



REFLECTIONS

Vol. 33 No. 12

December 2018



*Gifts aren't just what you
buy, but what you do.
Fill your holiday with
kind words and acts.*

**COUNTRYSIDE**
Christian Community



John's Jottings

by John Landis, Chaplain

GOD'S GIFT

Nicodemus was a powerful man and one of the richest in Israel. He came to see Jesus one night because he had questions about who Jesus was. Because he was a person of wealth and power he had become a leader in the Sanhedrin. The Sanhedrin were the religious leaders of the Jews in the time of Jesus. So he comes to Jesus at night so he could have Jesus to himself without any distractions. He confesses to Jesus; you are from God because no one could do the miracles you are doing unless God is with you. Jesus bluntly tells Nicodemus he must be born again if he wants to see and understand the Kingdom of God. He must think differently than he is thinking now. There must be a transformation of his soul and spirit. Nicodemus had a difficult time thinking differently than he did in the past and is amazed as Jesus continues speaking.

Jesus informs Nicodemus that he (Jesus) is the way to a new life. Jesus says that he must die on a cross, be buried and rise again. He will be the Savior of all humanity. Jesus tells Nicodemus, "You are a Leader in Israel and don't know how God works through his Spirit? I am the Son of God. God so loves the world that he sent me into the world not to condemn the world but to save the world. Everyone who believes in me will not perish but will have everlasting life. The world is condemned already. To escape the judgment that is upon the world you need to believe in me. I will give you a new life. You will be born again and become a new person. But you must believe in me. I will forgive you of your sins and you will be born again."

We must surrender ourselves to Jesus. Ask him to cleanse you of all sin and give you a new life and a new life will be given to you.

We give and receive gifts during the Christmas season. The greatest gift ever given is the gift of salvation through Jesus coming into the world to bring salvation to all who will believe in Jesus. He did this because of his love for us. No wonder we are encouraged to love one another. May his love, joy and peace be with you this Christmas and the coming year.

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.



It's Christmas At Countryside

It soon will be Christmas at Countryside! Staff and volunteers are busy preparing for this annual celebration of the birth of Jesus. They are decking the halls, trimming the trees, baking the cookies, and wrapping the gifts while the sound of Christmas music fills the air. These are the "old-fashion" traditions that keep Christmas ever new and exciting.

It is a wonderful time across the land to watch people open their hearts to help make someone else's life just a little bit brighter and better. At Christmas there's an indescribable feeling that comes from helping to make someone happy! And, here at Countryside, there are opportunities for you to share a gift of Christmas joy with our residents.

Growing number of our personal care and nursing residents have exhausted their financial resources and now must rely on Countryside to assist with the expense of their care. Amazingly, last year, Countryside provided over \$800,000 in charity care to residents who can no longer pay the full cost of the care they receive. This ministry has been possible because of the continuing faithful financial support of our friends.

This year, as you consider ways to bring some Christmas joy to others, please consider including Countryside among the ministries you support. Indeed, your gift will bring joy and peace of mind to so many. Thank you for caring... and sharing.

*And may you, and all those near to your heart,
Have a very Merry Christmas and Happy New Year*

Franklin H. Schock, Executive Director

✂ PLEASE USE THIS HANDY FORM WHEN SENDING YOUR GIFT TO COUNTRYSIDE ✂

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

I / WE ARE MAKING THIS GIFT OF \$ _____ IN HONOR OF IN MEMORY OF

PLEASE USE THIS GIFT FOR:

HELPING WITH AREA OF GREATEST NEED ASSISTING WITH CURRENT BENEVOLENT CARE

The Value of Reminiscing

Submitted by Diane Grumbine, Staff Development

You probably already know that reminiscing refers to recalling pleasant memories from the past. It is beneficial for most seniors for many reasons, it can prevent depression, lower blood pressure, reduce stress and prevent boredom. What you might not know is that it's recognized as a legitimate form of therapy for loved ones with Alzheimer's Disease and other forms of Dementia.

Aging is a process that can be quite challenging for many. Reminiscing helps older people cope with growing older by recreating life's meaning by being connected to the past. It helps reaffirm feelings of being important. Sharing the past helps seniors reflect on their achievements and appreciate what they have done or all that they know. Seniors who reminisce may show improved outlooks on life. After remembering happy memories, seniors are often brighter and smile more. Simply engaging in animated conversation with others helps older people maintain more balance in their lives.

Remembering the past can influence physical health as well. Some studies have shown that seniors who reminisced showed lowered blood pressure and heart rates. The saying "Laughter is the best medicine" is true. Generating happy memories can make any day lighter for everyone that joins in. Talking about the past can offer relief, especially for seniors who are less mobile or live in a nursing home. It can take them out of their current situation and help them relive more active days. When seniors are busy sharing their life accomplishments with others, it distracts them from being stressed about their medical conditions and increases their self-esteem.

Some seniors have difficulty getting started on sharing their stories and memories. Some ways to encourage reminiscing are to flip through photo albums or reference favorite movies. Ask about the first movie they ever saw or their favorite one. Relive past holidays by talking about favorite holiday memories and traditions. Play favorite music, their wedding song or chart-toppers of their youth. Try using a special or personal object to encourage memories. How did they get it? Why is it special to them?

Young family members and caregivers can learn a lot about our seniors by asking questions and taking the time to listen. We often forget that our elders have lived interesting, full lives and have stories to tell. For people with dementia reminiscing is especially valuable since even when short term and recent memories are gone, memories from long ago may still be clear in their mind. The time spent reminiscing does not reverse dementia but if it can make someone feel happy and valuable for a time then it is time well spent.

"Memory is a way of holding onto the things you love, the things you are, and the things you never want to lose" – Kevin Arnold

* * * * *



New Residents

Robert Fox

Nursing
Room #33



We Remember

Harold Romberger

Paul A. Shuey

Lillian Gibble

*Family and friends have our
sincere condolences*

Happy Birthday

Employee's Birthdays

- 2 - Denise Hale
- 2 - Angela Rodriguez
- 6 - Martiza Sumlin
- 15 - Sirena Anderson
- 16 - Brooklyn Varner
- 18 - Andrea Gonzalez-Allie
- 19 - Joanna Hess
- 29 - Julia Hilliard



December

Resident's Birthdays

- 4 - Elizabeth "Bette" Rhine
- 20 - Bill Hough
- 21 - Anna Mae Fittery
- 28 - Wayne Hostetter
- 28 - Roy Gingrich
- 31 - Joan Souder

Christmas Gift Suggestions



What's Keeping Us Busy in December?

Compiled by Susanna Varner, Activities Director

Special Music Programs

- 4 - Two students from Lebanon Valley College will be providing a program of flute music at 6:30pm in the Multi-Purpose Room.
- 6 - Sing along with Marlin Hernley and Nelson Evans as they play gospel music on the organ and piano at 2:00pm in the Chapel.
- 7 - Students from the Blue Mountain Christian School will be providing their Christmas program at 1:30pm in the Chapel.
- 9 - Join Sonny and Audrey at 6:30pm in the Multi-Purpose Room for a program of country gospel music.
- 10 - Ono United Methodist Church will be providing their Christmas Cantata at 6:30pm in the Chapel.
- 20 - The elementary students from Lebanon Christian Academy will be providing their Christmas program for us at 10:00am in the Chapel.
- 21 - The students from Jonestown Mennonite School will be singing for us at 9:30am in the Chapel.
- 27 - St. Johns Evangelical Congregational Church will be sharing their Christmas Cantata with us at 7:00pm in the Chapel.

Special Activity Programs

- 10 - 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.
- 17 - Bright Beginnings Preschool of Annville will be in the Multi-Purpose Room at 10am to visit with us and sing a few holiday songs.
- 18 - The second grade class of New Covenant Christian School will be in the Multi-Purpose Room at 1:20pm to visit, share a craft and sing songs for us.
- 26 - Hospice of All Seasons will be hosting Holiday Themed Bingo at 2:00pm in the Multi-Purpose Room.
- 27 - The December Birthday party is sponsored by the Activity Department and will be held at 2:00pm in the Dining Room.
- 31 - Enjoy New Year themed games and refreshments at the New Year's Celebration at 2:00pm in the Multi-Purpose Room.

Church Services

- 7 - Join us for a toe tapping good time as Echoes of Grace sings country gospel music at 10:00am in the Chapel.
- 14 - Willie Marshal will be sharing his testimony through his poems at 10:00am in the Multi-Purpose Room.
- 23 - Service by the members of Providence Mennonite Church at 7:00pm in the Chapel.
- 28 - 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 in the Chapel.

Wednesday Evening Services

7:00pm in the Chapel

5 - Edward Heagy
United Christian Church
12 - Grace Life Awana

19 - No Service
26 - John Ludwig, Jr.
Fontana UC Church

December Motor Tours

(Weather Permitting)

Personal Care & Cottage Residents

6 - Christmas Light Drive; 6:30pm
17 - Shopping at the Lebanon Valley Mall; 1:30pm
19 - Lunch at Shady Maple and Shopping at
Goods Store; 10:30am

Nursing Residents

13 - Christmas Lights Drive; 6:00pm

Resident Christmas Party

Family and Friends are welcome to join their loved one in the Multi-Purpose Room for their Christmas Party. The dates are as follows:

Nursing Residents

December 11, 2018
10:00am – 11:00am

Personal Care Residents

December 11, 2018
2:00pm – 3:30pm

There will be entertainment, a gift for the resident and light refreshments.

If you are planning to attend, please contact:

**Susanna Varner
717-867-4636**

Personal Care Resident Meeting

**Thursday
December 13th
2:00 pm
Multi-Purpose Room**

*Bring your ideas and
suggestions to the
meeting.*

An up-to-date schedule of Christmas carolers will be posted on the bulletin board next to the Cottagers mailboxes in the Personal Care hall.



Christmas Caroling

Our residents enjoy having visits from churches and community groups that come to sing. If your group would like to carol at CCC, please contact:

Susanna Varner
717-867-4636



Surprising Facts About Classic Christmas Songs

1. While we associate "Jingle Bells" with Christmas, the song was written by James Lord Pierpont to celebrate Thanksgiving.
2. "Rudolph The Red-Nosed Reindeer," "Rockin' Around The Christmas Tree," and "Holly Jolly Christmas" were written by Jewish songwriter Johnny Marks.
3. The first Christmas song to mention Santa Claus was Benjamin Hanby's "Up On The Housetop." Written in 1864, Hanby was inspired by Clement Moore's 1823 poem "A Visit from Saint Nicholas."
4. "O Come, O Come Emmanuel" is one of the oldest Christmas hymns to still get airplay. Originally composed in Latin during the twelfth century, it was translated into English by John Mason Neale in 1851.
5. Thurl Ravenscroft, the singer responsible for *How the Grinch Stole Christmas'* classic song "You're a Mean One, Mr. Grinch," also famously voiced Tony the Tiger, the mascot for Kellogg's Frosted Flakes.
6. Irving Berlin hated Elvis Presley's version of "White Christmas" so much that he tried to prevent radio stations from playing Presley's cover.
7. In April 1975, the American military played "White Christmas" over Armed Forces Radio as a covert signal instructing soldiers in Vietnam to evacuate Saigon.
8. Bing Crosby's version of "White Christmas" is the highest-selling single of all time.
9. "Hark! The Herald Angels Sing" and "Joy to the World" are two of the oldest English language Christmas hymns, originating in the 1700s.
10. "Let It Snow" has made its way into the Christmas cannon despite the fact that it never once mentions the holiday and was written by Jewish songwriters Jule Styne and Sammy Cahn.
11. "Jingle Bells" was the first song performed in space.
12. Jay Livingston and Ray Evans' holiday classic "Silver Bells" was originally titled "Tinkle Bells." They changed it when Livingston's wife explained that "tinkle" was often a synonym for urination.
13. "We Wish You A Merry Christmas" is one of the oldest secular Christmas songs, originating in 16th century England.
14. Mel Tormé's "The Christmas Song" (more commonly known as "Chestnuts Roasting on an Open Fire") was written during a summer heatwave in 1944.
15. Singer Brenda Lee recorded the original version of "Rockin' Around The Christmas Tree" when she was only 13 years old.

Decorating the Christmas Tree

Find the words listed below

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

Angel

Beads

Candy Canes

Cranberries

Garland

Lights

Ornaments

Popcorn

Star

Tinsel

Tree Skirt

Artificial

Natural

Colorado Blue Spruce

Douglas Fir

Fraser Fir

Leyland Cypress

Norway Spruce

Scotch Pine

Virginia Pine

White Pine

Personal Care & Cottage Activities Calendar December 2018

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|--|--|---|---|
| KEY: ATR - Activity/Therapy Room CH - Chapel CL - Country Lounge DR - Main Dining Room MPR - Multi-Purpose Room | Devotions <u>Monday - Saturday</u> 8:20 Main Dining Room | | | | | 1 9:15 Exercise MPR 1:30 Jeopardy MPR 6:15 Movie Night CL |
| 2 9:30 Sunday School CH Daryl Weaver 3:00 Gospel Video CL | 3 9:15 Exercise MPR 10:00 Bible Study MPR 2:00 Holiday Trivia CL | 4 10:00 Bingo MPR 1:00 Cottage Exercise Class MPR 2:15 Book Club MPR 6:30 Flute Duet MPR | 5 10:15 Coffee Cart 2:00 Shake Loose a Memory CL 7:00 Prayer Meeting CH | 6 10:00 Music Hour CL 2:00 Organ/Piano Music CH 3:30 Campmeeting on CD MPR 6:30 Bus Trip | 7 NO EXERCISE 10:00 Echoes of Grace CH 1:30 Blue Mountain Christian School CH 7:15 Chiques Church of the Brethren - Halls | 8 9:15 Exercise MPR 1:30 Wheel of Fortune MPR 6:15 Movie Night CL |
| 9 9:30 Sunday School CH David Weidman 3:00 Gaither Video CL 6:30 Sonny and Audrey MPR | 10 9:30 Exercise MPR 10:00 Bible Study MPR 1:30 Hope Spring Farms MPR 3:00 Resident Rights Game - Rooms 6:30 Cantata CH | 11 10:00 Bingo DR 2:00 Personal Care Christmas Party MPR Wear Your Christmas Sweater Today | 12 10:15 Coffee Cart 12:00 Cottagers Christmas Meal MPR 2:00 Manicures CL 6:15 New Life Assembly Halls 7:00 Grace Life Awana CH | 13 10:00 Music Hour CL 2:00 PC Resident Meeting MPR 3:30 Campmeeting on CD MPR | 14 9:30 Exercise GP 10:00 Poetry Hour GP 2:00 Bocce MPR | 15 9:15 Exercise MPR 1:30 How Many Words in a Word MPR 6:15 Movie Night CL |
| 16 9:30 Sunday School CH Edward Heagy 2:30 Kauffman's UMC CH | 17 10:00 Bright Beginnings Preschool MPR 1:30 Bus Trip 2:00 Hillbilly Golf MPR | 18 10:00 Bingo MPR 1:20 New Covenant Christian School MPR 2:30 Book Club MPR | 19 9:30 Exercise MPR 10:00 Bible Talk MPR 10:30 Bus Trip 2:30 Coffee Cart | 20 10:00 Lebanon Christian Academy CH 2:00 Make Sand Tarts DR | 21 WINTER BEGINS 9:30 Jonestown Mennonite School CH 2:00 Bowling MPR | 22 9:15 Exercise MPR 1:30 Concentration MPR 6:15 Movie Night CL |
| 23 9:30 Sunday School CH Bruce Gettle 3:00 Gaither Video CL 7:00 Providence Mennonite Church CH | 24 9:30 Exercise MPR 10:00 Bible Study MPR 2:00 Christmas Around the World MPR | 25 CHRISTMAS 10:00 Christmas Music on DVD CL 1:30 Furry Friend Visit PC Rooms | 26 10:15 Coffee Cart 2:00 Holiday Bingo MPR 7:00 Prayer Meeting CH | 27 10:00 Bingo MPR 2:00 Birthday Party DR 7:00 Christmas Cantata CH | 28 NO EXERCISE 10:00 God's Missionary Church CH 1:30 PC Manicures CL 3:00 PC Walking Club | 29 9:15 Exercise MPR 1:30 How Many Words In A Word MPR 6:15 Movie Night CL |
| 30 9:30 Sunday School CH Nelson Heagy 3:00 Gospel Video CL | 31 NEW YEAR'S EVE 9:30 Exercise MPR 10:00 Bible Study MPR 2:00 Happy New Year Celebration MPR | | | | Word Search Handout Every Friday | |

Nursing Activities Calendar December 2018

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|---|--|---|--|
| KEY: ATR - Activity/Therapy Room CH - Chapel CL - Country Lounge DR - Main Dining Room GP - Gathering Place MPR - Multi-Purpose Room | Devotions <u>Monday – Saturday</u> 8:20 Main Dining Room 8:40 Gathering Place | | | | | 10:15 Jeopardy GP 3:00 Stories of the Holidays GP |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9:30 Sunday School CH Daryl Weaver 3:00 Gospel Video GP | 9:15 Exercise MPR 10:00 Bible Study MPR 10:30 Room Visits 1:30 Theme Cart - Rooms 3:45 Song Time GP | 9:30 Exercise GP 10:00 Bingo GP 1:30 Manicures GP 3:45 Bean Bag Toss GP 6:30 Flute Duet MPR | 9:30 Exercise GP 10:00 We Remember GP 2:00 Shake Loose a Memory GP 3:45 Read& Reminisce GP 7:00 Prayer Meeting CH | 9:30 Exercise GP 10:00 Music Hour GP 2:00 Organ/Piano Music CH 3:45 Balloon Volleyball GP | NO EXERCISE 10:00 Echoes of Grace CH 1:30 Blue Mountain Christian School CH 3:45 Variety Time GP 7:15 Chiques Church of the Brethren - Halls | 10:15 Wheel of Fortune GP 3:00 Scripture Reading GP |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 9:30 Sunday School CH David Weidman 3:00 Gaither Video GP 6:30 Sonny and Audrey MPR | 9:30 Exercise MPR 10:00 Bible Study MPR 10:30 Room Visits 1:30 Hope Spring Farms MPR 3:00 Resident Rights Game - Rooms 3:45 Song Time GP 6:30 Cantata CH | 10:00 Christmas Party MPR 2:00 Bingo GP 3:45 Football Toss GP <b style="text-align: center;">Wear Your Christmas Sweater Today | 9:30 Exercise GP 10:00 We Remember GP 2:00 Name Game GP 3:45 Read& Reminisce Halls 6:15 New Life Assembly 7:00 Grace Life Awana CH | 9:30 Exercise GP 10:00 Music Hr. GP 2:00 Penny Game GP 3:30 Camp Meeting on CD MPR 3:45 Balloon Volleyball GP 6:00 Bus Trip | 9:30 Exercise GP 10:00 Poetry Hour GP 2:00 Bocce MPR 3:45 Variety Time GP | 10:15 How Many Words In A Word GP 3:00 Chicken Soup For the Soul GP |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 9:30 Sunday School CH Edward Heagy 2:30 Kauffman's UMC CH | 10:00 Bright Beginnings Preschool MPR 2:00 Hillbilly Golf MPR 3:45 Song Time GP | 9:30 Exercise GP 10:00 Bingo GP 1:20 New Covenant Christian School MPR 2:30 Manicures GP 3:45 Balloon Toss GP | 9:30 Exercise MPR 10:00 Bible Talk MPR 2:00 Memories of Christmas GP 3:45 Read& Reminisce GP | 10:00 Lebanon Christian Academy CH 2:00 Make Sand Tarts DR 3:45 Balloon Volleyball GP | WINTER BEGINS 9:30 Jonestown Mennonite School CH 2:00 Bowling MPR 3:45 Variety Time GP | 10:15 Concentration GP 3:00 Scripture Reading GP |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 9:30 Sunday School CH Bruce Gettle 3:00 Gaither Video GP 7:00 Providence Mennonite Church CH | 9:30 Exercise MPR 10:00 Bible Study MPR 10:30 Room Visits 2:00 Christmas Around the World MPR 3:45 Song Time GP | CHRISTMAS 10:00 Furry Friend Visit Rooms 3:00 The Christmas Story GP | 9:30 Exercise GP 10:00 We Remember GP 2:00 Holiday Bingo MPR 3:45 Read& Reminisce GP 7:00 Prayer Meeting CH | 9:30 Exercise GP 10:00 Bingo GP 2:00 Birthday Party DR 3:45 Balloon Toss GP 7:00 Christmas Cantata CH | NO EXERCISE 10:00 God's Missionary Church CH 2:00 Table Games GP 3:45 Variety Time GP | 10:15 How Many Words In A Word GP 3:00 Fish Wrapper GP |
| 30 | 31 | | | | Word Search Handout Every Friday | |
| 9:30 Sunday School CH Nelson Heagy 3:00 Gospel Video GP | 9:30 Exercise MPR 10:00 Bible Study MPR 2:00 Happy New Year Celebration MPR 3:45 Song Time GP | | | | | |

