While we are free to choose our actions, we are not free to choose the consequences of our actions.

Stephen R. Covey
Scientists have long been researching the effect of interactions between humans and animals. Nearly everyone has had the experience of returning home to be greeted with the unconditional love of a pet. Studies show having a pet can improve heart health, reduce stress and even improve social & emotional skills in children.

Interacting with animals has been shown to decrease levels of cortisol (a stress-related hormone) and lower blood pressure. Heart attack victims live longer if they have a pet. Other studies have found that animals can reduce loneliness, increase feelings of social support, and boost your mood. Enjoying the company of an animal friend increases serotonin, the hormone responsible for good feelings.

Animals can serve as a source of comfort and support. Therapy dogs are especially good at this. They’re sometimes brought into hospitals or nursing homes to help reduce patients’ stress and anxiety.

“Dogs are very present. If someone is struggling with something, they know how to sit there and be loving,” says Dr. Ann Berger, a physician and researcher at the NIH Clinical Center in Bethesda, Maryland. “Their attention is focused on the person all the time.” Berger works with people who have cancer and terminal illnesses. She teaches them about mindfulness to help decrease stress and manage pain. “The foundations of mindfulness include attention, intention, compassion, and awareness,” Berger says. “All of those things are things that animals bring to the table. People kind of must learn it. Animals do this innately.”

All animals can be beneficial to humans. Watching fish swim has proven to be effective for lowering stress and anxiety. Someone with Alzheimer’s may have less anxious outbursts in the presence of a cat. An elderly person may get more exercise if they have a dog that needs to be walked. Parrots have a reputation for being very empathetic. Rabbits, guinea pigs and even reptiles have been shown to reduce depression and anxiety. Caring for an animal friend gives people a sense of purpose and satisfaction.

More and more often we hear about support animals on airplanes for nervous passengers or in a courtroom to help calm a frightened witness or victim. Whether it is pet ownership that gives us cause to exercise, offers an antidote for loneliness, and gives us loving companions to care for, or animal-assisted interventions that improve motivation to participate in treatment and lessen worry, anxiety, and pain, we recognize that animals can influence not just our happiness but also our health.
Recipe submitted by: June Barry (Business Office)

Sausage, cheese, waffles and maple syrup - what's not to like?! This casserole can be prepared the night before and sit in the fridge overnight. It smells so good while it is baking. It would be the perfect breakfast treat for Mom on Mother’s Day.

**Maple Sausage & Waffle Casserole**

8 home style frozen waffles, cubed  
16 ounces breakfast maple sausage, crumbled  
1 cup cheddar cheese  
6 large eggs  
1¼ cup milk  
¼ cup maple syrup  
¼ tsp. salt  
⅛ tsp. pepper

1. Cook the sausage in a nonstick skillet over medium heat until well browned, 8 to 10 minutes. Drain fat.  
2. Grease an 8-inch square baking dish. Add half of the cubed waffles in a single layer. Top with half of the sausage and ½ of the cheese. Layer the remaining waffles and sausage and ½ of the cheese.  
3. Whisk together the eggs, milk, maple syrup, salt, and pepper in a medium bowl until combined. Pour the egg mixture evenly over the casserole.  
4. Cover with plastic wrap and place in refrigerator for at least 1 hour or overnight.  

**To Bake:**  
1. Preheat oven to 325°F  
2. Remove plastic wrap. Bake for 45 to 50 minutes.

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

Do you have a favorite recipe you would like to share with our readers? It could be a casserole, salad, dessert, etc. Maybe you have a special dish you like to prepare for a summer picnic. If so, contact Gale Keller in the Business Office.
Many religions have ideas about an afterlife. Is this life the only life we have or is there something beyond what we now are experiencing? We as Christians believe that our God through Jesus Christ’s finished work on the cross and his victorious rising from the grave conquered both the grave and death. Let’s look at some examples of this miraculous rising from the grave called resurrection.

I Kings 17:20-24 - The widow of Zarephath’s son being raised to life by Elijah
II Kings 32-37 - Elisha raising the Shunammite’s son from death to life.
Mark 5:35-43 - Jesus raising Jarius’s daughter to life.
John 11: 1-44 - Jesus brings Lazarus back to life after being dead for four days.
Acts 9:40-41 - Peter prays over Dorcas and she returns to life.
Acts20:9-12 - Eutychus fell asleep when Apostle Paul was preaching. He fell from a third story window and died. He came to life and was restored to the church’s farewell for Paul.

Ok, so you’re not going to accept these Biblical stories as real life experiences? Let me give you some more Bible teaching about the “Blessed Hope” of the followers of God. Job who was severely tested to the point of death said,

“If a Man dies, will he live again?” (Job 14:14) “I know that my Redeemer lives, and that in the end he will stand upon the earth. And after my skin is destroyed, yet in my flesh I will see God; I myself will see him with my own eyes – I, and not another. How my heart yearns within me!” (Job 19:25-27)

Job proclaims his hope in God before Jesus was born. Yes, there is more than what we see and experience in this life. There is life after the life we now live.

I Corinthians 15:19 - “If only in this life we have hope in Jesus, we are to be pitied more than all men.
I Corinthians 15:55-56 - Where O death, is your victory? Where, O death is your sting? The sting of death is sin. Our victory is through Jesus Christ our Lord.

Our Jesus is not in the grave. He is risen as He said! Because He lives, we to shall rise to be with our Lord forever. This results in being delivered from not only all the things these bodies suffer with today but a totally new body, different in form. A body that is spiritual and not of the earth. Praise the Lord!

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You are invited to join John Landis for a Bible Study every Monday at 10:00am in the Multi-Purpose Room. He will be continuing a study in Timothy.
**Employee’s Birthdays**

- 2 - Eileen Landis
- 2 - Amber Martin
- 3 - Lauren Capobianco
- 9 - Anita Walter
- 10 - Jessey Kessler
- 15 - Pamela Lantz
- 21 - Heather Hohl

**Resident’s Birthdays**

- 4 - Betty Flory
- 9 - June Forney
- 16 - Leonard Bashore
- 23 - Kristine Ratliff
- 26 - Carrie Meyerhoffer
- 26 - Bernice Duttry
- 26 - Christine Smith
- 29 - Harry Blouch

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**We Remember**

Mildred Hoffsmith

Ruth Mallanson

George Yeager

Family and friends have our sincere condolences

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**Happy Anniversary**

Allen & Elizabeth “Bette” Rhine

will be married

57 years

on May 20th

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We would like to thank everyone who shared their musical talents at last month’s Night of Music. We enjoyed the variety of vocal and instrumental selections.

Good Job!

A special thanks to those who came and supported this event. We hope you were blessed by the music and the fellowship.

CCC Auxiliary
What’s Keeping Us Busy in May?
Compiled by Susanna Varner, Activities Director

Special Music Programs

4 - Join Echoes of Grace for a toe tapping good time singing country gospel music.
13 - Sonny and Audrey will present a program of gospel music at 6:30pm in the Chapel.
18 - Joy Choir will be singing a selection of sacred music for us at 2:00pm in the Chapel.
25 - Join Jean Wertz as she plays her accordion and sings patriotic music at 2:00pm in the Multi-Purpose Room.

Special Activity Programs

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.
17 - Come and make a flower arrangement at 2:00pm in the Multi-Purpose Room. This activity is provided by Homeland Hospice.
19 - The SONshine Praise Puppet Ministry will be presenting a program at 2:00pm in the Chapel.
23 - Hospice of All Seasons will be hosting a May Themed Bingo at 2:00pm in the Multi-Purpose Room.
24 - The Campbells town United Christian Church will be hosting the May Birthday Party at 2:00pm in the Dining Room.

Church Services

11 - Willie Marshal will be sharing his testimony through his poems at 10:00am in the Multi-Purpose Room.
11 - Father Job will be visiting this morning. If you are interested in a scheduled visit from Father Job please contact the Activity Department.
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 10am 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 - Leroy Bomgardner
    Newmanstown UC Church
9 - Eli Eberly
    Manada UC Church
16 - Gerald Brinser
    United Christian Church
23 - Craig Fenstermacher
    Annville UC Church
30 - Robert Morgan
    United Christian Church
Patriotic Picnics

Gathering Place Residents
May 23rd
12:00 pm
in the Pavilion

SONshine
Praise Puppet Ministry
Saturday
May 19th
at 2:00 pm
in the Chapel

Join the puppets as they present a puppet show, a slide program and share their experiences from a recent mission trip to Africa.

This month we will celebrate Older Americans Month. As part of the celebration, soft serve ice cream will be available to residents and employees in the Dining Room on May 16th between 2:00 pm and 4:00 pm.

Soft Serve Ice cream will also be available for employees and residents during the scheduled picnics in May.

The Theme of Skilled Nursing Care Week is “Celebrating Life’s Stories”. We are asking residents or family members to share favorite memories of our residents. These memories will be displayed on the Gallery Wall in Personal Care throughout the month on May and June. The Activity Department will be collecting the stories through May 13, 2018.

If you have any questions, please contact Susanna Varner at 717-867-4636.
May 2018

Dear friends of Countryside,

As Mother’s Day approaches, people joyfully acknowledge the blessing of having a godly mother. Mothers everywhere will receive a box of chocolates or a bouquet of flowers, and will probably be taken out for a meal. With hearts full of love and gratitude, hugs and kisses from moms will overflow.

This is also a time when Countryside appeals to our friends to consider making a charitable donation in honor/memory of their mothers or another significant woman in their lives. A gift given for the charitable care of our healthcare residents has great meaning for those who now must depend on Countryside. Here’s a significant number for you to consider...

$ 847,000.00

This is the amount of charity care Countryside provided in 2017. The need for assistance climbed dramatically last year as the financial resources of several more of our healthcare residents were depleted as a result of their prolonged need for care. This is an amazing amount, given the relatively small size of our community. And it’s impossible for Countryside to continue this ministry without help from individuals who share a commitment to providing a safe and secure home despite a person’s ability to pay the full cost of nursing care or personal care.

So, again I am asking you to prayerfully consider helping Countryside with a special Mother’s Day gift. Please use the remittance portion below to send your tax-deductible gift in honor or memory of your mother or a special loved one. And be assured of the profound gratitude felt by those you are helping, because every gift, regardless of size, directly impacts the lives of our residents in a positive way.

Sincerely yours,

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

This gift will be used for assisting with current benevolent care.
Lighthouse Word Search
Find the lighthouses list below

Alcatraz Island
Alligator Reef
Assateague Island
Barnegat
Bass Harbor
Biloxi
Bird Island
Brodie Island
Cape Canaveral
Cape Cod
Cape Hatteras
Cape May
Diamond Head
Erie Land
Marble Head
Pomham Rocks
Portland Head
Sandy Hook
Sand Island
Stony Point
St. Augustine
# Personal Care & Cottage Activities Calendar

## May 2018

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tbody>
<tr>
<td><strong>Devotions</strong>&lt;br&gt;Monday – Saturday&lt;br&gt;8:20 Main Dining Room</td>
<td>KEY: ATR - Activity/Therapy Room&lt;br&gt;CH - Chapel&lt;br&gt;CL - Country Lounge&lt;br&gt;DR - Main Dining Room&lt;br&gt;MPR - Multi-Purpose Room&lt;br&gt;PAV - Pavilion</td>
<td>10:00 Music Hour CL&lt;br&gt;10:15 Room Visits&lt;br&gt;1:00 Book Club MPR</td>
<td>10:15 Coffee Cart&lt;br&gt;2:00 Trivia Time GP&lt;br&gt;7:00 Prayer Meeting CH</td>
<td>NATIONAL DAY OF PRAYER&lt;br&gt;10:00 Bingo MPR&lt;br&gt;2:00 Penny Game MPR&lt;br&gt;3:30 Game Time MPR</td>
<td>10:00 Echoes of Grace CH&lt;br&gt;2:00 Music with Rhonda From Asana Hospice MPR</td>
<td>9:15 Exercise MPR&lt;br&gt;1:15 Wheel of Fortune MPR&lt;br&gt;6:00 Movie Night CL</td>
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<tr>
<td>9:30 Sunday School CH&lt;br&gt;Bruce Gettle&lt;br&gt;3:00 Gospel Music Video CL</td>
<td>9:30 Exercise MPR&lt;br&gt;10:00 Bible Study MPR&lt;br&gt;1:45 Bocce MPR&lt;br&gt;2:00 Pinochle ATR</td>
<td>10:00 Music Hour CL&lt;br&gt;1:15 Manicures CL</td>
<td>10:15 Coffee Cart&lt;br&gt;2:00 Shake Loose a Memory CL&lt;br&gt;7:00 Prayer Meeting CH</td>
<td>10:00 Bingo MPR&lt;br&gt;2:00 Personal Care Mother’s Day Tea MPR</td>
<td>9:30 Exercise MPR&lt;br&gt;10:00 Poetry Hour MPR&lt;br&gt;2:00 Table Top Games MPR</td>
<td>9:15 Exercise MPR&lt;br&gt;1:15 How Many Words in a Word MPR&lt;br&gt;6:00 Movie Night CL</td>
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<td>MOTHER’S DAY&lt;br&gt;9:30 Sunday School CH&lt;br&gt;Lee Wenger&lt;br&gt;3:00 Gaither Video CL&lt;br&gt;6:30 Sonny and Audrey CH</td>
<td>9:30 Exercise MPR&lt;br&gt;10:00 Bible Study MPR&lt;br&gt;1:30 Hope Spring Farms MPR&lt;br&gt;2:00 Pinochle ATR&lt;br&gt;3:00 Resident Rights Handout – Rooms</td>
<td>10:00 Music Hour CL&lt;br&gt;10:15 Room Visits&lt;br&gt;2:00 Cottage Mother’s Day Tea MPR&lt;br&gt;2:30 Coffee Cart</td>
<td>9:30 Exercise MPR&lt;br&gt;10:00 Bible Talk MPR&lt;br&gt;11:30 Bus Trip&lt;br&gt;2:00 – 4:00 Soft Ice Cream Social MDR</td>
<td>10:00 Bingo MPR&lt;br&gt;2:00 Make Flower Arrangement MPR&lt;br&gt;3:30 Game Time MPR</td>
<td>9:30 Exercise MPR&lt;br&gt;10:00 Stories with John MPR&lt;br&gt;2:00 Joy Choir CH</td>
<td>9:15 Exercise MPR&lt;br&gt;1:15 Jeopardy MPR&lt;br&gt;2:00 SUNshine Puppets CH&lt;br&gt;6:00 Movie Night CL</td>
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<td>9:30 Sunday School CH&lt;br&gt;Edward Heagy&lt;br&gt;3:00 Gospel Music Video CL</td>
<td>9:30 Exercise MPR&lt;br&gt;10:00 Bible Study MPR&lt;br&gt;1:30 Bus Trip&lt;br&gt;1:45 Bowling MPR&lt;br&gt;2:00 Pinochle ATR</td>
<td>10:00 Music Hour CL&lt;br&gt;10:15 Room Visits&lt;br&gt;1:00 Book Club MPR</td>
<td>10:15 Manicures CL&lt;br&gt;10:15 Room Visits&lt;br&gt;2:00 May Bingo MPR&lt;br&gt;7:00 Prayer Meeting CH</td>
<td>10:00 Bingo MPR&lt;br&gt;2:00 Birthday Party DR&lt;br&gt;3:30 Game Time MPR</td>
<td>10:00 God’s Missionary Church CH&lt;br&gt;2:00 Patriotic Music with Jean MPR</td>
<td>9:15 Exercise MPR&lt;br&gt;1:15 Concentration MPR&lt;br&gt;6:00 Movie Night CL</td>
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<td>MEMORIAL DAY&lt;br&gt;9:30 Sunday School CH&lt;br&gt;3:00 Gospel Music Video CL&lt;br&gt;7:00 Providence Mennonite Church CH</td>
<td>9:15 Exercise MPR&lt;br&gt;1:15 Picnic Themed Game MPR&lt;br&gt;2:00 Pinochle ATR</td>
<td>10:00 Music Hour CL&lt;br&gt;1:00 Book Club MPR</td>
<td>10:15 Coffee Cart&lt;br&gt;1:30 Bus Trip&lt;br&gt;3:00 PC Walking Club&lt;br&gt;7:00 Prayer Meeting CH</td>
<td>10:00 Bingo MPR&lt;br&gt;12:00 Dining Room Picnic&lt;br&gt;PAV&lt;br&gt;2:30 Hillbillies Golf MPR&lt;br&gt;3:30 Game Time MPR</td>
<td><strong>Word Search Hand Out Every Friday</strong></td>
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### Nursing Home Week

- **NATIONAL DAY OF PRAYER**
- **PERSONAL CARE MOTHER’S DAY**
- **MEMORIAL DAY**

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**Note:**
- **ATR:** Activity/Therapy Room
- **CH:** Chapel
- **CL:** Country Lounge
- **DR:** Main Dining Room
- **MPR:** Multi-Purpose Room
- **PAV:** Pavilion
# Nursing Activities Calendar
## May 2018

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<tr>
<td>Devotions Monday – Saturday</td>
<td>KEY: CH - Chapel CL - Country Lounge GP - Gathering Place DR - Main Dining Room MPR - Multi-Purpose Room PAV - Pavilion</td>
<td>9:30 Exercise GP 10:00 Music Hour GP 2:00 Manicures GP 3:45 Amusing Morsels GP</td>
<td>9:30 Exercise GP 10:00 We Remember GP 1:15 Bus Trip 2:00 The Choice Game GP 3:45 Popcorn Toss GP 7:00 Prayer Meeting CH</td>
<td>9:30 Exercise GP 10:00 We Remember GP 2:00 Shake Loose a Memory GP 3:45 Target Toss GP 7:00 Prayer Meeting CH</td>
<td>10:00 Echoes of Grace CH 2:00 Music with Rhonda from Asana Hospice MPR</td>
<td>10:00 Wheel of Fortune GP 3:00 Scripture Reading GP</td>
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<td>8:20 Main Dining Room 8:45 Gathering Place</td>
<td>9:30 Sunday School CH Bruce Gettle 3:00 Gospel Music Video GP</td>
<td>9:30 Exercise MPR 10:00 Bible Study MPR 1:45 Bocce MPR 3:45 Balloon Volleyball GP</td>
<td>9:30 Exercise GP 10:00 Music Hour GP 2:00 Mother's Day Tea MPR 3:45 Read &amp; Reminisce GP</td>
<td>9:30 Exercise GP 10:00 Bingo GP 1:30 Finish the Phrase GP 3:45 Song Time GP</td>
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<td>3:00 Scripture Reading GP</td>
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<td>9:30 Exercise GP 10:00 Music Hour GP 1:45 Movie Matinee GP 3:45 Read &amp; Reminisce GP</td>
<td>9:30 Exercise GP 10:00 Bible Talk MPR 2:00 – 4:00 Soft Ice Cream Social MDR 3:45 Ring Toss GP</td>
<td>10:15 How Many Words in a Word GP 3:00 Scripture Reading GP</td>
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<td>3:00 Gospel Music Video GP</td>
<td>9:30 Exercise in GP 10:00 Music Hour GP 2:00 Nursing Resident Meeting GP 3:45 Read &amp; Reminisce GP</td>
<td>9:15 Bus Trip 10:00 We Remember GP 2:00 Manicures GP 3:45 Parachute GP 7:00 Prayer Meeting CH</td>
<td>9:30 Exercise GP 10:00 Bingo GP 12:00 Dining Room Picnic PAV 2:30 Hillbilly Golf GP 3:45 Song Time GP</td>
<td>10:00 Wheel of Fortune GP 3:00 Scripture Reading GP</td>
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<td>7:00 Providence Mennonite Church CH</td>
<td>9:30 Sunday School CH</td>
<td>10:15 Picnic Themed Game GP 3:00 Table Ball GP</td>
<td>28 MEMORIAL DAY 10:15 Picnic Themed Game GP 3:00 Table Ball GP</td>
<td>29 9:30 Exercise in GP 10:00 Music Hour GP 2:00 Nursing Resident Meeting GP 3:45 Read &amp; Reminisce GP</td>
<td>30 9:15 Bus Trip 10:00 We Remember GP 2:00 Manicures GP 3:45 Parachute GP 7:00 Prayer Meeting CH</td>
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