

REFLECTIONS

Vol. 33 No. 08

August 2018



*Listen and Silent
are spelled with the same letters.
Think about it.*

~ Unknown

COUNTRYSIDE
Christian Community



John's Jottings

by John Landis, Chaplain

BELIEVE

To believe something is to make a statement about something we hold to be true and right. We all have certain things we trust. We might have a strong hope about some idea or thought of life and are willing to put our trust in the idea and be strongly fixed on it. Sometimes we don't give much thought about what we are doing because it is the way everyone else is doing it. So it can't be wrong if others are doing it. What makes something right or wrong? Be careful about your choices. Our choices always set a direction and bear the fruit of that direction. In other words, in the end we have a result coming from our choice. These choices are based on what we believe.

Last month I talked about truth. There is a place where the truth will never fail you. There is a place where you can always trust the person in back of the statement to come through with what is stated. Who is this person? JESUS! What does he say? The WORD OF GOD is the truth of God. Maybe you have never read the WORD OF GOD or as we call it the Bible. It tells us about the creation of our earth and our universe. It tells us about Satan and how he caused humans to sin. But even more wonderful, the Bible tells us how to be rescued from sin and restored to a holy and right relationship with God.

Jesus says he is The Way, The Truth and The Life. He also says that whosoever BELIEVES in me will never perish but will receive everlasting Life. Why? It is because God loves all his creation and every person who is born. After Satan deceived the first humans, Adam and Eve, a curse came on all creation. Jesus is the only way to escape the curse. He came as a baby being fully human and fully divine. He lived as a human being tested in every way we are tested and yet never sinned.

So he died on the cross to pay the penalty for our sins. He arose from the grave alive forevermore. DO YOU BELIEVE THIS? Believing in Jesus and all he did is the only way to eternal life. Jesus paid it all. He is the way to heaven. This we must believe for salvation from sin. **BELIEVE AND BE SAVED!**



Bible
STUDY
Join us!

You are invited to join John Landis for a Bible Study every Monday at 10:00am in the Multi-Purpose Room. He will be doing a study in the book of Titus.



Anabaptist Providers Group



CCC Reflections is published monthly

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MISSION STATEMENT:

The mission of Countryside Christian Community is to provide for the emotional, physical, spiritual and social needs of our residents in a Christ centered environment.

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.

Summer Sun & Heat Safety Tips for Seniors

Submitted by Diane Grumbine, Staff Development

Hot weather is dangerous, and seniors are particularly susceptible to its threat. Elderly heat stroke and heat exhaustion are a real problem. In fact, a recent University of Chicago Medical Center study found that 40% of heat-related fatalities in the U.S. were among people over 65. There are many reasons why seniors have a higher risk of heat related problems. People's ability to notice changes in their body temperature decreases with age. Many seniors also have underlying health conditions that make them less able to adapt to heat. Furthermore, many medicines that seniors take can contribute to dehydration and heat related health consequences.

Increased *sensitivity to sunlight* is an unwanted effect of some medications & can cause rapid and severe sunburns, hives and rashes; this increases the risk of skin cancer. Some medications cause an increase in *heat sensitivity* and alter the body's ability to tolerate heat causing dehydration to occur more quickly. Some common medications that increase sensitivity to the sun are the over-the-counter pain medicines ibuprofen & naproxen, some antibiotics such as ciprofloxacin & bactrim, blood pressure medicines like amiodarone, HCTZ and quinidine. Many allergy & blood pressures medicine can inhibit the body's ability to sweat and cool itself down. Obviously we need to take the medicines that manage our health conditions, so making a few compromises in lifestyle may be in order. Being informed and reading all the information that is given to you about your medicine is the first step. Determine if your medication causes sun or heat sensitivity.

Another pit fall for seniors during hot weather is dehydration which can again be worsened by medication and some health conditions. Some problematic medications are diuretics (water pills) and other medicines which may increase sweating, causing fluid loss. Another complicating factor is that kidney function declines progressively as we age and this changes the body's ability to regulate fluid balance. Here are some ways to minimize the risk from sun and heat:

- Limit exposure to the sun and the outdoors during the hottest hours of the day between 10am and 4pm. Take advantage of the longer days and do your outside activities in the early morning or evening.
- Use a good sunscreen with an SPF rating of 30 or more that covers both UVA and UVB rays to help prevent sun damage. To be certain a sunscreen is good enough protection check the ingredients; good sunscreen contains zinc oxide, titanium oxide or avobenzone.
- Wear light colored clothing, wide brimmed hats and UV protecting sunglasses.
- Avoid strenuous activities when the weather is hot. Pay attention to the heat index, not just the temperature. High humidity limits our body's ability to cool itself down.
- Seek air-conditioned environments during the hottest hours of the day.
- Drink plenty of fluids, even when you are not thirsty. Older people often do not experience thirst the same as younger people do and so must drink at regular intervals whether they are thirsty or not. Avoid caffeine and alcohol since these will increase dehydration. Eat foods with a high fluid content such as melons, vegetables, soups, jello and popsicles. Take notice of urine output; less frequent voiding or urine that is dark with a strong odor are signs that you should drink more. Frequently constipation is related to not having enough liquid intake. Weight loss during periods of hot weather is another red flag for possible dehydration. Losing the ability to sweat or make tears is very likely a sign that you are dehydrated.

Most importantly, know the signs of heat related reactions. Dizziness, nausea, headache, rapid heartbeat, chest pain, fainting and breathing problems are all warning signs that help should be sought for immediately. Pay attention to the people around you who may be less likely to be aware of the signs. Encourage your neighbors to be sun and heat safe too.

Happy Birthday

Employee's Birthdays

1 - Tiffany Barshinger
6 - Peter Tsirnikas
20 - Mary Shaffer
22 - Adam Sepulveda
24 - Doris Bender
26 - Melissa Strickler
27 - Amanda Wasko
27 - Beverly Bollinger
27 - Anna Haulman
31 - Kira Wray



August

Resident's Birthdays

1 - Dorothy George
16 - Ronald Duttry
18 - Beverly Atkins
19 - Ethel Heisey
23 - Carl Gepfer
24 - Val Hough
28 - Erma Kline
31 - Harold Romberger

Nursing Residents Meeting

***Wednesday
August 29th
10:00 am***

Gathering Place

*Bring your questions,
concerns and ideas to the
meeting*



August 30th

**Personal Care & Cottage Residents
1:30 pm**

Nursing Residents - 2:00pm

**Come join us in the pavilion for games,
prizes and carnival food**

What's Keeping Us Busy in August?

Compiled by Susanna Varner, Activities Director

Special Music Programs

- 3 - Join Echoes of Grace for a toe tapping good time singing country gospel music at 10:00am in the Chapel.
- 7 - Grateful Voices (Octet) will be singing sacred music for us at 7:00pm in the Chapel.
- 12 - Join Sonny and Audrey at 6:30pm in the Chapel for a program of country gospel music.
- 17 - Carol Kline of "Soft Sounds of Carol" will be singing a mix of secular and gospel music at 2:00pm in the Chapel.

Special Activity Programs

- 13 - The Participants of Hope Spring Farms of Hershey will be joining us for an afternoon program of bingo at 1:30pm in the Multi-Purpose Room.
- 22 - Hospice of All Seasons will be hosting a Beach Themed Bingo at 2:00pm in the Multi-Purpose Room.
- 28 - The August Birthday party is sponsored by Manada United Christian Church and will be held at 2:00pm in the Dining Room.

Church Services

- 10 - Willie Marshal will be sharing his testimony through his poems at 10:00am in the Multi-Purpose Room.
- 10 - Father Job will be visiting this morning. If you are interested in a scheduled visit from Father Job please contact the Activity Department.
- 19 - Service provided by the members of Kauffman's United Methodist Church at 2:30pm in the Chapel.
- 23 - Sing-a-long with Marlin Hernley and Nelson Evans as they play gospel music on the organ and piano at 2:00pm in the Chapel.
- 24 - Members of God's Missionary Church will be providing a service which includes congregational singing, special music and a message by Rev. Alan Walter. The service will begin at 10:00am and will be held in the Chapel.
- 26 - Service by the members of Providence Mennonite Church at 7:00pm in the Chapel.

Wednesday Evening Services

7:00pm in the Chapel

- 1 - Robert Morgan
United Christian Church
- 8 - Eli Eberly
Manada UC Church
- 15 - No Service

- 22 - Gerald Brinser
United Christian Church
- 29 - David Ludwig
Palmyra UC Church

August Motor Tours

(Weather Permitting)

Personal Care & Cottage Residents

- 8 - Ice Cream at Patches Creamery; 2:00pm
- 14 - Campmeeting; 1:30pm
- 15 - Campmeeting; 1:30pm
- 16 - Campmeeting; 1:30pm
- 23 - Lunch at Dienner's & Sight and Sound; 11:30am
This trip is for those who pre-purchased tickets for "Jesus"
- 29 - Shopping at Walmart; 9:15am

Nursing Residents

- 8 - Countryside Drive; 9:15am
- 29 - Ice Cream at Patches Creamery; 1:15pm

Bible Talk

August 15th

10:00am

in the Multi-Purpose Room

God's Missionary Church Rebroadcast

We will be showing God's Missionary Church (GMC) Sunday Service in the Chapel at 6:30pm on various Tuesdays in August.

Check the calendar for these dates.

Mark Your Calendar

Countryside Christian Community Auxiliary



Crafts

Yard Sale

Bake Sale

Saturday, September 15, 2018

8:00 AM – 1:00 PM

Food

APPLE DUMPLINGS

PULLED PORK SANDWICHES • BEEF BARBECUE • HOT DOGS

DRINKS • HOMEMADE ICE CREAM • BAKED GOODS

CRAFTS • MUMS • STRAW

Yard Sale Spaces Are Available

(10ft x 10ft)

Cost: \$10.00 per space

You will need to supply your own table or blanket to display your items.

To reserve a space call:
717-867-4636

Make checks payable to:
CCC Auxiliary



**ALL PROCEEDS BENEFIT THE
CCC RESIDENTS**

Baked Goods Donations

If you would like to donate baked goods for the bake sale, please drop off your baked goods (at the Business Office) on Friday, September 15th or before 8:00am on the day of the Fall Festival.

“Come-N-Dine” tickets will be available

Purchase a ticket for \$10.00 for a home cooked meal at the host of your choice.

Yard Sale Items

The Activity Department is accepting donations of new or gently used items (household items, decorating items, small toys and children’s books, etc.) to be sold at the upcoming yard sale which will be held in September.

If you have any questions or would like to make arrangements to make a drop off of your unwanted items, please contact the Activity Department at 717-867-4636.

At The Beach Word Search

Find the words list below

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

Waves
Boardwalk
Jellyfish
Lifeguard
Sandcastle
Sand Dunes

Seashells
Umbrella
Parasailing
Fishing Pier
Sunscreen
Saltwater Taffy

Sunburn
Seagull
Sunglasses
Towel
Pail
Shovel

Bathing Suit
Tide
Boogie Board
Volleyball
Dolphin
Crab

Personal Care & Cottage Activities Calendar August 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Devotions <u>Monday – Saturday</u> 8:20 Main Dining Room	KEY: ATR - Activity/Therapy Room CH - Chapel CL - Country Lounge DR - Main Dining Room MPR - Multi-Purpose Room PAV - Pavilion		1 10:15 Coffee Cart - Rooms 1:30 Manicures CL 7:00 Prayer Meeting CH	2 NATIONAL ICE CREAM DAY 10:00 Bingo DR 2:00 Homemade Ice Cream PAV 3:30 Game Time MPR	3 NO EXERCISE 10:00 Echoes of Grace MPR 2:00 Shake Loose A Memory CL	4 9:15 Exercise MPR 1:30 Jeopardy MPR 6:00 Movie Night CL
5 9:30 Sunday School CH Lee Wenger 3:00 Gospel Music Video CL	6 9:30 Exercise MPR 10:00 Bible Study MPR 2:00 Bocce MPR 2:00 Pinochle PAV 7:00 Grateful Men CH	7 LIGHTHOUSE DAY 10:00 Music Hour CL 10:15 PC Room Visits 1:00 Book Club MPR 6:30 GMC Rebroadcast CH	8 10:15 Coffee Cart - Rooms 2:00 Bus Trip 7:00 Prayer Meeting CH	9 10:00 Bingo DR 2:00 Penny Game CL 3:30 Game Time MPR	10 9:30 Exercise MPR 10:00 Poetry Hour. MPR 2:00 Watermelon Social PAV	11 9:15 Exercise MPR 1:30 Wheel of Fortune MPR 6:00 Movie Night CL
12 9:30 Sunday School CH Bill Houser 3:00 Gaither Music Video CL 6:30 Sonny and Audrey MPR	13 9:30 Exercise MPR 10:00 Bible Study MPR 1:30 Hope Spring Farms MPR 2:00 Pinochle PAV 3:00 Resident Rights Rounds - Rooms	14 10:00 Music Hour CL 10:15 PC Room Visits 1:30 Camp Meeting 6:30 GMC Rebroadcast CH	15 9:30 Exercise MPR 10:00 Bible Talk MPR 1:30 Camp Meeting 1:45 Manicures CL	16 10:00 Bingo MPR 1:30 Camp Meeting 2:00 Make Blueberry Rolls DR 3:30 Cottagers Social PAV	17 10:15 Coffee Cart 2:00 Soft Sounds of Carol CH	18 9:15 Exercise MPR 1:30 How Many Words in a Word MPR 6:00 Movie Night CL
19 9:30 Sunday School CH David Weidman 2:30 Kauffman's United Methodist Church CH	20 9:30 Exercise MPR 10:00 Bible Study MPR 2:00 Bowling MPR 2:00 Pinochle PAV	21 SENIOR CITIZEN DAY 10:00 Music Hour CL 10:15 PC Room Visits 12:00 Dining Room Picnic PAV 1:00 Book Club MPR 2:00 Manicures GP 3:45 Bean Bag Toss GP	22 BE AN ANGEL DAY 10:15 Coffee Cart 2:00 Beach Bingo MPR 7:00 Prayer Meeting CH	23 10:00 Bingo MPR 2:00 Organ Music CH 3:30 Game Time MPR	24 NO EXERCISE 10:00 God's Missionary Church CH 2:00 Seashell Craft MPR	25 9:15 Exercise MPR 1:30 Concentration MPR 6:00 Movie Night CL
26 9:30 Sunday School CH Daryl Weaver 3:00 Gospel Music Video CL 7:00 Providence Mennonite Church CH	27 9:30 Exercise MPR 10:00 Bible Study MPR 2:00 Hillbilly Golf MPR 2:00 Pinochle PAV	28 10:00 Music Hour CL 10:15 PC Room Visits 2:00 Birthday Party MDR 6:30 Friends of All Animals-Rooms	29 9:15 Bus Trip 10:15 Coffee Cart 1:45 PC Manicures CL 7:00 Prayer Meeting CH	30 10:00 Bingo MPR 1:30 PC Carnival PAV	31 9:30 Exercise MPR 10:00 Stories with John MPR 2:00 Choice game MPR 3:00 PC Walking Club	Word Search Hand Out Every Friday

Nursing Activities Calendar August 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Devotions <u>Monday – Saturday</u> 8:20 Main Dining Room	KEY: ATR - Activity/Therapy Room CH - Chapel CL - Country Lounge DR - Main Dining Room MPR - Multi-Purpose Room PAV - Pavilion		1 9:30 Exercise GP 10:00 We Remember GP 1:45 Nursing Theme Cart - Rooms 3:45 Read & Reminisce GP 7:00 Prayer Meeting CH	2 NATIONAL ICE CREAM DAY 9:30 Exercise GP 10:00 Bingo GP 2:00 Homemade Ice Cream PAV 3:45 Song Time GP	3 NO EXERCISE 10:00 Echoes of Grace MPR 2:00 Shake Loose A Memory GP 3:45 Variety Time GP	4 10:15 Jeopardy GP 3:00 Scripture Reading GP
5 9:30 Sunday School CH Lee Wenger 3:00 Gospel Music Video GP	6 9:30 Exercise MPR 10:00 Bible Study MPR 10:15 Room Visits 2:00 Bocce MPR 3:45 Balloon Volleyball GP 7:00 Grateful Men CH	7 LIGHTHOUSE DAY 9:30 Exercise GP 10:00 Music Hour GP 2:00 10 Sec Game GP 3:45 Light house Video GP 6:30 GMC Rebroadcast CH	8 9:15 Nursing Bus Trip 10:00 We Remember GP 1:45 Manicures GP 3:45 Read & Reminisce GP 7:00 Prayer Meeting CH	9 9:30 Exercise GP 10:00 Bingo GP 2:00 Penny Game GP 3:45 Song Time GP	10 9:30 Exercise MPR 10:00 Poetry Hour MPR 2:00 Watermelon Social PAV 3:45 Variety Time GP	11 10:15 Wheel of Fortune GP 3:00 Scripture Reading GP
12 9:30 Sunday School CH Bill Houser 3:00 Gaither Music Video GP 6:30 Sonny and Audrey MPR	13 9:30 Exercise MPR 10:00 Bible Study MPR 10:15 Room Visits 1:30 Hope Spring Farms MPR 3:00 Resident Rights Rounds - Rooms 3:45 Table Ball GP	14 9:30 Exercise GP 10:00 Music Hour GP 2:00 Table Games GP 3:45 Popcorn Toss GP 6:30 GMC Rebroadcast CH	15 9:30 Exercise MPR 10:00 Bible Talk MPR 12:00 Gathering Place Picnic PAV 1:45 Table Talk GP 3:45 Read & Reminisce GP	16 9:30 Exercise GP 10:00 Bingo GP 2:00 Make Blueberry Rolls DR 3:45 Song Time GP	17 9:30 Exercise GP 10:00 10 Second Game GP 2:00 Soft Sounds of Carol CH 3:45 Variety Time GP	18 10:15 How Many Words in a Word GP 3:00 Scripture Reading GP
19 9:30 Sunday School CH David Weidman 2:30 Kauffman's United Methodist Church CH	20 9:30 Exercise MPR 10:00 Bible Study MPR 10:15 Room Visits 2:00 Bowling MPR 3:45 Balloon Volleyball GP	21 SENIOR CITIZEN DAY 9:30 Exercise GP 10:00 Music Hour GP 12:00 Dining Room Picnic PAV 2:00 Manicures GP 3:45 Bean Bag Toss GP	22 BE AN ANGEL DAY 9:15 Exercise GP 10:00 We Remember GP 2:00 Beach Bingo MPR 3:45 Stories of Angels GP 7:00 Prayer Meeting CH	23 9:30 Exercise GP 10:00 Bingo GP 2:00 Organ Music CH 3:45 Song Time GP	24 NO EXERCISE 10:00 God's Missionary Church CH 2:00 Seashell Craft MPR 3:45 Variety Time GP	25 10:15 Concentration GP 3:00 Scripture Reading GP
26 9:30 Sunday School CH Daryl Weaver 3:00 Gospel Music Video GP 7:00 Providence Mennonite Church CH	27 9:30 Exercise GP 10:00 Bible Study MPR 10:15 Room Visit – Nursing 2:00 Hillbilly Golf MPR 3:45 Table Ball GP	28 9:30 Exercise GP 10:00 Music Hour GP 2:00 Birthday Party MDR 3:45 Target Toss GP 6:30 Friends of All Animals Rooms	29 9:30 Exercise GP 10:00 Nursing Resident Meeting GP 1:15 Bus Trip 3:45 Read & Reminisce GP 7:00 Prayer Meeting CH	30 9:30 Exercise GP 10:00 Bingo GP 2:00 Carnival PAV 3:45 Song Time GP	31 9:30 Exercise MPR 10:00 Stories with John MPR 2:00 Choice Game MPR 3:45 Variety Time GP	Word Search Hand Out Every Friday

