

REFLECTIONS

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January 2019



*Knowledge is knowing
what to say.*

*Wisdom is knowing
whether or not to say it.*

**COUNTRYSIDE**
Christian Community



John's Jottings

by John Landis, Chaplain

I Have Come

John the Baptist was sitting in prison and was listening to his disciples talking about Jesus raising a poor widow's son from death to life. John did not like the outlook for himself. John told Herod he was committing sin by taking another man's wife to be his lover. John was put into prison by Herod who liked and feared him.

John was not jealous of Jesus but he expected Jesus to come, as did most Jewish people, and establish a kingdom for himself. So John sends two of his disciples to ask Jesus a question: "Are you the One coming or do we look for another person?" I believe John knew Jesus was the Messiah. But he had other expectations of what the Messiah would be like when he came. Jesus taught and did miracles and told John's disciples to go back to John and tell him what you saw and heard.

Why did Jesus come? Let's look at some reasons Jesus gave for his coming.

Matthew 5:17-20 Jesus says he came to fulfill or complete the law. The law shows us our inability to be righteous and holy. We are sinners by nature and need a way to correct our sins, cleanse us of our sins and teach us holiness. Jesus will do this for us.

Matthew 9:13 Jesus went to Levi's house for a meal and people found fault with him eating with sinners.

Luke 19:10 Jesus went to Zacchaeus's house and the people again complained and he said the same thing he did to the people at Levi's house - "I have come to seek and to save the lost".

Luke 12:49 Jesus said I didn't come to bring peace but a sword, a fire to divide and separate people. This is a sanctifying process.

John 5:43 I have come in my Father's name.

John 7:28 I am not here on my own.

John 4:10-14 I will be a fountain of living water for you.

John 7:37-39 I will be a river of life with in you.

John 10:10 I will give you life abundantly.

Matthew 11:28-30 Jesus gives us an invitation to come to him.

God so loved us that he gave his only begotten Son that whosoever believes in him will have ever lasting life. Come and receive the gift of eternal life.



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.

What's Keeping Us Busy in January?

Compiled by Susanna Varner, Activities Director

Special Music Programs

- 13 - Join Sonny and Audrey at 6:30pm in the Multi-Purpose Room for a program of country gospel music.
- 16 - Quentin Jones will be providing a program of Classic County Songs at 2:00pm in the Multi-Purpose Room.

Special Activity Programs

- 5 - The January Birthday Party is sponsored by the Activity Department and will be held at 2:00pm in the Dining Room.
- 12 - The SonShine Puppets will be providing a puppet show and sharing about their puppet ministry at 10:00am in the Chapel.
- 14 - 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.
- 23 - Hospice of All Seasons will be hosting January Themed Bingo at 2:00pm in the Multi-Purpose Room.

Church Services

- 4 - Join us for a toe tapping good time as Echoes of Grace sings country gospel music at 10:00am in the Chapel.
- 11 - Willie Marshal will be sharing his testimony through his poems at 10:00am in the Multi-Purpose Room.
- 25 - 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.
- 27 - Service by the members of Providence Mennonite Church at 7:00pm in the Chapel.

Wednesday Evening Services

7:00pm in the Chapel

2 - Luke Fenstermacher
United Christian Church
9 - David Ludwig
Palmyra UC Church

16 - Leroy Bomgardner
Newmanstown UC Church
23 - Gerald Brinser
United Christian Church
30 - Thomas Clawser
Fontana UC Church

January Motor Tours

(Weather Permitting)

Personal Care & Cottage Residents

- 7 - Shopping at Walmart; 1:30pm
- 17 - Lunch at Funck's Restaurant and Shopping at Blue Mountain Thrift Store, Dollar General and Grocery Outlet; 11:30am

Nursing Residents

Trips will be announced as they are scheduled throughout the month



New Residents

Dorothy Rasp

Nursing Room #53



We Remember

Diane Brontsema

Family and friends have our sincere condolences

Happy Birthday

Employee's Birthdays

- 2 - Harry Keeney
- 14 - Kimberly MacNeal
- 21 - Gale Keller
- 23 - Richard Greene, Jr.
- 25 - Diane Grumbine



Resident's Birthdays

- 3 - Mary Tice
- 14 - Robert Buck
- 16 - Thelma Kohr
- 23 - Leon Frazier
- 28 - Mary McKivison

Seasonal Affective Disorder

Submitted by Diane Grumbine, Staff Development

Do you experience the winter blues? Every year as the days get shorter and the weather gets colder some people experience feelings of sadness, hopelessness, lack of energy and sometimes even thoughts of death and suicide. If it happens at the same time year after year and it interrupts the quality of life significantly then you probably suffer from a condition known as seasonal affective disorder.

It is natural to experience a winter slump when we want to slow down, stay indoors, sleep late and watch TV, after all, *it is* dark and cold. Most people gain weight during winter months also. This does not mean everyone has Seasonal Affective Disorder. S.A.D. has all the same symptoms as major depression and is equally as serious. People who have major depression all year long may notice worsening of their symptoms when daylight hours are shortest. People with only S.A.D. will go into a complete remission of symptoms when the days are longer only to start all over again the next fall.

Symptoms of major depression and S.A.D. are: a depressed mood, feelings of hopelessness, lack of energy, loss of pleasure in activities that normally are pleasurable, changes in sleep and appetite and difficulty concentrating. Many people also experience relationship problems, oversleep more and feel a heaviness in their arms and legs. If thoughts of death and suicide become a daily occurrence, then treatment is overdue.

S.A.D. occurs more often the further away from the equator a person lives, in people who have a history of depression or a family history of depression. It is common in young females although it can happen at any age. If there is a suspicion that S.A.D. is present, a visit to the doctor is in order. He may want to get some bloodwork to rule out other causes of your symptoms and look for other life experiences that may have triggered depression.

Treatment for the disorder can include psychotherapy, medications such as antidepressants or possibly light therapy. There are many different types of 'daylight' producing lamps available which can be helpful if used daily. The artificial daylight can stimulate the release of chemicals in the brain that help to lighten mood and improve feelings of well-being. Be sure to ask the doctor or psychological counselor for recommendations for which lamp to purchase since they are not all equally therapeutic.

A person can help themselves by going outside more often, getting more sunlight and getting plenty of sleep. Avoiding alcohol, exercising more and learning some relaxation techniques can be healthy life style changes that can improve quality of life all year round.

An alternative solution? Move somewhere nearer to the equator.



"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around."

Leo Buscaglia

Things And Places That Are Cold

Find the words listed below

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

Air Conditioner

Dry Ice

Freezer

Frozen Lake

Ice

Ice Cream

Iced Tea

Icicles

Liquid Nitrogen

Milkshake

Popsicles

Refrigerator

Sleet

Slushy

Snow

Wind

Alaska

Antartica

Canada

South Pole

North Pole

Personal Care & Cottage Activities Calendar January 2019

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		NEW YEAR'S DAY 1	2	3	4	5
	Devotions <u>Monday – Saturday</u> 8:20 Main Dining Room	9:15 Exercise MPR 1:15 Music Hour CL The Tournament of Roses Parade CL & GP	10:15 Coffee Cart 2:00 Wheel of Fortune MPR 7:00 Prayer Meeting CH	10:00 Bingo MPR 2:00 The Choice Game CL 3:30 Camp Meeting on CD MPR	NO EXERCISE 10:00 Echoes of Grace CH 2:00 Bocce MPR	9:15 Exercise MPR 2:00 Birthday Party DR 6:00 Movie Night CL NATIONAL BIRD DAY
6	7	8	9	10	11	12
9:30 Sunday School CH Bill Houser 3:00 Gospel Music Video CL	9:30 Exercise MPR 10:00 Bible Study MPR 1:30 Bus Trip	10:00 Bingo MPR 1:00 Cottage Exercise Class MPR 2:00 Book Club MPR	10:15 Coffee Cart 2:00 Penny Game MPR 7:00 Prayer Meeting CH	10:00 Music Hour CL 2:00 Trivia Time CL 3:30 Camp Meeting on CD MPR	9:30 Exercise MPR 10:00 Poetry Hour MPR 2:00 Manicures CL ALL DAY TRIVIA	10:00 SonShine Puppets CH 1:15 How Many Words in A Word MPR 6:00 Movie Night CL
<i>Pennsylvania Farm Show Week</i>						
13	14	15	16	17	18	19
9:30 Sunday School CH John Landis 3:00 Gaither Video CL 6:30 Sonny and Audrey MPR	9:30 Exercise MPR 10:00 Bible Study MPR 1:30 Hope Spring Farms MPR 3:00 Resident Rights Hand Out - Rooms	10:00 Bingo MPR 1:00 Cottage Exercise Class MPR 2:00 Book Club MPR	9:30 Exercise MPR 10:00 Bible Talk MPR 2:00 Quentin Jones MPR 7:00 Prayer Meeting CH	10:00 Music Hour CL 11:30 Bus Trip 2:00 Make Bird Treats MPR	9:30 Exercise MPR 10:00 Stories with John MPR 2:00 Bowling MPR	9:15 Exercise MPR 1:15 Jeopardy MPR 6:00 Movie Night CL INTERNATIONAL FLOWER DAY
20	21	22	23	24	25	26
9:30 Sunday School CH Edward Heagy 3:00 Gospel Music Video CL	MARTIN LUTHER KING DAY 9:30 Exercise MPR 10:00 Bible Study MPR 2:00 Manicures CL	10:00 Bingo DR 1:00 Cottagers Meeting CH 2:00 Book Club MPR	10:15 Coffee Cart 2:00 January Bingo MPR 7:00 Prayer Meeting CH NATIONAL PIE DAY	10:00 Music Hour CL 2:00 Hillbilly Golf MPR 3:30 Camp Meeting on CD MPR	NO EXERCISE 10:00 God's Missionary Church CH 2:00 Tea Party MPR	9:15 Exercise MPR 1:15 Concentration MPR 6:30 Movie Night CL
27	28	29	30	31		
9:30 Sunday School CH Dohner's Mennonite Church 3:00 Gospel Music Video CL 7:00 Providence Mennonite Church CH	9:30 Exercise MPR 10:00 Bible Study MPR 2:00 Shake Loose A Memory CL 3:30 Cottagers Social MPR	10:00 Bingo MPR 1:00 Cottage Exercise Class MPR 2:00 Book Club MPR	10:15 Coffee Cart 3:00 Walking Club 7:00 Prayer Meeting CH	10:00 Music Hour CL 2:00 Bocce MPR 3:30 Camp Meeting on CD MPR	Word Search Handout Every Friday	

Nursing Activities Calendar January 2019

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	NEW YEAR'S DAY 1 10:15 Music Hour GP 3:00 What Year Was It? GP The Tournament of Roses Parade CL & GP	2 9:30 Exercise GP 10:00 We Remember GP 2:00 Manicures GP 3:45 Read & Reminisce GP 7:00 Prayer Meeting CH	3 9:30 Exercise GP 10:00 Bingo GP 2:00 The Choice Game GP 3:45 Balloon Volleyball GP	NO EXERCISE 4 10:00 Echoes of Grace CH 2:00 Bocce MPR 3:45 Variety Time GP	5 10:15 Wheel of Fortune GP 2:00 Birthday Party DR 3:45 Audubon Bird Video GP NATIONAL BIRD DAY
6 9:30 Sunday School CH Bill Houser 3:00 Gospel Music Video GP	7 9:30 Exercise MPR 10:00 Bible Study MPR 1:30 Theme Cart-Nursing 3:45 Song Time GP	8 9:30 Exercise GP 10:00 Bingo GP 2:00 Farm Show Facts GP 3:45 Football Toss GP	9 9:30 Exercise GP 10:00 Snow Time Games GP 2:00 Penny Game GP 3:45 Read & Reminisce GP 7:00 Prayer Meeting CH	10 9:30 Exercise GP 10:00 Music Hour GP 2:00 Trivia Time GP 3:45 Balloon Volleyball GP	11 9:30 Exercise MPR 10:00 Poetry Hour MPR 2:00 Table Top Games GP 3:45 Variety Time GP ALL DAY TRIVIA	12 10:00 SonShine Puppets CH 3:00 Scripture Reading GP
<i>Pennsylvania Farm Show Week</i>						
13 9:30 Sunday School CH John Landis 3:00 Gaither Video GP 6:30 Sonny and Audrey MPR	14 9:30 Exercise MPR 10:00 Bible Study MPR 1:30 Hope Spring Farms MPR 3:00 Resident Rights Hand Out - Rooms 3:45 Song Time GP	15 9:30 Exercise GP 10:00 Bingo GP 2:00 Manicures GP 3:45 Target Toss GP	16 9:30 Exercise MPR 10:00 Bible Talk MPR 2:00 Quentin Jones MPR 3:45 Stories of Past Snow Storm GP 7:00 Prayer Meeting CH	17 9:30 Exercise GP 10:00 Music Hour GP 2:00 Make Bird Treats MPR 3:45 Balloon Volleyball GP	18 9:30 Exercise MPR 10:00 Stories with John MPR 2:00 Bowling MPR 3:45 Variety Time GP	19 10:15 Jeopardy GP 3:00 Name the Flower GP INTERNATIONAL FLOWER DAY
20 9:30 Sunday School CH Edward Heagy 3:00 Gospel Music Video GP	21 MARTIN LUTHER KING DAY 9:30 Exercise MPR 10:00 Bible Study MPR 2:00 Finish the Phrase GP 3:45 Song Time GP	22 9:30 Exercise GP 10:00 Bingo GP 2:00 Name Game GP 3:45 Snow Ball Toss GP	23 9:30 Exercise GP 10:00 Pie Day Games GP 2:00 January Bingo MPR 3:45 Bean Bag Toss GP 7:00 Prayer Meeting CH NATIONAL PIE DAY	24 9:30 Exercise GP 10:00 Music Hour GP 2:00 Hillbilly Golf MPR 3:45 Balloon Volleyball GP	25 NO EXERCISE 10:00 God's Missionary Church CH 2:00 Tea Party GP 3:45 Variety Time GP	26 10:15 Concentration GP 3:00 Chicken Soup for the Soul GP
27 9:30 Sunday School CH Dohner's Mennonite Church 3:00 Gospel Music Video GP 7:00 Providence Mennonite Church CH	28 9:30 Exercise MPR 10:00 Bible Study MPR 2:00 Shake Loose A Memory GP 3:45 Song Time GP	29 9:30 Exercise in GP 10:00 Bingo GP 2:00 Manicures GP 3:45 Ring Toss GP	30 9:30 Exercise GP 10:00 We Remember GP 2:00 Manicures GP 3:45 Parachute GP 7:00 Prayer Meeting CH	31 9:30 Exercise GP 10:00 Music Hour GP 2:00 Bocce MPR 3:45 Balloon Volleyball GP	Word Search Handout Every Friday	

