INTEGRITY IS choosing COURAGE OVER COMFORT; choosing what is RIGHT over what is FUN, FAST, OR EASY; AND CHOOSING TO PRACTICE OUR VALUES rather than simply PROFESSING THEM.
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 Donors
Mr. C. Austin Hetrick
Mrs. Nancy Kreider
Mr. & Mrs. Mark Landis

Mr. & Mrs. Franklin Schock
The Penny Lady
CCC Auxiliary
U.C. Mission Board

Ms. Lisa Black - In honor of Christine Smith
Ms. Lida Anne Brandt - In memory of James Brandt
Mr. & Mrs. Harrison Brown - In honor of Anna Mae Watts
Ms. Pat Custer - In memory of Annie Farver
Ms. Suzanne Felder - In memory of Cordella Felder
Mr. & Mrs. Larry Gerberich - In honor of Eva Smith
Mr. & Mrs. Robert Hitz - In memory of Mom & Dad
Mr. Jeremy Lutz - In memory of Shirley Lutz
Mr. & Mrs. Bruce May - In honor of Marjorie May
Mr. Michael Miller - In memory of Raymond and Sara Miller
Mrs. Christine Smith - In memory of Emma J. Unger
Mr. & Mrs. Kenneth Smith - In honor of Eva Smith
Mr. & Mrs. Daryl Stoner - In honor of Anna Stoner and memory of Donald Stoner
Mr. & Mrs. David Wagner - In memory of Fannie Wagner and honor of Ruth Osterburg
Mr. & Mrs. David Weidman - In memory of Mary Eshleman
Ms. Barbara Wills - In memory of Ruth Wolfe

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.

CCC Reflections is published monthly
Franklin Schock, Executive Director
Amber Carter, Personal Care Administrator
Venancia Willard, Director of Nursing
Kathryn Youngman, Dir. of Social Services
John Landis, Chaplain
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200 Bellann Ct.
Annville, PA 17003-9012
Phone: 717-867-4636
www.countrysidechristian.info

BOARD OF DIRECTORS
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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.
Arthritis and Exercise
Submitted by Diane Grumbine, Staff Development

Everyone knows someone with arthritis; many of us have our own personal experience with the discomfort of joint pain and the stiffness it causes. That is not surprising since, according to the Center for Disease Control (CDC), 1 in 4 adults have arthritis and 24 million of those are limited in their activities because of it. They may have difficulty holding a cup, lifting a grocery bag or walking a short distance. Sixty percent of arthritis sufferers are women. Stooping, bending and kneeling become a challenge. It’s no wonder that many of these people also have anxiety or depression.

Unfortunately, the thing that can help the most is also what seems to hurt the most. Increasing physical activity is the best way to improve function and reduce pain in the long run. It is estimated by the CDC that adults could improve their discomfort and their ability to move by 40% by being physically active. People with heart disease, diabetes or obesity often have arthritis too. Physical activity can be very important in the management of these conditions but is avoided due to fear of increasing pain & injury. An adult with arthritis is nearly twice as likely to report an injury related to a fall. Loss of muscle strength and balance occurs when there is a lack of physical activity, this contributes to the increased fall rate. The fact is, participation in physical activity programs can reduce yearly healthcare costs by about $1000 per person and greatly improve quality of life.

Arthritis sufferers fear increased pain and may lack the knowledge of safe ways to be active. Simply walking more can be quite helpful. Even doing routine chores can count as exercise. Any physical activity, no matter how small, is beneficial. According to the Mayo clinic moderate exercise can:

- Strengthen the muscles around joints
- Help maintain bone strength
- Provide more energy to get through the day
- Make it easier to get a good night's sleep
- Help control weight
- Enhance quality of life
- Improve balance

Though you might think exercise will aggravate joint pain and stiffness, that's not the case. *Lack of exercise* can actually make joints even more painful and stiff. That's because keeping muscles and surrounding tissue strong is crucial to maintaining support for the bones. Avoiding movement weakens those supporting muscles, creating more stress on joints.

Things to keep in mind to protect joints from injury when increasing physical activities are:

- to start slowly and stick to low impact exercises.
- Starting out with simple range of motion exercise for 10 minutes before more strenuous exercise is attempted is helpful to stretch muscles and prevent injury.
- Know your limits: if pain increases sharply or lasts more than 2 hours after you have finished you have over done it.

Increasing physical activity will improve overall feelings of well-being, decrease depression and anxiety and benefit general health. Add these benefits to the possibility of less pain and stiffness and a little bit of extra exercise might seem much more worthwhile.
Area Agency on Aging Outlines Services

By Marylouise Sholly

Courtesy of The Merchandiser

Whether it’s a free meal that comes directly to your home, or receiving help with filing taxes, Lebanon County’s Area Agency on Aging has been helping local senior citizens for the past forty years.

Because a majority of funding for their many programs comes from the State Department of Aging through an “Aging Services Block Grant,” the agency is required to hold an annual public hearing to give county residents the opportunity to learn about the services available from the local agency.

That gathering was held in early January at the Senior Center on Maple Street in Lebanon, with close to forty people attending.

The annual gathering also helps to spread the word about the agency’s services, according to Carol Davies, Administrator for the Lebanon County Area Agency on Aging.

“We do a lot of things, but often, we hear ‘we didn’t know you were here,’ so we want to tell people what we have to offer,” Davies said. “This gives us the opportunity to show the good work we do in the community.”

The agency has a total of five senior centers throughout the county, along with Lebanon’s, and these include sites in Annville, Jonestown, Myerstown, and Palmyra.

The agency’s mission is to develop, coordinate, and promote services that value and support older Americans as they age. The agency has 44 full- and part-time employees and is an entity of the Lebanon County government.

“What we’re about is that we’re trying to provide a continuum of services, while helping them to maintain their independence as far as they are able and to maintain their quality of life,” said Davies, adding, “We try to serve as many people as we can.”

Maintaining dignity and respect for elders also enhances their overall well-being. Not all programs have “countable” numbers, but through the ones that are measured, the agency serves about 4,000 senior citizens yearly.

The agency serves as a disseminator of information to seniors, too. “We get calls all the time; sometimes they’re looking for information on housing options and we can provide references,” Davies said. “Many times, it will be a call of concern about a family member or neighbor who needs help and then we’ll connect them with intake staff.”

Care managers may go to an elderly person’s home to assess their situation and to ascertain what may be needed.

The “Meals on Wheels” program administered by the agency is definitely one of the most popular and better known of the agency’s programs. Home-delivered meals go out daily to about 200 to 300 people every month.

While the state’s Department of Aging is responsible for much of the funding, the PA Lottery is another major contributor. “A great percentage of our funding is from the Pennsylvania Lottery,” Davies said. “We’re really lucky because in Pennsylvania, all proceeds of the lottery go to serve senior citizens.”

Along with the free meals, the agency is also known as the site where folks can come for help with their income taxes, a program of AARP. Volunteer tax preparers are trained on-site to answer the seniors’ questions. In late winter and early spring, taxes are prepared one day a week by volunteers at the Lebanon agency at 10th and Maple Streets, and are also completed for seniors at other sites. The tax service is free, with donations being accepted.

A favorite service offered by the agency, and staffed by volunteers, is the property tax rebate and rent rebate program. A Medicare counseling program known as APPRISE is another service. “There are so many things we do,” Davies said.

Funding also goes toward adult daycare services, intake and referral, and even protective services.
Along with helping seniors address the basic necessities of life, the senior centers offer a place for fun and laidback activities, too. “All five senior centers are a good place to go for socialization and recreation,” said Davies.

One future goal for the agency is to improve access to services. Those services will continue to be essential to an aging population, as close to thirty percent of the area’s population will be above the age of sixty by 2025. For more information, call the agency at 717-273-9262.

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John’s Jottings
by John Landis, Chaplain

What Would You Do?

As a sixteen year old boy I enjoyed our neighbors. My Dad rented the Toews’ farm along with several other farms. Jake Toews was sitting with me on an empty farm wagon talking about farming in Russia. He asked me if I heard the story of how their family escaped from Russia in the early 1920’s during the time the Communists took over Russia. Here I was to get a firsthand glimpse of a family who fled from the Russian Communists for their lives. Jake and Anna Toews were Mennonites with a high education and a very successful implement business. Jake said they were the largest agricultural implement business in Russia. They had three children at the time of their escape. They knew their time in Russia was coming to an end. So they had laid out several escape routes and methods to flee the country. But they found themselves fleeing before they expected. They had to flee for their lives. They took what they could carry.

They lived in what was called the Ukraine. They wanted to flee to Poland. It was Anna, Jake, two small children and a nursing baby. For weeks they were able to avoid the police and soldiers who were seeking for them. There were many times it seemed like they would be discovered and taken as prisoners. Finally, they were close to a river that if they could cross it to the other side, they would be free. But long pursuit and long and very difficult traveling for weeks was taking its toll on this wonderful little family. They were all very hungry. Anna no longer had milk for the baby. Daddy, Mother and the little children were tired, yes exhausted. But they were so close to their goal of freedom. They dare not give up! They could hear the dogs getting closer.

Jake stopped talking as he gazed at me with tears running down his cheeks. It was a time of intense reliving a past moment in his life. So close to freedom and maybe not getting to freedom. Then he quietly spoke, “What would you have done, John?” We stared into each other’s eyes. It was a holy moment for both of us. My response was, “I guess I would have prayed”. He continued, “We did and crawled through the briars to tall grasses next to the river and waited for the dogs to attack us. The soldiers were looking for us when suddenly the dogs took off in a different direction. Anna and I looked into each other’s eyes hardly daring to breath. Quietly we picked up our children and slid into the water of the river and made our way to the other side to freedom. God delivered us from our enemies. The children were quiet and made no noise. We finally came to America and raised our family of five children free of tyranny”.

New Residents

Janet Patteson
Nursing
Room #52

We Remember

Nancy Laudermilch
(Resided at CCC for 1 year)

Janet Longenecker
(Resided at CCC for 22 years)

Welcome

June Birthdays

Employee’s Birthdays
4 - Virginia Umberger
7 - Ruth Ann Kelly
18 - Aaron Yancey
27 - Vickie Hornberger
29 - Jennifer Birsen
30 - June Barry
30 - Amber Carter

Resident’s Birthdays
2 - Carolyn Ruiz
3 - Clarence Snyder
5 - Donna Teal
11 - Geraldine Sechrist
24 - John Kline
27 - Marjorie May
30 - Anna Mae Watts

Happy Birthday

Happy Anniversary
Bill & Val Hough
will be married 65 years
on June 5th

Personal Care Resident Meeting
Wednesday
June 6th
10:15am
Multi-Purpose Room

Bring your questions, concerns and ideas
to the meeting.

The Activity Department is accepting yarn
donations. If you have any questions,
contact:
Susanna Varner
717-867-4636

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.
What’s Keeping Us Busy in June?
Compiled by Susanna Varner, Activities Director

Special Music Programs

1 - Join Echoes of Grace for a toe tapping good time singing country gospel music at 10:00am in the Chapel and Gathering Place.
8 - Enjoy a variety of music with Les Bower on the keyboard at 2:00pm in the Multi-Purpose Room. Come and sing-a-long to your favorite songs.
10 - The Lebanon Valley Gospel Band will be providing an afternoon of music for us starting at 3:00pm in the Chapel.
10 - Join Sonny and Audrey at 6:30pm in the Multi-Purpose Room for a program of gospel music.
12 - Marlin Hernley and Nelson Evans from God's Missionary Church will be playing the organ and piano for us at 2:00pm in the Chapel.
18 - The SOS (Same Old Seniors) Gang will be providing a program of music that includes a variety of musical instruments at 2:00pm in the Multi-Purpose Room

Special Activity Programs

7 - Students from Milton Hershey School will be joining us for bingo at 10:00am this morning in the Multi-Purpose Room.
11 - 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.
14 - Join the Middle School students from the Ono United Methodist Youth Group for an evening of Bible Trivia at 6:15pm in the Multi-Purpose Room.
21 - Come and make a summertime craft with Homeland Hospice at 2:00pm in the Multi-Purpose Room.
25 - The CCC Auxiliary is hosting the June Birthday Party at 2:00pm in the Dining Room.
26 - Friends of All Animals will be taking their pets room to room for a visit starting at 6:30pm.
27 - Hospice of All Seasons will be hosting a Dairy Themed Bingo at 2:00pm in the Multi-Purpose Room.

Church Services

8 - Willie Marshal will be sharing his testimony through his poems at 10:00am in the Multi-Purpose Room.
8 - Father Job will be visiting this morning. If you are interested in a scheduled visit from Father Job please contact the Activity Department.
17 - Members from the Kauffman's United Methodist Church will be providing a service for us at 2:30pm in the Chapel.
22 - 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.
24 - Service by the members of Providence Mennonite Church at 7:00pm in the Chapel.
**Wednesday Evening Services**

*7:00pm in the Chapel*

6 - John Ludwig, Jr.
Fontana UC Church

13 - Gerald Brinser
United Christian Church

20 - Luke Fenstermacher
United Christian Church

27 - Edward Heagy
United Christian Church

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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 doing a study on the Blood Covenant.

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**June Motor Tours**

*(Weather Permitting)*

**Personal Care & Cottage Residents**

- 13 - Ice Cream at Fox Meadows Creamery; 2:00pm
- 27 - Shopping at Palmyra Walmart; 9:30am
- 28 - Lunch at Ono Family Restaurant; 11:30am

**Nursing Residents**

- 6 - Countryside Drive; 9:15am
- 20 - Countryside Drive; 9:15am

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**Nursing Residents**

**Family & Friends Picnic**

The CCC Auxiliary will again be hosting a family and friends picnic for the CCC Nursing Residents. A picnic meal will be provided.

**Saturday**

**June 16th**

**12:00pm**

**In the Pavilion**

Please RSVP by June 8th at the Business Office (717-867-4636) if you are planning to attend this event

Donations will be accepted toward the cost of this event

NOTE: A Family & Friends Picnic for Personal Care & Cottage Residents will be held on July 14th. See details in next month’s newsletter
Summer Word Search
Find the summer words list below

Barbeque
Baseball
Beach
Bees
Boating
Camping
Flies

Golf
Hiking
Hot
Ice Cream
Mosquitoes
Picnics
Sandals

Sprinklers
Sunburn
Sunglasses
Sunscreen
Suntan
Sweat
Swimming

Wasps
Water Fights
Watermelon
# Personal Care & Cottage Activities Calendar
## June 2018

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<th>Sunday</th>
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| Devotions  
Monday – Saturday  
8:20 Main Dining Room | KEY:  
ATR - Activity/Therapy Room  
CH - Chapel  
CL - Country Lounge  
DR - Main Dining Room  
MPR - Multi-Purpose Room  
PAV - Pavilion | Word Search Hand Out Every Friday | | | | |
| 9:30 Sunday School CH  
Larry Shuey  
3:00 Gospel Music Video CL | 9:30 Exercise MPR  
10:00 Bible Study MPR  
2:00 PC Manicures CL  
2:00 Pinochle PAV | 10:00 Music Hour CL  
10:15 PC Room Visits  
1:00 Book Club MPR | 10:15 Resident Meeting MPR  
2:30 Coffee Cart – Rooms  
7:00 Prayer Meeting CH | 10:00 Bingo with Milton Hershey Students MPR  
2:00 Bowling MPR  
3:30 Game Time MPR | 10:00 Echoes of Grace CH  
2:00 Hillbilly Golf MPR | |
| FATHER’S DAY  
9:30 Sunday School CH  
Edward Heagy  
2:30 Kauffman’s United Methodist Church CH | 9:30 Exercise MPR  
10:00 Bible Study MPR  
1:30 Hope Spring Farm MPR  
2:00 Pinochle PAV  
3:00 Resident Rights Game - Rooms | 10:00 Music Hour CL  
10:15 PC Room Visits  
2:00 Piano/Organ Music CH | 9:00 Exercise MPR  
10:00 Bible Study MPR | 9:30 Exercise MPR  
10:00 Poetry Hour MPR  
2:00 Keyboard Music with Les Bowers MPR | 9:15 Exercise MPR  
1:30 Wheel of Fortune MPR  
6:00 Movie Night CL | |
| 2:00 SOS Gang MPR  
2:00 Pinochle - PAV | | 10:00 Coffee Cart - Rooms  
2:00 Manicures CL  
7:00 Prayer Meeting CH | 10:00 Bingo MPR  
2:00 Strawberry Shortcake Social PAV  
3:30 Game Time MPR  
6:15 Bible Trivia with Youth Group MPR | 10:15 Coffee Cart- Rooms  
1:15 Shake Loose a Memory CL | 9:15 Exercise MPR  
2:30 Memories of Father MPR  
6:00 Movie Night CL | |
| 9:00 Exercise MPR  
10:00 Bible Study MPR  
2:00 SOS Gang MPR  
2:00 Birthday Party DR  
2:00 Pinochle PAV | 10:00 Music Hour CL  
10:15 PC Room Visits  
1:00 Book Club MPR | 10:00 Coffee Cart - Rooms  
2:00 Manicures CL  
7:00 Prayer Meeting CH | 10:00 God’s Missionary Church CH  
2:00 Bowling MPR | 10:30 Bingo MPR  
2:00 Summer Craft MPR  
3:30 Game Time MPR | 9:15 Exercise MPR  
1:30 Jeopardy MPR  
6:00 Movie Night CL | |
# Nursing Activities Calendar
## June 2018

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**Word Search Hand Out Every Friday**