The tongue is the strongest muscle in the human body; Use yours to lift someone up today.

Terri Ann Armstrong
Dear friend of Countryside,

Since 1908, when Mother’s Day was first celebrated, the second Sunday of May has traditionally been that special time of year to remember and honor mothers. By taking mothers out for Sunday dinner and giving them flowers, we express gratitude and pay tribute to their loving care through the years.

In more recent years, Mother’s Day has also become a time for recognizing the ministry of long-term-care organizations that provide services to older Americans. Countryside, like many other homes across the nation, has made a significant commitment to caring for individuals who no longer have sufficient financial resources to pay the full cost of their medical care.

The number of Countryside residents needing financial aid continues to grow at a steady pace. Over the past six years, Countryside has provided over $700,000 annually in charity care. This is a remarkable accomplishment for a facility of Countryside’s size. But a commitment of this magnitude cannot be sustained without having the financial support of faithful compassionate benefactors.

Only at Christmas and Mother’s Day do we call upon our friends to prayerfully consider sharing a gift to help with our ministry to the aged and infirm. So, on this Mother’s Day, will you help Countryside carry on this vitally important ministry? Your gift in recognition of your mother, or some other cherished loved one, will help give a sense of security and peace of mind to residents who need your help and encouragement.

Thank you for caring… and thank you for sharing.

Sincerely yours,

Scott Artz, Chair, Board of Directors

Franklin H. Schock, Executive Director

"Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me." ~ Matthew 25:40

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
Sad Days at Countryside
(a commentary by a Countryside nurse)

The recent weeks at Countryside have been a sad and trying time for all of us, residents, families and staff alike. For the nursing staff on the skilled unit it has been a time of daily sadness, loss and worry about our beloved residents. Many of us have spent years trying to provide for every need of our residents and provide the best quality of life that we could for them. Some of us have spent more time with them than our own families, making many of them feel more like family than just people we are paid to take care of. I don’t think any of us ever thought we would be sending them away from their home. I personally don’t know any nurse who has been in this situation although throughout the country it is becoming increasingly common for small, not for profit, facilities like ours to succumb.

We have struggled to adhere to all the stringent and sometimes, dare I say, useless rules that the Centers for Medicare and Medicaid come up with. As a nurse with 34 years under her belt I can attest to the fact that, over the years, this agency has immensely improved the quality of life and standards of care expected in our nursing homes. My first health care job in 1980 was in a nursing home that, at the time, was considered a good one. Looking back, it was really appalling the way our elders were treated there, not because we were unkind but because that was the way things were done back then. On the other hand, we are all aware of the way government agencies work and the incredible amount of time, expense and effort it takes to get through all the red tape. This is not to mention the expense of ticking all the boxes that CMS expects. If a skilled nursing facility wants to get paid, it’s what they must do. Sadly, the more regulations they make, the more expensive the care becomes. CMS is good at making up regulations but not so good at reimbursing a facility for following them. That is the problem in a nutshell.

Everyone who cares about this problem, and everyone should, must pay attention to their legislators and their priorities when placing their votes. Vote for the people who believe paying out tax dollars for the elderly receiving Medicaid in nursing homes is more worthwhile than many of the items that receive increases in the yearly budget every year. The PA budget for Medicaid for nursing home residents has not changed in 5 years. I doubt there are enough fingers and toes in our facility to count all the changes in regulations that were enacted over the same time period.

There will be changes and, out of necessity, Countryside’s mission to care for the older population will continue along a different path. This sad time will be just a memory. We can still provide needed, compassionate care to many elders in need of a home and that has always been the basis of Countryside’s mission. Change can be a good thing, right? ‘Without change there can be no butterflies.’ Author unknown.

Note: This article, written by Diane Grumbine, RN, a member of Countryside’s Nursing Department since 2014, expresses the genuine sorrow associated with Countryside’s nursing residents being transferred to other local nursing facilities due to closure of the nursing wing. Her comments also reflect the wide-spread frustration of many who work in the field of long-term care. It is indeed a national crisis that national and state regulators and legislators refuse to address the problem of burdensome regulations that escalate the cost of operation while also refusing to increase reimbursement to providers who must carry the financial burden of charity care. Nursing homes, especially small ones like Countryside, are caught fiscally between the proverbial “rock and hard place.” Countryside is deeply indebted to, and appreciative of, the intensely dedicated and compassionate members of our healthcare staff who have so passionately cared for our residents through the years. -- Frank Schock, Executive Director
Time

Time, what is it? The dictionary says that time is a measurable period during which an action exists or continues. In Genesis 1:1 it says, “In the beginning”. If there is a beginning, there is an end. This means that there is a measurement of space. God created the earth and created an order of stars and planets to set up the seasons, days and weeks to control the order of the whole creation. He made the sun to rule by day and the moon to rule by night. God liked the way things worked. But Satan comes along and tries to mess it all by getting Adam and Eve to disobey God. But time is still functioning and will continue to function until God takes time away and replaces with eternity.

We are creatures of time and space and function in that capacity. We live by the order of time. Have you ever said to someone, “Can you make time in your schedule for us to talk?” or “Where is all the time going?” Have you said or heard someone say, “they were too young to die”? I have often heard someone say, “It seems as if time is running out.” Every person has a time clock set within them as to how long they will live. We don’t know when our clock will stop. Some are very short and others time of life is longer. We ourselves set boundaries for the finishing of a task, the end of a contract, the time to buy a product on sale, the filing of our taxes, and the finishing of a project. The wise man Solomon says in Ecclesiastes 3:1-8, “There is a time for everything, and a season for every activity under heaven: a time to be born and a time to die, a time to plant and a time to uproot, a time to kill and a time to heal, a time to tear down and a time to build up, a time to weep and a time to laugh, a time to mourn and a time to dance, a time to scatter stones and a time gather them, a time to embrace and a time to refrain, a time to search and a time to give up, a time to keep and a time to throw away, a time to tear and a time to mend, a time to be silent and a time to speak, a time to love and a time to hate, a time for war and a time for peace.” So, why don’t we get things done on time? Foolishness, procrastination and blindness are things that rob us from making full use of time. After all, don’t I have plenty of time to get the job finished?

God gives us a lot freedom to make choices in life. His mercy is ever present with us. But God also has deadlines and places where he says, “Enough is enough”. God’s judgment is certain and final. God, in His Word, has a lot to say about the present time. Now is the time for salvation! God doesn’t say, don’t worry you won’t die until--

Now is time to make things right with those we have hurt, wronged or didn’t defend. Are we ready to do what right according to God’s thinking! Is there no balm in Gilead? Is there no healing balm in Countryside? I’m sure there is! Let’s show our true colors of love and goodness.
**What’s Keeping Us Busy in May?**

Compiled by Susanna Varner, Activities Director

### Special Music & Church Services

3 - Join us for a toe tapping good time as Echoes of Grace sings country gospel music at 10:00am in the Chapel.

16 - Marlin Hernley and Nelson Evans will be playing sacred music on the organ and piano at 2:00pm in the Chapel.

26 - Service by the members of Providence Mennonite Church at 7:00pm in the Chapel.

### Special Activity Programs

8 - Enjoy an afternoon of entertainment and refreshments at the Mother’s Day Tea for all female residents and their invited guests. Tea will begin at 2:00pm and will be held in the Dining Room. **Reservations are required.**

10 - “Candy Bingo” at 10:00am in the Multi-Purpose Room. Win Hershey Miniature candies.

10 - Bring your ideas and suggestions and help plan the June Activity Calendar at the monthly calendar planning at 3:15pm in the Multi-Purpose Room.

13 - 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 - Images of England will be shown during “Arm Chair Travel” at 3:15pm in the Multi-Purpose Room.

17 - Elementary students from New Covenant Christian School will be visiting with us at 10:00am today in the Multi-Purpose Room. The visit will include singing and a game.

18 - I Love Reese’s Day - **“Reese’s Peanut Butter Cup Bingo”** will be held in the Multi-Purpose Room at 10:00am. Win Reese’s Peanut Butter Cups

23 - The May Birthday Party is hosted by the Fontana UC Church and will be held at 2:00pm in the Dining Room.

24 - Join us for a relaxing afternoon of “Adult Coloring” at 3:15pm in the Multi-Purpose Room. You are welcome to bring your own coloring supplies or use coloring pages and colored pencils that are provided.

29 - Enjoy fresh picked strawberries at 1:30pm in the Dining Room.

31 - Hospice of All Seasons will be hosting the **“Bird Themed Bingo”** at 2:30pm in the Multi-Purpose Room.

### Wednesday Evening Services

7:00pm in the Chapel

1 - Eli Eberly  
Manada UC Church  
15 - Gerald Brinser  
United Christian Church

8 - Edward Heagy  
United Christian Church  
22 - Luke Fenstermacher  
United Christian Church

29 - John Ludwig, Jr.  
Fontana UC Church
**May Motor Tours**

*(Weather Permitting)*

**Personal Care & Cottage Residents**

2 - Shopping at Walmart; 1:30pm  
9 - Ice Cream at Twin Kiss; 1:30pm  
15 - Shopping at Redner’s and Dollar Tree; 9:30am  
21 - Dinner Theatre at Bird in Hand Restaurant; 10:15am  
(Must have pre-purchased tickets)  
21 - Voting at Bellegrove Fire Company; 9:00am  
30 - Countryside Drive to Indiantown Gap Cemetery; 1:30pm

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**Picnic Time**

*Wednesday*  
*May 22nd*  
*12:00 Noon*  
*In the Pavilion*

Residents and staff are welcome to join us for a Memorial Day themed picnic.  
Residents who do not regularly eat in the dining room need to purchase a meal ticket for the picnic.

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**Weekly Coffee Café**

Every Wednesday in May  
(except the 22nd)  
10:00am  
In the Dining Room

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**Cottagers Social**

*Monday*  
*May 20th*  
*3:15pm*  
*Multi-Purpose Room*

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**NATIONAL PIZZA PARTY DAY**  
*Friday*  
*May 17th*

Celebrate with pizza from Pizza Hut.  
Sign up, order & pay at the business office by May 10th.

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Enjoy coffee, cappuccino, hot chocolate or tea and a bakery item.
The act of voting is the most important contribution every single, eligible voter can make, whether young, middle-aged or elderly, to ensure the health of our country’s democracy. Yet year after year, a discouraging number of eligible individuals choose not to participate in voting. Electoral no-shows, citizens who choose not to vote, constitute the most powerful block in American politics. In the 2016 elections, there were 128.7 million registered ballots counted, however, alarmingly, there were 102.7 million no-shows. Educating voters/electorates is the surest way to increase motivation to turnout so that election results might better match the will of the people. Please go out and vote this year and let your voice be heard. If you have any questions regarding registration or voting, please call the Lebanon County Courthouse Bureau of Elections and Voter Registration at (717)228-4428.
Plants Word Search
Find the words listed below

Amaryllis
Bluebells
Crocus
Daffodils
Dahlia
Elephant Ears
Firecracker Plant
Gladiolus
Hyacinths
Iris
Lily
Lycoris
Narcissus
Orchid
Paperwhites
Snowdrops
Tulips
Windflower

What do these plants have in common?
## ACTIVITIES CALENDAR
### May 2019

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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</thead>
<tbody>
<tr>
<td><strong>Devotions</strong>&lt;br&gt;Monday – Saturday&lt;br&gt;8:20 Main Dining Room</td>
<td><strong>KEY:</strong>&lt;br&gt;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;PAY - Pavilion</td>
<td><strong>Weather permitting some activity programs may be held in the gazebo</strong></td>
<td><strong>MOTHER GOOSE DAY</strong>&lt;br&gt;9:30 Exercise MPR&lt;br&gt;10:00 Coffee Café DR&lt;br&gt;1:30 Game Time MPR&lt;br&gt;3:15 Mother Goose Program MPR&lt;br&gt;7:00 Prayer Meeting CH</td>
<td><strong>NATIONAL DAY OF PRAYER</strong>&lt;br&gt;9:30 Exercise MPR&lt;br&gt;10:00 Music Hour MPR&lt;br&gt;1:30 Bus Trip&lt;br&gt;3:15 Table Topics MPR</td>
<td><strong>9:30 Exercise MPR&lt;br&gt;10:00 Echoes of Grace CH&lt;br&gt;1:30 Jeopardy MPR&lt;br&gt;3:15 Shuffleboard MPR&lt;br&gt;6:00 Movie Night CL</strong></td>
<td><strong>9:30 Exercise MPR&lt;br&gt;10:00 How Many Words in a Word MPR&lt;br&gt;1:30 Memories of Mother CL&lt;br&gt;6:00 Movie Night CL</strong></td>
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<td><strong>9:30 Sunday School CH&lt;br&gt;Bruce Gettle&lt;br&gt;3:00 Gospel Video CL</strong></td>
<td><strong>9:30 Sunday School CH&lt;br&gt;Lee Wenger&lt;br&gt;3:00 Gaither Music Video CL</strong></td>
<td><strong>9:30 Exercise MPR&lt;br&gt;10:00 Bible Study MPR&lt;br&gt;1:30 Hope Spring Farms MPR&lt;br&gt;3:15 Wii Games CL</strong></td>
<td><strong>RECEPTIONIST DAY</strong>&lt;br&gt;9:30 Exercise MPR&lt;br&gt;10:00 Coffee Café DR&lt;br&gt;2:00 Mother’s Day Tea DR&lt;br&gt;7:00 Prayer Meeting CH</td>
<td><strong>9:30 Exercise MPR&lt;br&gt;10:00 Music Hour MPR&lt;br&gt;1:30 Bus Trip&lt;br&gt;3:15 Scrapbooking MPR</strong></td>
<td><strong>9:30 Exercise MPR&lt;br&gt;10:00 Candy Bingo MPR&lt;br&gt;1:30 Bowling MPR&lt;br&gt;3:15 Monthly Calendar Planning MPR</strong></td>
<td><strong>9:30 Exercise MPR&lt;br&gt;10:00 Reese’s Peanut Butter Cup Bingo MPR&lt;br&gt;1:30 Penny Game MPR&lt;br&gt;6:00 Movie Night CL</strong></td>
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<td><strong>10:00 Bible Study MPR&lt;br&gt;1:30 Hope Spring Farms MPR&lt;br&gt;3:15 Wii Games CL</strong></td>
<td><strong>9:30 Sunday School CH&lt;br&gt;Lee Wenger&lt;br&gt;3:00 Gaither Music Video CL</strong></td>
<td><strong>9:30 Exercise MPR&lt;br&gt;10:00 Bible Study MPR&lt;br&gt;1:30 Advanced Exercise Class MPR&lt;br&gt;2:15 Word Search Handout&lt;br&gt;3:15 Book Club MPR</strong></td>
<td><strong>CHOCOLATE CHIP COOKIE DAY</strong>&lt;br&gt;9:30 Exercise CH&lt;br&gt;9:30 Bus Trip&lt;br&gt;10:00 Coffee Café DR&lt;br&gt;1:30 Game Time MPR&lt;br&gt;3:30 Manicures CL&lt;br&gt;7:00 Prayer Meeting CH</td>
<td><strong>9:30 Exercise MPR&lt;br&gt;10:00 Music Hour MPR&lt;br&gt;2:00 Piano/Organ Music CH&lt;br&gt;3:15 Arm Chair Travel CL</strong></td>
<td><strong>9:30 Exercise MPR&lt;br&gt;10:00 New Covenant MPR&lt;br&gt;12:00 Pizza Party MPR&lt;br&gt;2:00 Matinee CH</strong></td>
<td><strong>9:30 Exercise MPR&lt;br&gt;10:00 Concentration MPR&lt;br&gt;1:30 Family Feud MPR&lt;br&gt;6:00 Movie Night CL</strong></td>
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<td><strong>Edward Heagy&lt;br&gt;3:15 Shake Loose a Memory MPR</strong></td>
<td><strong>9:30 Sunday School CH&lt;br&gt;Lee Wenger&lt;br&gt;3:00 Gaither Music Video CL</strong></td>
<td><strong>9:30 Exercise MPR&lt;br&gt;10:00 Bible Study MPR&lt;br&gt;1:30 Advanced Exercise Class MPR&lt;br&gt;2:15 Word Search Handout&lt;br&gt;3:15 Book Club MPR</strong></td>
<td><strong>9:30 Exercise DR&lt;br&gt;10:00 Bible Trivia MPR&lt;br&gt;12:00 Picnic PAV&lt;br&gt;3:00 Game Time MPR&lt;br&gt;7:00 Prayer Meeting CH</strong></td>
<td><strong>9:30 Exercise MPR&lt;br&gt;10:00 Music Hour MPR&lt;br&gt;10:15 Bus Trip&lt;br&gt;2:00 Birthday Party DR</strong></td>
<td><strong>9:30 Exercise MPR&lt;br&gt;10:00 Stories with John MPR&lt;br&gt;1:30 Bocce MPR&lt;br&gt;3:15 Adult Coloring MPR</strong></td>
<td><strong>9:30 Exercise MPR&lt;br&gt;10:00 Concentration MPR&lt;br&gt;1:30 Family Feud MPR&lt;br&gt;6:00 Movie Night CL</strong></td>
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<td><strong>3:00 Gaither Music Video CL&lt;br&gt;7:00 Providence Mennonite Church CH</strong></td>
<td><strong>9:30 Sunday School CH&lt;br&gt;Dohner’s Mennonite Church&lt;br&gt;3:00 Gaither Music Video CL&lt;br&gt;7:00 Providence Mennonite Church CH</strong></td>
<td><strong>9:30 Exercise MPR&lt;br&gt;10:00 Patriot Craft MPR&lt;br&gt;2:00 Memorial Day Trivia MPR&lt;br&gt;3:15 Horse Shoes MPR</strong></td>
<td><strong>9:30 Exercise MPR&lt;br&gt;10:00 Coffee Café DR&lt;br&gt;1:30 Strawberries DR&lt;br&gt;3:15 Computer 101 MPR&lt;br&gt;7:00 Prayer Meeting CH</strong></td>
<td><strong>9:30 Exercise MPR&lt;br&gt;10:00 Music Hour MPR&lt;br&gt;1:30 Bus Trip&lt;br&gt;3:15 Manicures CL</strong></td>
<td><strong>9:30 Exercise MPR&lt;br&gt;10:00 Bible Talk MPR&lt;br&gt;2:30 Bird Bingo MPR&lt;br&gt;3:15 Walking Club</strong></td>
<td><strong>9:30 Exercise MPR&lt;br&gt;10:00 Bible Talk MPR&lt;br&gt;2:30 Bird Bingo MPR&lt;br&gt;3:15 Walking Club</strong></td>
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<td><strong>9:30 Memorial Day&lt;br&gt;27</strong></td>
<td><strong>9:30 Exercise GP&lt;br&gt;10:00 Bingo MPR&lt;br&gt;1:00 Advanced Exercise Class MPR&lt;br&gt;2:15 Word Search Handout&lt;br&gt;3:15 Book Club MPR</strong></td>
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<td><strong>9:30 Exercise MPR&lt;br&gt;10:00 Music Hour MPR&lt;br&gt;1:30 Bus Trip&lt;br&gt;3:15 Manicures CL</strong></td>
<td><strong>9:30 SMILE DAY&lt;br&gt;Hand Out Every Tuesday</strong></td>
<td><strong>9:30 Exercise MPR&lt;br&gt;10:00 Bible Talk MPR&lt;br&gt;2:30 Bird Bingo MPR&lt;br&gt;3:15 Walking Club</strong></td>
<td><strong>9:30 Exercise MPR&lt;br&gt;10:00 Bible Talk MPR&lt;br&gt;2:30 Bird Bingo MPR&lt;br&gt;3:15 Walking Club</strong></td>
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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.