

# REFLECTIONS

Vol. 35 No. 01

January 2017



## January Challenge

*Warm someone's heart by  
doing an act of kindness  
each day*

**COUNTRYSIDE**

Christian Community

200 Bellann Court Annville, PA 17003  
(717) 867-4636

## Preventing Medicare Fraud

Countryside is pleased to be hosting a special program about Medicare fraud, presented by CARIE. It will be held at 2:00 p.m. on Tuesday January 17, 2017 in the Chapel. You're invited to attend.

CARIE is the Center for Advocacy for the Rights and Interests of the Elderly. Founded in 1977, CARIE is a leader in providing direct assistance to senior adults, their families, and professionals in the field of aging services.

Each year, over \$60 billion are lost to fraud, errors, and abuse in Medicare. Money lost to fraud means fewer dollars available for needed services and decreased quality of care for all.

An example of fraud is someone calls you on the phone and says they are "from Medicare" and asks for your personal information such as Medicare number, social security number, or bank account information. Remember, Medicare will \*never\* call or come to your door and ask for your personal information.

CARIE offers this program as a part of its PA Senior Medicare Patrol program, begun in 1997. Attendees will be given real-world examples and education on how to protect themselves, how to detect fraud, and where to report it.

If you suspect Medicare fraud or have a question about Medicare fraud or abuse, call CARIE at 1-800-356-3606.



---

### CCC Reflections is published monthly



Franklin Schock, Executive Director  
Amber Carter, Personal Care Administrator  
Venancia Williard, Director of Nursing  
Kathryn Youngman, Dir. of Social Services  
John Landis, Chaplain

Countryside Christian Community  
200 Bellann Ct.  
Annville, PA 17003-9012  
Phone: 717-867-4636  
[www.countrysidechristian.info](http://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.

#### BOARD OF DIRECTORS

Robert Leibfried, Chairman  
Benjamin Dowdrick, Vice Chairman  
Dorothy Martin, Treasurer  
Walter Knight III, Secretary  
Jim Graves, Assist. Secretary  
Robert Morgan  
Thomas Clawser

# Clostridium Difficile

## What is it and Why Should I Care?

Clostridium Difficile (C. diff) is one of the most common causes of infectious diarrhea in this country. It causes watery stool, fevers, abdominal pain, nausea, loss of appetite and leads to other serious ailments like Colitis. It tends to occur in people who are on antibiotics or are already ill with something else. Unfortunately, it is easily spread in institutions where there are sick and elderly people, such as hospitals and nursing homes. That is, of course, why we need to care.

This nasty germ is spread when someone who has it touches something with unwashed hands and transfers the bacteria to that surface, then someone else touches it. The person who touches it then carries it with them to another place and so on. Light switches, bed rails, tables and the like can be contaminated. The C. diff organism creates spores which live on objects for a very long time, weeks even. It is easy to see why it occurs in healthcare institutions. It is where you find frail, elderly and sick people along with people moving from room to room. Healthcare staff, visitors, environmental service workers, social workers, etc. can easily transport C. diff from place to place on their hands or on items taken out of the patient's room.

Now for some happier news, it is treatable with antibiotics and its spread is preventable. Most healthcare professionals are always on alert for signs of this illness. When C. diff is suspected a stool sample is collected and sent to the lab. The lab will report if C. diff is found in the sample.

The infected person will then be placed in a contact precaution environment if they weren't already. This means that those who care for the person will take extra precautions to avoid carrying the germ outside the patient's room. The patient will be asked to stay in their room until they are symptom free. There will likely be a sign visible asking visitors to ask a nurse before entering the room. Depending on the situation, the visitor will be asked to wear gloves and a gown. Before leaving the room the gown and gloves should be carefully removed and discarded. *After leaving the room hands must be washed thoroughly using warm water and soap. **Hand sanitizer does not kill C. Diff!!***

Environmental service workers have the training and the cleaning agents needed to disinfect the surfaces in the room. Some personal care items may be discarded and replaced if they cannot be disinfected. This is probably not the best time to give a loved one a cuddly stuffed animal. Pets should not visit until the resident has received antibiotics and is symptom free. Since people with C. diff are isolated they may appreciate visits and phone calls from healthy family and friends. Visitors who are not on antibiotics and who do not have a lowered resistance due to illness will probably not catch this illness as long as proper precautions have been taken and hands are washed properly- even if gloves were worn.

Can it happen here at CCC? Of course it can and it has, usually in someone coming to us from the hospital or another facility. So how did we do? Did it spread to others? Happily the answer is we did just fine caring for the resident and keeping the bacteria contained so no one else became ill. All Countryside employees are educated in the prevention of spreading illness and are dedicated to keeping our residents as safe and as healthy as we can.

*Diane Grumbine*  
*Infection Preventionist*

# Korner

*Karen Yingst, Dietary*

These bars were served in December at our resident’s Christmas parties and the business office staff requested that the recipe be included this month. These can be decorated for any occasion or just dressed up with a melted chocolate drizzle. For our Christmas parties we cut them in 2 inch squares and created Santa hats on top with whipped cream and a single strawberry. Seasonal candies, sprinkles or other fruit would also work for holidays like Valentine’s Day and Easter.

## **BROWNIE CHEESECAKE BARS**

- 1 pkg. (19 to 21 oz.) brownie mix (13x9-inch pan size)
- 4 pkg. (8 oz. each) cream cheese, softened
- 1 cup sugar
- 1 tsp. vanilla
- 1/2 cup sour cream
- 3 eggs

PREHEAT oven to 350°F. Line 13x9 inch baking pan with foil, with ends of foil extending over sides of pan. Spray with cooking spray.

PREPARE brownie batter as directed on package; pour into prepared pan. Bake 15 min. or until top is shiny and center is almost set.

MEANWHILE, beat cream cheese, sugar and vanilla in large bowl with mixer until blended. Add sour cream; mix well. Add eggs, 1 at a time, mixing on low speed after each just until blended. Pour cream cheese mixture carefully over partially-baked brownie layer in pan. (Filling will come almost to the top of pan.)

BAKE 40 min. or until center is almost set. Run knife around rim of pan to loosen sides; cool. Refrigerate 4 hours or overnight.

Let stand at room temperature 30 minutes before slicing. Lift out of pan using foil handles and cut in squares to serve. Store in the refrigerator.

This dessert can be cut in 18 squares or more depending on your needs.

\* \* \* \* \*

## **Pizza Supper**

January 5<sup>th</sup>

5:00pm

Main Dining Room

Weather permitting, Pizza Hut pizza will be served at the evening meal. This will be an item of choice on your menu.



# John's Jottings

by John Landis, Chaplain

## A New Beginning

I used my chalk line to mark where I wanted to hang the first sheet of ceiling paper. I double checked the measurements and brushed paste on the top side of the paper. Because it was a long piece of paper I folded the one end of the paper over one fourth of the way and then did the same to the other end. I took a glance at the ceiling again and slowly slid my hands under the ceiling paper. I had hung many pieces of paper before and expected no problems in putting this piece up to the ceiling and having it stay there. I carefully picked up the paper. Then I walked to the step ladder, holding the paper above my head, I stepped up two steps and carefully stretched my arms as far as I could reach upward. I felt my hands touching the ceiling with the paper and carefully applied a light pressure to the paper expecting it to attach itself to the ceiling. All of a sudden, both hands went through the paper. The wet pasted side of the paper flipped around and planted itself across my face and down my arms. I was not able to see a thing because this wet, messy, gluey paper was over my face, mouth, eyes, and down my neck. I was still standing on the step ladder wondering what went wrong and how do I get out of this mess. I stepped down, lowered my arms and tried to clear the glue from my face and clothes.

I had never had this happen to me before. I took the rolls of unused paper and went to the store where it was purchased. I told the clerk (a different one then the one who sold it) that this paper is old and not fit to be used. He began to instruct me about using old paper and how to tell if it is unfit to use. I told him I purchased this paper at this store. I also ask him why he would have such old paper on the shelf and sell it to an innocent person who wouldn't know the difference. I then showed him the sales slip. He acknowledged their mistake and left me choose some good rolls of paper to finish the ceiling. I went back to the room, finished the ceiling and the walls with the appropriate paper.

**To finish the room, I had to begin again.** Did I like what happened? Of course I didn't. Was it the first time I ever hung paper on a ceiling? No! I consider myself a very good paper hanger. Yet it did happen to me.

So, in life we are confronted with events we don't want or like. So, how do or should we respond to these events? I find that our attitude makes all the difference in resolving such experiences. Let's keep making things nicer for everyone on all fronts and we'll find greater joy in life.



**Bible  
STUDY**  
Join us!

Please join John Landis every Monday (except January 2<sup>nd</sup>) in the Multi-Purpose Room at 10:15am. He will be leading a study in Ephesians.

### Use of Facilities Guidelines and Request Forms

There have been some revisions to the guidelines and request form for the use of Countryside Christian Community Facilities. Copies of this document can be found in the plastic wall rack at the Receptionist's Desk.

### **Bible Talk**

January 11<sup>th</sup>

10:00am

Multi-Purpose Room

## New Residents



### C. Joan Martel

Nursing  
Room #49

*Welcome*

## We Remember

### Arlene Meyer

Arlene was 92 years old  
and lived at CCC for  
2 years

*Family and friends have our  
sincere condolences*



## Happy Birthday

### Employee's Birthdays

- 1 - Karen Yingst
- 1 - Sharon Beckett
- 21 - Gale Keller
- 25 - Diane Grumbine
- 25 - Sue Simmers
- 27 - Karla Ortiz



### Resident's Birthdays

- 3 - Mary Tice
- 14 - Robert Buck
- 20 - Allen Rhine
- 23 - Leon Frazier
- 28 - Mary McKivison

*January*

We will be making greeting cards to place in the Meals on Wheels lunches that are delivered in Lebanon County. Please join us for this Community Service Project on:

Thursday, January 26<sup>th</sup>  
2:00pm

Gathering Place  
and  
Multi-Purpose Room

### ***Cottage Residents Meeting***

***January 24th***

***1:00pm***

*Give your questions, ideas and  
suggestions to Amber Carter prior to  
the meeting*

# *What's Keeping Us Busy in January?*

*Compiled by Susanna Varner, Activities Director*

## *Special Music Programs*

- 10 - Denise Weaver will be playing a selection of hymns on the organ at 1:45pm in the Chapel.
- 14 - Old time country favorites sung by Wayne Riegle at 1:45pm in the Multi-Purpose Room.

## *Special Activity Programs*

- 9 - 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.
- 16 - Mt. Hope United Christian Church will be hosting the January birthday party at 1:45pm in the Main Dining Room.
- 21 - The SONshine Puppets of Palmyra First E.C. Church will be sharing the gospel with us through their puppet ministry at 1:45pm in the Chapel.
- 24 - Hospice of All Seasons will be hosting a New Year's themed bingo at 2:00pm in the Multi-Purpose Room.

## *Church Services*

- 6 - Country gospel music provided by Echoes of Grace at 10:00am in the Chapel.
- 13 - Willie Marshal will be sharing his testimony through his poems at 10:00am in the Multi-Purpose Room.
- 13 - Father Job will be visiting at 10:30am. If you are interested in a scheduled visit from Father Job, please contact the Activity Department.
- 22 - Service by the members of Providence Mennonite Church at 7:00pm in the Chapel.
- 27 - Members of the Jonestown Bible Church will be providing a service of music and message at 10:00am in the Chapel.

## *Revival Services*

*January 27<sup>th</sup> - 29<sup>th</sup>*

*7:00pm*

*In the Chapel*

*The speakers will be from the United Christian Church*

## *Wednesday Evening Services*

*7:00pm in the Chapel*

- 4 - Edward Heagy  
Annville UC Church
- 11 - Donald Kelly  
United Christian Church

- 18 - David Heagy  
United Christian Church
- 25 - Robert Morgan  
Balsbaugh UC Church

# January Motor Tours

(Weather Permitting)

## Personal Care Residents

11 - Shopping at Redner's Market and Dollar Tree;  
1:15pm  
25 - Countryside Drive 1:15pm

## Cottage Residents

11 - Shopping at Redner's Market and Dollar Tree;  
1:15pm  
25 - Countryside Drive 1:15pm

\*\*\*\*\*



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.

Anonymous Gifts

Mr. & Mrs. Leonard Bashore

Mr. & Mrs. Harrison Brown

Mr. Allen Buck

Ms. Pat Custer

Ms. Jacquelyn Englebach

Mr. & Mrs. Clarence Forney

Mr. C. Austin Hetrick

Mr. & Mrs. Edwin Hostetter

Mr. & Mrs. Walter Knight, Jr.

Mr. Albert Kriner, Jr.

Mr. Bruce May

Mr. & Mrs. Larry Meyer

Mr. & Mrs. John Reigel

Estate of Robert Wenger

Kauffman's U.M. Sunday School

The Penny Lady

Mr. & Mrs. Walter Allen - *In memory of Henry C. Heagy*

Ms. Suzanne Felder - *In memory of Cordella Felder*

Mr. & Mrs. Gary Fohringer - *In memory of Grace Craig and Mary Jane Good*

Mr. Bruce Gettle - *In memory of Russell Smith*

Mr. & Mrs. Paul Graby - *In memory of Amos, Beatrice & Elwood Graby*

Edward L Heagy & Sons - *In memory Elda Early*

Mr. Elwood Heller - *In memory of Gloria Heller*

Mr. & Mrs. Chet Horst - *In memory of Amy Horst*

Mr. & Mrs. Frank Johnson - *In honor of Evelyn Johnson and memory of Jessie Blackwell*

Mrs. Nancy Kreider - *In memory of Ammon Kreider*

Mr. & Mrs. Carroll Martin - *In memory of Russell Smith*

Mr. & Mrs. Leonard Ontkos - *In memory of Martin Wolfe*

Mrs. Pauline Post - *In memory of Russell Smith*

The Russell Smith Family - *In memory of Russell Smith*

Mrs. Anna Stoner - *In memory of Donald E. Stoner*

Mr. Harold Unger - *In memory of Russell Smith*

Mr. & Mrs. Wayne Wagner - *In memory of Russell Smith*

Mrs. Barbara Wills - *In memory of Ruth Wolfe*

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.



# Pennsylvania Farm Show

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

- Animals
- Arena
- Awards
- Baked Potatoes
- Blue Ribbons
- Butter Sculpture
- Competition
- Crowds
- Demonstrations
- Exhibits
- Farmers
- Food
- French Fries
- Grand Champion
- Harrisburg
- Ice Cream
- Judging
- Milkshakes
- Pennsylvania
- Rodeo
- Sheep to Shawl
- Showmanship
- Snow
- Tractors



Pennsylvania  
**Farm Show** 2017

# ACTIVITIES CALENDAR

## January 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NEW YEAR'S DAY 1	2	3	4	5	NO EXERCISE 6	7
9:30 Sunday School CH Bruce Gettle 3:00 Gaither Music Video CL & GP	9:30 Exercise GP 10:00 Bible Trivia GP 1:45 Wheel of Fortune MPR 3:00 Camp Meeting on CD MPR 3:45 Balloon Volleyball GP	9:30 Exercise GP 10:00 Music Hour GP 10:15 PC Room Visits 1:45 Crossword Puzzle MPR 2:00 Resident Rights Rounds Rooms 3:45 Read & Reminisce GP	9:30 Exercise GP 10:00 We Remember GP 1:45 Nursing Theme Cart Rooms 3:00 PC Manicures CL 3:45 Bean Bag Toss GP 7:00 Prayer Meeting CH	9:30 Exercise GP 10:00 Bingo MPR & GP 2:00 Trivia Time CL & GP 3:45 Song Time GP 5:00 Pizza Supper DR	10:00 Echoes of Grace MPR 1:45 Bocce MPR 3:45 Variety Time GP	9:30 Exercise GP 10:00 How Many Words In A Word? GP 1:45 Story Hour MPR 3:45 Scripture Reading GP 6:00 Movie Night CL
8	9	10	11	12	13	14
9:30 Sunday School CH Bill Houser 6:30 Sonny and Audrey MPR	9:30 Exercise GP 10:00 Bible Study MPR 10:15 Room Visits - Nursing 1:30 Hope Spring Farms Bingo MPR 3:00 Camp Meeting on CD MPR 3:45 Table Ball GP	9:30 Exercise GP 10:00 Music Hour GP 10:15 PC Room Visits 1:45 Organ Music CH 3:45 Amusing Morsels GP	9:30 Exercise GP 10:00 Bible Talk MPR 1:15 Bus Trip PC & Cottage 1:45 Manicures GP 3:45 Ring Toss GP 7:00 Prayer Meeting CH	9:30 Exercise GP 10:00 Bingo MPR & GP 2:00 Shake Loose a Memory CL & GP 3:45 Song Time GP	9:30 Exercise GP 10:00 Poetry Hour MPR 10:30 Father Job Visits 1:45 Spelling Bee GP 2:00 PC Coffee Cart 3:45 Variety Time GP	9:30 Exercise GP 10:00 Memories of Farm Living GP 1:45 Music with Wayne MPR 3:45 Scripture Reading GP 6:00 Movie Night CL
15	16	17	18	19	20	21
9:30 Sunday School CH Leon Daily 3:00 Gaither Music Video CL & GP	9:30 Exercise GP 10:00 Bible Study MPR 10:15 Room Visits - Nursing 1:45 Birthday Party DR 3:45 Feather Ball GP	9:30 Exercise GP 10:00 Music Hour GP 10:15 PC Room Visits 1:30 Movie GP 2:00 Medicare Fraud Program CH 3:45 Read & Reminisce GP	9:30 Exercise GP 10:00 We Remember GP 1:45 Table Talk GP 3:00 PC Manicures CL 3:45 Parachute GP 7:00 Prayer Meeting CH	9:30 Exercise GP 10:00 Bingo MPR & GP 2:00 Make Soft Pretzels DR 3:00 Cottagers Social MPR 3:45 Song Time GP	9:30 Exercise GP 10:00 Stories with John MPR 1:45 Now you Have it, Now You Don't MPR 3:45 Variety Time GP	9:30 Exercise MPR 10:00 Jeopardy MPR 1:45 SONshine Puppets CH 3:45 Kick Ball GP 6:00 Movie Night CL
22	23	24	25	26	27	28
9:30 Sunday School CH Nelson Heagy 3:00 Gospel Music Video CL & GP 7:00 Providence Mennonite Church CH	9:30 Exercise GP 10:00 Bible Study MPR 10:15 Room Visits - Nursing 1:45 Hillbilly Golf MPR 3:00 Camp Meeting on CD MPR 3:45 Balloon Volleyball GP	9:30 Exercise GP 10:00 Music Hour GP 10:15 PC Room Visits 1:00 Cottage Meeting CH 2:00 New Year's Bingo MPR 3:45 Read & Reminisce GP	9:30 Exercise GP 10:00 We Remember GP 1:15 Bus Trip PC & Cottage 1:45 Manicures GP 3:45 Target Toss GP 7:00 Prayer Meeting CH	9:30 Exercise GP 10:00 Bingo MPR & GP 2:00 Community Service Project GP & MPR 3:45 Song Time GP	9:30 Exercise GP 10:00 Jonestown Bible Church CH 1:45 Games GP 2:00 PC Coffee Cart 3:45 Variety Time GP 7:00 Revival Service CH	9:30 Exercise GP 10:00 Chicken Soup for the Soul GP 1:45 Concentration MPR 3:45 Scripture Reading GP 7:00 Revival Service CH
29	30	31			Devotions:	KEY:
9:30 Sunday School CH Edward Heagy 3:00 Gaither Music Video CL & GP 7:00 Revival Service CH	9:30 Exercise GP 10:00 Bible Study MPR 10:15 Room Visits - Nursing 1:45 Bowling MPR 3:00 Camp Meeting on CD MPR 3:45 Balloon Volleyball GP	9:30 Exercise GP 10:00 Music Hour GP 10:15 PC Room Visits 1:45 Pictures of Ecuador CH 3:00 PC Walking Club 3:45 Read & Reminisce GP			<u>Monday - Saturday</u> 8:20 Main Dining Room 8:45 Gathering Place	CH - Chapel CL - Country Lounge GP - Gathering Place DR - Main Dining Room* MPR - Multi-Purpose Room*  *New Abbreviation
				Word Search Hand Out Every Friday		