If speaking kindly to plants helps them grow, imagine what speaking kindly to humans can do.
Countryside’s policy for

HOLIDAY DECORATIONS

Hints of Christmas are beginning to appear in various locations. In a few weeks, decorations will start to appear at Countryside. It’s important that visitors know Countryside’s policy regarding permissible decorations if they plan to place decorations in a resident’s room. Countryside allows the display of seasonal decorations that are in good taste, good condition and do not create a safety hazard. Live greens and lit candles or lanterns are not permitted. Unless instructed to do otherwise by residents or family, poinsettia plants and floral arrangements will be watered by staff as needed and removed by mid-January, or sooner if wilted.

Countryside uniformly enforces fire safety regulations in all occupied spaces applicable to special occasion decorations. Electric decorations are subject to inspection by Maintenance personnel. There are also restrictions regarding door decorations. Countryside is not responsible for the damage or loss of residents’ personal decorations, and reserves the right to make the final decisions regarding decorations that may be displayed. Copies of the full policy regarding holiday decorations are available at our Nurses’ Stations and Business Office. Be sure to pick up a copy.

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.
Improving Self Esteem

Submitted by Diane Grumbine, Staff Development

Life is full of trials, tribulations, failures and disappointments. We don’t always succeed in achieving our goals or even do our best. We make mistakes, everybody does. These 3 very negative statements are true for everybody, so how come everybody isn’t suffering from low self-esteem? Many people suffer from low self-esteem due to a constant stream of negative thoughts about themselves. This can cause a variety of other problems, like depression, low energy, increased stress and health problems.

In order to reverse negative thoughts, we must think more positively about ourselves. Some ways to accomplish this are:

1. Make lists and re-read them often. Some possible things to list are
   - **5 Strengths**: like how you raised your children, your good relationship with your brother, your friendliness or your spirituality.
   - **5 Greatest Achievements**: examples may be graduating from high school or college, recovering from a serious illness or learning to use a computer
   - **20 Personal Accomplishments**: being a good friend, keeping up with bills and correspondence from friends, organizing a drawer, finishing a craft project, even just finishing your list of accomplishments!
   - **10 ways you can treat yourself (that don’t include food or money)**: a walk outside, a phone call to a distant friend, chatting with a friend, reading a novel or watching a favorite movie.
   - **10 things you can do to help someone else**
   - **10 things that make you laugh**

2. Exercise daily (preferably outside) whenever possible.
3. Plan fun activities
4. Learn something new each day
5. Do something that you have been putting off, like writing a letter.
6. Play with your pet or even someone else’s pet that you know.
7. Do something that helps someone else and make use of your special talents.

One of the best ways to improve your self-esteem is to surround yourself with positive people. Limit the time spent with negative friends, family or co-workers. Stick with people who make you feel good about yourself and avoid those who treat you badly. Pay attention to negative thoughts about yourself only long enough to reverse them.

“I am only one, but I am one. I cannot do everything, but I can do something. And because I cannot do everything, I will not refuse to do the something that I can do.”

Edward Everett Hale
LOVING KINDNESS

One of the most powerful and beautiful character qualities a person can have is loving kindness. Character quality is the following plus more.

1. It thinks more highly of others than of self, giving thought to others needs.
2. A friendly good demeanor that is always ready to help others.
3. A tender heartedness that always cherishes relationships with others.
4. A natural love, as of a family love for others.
5. It is descriptive of one’s character.
6. It is a grace that pervades the nature of a person, mellowing and tempering it.
7. It acts in a loving and loyal way toward others.

What a person this is! Yes, I can think of a few persons who demonstrated this in life. Kindness is a special quality that affects our lives and makes an impression on others. Some examples from the Bible are:

Mary anointing Jesus’ feet shows the worth of Jesus in a trying time. John 12: 1-8

A poor widow expresses love by giving all she had. Luke.21:1-4

Hannah shows kindness to another woman who was treating her in an evil manner. I Samuel 1-2

Nicodemus who was a very wealthy man and religious was told by Jesus he needed to be born again to have eternal life. Yet he did not take offense but helped to prepare Jesus body for burial.

In the Old Testament we see Rahab kindly hiding the spies and asking for the same kindness when Israel conquerors them.

Naomi tells Ruth to stay in the fields of Boas because he is a kind man.

David and Jonathon made a commitment between them to be kind to each other’s families.

Kindness is a divine expression of the Lord Jesus. When we become Christians the nature of God, through the Holy Spirit living in us, fills us with kindness. Let’s shed abroad the loving kindness of Jesus everywhere we go.

You are invited to join John Landis for a Bible Study every Monday at 10:00am in the Multi-Purpose Room.

Bible Talk
November 14th
10:00am
in the Multi-Purpose Room
**New Residents**

- Nancy Dombach  
  Independent Living  
  Cottage #5

- Bertie Spangler  
  Personal Care  
  Room #14

**We Remember**

- Anna Mae Watts

- Anna Bomgardner

  Family and friends have our sincere condolences

**Happy Birthday**

**Employee’s Birthdays**

- 6 - Evelyn Fidler
- 9 - Frank Schock
- 12 - Mary Imboden
- 20 - Mary Wentling
- 25 - Trudi Heiselman
- 27 - Jennifer Wallace
- 30 - Cynthia Meyer

**Resident’s Birthdays**

- 4 - Patricia Rentschler
- 7 - Marilyn Krum
- 8 - Estella Eshleman
- 9 - Sara Lehman
- 11 - Marion Romberger
- 17 - Cynthia Redclift

**Daylight Saving Time Ends**

- Turn your clock back one hour tonight before going to bed.
- It’s also time to change batteries in your smoke detectors.

November 4, 2018

The Business Office will be closed on November 22<sup>nd</sup> and November 23<sup>rd</sup>
What’s Keeping Us Busy in November?
Compiled by Susanna Varner, Activities Director

Special Music Programs

2 - Join us for a toe tapping good time as Echoes of Grace sings country gospel music at 10:00am in the Chapel.
9 - Chuck Mummart (also known as the singing Mayor) will be singing a variety of old time favorites for us at 2:00pm in the Chapel.
11 - Join Sonny and Audrey at 6:30pm in the Multi-Purpose Room for a program of country gospel music.
12 - A Special Veterans Day program is planned to honor CCC Veterans at 10:00am in the Chapel. American Legion Chaplain Bill McEllroy, Jr. will be leading the program.
13 - Lebanon County Youth Chorus (a large Mennonite Choir) will be providing their fall program for us at 7:00pm in the Chapel.
14 - Doris & Lorraine from Walmer’s Church will be singing for us at 2:00pm in the Chapel.
16 - Sing-a-long with Marlin Hernley and Nelson Evans as they play gospel music on the organ and piano at 2:00pm in the Chapel.
26 - Joy Choir will be sharing their Christmas program with us at 2:00pm in the Chapel.

Special Activity Programs

8 - Join Matthew Dodd as he goes back in time telling stories and singing songs of the Pioneers at 2:00pm in the Multi-Purpose Room.
10 - Students from Lebanon Valley College will be joining us for a craft at 10am in the Multi-Purpose Room.
12 - 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 - The November Birthday Party is sponsored by the Palmyra United Christian Church and will be held at 2:00pm in the Dining Room.
28 - Hospice of All Seasons will be hosting Pumpkin Themed Bingo at 2:00pm in the Multi-Purpose Room.

Church Services

9 - Willie Marshal will be sharing his testimony through his poems at 10:00am in the Multi-Purpose Room.
22 - Annville United Christian Church will be providing a Thanksgiving Day Service at 9:30am in the Chapel.
23 - 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.
25 - Service by the members of Providence Mennonite Church at 7:00pm in the Chapel.
Wednesday Evening Services
7:00pm in the Chapel

7 - Thomas Clawser
Campbelltown UC Church
14 - Gerald Brinser
United Christian Church
21 - Tad Barnhart
Newmanstown UC Church
28 - Marlin Heagy
Mt. Hope UC Church

November Motor Tours
(Weather Permitting)

Personal Care & Cottage Residents
7 - Countryside Drive; 1:30pm
15 - Lunch at Shady Maple and Shopping at Goods Store; 11:00am
19 - Shopping at Walmart; 1:30pm

Nursing Residents
Trips may be scheduled at a later date for November

Turkey Facts
- Turkeys can fly up to 55 mph and run up to 25 mph
- Turkeys of both sexes purr, whistle, cackle, and yelp, but only the males gobble
- Turkeys sleep in trees
- Turkey eyes are really, really sharp. On top of that, they have terrific peripheral vision
- A turkey’s gender can be determined from its droppings—males produce spiral-shaped poop and females’ poop is shaped like the letter J

Nursing Resident Meeting
Monday
November 19th
2:00 pm
Gathering Place
Bring your ideas and suggestions to the meeting. We will be voting on a resident council representative.

Replacement of the Roof at CCC
If you visited CCC during the past few weeks you probably noticed a lot of construction equipment, dumpsters, roofing products, workers on the roof and lots of pounding and banging during your time here. The project is going as planned and will continue over the next few weeks.

Thank you for your patience and understanding during this time.
Looking for Some Unique, New or Lightly Used Christmas Items?

Beginning November 1st Christmas items will be for sale in the Treasure Nook which is located across from the Gathering Place. New items will be added on a weekly basis so be sure to check it out each week.

---

**Resident Christmas Party**

Family and Friends are welcome to join their loved one in the Multi-Purpose Room for their Christmas Party. The dates are as follows:

**Nursing Residents**
December 11, 2018
10:00am – 11:00am

**Personal Care Residents**
December 11, 2018
2:00pm – 3:30pm

There will be entertainment, a gift for the resident and light refreshments.

**If you are planning to attend, please contact:**
Susanna Varner
717-867-4636

---

**Christmas Caroling**

Christmas is just around the corner. Our residents enjoy having visits from churches and community groups that come to sing. If your group would like to carol at CCC, please contact:

Susanna Varner
717-867-4636

---

**It’s Time to Decorate for Christmas!**

Residents are welcome to assist in decorating or just come and watch as Countryside is transformed into Christmas. Holiday drinks and cookies will be served.

Check the activity calendar for the day, time and location during the last week of November.

---

**Share a Favorite Recipe**

Do you have a recipe(s) you would like to share with our readers in future publications? We would love to hear from you. For more information, contact Gale Keller
Countryside November Activities

Find the activities listed below

Bible Study
Bingo
Birthday Party
Bus Trip
Christmas Decorating
Echoes of Grace
Exercise
Hillbilly Golf
Joy Choir
Movie Night
Organ Music
Piano Music
Prayer Meeting
Room Visits
Song Time
Singing Mayor
Stories with John
Thanksgiving Service
Turkey Craft
Veterans Day Program
Youth Chorus
## Personal Care & Cottage Activities Calendar
### November 2018

**KEY:**
- **ATR** - Activity/Therapy Room
- **CH** - Chapel
- **CL** - Country Lounge
- **DR** - Main Dining Room
- **MPR** - Multi-Purpose Room
- **PAV** - Pavilion

#### Devotions
- **Monday – Saturday**
  - 8:20 Main Dining Room

#### Word Search
- **Handout Every Friday**

#### Weekly Activities

**Sunday**
- **KEY:**
  - 9:30 Sunday School CH
  - 3:00 Gospel Music Video CL

**Monday**
- 9:30 Exercise MPR
  - 10:00 Bible Study MPR
  - 2:00 Hillbilly Golf MPR

**Tuesday**
- **ELECTION DAY**
  - 10:00 Bingo MPR
  - 1:00 Cottage Exercise Class MPR
  - 2:00 Book Club MPR

**Wednesday**
- 10:15 Coffee Cart
  - 1:30 Bus Trip
  - 7:00 Prayer Meeting CH

**Thursday**
- 10:00 Music Hour CL
  - 2:00 Manicures CL
  - 3:30 Walking Club

**Friday**
- 10:00 Echoes of Grace CH
  - 2:00 Bocce MPR

**Saturday**
- **NO EXERCISE**
  - 9:15 How Many Words in a Word MPR
  - 6:00 Movie Night CL

**DAYLIGHT SAVING TIME ENDS**
- 9:30 Sunday School CH
  - 3:00 Gospel Music Video CL

**VETERANS DAY**
- 9:30 Sunday School CH
  - 10:00 Veterans Day Program CH
  - 1:30 Hope Spring Farms CL
  - 2:30 Manicures CL

**TELEVISION DAY**
- 10:00 God's Missionary Church CH
  - 2:00 Concentration MPR
  - 6:00 Movie Night CL

**THANKSGIVING DAY**
- 9:30 Decorate the Country Lounge
  - 2:00 Shake Loose a Memory CL
  - 3:30 Camp Meeting CD

**Sunday School**
- 9:30 Sunday School CH
  - Bruce Gettle
  - 3:00 Gospel Music Video CL

**Veterans Day**
- 9:30 Sunday School CH
  - Dervin Hart
  - 3:00 Gaither Music Video CL
  - 6:30 Sonny and Audrey MPR

**Veterans Day**
- 9:30 Sunday School CH
  - Bruce Gettle
  - 3:00 Gospel Music Video CL
# Nursing Activities Calendar
## November 2018

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>KEY:</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ATR - Activity/Therapy Room</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>CH - Chapel</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>CL - Country Lounge</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>DR - Main Dining Room</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>GP - Gathering Place</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MPR - Multi-Purpose Room</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>PAV - Pavilion</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>DAILY SAVING TIME ENDS</strong></td>
<td><strong>ELECTION DAY</strong></td>
<td><strong>TELEVISION DAY</strong></td>
<td><strong>THANKSGIVING DAY</strong></td>
<td><strong>NO EXERCISE</strong></td>
<td><strong>NO EXERCISE</strong></td>
<td><strong>NO EXERCISE</strong></td>
</tr>
<tr>
<td>9:30 Sunday School CH David Weidman</td>
<td>9:30 Exercise MPR 10:00 Bible Study MPR 10:15 Room Visits 2:00 Hillbilly Golf MPR 3:45 Song Time GP</td>
<td>9:30 Exercise GP 10:00 Bingo GP 1:30 Manicures GP 3:45 Ring Toss GP</td>
<td>9:30 Exercise GP 10:00 Bible Talk MPR 2:00 Singing by Doris &amp; Lorraine CH 3:45 Read &amp; Reminisce GP 7:00 Prayer Meeting CH</td>
<td>9:30 Exercise GP 10:00 Music Hour GP 2:00 Stories and Songs of the Pioneers MPR 3:45 Balloon Volleyball GP</td>
<td>9:30 Exercise MPR 10:00 Poetry Hour MPR 2:00 Chuck Mummart CH 3:45 Variety Time GP</td>
<td>10:00 Program with Students from LVC MPR 3:45 Scripture Reading GP</td>
</tr>
<tr>
<td>3:00 Gospel Music Video GP</td>
<td>9:30 Sunday School CH Dervin Hart</td>
<td>9:30 Exercise GP 10:00 Bible Study MPR 1:30 Hope Spring Farms MPR 3:45 Song Time GP</td>
<td>9:30 Exercise MPR 10:00 Bible Study MPR 10:15 Room Visits 2:00 Bible Study MPR 10:15 Room Visits 2:00 Nursing Resident Meeting GP 3:45 Song Time GP</td>
<td>9:30 Exercise GP 10:00 Bible Study MPR 10:15 Room Visits 2:00 Nursing Resident Meeting GP 3:45 Song Time GP</td>
<td>9:30 Exercise MPR 10:00 Bible Talk MPR 2:00 TV Trivia MPR 3:45 Amusing Morsels GP 7:00 Prayer Meeting CH</td>
<td>10:15 Concentration GP 3:45 Scripture Reading GP</td>
</tr>
<tr>
<td>3:00 Gaither Music Video GP</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:30 Sonny and Audrey MPR</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>VETERANS DAY</strong></td>
<td><strong>NO EXERCISE</strong></td>
<td><strong>TELEVISION DAY</strong></td>
<td><strong>THANKSGIVING DAY</strong></td>
<td><strong>NO EXERCISE</strong></td>
<td><strong>NO EXERCISE</strong></td>
<td><strong>NO EXERCISE</strong></td>
</tr>
<tr>
<td>9:30 Sunday School CH Bruce Gettle</td>
<td>9:30 Exercise MPR 10:00 Bible Study MPR 10:15 Room Visits 2:00 Nursing Resident Meeting GP 3:45 Song Time GP</td>
<td>9:30 Exercise GP 10:00 Bingo GP 1:30 Manicures GP 3:45 Parachute GP</td>
<td>9:30 Exercise GP 10:00 Bible Talk MPR 2:00 Singing by Doris &amp; Lorraine CH 3:45 Read &amp; Reminisce GP 7:00 Prayer Meeting CH</td>
<td>9:30 Exercise GP 10:00 Music Hour GP 2:00 Turkey Craft MPR 3:45 Feather Ball GP</td>
<td>9:30 Exercise MPR 10:00 Stories with John MPR 2:00 Piano and Organ Music CH 3:45 Variety Time GP</td>
<td>10:15 Concentration GP 3:45 Scripture Reading GP</td>
</tr>
<tr>
<td>3:00 Gospel Music Video GP</td>
<td>9:30 Exercise MPR 10:00 Bible Study MPR 2:00 Joy Choir CH 3:45 Song Time GP</td>
<td>9:30 Decorate Gathering Place 2:00 Bingo GP 3:45 Football Toss GP</td>
<td>9:30 Exercise GP 10:00 We Remember GP 2:00 Thanksgiving Bingo MPR 3:45 Read &amp; Reminisce GP 7:00 Prayer Meeting CH</td>
<td>9:30 Exercise GP 10:00 Music Hour GP 2:00 Shake Loose a Memory GP 3:45 Balloon Volleyball GP</td>
<td>9:30 Exercise GP 10:00 Music Hour GP 2:00 Piano and Organ Music CH 3:45 Variety Time GP</td>
<td>10:15 Concentration GP 3:45 Scripture Reading GP</td>
</tr>
<tr>
<td>3:00 Gaither Music Video GP</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7:00 Providence Mennonite Church CH</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**KEY:**
- ATR - Activity/Therapy Room
- CH - Chapel
- CL - Country Lounge
- DR - Main Dining Room
- GP - Gathering Place
- MPR - Multi-Purpose Room
- PAV - Pavilion

**DEVOTIONS:**
- Monday – Saturday
  - 8:20 Main Dining Room
  - 8:40 Gathering Place

**Word Search Handout Every Friday**

**NO EXERCISE**
- Thanksgiving Day
  - NO EXERCISE

**TELEVISION:**
- NO EXERCISE