No one can make us angry. People can say and do things to us, BUT it is still up to us as individuals to do what we want with our emotions in response to those things.

--Source Unknown

COUNTRYSIDE
Christian Community
200 Bellann Court Annville, PA  17003
(717) 867-4636
Keep Looking Up!

A major ceiling replacement project was recently undertaken throughout Countryside’s main building. The building’s original suspended ceiling assembly was replaced in all the corridors, entrances and in several office areas. The upgrade in the ceiling’s fire rating greatly enhances the safety of residents, staff and visitors. In addition to the new ceiling, new LED lights were also installed, along with new speakers for the public address system and new HD security cameras. These new cameras greatly improve the image quality of the facility's interior and exterior surveillance. As a result of these improvements, the overall appearance of the building’s interior is brighter and more attractive. And the improved quality of sound and video transmission is a great benefit for all. So, be sure to “look up” the next time you visit Countryside and check out these latest improvements!

CCC Reflections is published monthly

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200 Bellann Ct.
Annville, PA 17003-9012
Phone: 717-867-4636
www.countrysidechristian.info

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.
The Guest in the House of the Lord

Solomon said in Proverbs 11:3, “The integrity of the upright guides them but the unfaithful are destroyed by their duplicity.”

To be a guest in someone’s house is an honor. King David knew this. So, he outlines a list of things that a person of integrity will do as a guest in Psalm 15.

1. Lord, who may dwell in your sanctuary? Who may live on your holy hill?
2. He whose walk is blameless and who does what is righteous, who speaks the truth from his heart
3. And has no slander on his tongue, who does his neighbor no wrong and casts no slur on his fellowman,
4. Who despises a vile man but honors those who fear the Lord, who keeps his oath even when it hurts,
5. Who lends his money without usury and does not accept a bribe against the innocent. He who does these things will never be shaken.

Let’s take a look at what David tells us. He asks the Lord what kind of people can live or stay in the Lord’s house. He recognizes the dwelling of the Lord is a special place. It’s a holy place. This causes us to remember someone else’s place is also special and we need to treat and act accordingly while in somebody else’s house. I think this applies also here at CCC. In a sense we are walking, working and sharing life with our residents here at CCC. So David continues with righteous actions and telling the truth at all times in word and deed. Is this an easy thing to do? No! When we enter a room we are entering that person’s dwelling. Our residents are special persons who are the primary resident of that location. Their room numbers are their addresses. We must watch what we say and how we say what we say. Honor and dignity are very important to show to our residents. Promises of coming to help someone must be kept. A minute is a minute, not five or ten minutes. A promise is a promise and integrity requires that promises be kept or else don’t make a promise.

Well who am I referring to in what I have written? All of us, including me. We are trying to do the best we can. Keep up the good work you are doing! Remember our integrity will guide and teach us.

*******************************************************************************

Bible Talk

October 19th
10:00am
Multi-Purpose Room

Please join John Landis every Monday in the Multi-Purpose Room at 10:15am. He will be leading a study in Colossians.
I tasted a delicious salad last month at a Labor Day picnic and was told it was made from a salad kit purchased at one of the major discount stores. After some investigating and searching online, I figured out the salad kit ingredients and created my own version. My husband loves it and has been eating it for lunch three or four times a week ever since. I just prepare the vegetables and he adds the toppings and dressing. The chopped greens will stay fresh for several days.

**Chopped Green Kale Salad**

2 cups chopped fresh broccoli
2 cups fresh white cabbage, thinly sliced and chopped
2 cups of chopped fresh kale, packed
1 cup of thinly sliced and chopped Brussels sprouts
½ cup dried cranberries
½ cup sunflower seeds
Sweet Vidalia Onion dressing (regular or lite)

Prepare vegetables, chopping all to a uniform size. Toss together with cranberries and sunflower seeds. Add dressing to moisten and toss together.
10 Skin Care Tips for Seniors

As a person gets older, his or her skin tends to get more sensitive and thus needs extra care and protection. A senior will find that skin care products and methods that were used previously will not necessarily be adequate for the present, since the skin changes as it ages. Following are some simple yet very effective skin care tips for seniors. Many of the tips are beneficial for people of all ages.

1. **Eat the Right Foods** - Everybody, including seniors, should eat foods that are rich in vitamins, minerals and antioxidants. These foods not only help the skin look good but also feel good. Particularly helpful foods for the skin include: Green Vegetables, Melons, Berries, Walnuts, Salmon and Avocados.

2. **Drink Plenty of Water** - Although there are lots of conflicting studies about how much water a person should actually drink a day, it is certainly beneficial for a senior to remain hydrated and drink lots of water. Water refreshes the body and flushes out toxins that can cause skin problems.

3. **Use a Humidifier** - Skin tends to become dry as a person gets older. Winter can be especially difficult for a senior with dry skin, as the cold, dry air can cause redness, cracking and/or chapping. Using a humidifier will eliminate these problems, as it provides needed moisture in the air.

4. **Avoid Smoking** - Smoking gives the skin a leathery, dry feel; it is also extremely unhealthy for any person of any age. Giving up smoking will help a senior citizen look and feel much better.

5. **Sun Protection** - The sun will dry out the skin and ruin it almost faster than anything else. Those who value soft, healthy skin should steer clear of tanning salons, wear protective clothing when working in the sun for extended periods of time and invest in a good sunscreen.

6. **Keep the Nails Trimmed** - Many people inadvertently scratch themselves with long nails. However, as the skin gets older, it takes longer to heal and so a senior will want to be sure to keep nails trimmed to avoid causing self-inflicted scratches.

7. **Wear Glasses** - Those who squint a lot due to sunlight or nearsightedness often develop wrinkles around the eyes. To avoid this, a person should wear sunglasses when out in the sun and get yearly eye checkups to determine whether or not glasses or contact lenses are in order.

8. **Sleep on the Back** - There are many ways in which a person can sleep, but medical researchers have found that those who sleep with their face on the pillow often develop more wrinkles than those who do not put regular pressure on their face in this way. To avoid pressing on the face and creating wrinkle lines, a person should try to get in the habit of sleeping on his or her back.

9. **Avoid Harsh Soaps and Excessive Washing** - Most seniors do not lead an overly active life and so do not need to vigorously scrub the skin on a daily basis. Washing the face with water is often sufficient. Purchasing a soft, fragrance-free bath soap is also a good idea.

10. **Use a Good Skin Cream** - Choosing a good moisturizing skin cream is a must. It should be applied to the face, neck and arms several times a day. Such a cream should contain natural ingredients such as: Vitamin A, Vitamin E, Aloe or Cucumber Extract.

Keeping the skin youthful and healthy does not require expensive treatments. A person who wants to stay looking and feeling young simply needs to follow the healthy living and skin care tips outlined above. These tips will not turn back the clock but will provide a person with softer, smoother skin and reduce wrinkles and skin damage.

http://www.retireathome.com/10-skin-care-tips-for-seniors/
A special thanks to everyone who assisted with the Activity Department’s Fall Fest Yard Sale. We had a great selection of items to sell and great volunteers who helped to set up and clean up after the yard sale. Also, thanks to everyone who stopped by and gave a donation.

**Employee’s Birthdays**
7 - Kaitlynn O’Donnell  
15 - Vanessa Clavell  
18 - Frances Gibson  
19 - Jeanette Showers  
20 - Kathryn Youngman  
27 - Joyce Obuobisa  
30 - Ann Fenicle

**Resident’s Birthdays**
1 - Russell Smith  
2 - Ethel Kline  
3 - Henry Meyer  
4 - Russell Dudley  
20 - Harold Nissley  
27 - Arlene Meyer  
30 - Mary Hostetter

**Happy Birthday**

### October

**Happy Anniversary**

- **Clarence & Marian Snyder**  
  were married 62 years  
  on September 4th

- **Harold & Marion Romberger**  
  were married 54 years  
  on September 22nd

- **Russell & Christine Dudley**  
  will celebrate their anniversary  
  on October 22nd

**Moved**

- Geraldine Singer

**A Note from the CCC Auxiliary**

On September 17th we had our annual Fall Festival (Chicken BBQ, Bake Sale & Yard Sale) and once again God blessed us with beautiful weather.

A big thank you to those who:

- Planned and organize the festival  
- Baked and donated baked goods  
- Helped on the day of the festival

- Sold chicken barbeque tickets  
- Made and donated craft items  
- Came and supported the event

An extra special thank you to everyone who donated their time to help make the apple dumplings and to Karen & Dick Yingst for making the ice cream.
What’s Keeping Us Busy in October?

Compiled by Susanna Varner, Activities Director

Special Music Programs

8 - Favorite old time country songs sung by Wayne Riegle at 1:45pm in the Multi-Purpose Room.
14 - Joann Thomas will be sharing her country music program with us at 1:45pm in the Multi-Purpose Room.
19 - Paul and Ann Harnish from Moments of Glad Tidings will be leading us in a hymn sing at 1:45pm in the Gathering Place.

Special Activity Programs

6 - Learn how rhythm and sound from drumming has a therapeutic effect. Join Sybil Shephard from the Lebanon VA Hospital at 1:45pm in the Multi-Purpose Room for this unique program.
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 - Bonnie Koons of Lebanon will be playing sacred music on the organ at 1:45pm in the Chapel.
17 - Friends of all Animals will be visiting room to room with their pets starting at 6:30pm.
22 - Heather Fittery, of Countryside Christian Community Auxiliary will be hosting the October Birthday Party. Come and celebrate the October birthdays at 1:45pm in the Main Dining Room.

Church Services

7 - Country gospel music provided by Echoes of Grace 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.
14 - Father Job will be visiting at 10:30am. If you are interested in a scheduled visit from Father Job please contact the Activity Department.
23 - Service by the members of Providence Mennonite Church at 7:00pm in the Chapel.
28 - Members of the Jonestown Bible Church will be providing a service of music and a message at 10:00am in the Chapel.

Wednesday Evening Services

7:00pm in the Chapel

5 - Robert Morgan
   Balsbaugh UC Church
12 - Leroy Bomgardner
    Newmanstown UC Church
19 - Gerald Brinser
    United Christian Church
26 - Edward Heagy
    Annville UC Church
**All Day Trivia**

(Weather Permitting)

**Personal Care Residents**
- 5 - Shopping at Palmyra Shopping Center; 1:30pm
- 11 - Lunch at Country Fare Restaurant; 11:30am
- 19 - Countryside Drive; 1:30pm

**Cottage Residents**
- 5 - Shopping at Palmyra Shopping Center; 1:30pm
- 11 - Lunch at Country Fare Restaurant; 11:30am
- 19 - Countryside Drive; 1:30pm

**Nursing Residents**
- 12 - Countryside Drive; 1:15pm
- 26 - Shopping at Walmart; 1:15pm

* * * * * * * * * * * * * * *

**How to Eat Candy Corn**

Many people have very specific rituals for eating the tri-colored treat. According to the National Confectioners Association people eat candy corn as follows:

- 42.7% Start with the narrow white end of the candy kernel, before moving on to the other colored sections.
- 10.6% Eat the wider, yellow end first.
- 46.8% Pop the whole candy in their mouth at once.

**October Motor Tours**

*(Weather Permitting)*

**Cottagers Meeting**

**October 25th**

1:00pm

*This meeting will be held in the Chapel. Please give your ideas or suggestions to Amber Carter prior to the meeting*

**All Day Trivia**

**October 28th**

9:00am - 4:00pm

Trivia questions will be asked every hour

Winners can only give one correct answer

*Thank You!*

We want to thank our friends listed below for their support of our ministry over the past months. These gifts enable this ministry to continue essential services and improve those services for the future.

Mr. & Mrs. John Reigel
Mrs. Barbara Wills
Mr. & Mrs. Gerald Brinser - *In memory of Wanda Kriner*
Mr. Donald Pankake - *In memory of Wanda Kriner*
Mr. & Mrs. Victor Ramai - *In memory of Mabel Fraser*
Ms. Sara Ruby - *In memory Edward M. Keeney*
Mr. Dean Sweinhart - *In memory of Alice Sweinhart*
Christopher Columbus

Americas
Atlantic Ocean
Christopher
Columbus
Compass
Discovery
Explorer
Ferdinand
Flat
Gold
Holiday
Indies
Isabella
King
Navigate
New World

Nina
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