15pm
- 14 - Palmyra Shopping Center; Personal Care & Cottagers, 9:30am
- 15 - Countryside Drive; Nursing, 10:00am
- 22 - Countryside Drive; Personal Care & Cottage, 10:00am
- 28 - Out to eat at the Hometown Restaurant; PC & Cottagers, 11:15am

Please sign up for these trips at the business office.



Wednesday Evening Services, 7:00pm

- 7 - Prayer Meeting with Mt. Hope United Christian Church
- 14 - Prayer Meeting with Campbelltown United Christian Church
- 21 - Prayer Meeting with Palmyra United Christian Church
- 28 - Prayer Meeting with Fontana United Christian Church

These services will be held in the Chapel.



September 11th

Arthritis Exercise Class Schedule

**Multi-Purpose Room
12:45pm**



- Thursday, September 1st
- Thursday, September 15th
- Thursday, September 22nd
- Thursday, September 29th

The activity department is accepting donations for our yard sale at the fall Festival. Donations can be dropped off in the activity room.



Occupancy Availability

Cottages

- 1 bedroom w/Florida Room
- 2 bedroom w/basement & garage

**Personal Care Rooms
are also available.**

If interested, call 867-4636
for more information.

Elephant Facts

An adult Asian elephant can hold up to 2.2 gallon of water in its trunk. Water is sprayed into the mouth for drinking and onto the back to keep cool.

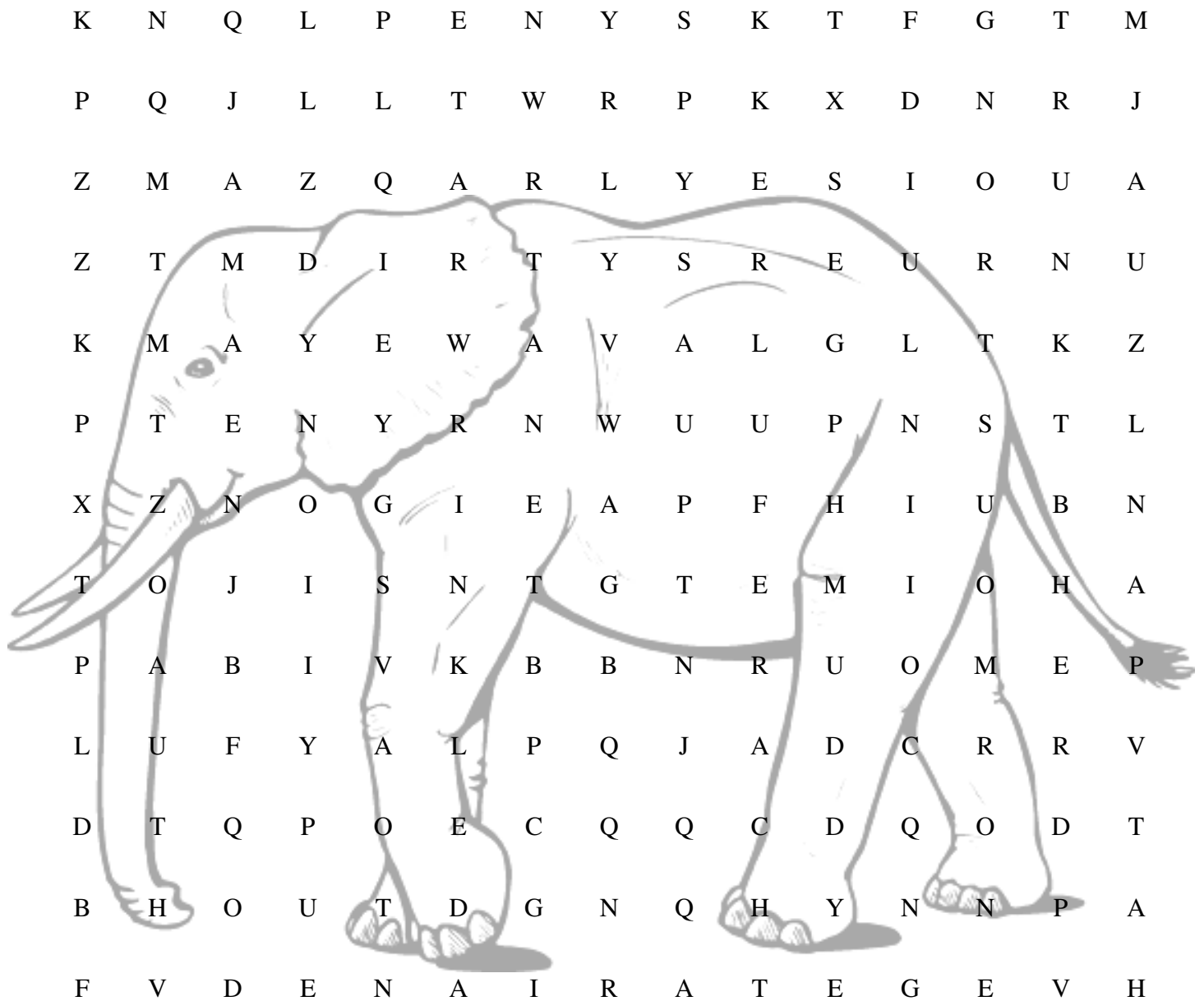
The size of elephant ears is proportionate to its geographic distribution. The closer to the equator the elephant resides, the larger the ears, allowing more heat to dissipate (remove) from the body, and therefore has larger ears.

Elephant skin is wrinkled in appearance, with African elephants more wrinkled than Asian elephants. Wrinkles act as a cooling mechanism by increasing the skin's surface area. The additional skin and wrinkles trap moisture, which then takes longer to evaporate. Therefore, wrinkles keep elephants cooler, for longer, than if they had smooth skin.



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.

African Elephant



BIG

CAREFUL

DIRTY

ENDANGERED

ENORMOUS

FAT

HERD

HUNGRY

LOUD

MUDDY

PLAYFUL

SLEEPY

STRONG

TALL

TRUNK

TUSKS

VEGETARIAN

WRINKLED



ACTIVITIES CALENDAR

September 2011



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
KEY: CH - Chapel ATR - Activity Therapy Room CL - Country Lounge	MPRW- Multi-Purpose Room West NL - Nursing Lounge MDR - Main Dining Room	DAILY: 8:20 Devotions 9:30 Exercise MDR	Word Search Hand Out Every Wednesday	1 10:00 Jeopardy GP 12:45 Arthritis Class MPRW 2:00 Coffee Cart - PC 2:30 Coffee Cart - Nursing 4:00 Read & Reminisce GP	2 10:00 Echoes of Grace MPRW 2:00 Wheel of Fortune GP 4:00 Kick Ball GP	3 10:15 Country Folk Gathering MPRW 2:00 The Only Purpose CH 4:00 Scripture Reading GP 7:00 Lawrence Welk GP
4 9:00 Sunday School - CH David Weidman 7:00 Providence Mennonite Church CH	LABOR DAY 5 10:00 Video GP "The Incredible Journey" 2:00 Video GP "Abbott and Costello"	6 10:15 Bingo MPRW 2:00 Make S'mores PAV 4:00 Song Time GP	7 10:15 Music Hour GP 1:15 Bus Trip PC & Cottage 2:00 Noodle Volley Ball MPRW 4:00 Parachute GP 7:00 Mt. Hope CH	8 10:00 PC Resident Meeting MPRW 10:15 Refreshing Moments GP 12:00 Let's Go Camping Picnic PAV 2:30 Hillbilly Golf MPRW 4:00 Amusing Morsels GP	ALL DAY TRIVIA 9 10:00 Poetry Hour MPRW 10:15 Morning Manicures ATR 2:00 Bowling MPRW 4:00 Game Time GP	10 10:15 Spelling Bee MPRW 2:00 Birthday Party MDR 4:00 Scripture Reading GP 7:00 Lawrence Welk GP
GRANDPARENTS' DAY 11 9:00 Sunday School - CH Bruce Gettle 2:00 Singing by Sonny & Audrey MPRW 7:00 Fontana Adult SS Class CH	FULL MOON 12 10:15 Bible Study MPRW 11:15 Friendship Circle GP 1:00 Helping Hands ATR 1:45 Singpiration CL 4:00 Balloon Volleyball GP 6:30 Hoof & Horns 4H West Lawn	13 10:15 Bingo MPRW 2:00 Apple Cider Social MDR 4:00 Song Time GP	14 9:30 Palmyra Shopping Center PC & Cottage 10:15 Music Hour GP 2:00 Bocce MPRW 4:00 Parachute GP 7:00 Campbelltown CH	NO EXERCISE CLASS 15 10:00 Countryside Drive Nursing 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	16 10:00 Stories with John Landis MPRW 2:00 Bible Trivia MPRW 4:00 Kick Ball GP 7:00 Union Deposit Singers Halls	17 8:00 - 1:00 Fall Festival 3:30 Video GP "Fly Away Home"
18 9:00 Sunday School - CH Mark Landis 7:00 Little Kutztown Chapel CH	19 10:15 Bible Study MPRW 11:15 Friendship Circle GP 1:45 Singpiration CL 4:00 Balloon Volleyball GP 6:30 One Accord CH	20 10:15 Bingo MPRW 1:00 Steak Dinner MDR PC & Nursing (must sign up) 2:30 Trivia Time MPRW 4:00 Rhythm Band GP	21 10:15 Country Folk Gathering GP 2:00 Moments of Glad Tidings CH 4:00 Parachute GP 7:00 Palmyra CH	WHITE CHOCOLATE DAY 22 10:00 Countryside Drive PC & Cottage 10:15 Refreshing Moments GP 12:45 Arthritis Class MPRW 2:00 Coffee Cart - PC 2:30 Coffee Cart - Nursing 4:00 Read & Reminisce GP	FIRST DAY OF AUTUMN 23 10:00 Jonestown Bible Church CH 2:00 Elephant Party MDR 4:00 Kick Ball GP National Elephant Appreciation Day WEAR GRAY TODAY	24 10:15 Table Top Games MPRW 2:00 Shake Loose a Memory MPRW 4:00 Scripture Reading GP 7:00 Lawrence Welk GP
25 9:00 Sunday School - CH Walter Knight III 2:00 Faith Fellowship Church CH	26 10:15 Bible Study MPRW 11:15 Friendship Circle GP 1:00 Helping Hands ATR 1:45 Singpiration CL 4:00 Balloon Volleyball GP	27 10:15 Bingo MPRW 2:00 Noodle Volleyball MPRW 4:00 Song Time GP	28 10:15 Music Hour GP 11:15 Out to Eat PC & Nursing 2:00 Hillbilly Golf MPRW 4:00 Parachute GP 7:00 Fonatna CH	29 10:00 Make Apple Dessert MDR 10:15 Make Apple Dessert GP 12:45 Arthritis Class MPRW 2:00 Mt. Calvary CH 4:00 Read & Reminisce GP 4:00 Public Auction	30 10:00 Communion CH 10:15 Room Visits- nursing 2:00 Bocce MPRW 4:00 Kick Ball GP	