

# Sunshine News

AUGUST 2019

LEHIGH COUNTY - CEDARBROOK SENIOR CARE AND REHABILITATION

VOL. XXX NO. VIII



HAVE A TAIL WAGGIN' GOOD  
**SUMMER**

**SUNSHINE NEWS II**

AUGUST 2019

(Funded by Lehigh County taxpayers dollars)

PUBLISHED MONTHLY  
CEDARBROOK SENIOR CARE AND REHAB  
350 S. CEDARBROOK ROAD  
ALLENTOWN, PA 18104  
(610) 395-3727 Fax: (610) 395-0412  
Hotline: 610-336-9604

Jason Cumello, MBA, NHA  
*Director/Administrator*

**Do you have a problem? A question?  
Is something bothering you?**

**Come talk to us about it – so we can solve it for you.**

**Our doors are open to you . . .**

Michelle Julian, RN, BSN, MS, NHA  
*Assistant Administrator*  
Dr. Gruer, MD  
*Medical Director*

David Crook  
*Chief Financial Officer*

Michelle Reichard  
*Financial Services Office Manager*

Teresa Samuels, RN, BSN, CNDLTC  
*Director of Nursing Services*

Donna Pendrak, RN  
*Assistant Director of Nursing Services*

Ed Fernandes  
*Director of Facilities*

Ricardo Cintado  
*Director of Environmental Services*

Karen Carr  
*Director of Dining Services*

Kristen Morstatt  
*Resident Assessment Coordinator*

Keisha McCollin-Bulluck  
*Human Resources Administrator*

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*Assistant Human Resources Administrator*

Jessica Shields  
*Director of Rehab*

*Social Service/Admissions*

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Rhett Palushock, Mouna Zaghtiti, Michline Nastah  
George Abdouche

Gabe Robinson  
*Director of Social Services*

Jackie Mistszyn  
*Director of Business Development/Admissions*

Alice Christman, CTRS  
*Director of Life Enrichment*

Kerry Magliane  
*Coordinator of Volunteer Services*

Chaplain Fred Bartholomew,  
Chaplain Phillip Baker  
*Faith Services*

**Attention Visitors!!! We Want To Hear From You!!!**

When writing to share positive comments, complaints, or suggestions for improvement, please include your name and contact information. We take your comments seriously, and we may need to ask questions, and of course, we'll want to share with you the action taken to address your concerns.



*Thank You!*

**Our Mission**

It's all about

**C.H.O.I.C.E.S.**  
at Cedarbrook Nursing Homes

*A Community with Heart Offering  
Individualized Care and Excellent Service.*

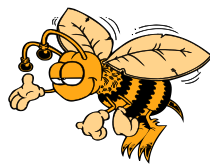
Adopted October 2006

**NURSING HOME HOTLINE**

**610-336-9604**

If you have a question, concern, or complaint, which you believe has not been satisfactorily addressed by our staff, feel free to call our Administrative Hotline. Our Hotline can also be used to report suspected fraud, waste and abuse in accordance with the federal Deficit Reduction Act of 2005. The Hotline number is posted throughout the facility. An Administrative Assistant will take calls, or you can record a message when no one is available. Please follow the instructions when leaving a recorded message. Your call is confidential, but you do need to provide your name and telephone number, in case we need to contact you for more information, and to inform you of the action taken. You can report Fraud, Waste and Abuse to the Lehigh County Ethics Hotline at 610-782-3999. This information is confidential and caller may remain anonymous.

# THE B U Z Z



C-3

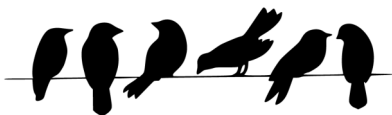


## Around Cedarbrook...

Events of August. Did you know that the banana is one of the most perfect foods of all. Well it is. After you take a bite of the banana, you will feel it break into three pieces. When one goes to a racing event, the caller, in a loud voice, will yell out get ready, set and go. But when one says a prayer in church or at home you end it by saying, in a soft voice, in the name of the Father, the Son and the Holy Spirit, Amen. This month means the beginning of another school year and goodbye to the Summer vacations. Then it means putting your mind back to studying, having tests, doing homework, and after school activities. But most of all it means seeing all of your friends again. The Allentown Fair starts the last week-end of this month. As usual there will be side shows, carnival rides, fast-food booths, games of chance, etc. Then there is the Ritz BBQ where the food is out of this world. You will see animals and birds, etc. being judged. You can visit the Agricultural Hall where you can see many handmade items, demonstrations of new items that are featured on television or in magazines. Then there are the grandstands where one can see many celebrities, whether they dance or sing, tell jokes, etc. I can remember when my husband Bill and I went to see Roy Rogers and Dale Evans, because I was expecting a baby any day. I had packed a suitcase just in case. The hospital was right across the street. The baby didn't come until ten days later.

**Dorothea Shunk - C-3**

## BIRD WATCH



What type of hawks can we expect to see around Cedarbrook?

Occasionally a Red-Tailed Hawk is seen around Cedarbrook. Turkey Vultures are also seen here and sometimes perch on the old water tower near here. Canadian Geese, American Robins, European Starlings, and Purple Grackles are also seen here.

**Donald Heintzelman - D-3**

A very nice person gave Diane and me each a jar of home-made pickles. She got bread & butter pickles and I was given dill, with the understanding that we share them. I went to visit my granddaughter, who was in the hospital, on a Saturday. That was Diane's chance to open her pickles and eat the WHOLE jar, all the while thinking, "I should save some of these for Jeanie", but did she do it? No, she ate the whole jar and then drank the juice. The following poem tells you what happened to my jar...

Hey Geri, the pickles were delicious,  
Sure hope they are really nutritious  
Well at least I know the dill ones were good  
My friend didn't share the bread and butter ones  
as you said she should

To top it off when I had her open MY jar  
She helped herself to two dill ones from afar  
Then she had the nerve to come in my space  
To get herself another taste  
A friend like that you need no more  
So I'm kicking her right out my door!  
Guess her mother never taught her to share  
Cuz she ate ALL those pickles without a care!

Joy and Emily, from Life Enrichment, decided we should bring this dilemma to light! Check out C-3 to find the pickle pilferer!

**Jean Larison - C-3**

June 25th was a car show I will never forget. Before I had a chance to eat my cabbage & noodles, I looked up and there was my dream car from my past. A BEAUTIFUL YELLOW FORD COUPE with a RUMBLE SEAT. As I stood there, my mind wandered back to age fourteen when my dad would let my Aunt Linda and three of her girlfriends and me use his car to go get ice cream and go for a ride. I was the lucky one who always got to ride in the rumble seat, I felt so proud because the boys always looked and waved. That was a thrill to me at that age. If I close my eyes, I can almost see the good old days! Thank God for the beautiful weather, and to Sodexo for the yummy food, but most of all, many thanks to the staff from Life Enrichment for all the work they put into this great event. Last, but certainly not least, thank you to all the volunteers who were everywhere to tend to our needs. God Bless everyone!

**Venice Crouthamel - C-3**

## Residents' Celebrating AUGUST Birthdays



|                         |     |       |
|-------------------------|-----|-------|
| ROBIN KOTSCH            | B-3 | 08-01 |
| ROSE CHRISMER           | D-7 | 08-01 |
| LEATRICE MASONHEIMER    | D-7 | 08-03 |
| MARIE KUBUSHEFSKY       | D-4 | 08-03 |
| SANDRA SMITH            | C-2 | 08-04 |
| SHIRLEY GLASSMEYER      | C-3 | 08-04 |
| ELFRIDA LEARMONT        | C-2 | 08-07 |
| ROSE SOMMER             | D-3 | 08-07 |
| ANIBAL RIVERA RODRIGUEZ | D-5 | 08-09 |
| EDGAR BERTSCH           | B-3 | 08-11 |
| ROMONA GANSSLE          | D-4 | 08-11 |
| JEAN FRITZINGER         | C-2 | 08-12 |
| GLORIA SELIG            | D-7 | 08-12 |
| MARILYN BARKER          | D-2 | 08-14 |
| VELMA SNYDER            | D-7 | 08-14 |
| LORRAINE STENGEL        | D-4 | 08-15 |
| CARL DEBOER             | B-3 | 08-16 |
| DONNA KUTZ              | D-2 | 08-16 |
| IRENE ZEBROWSKI         | C-3 | 08-16 |
| VIOLET HOFFMAN          | D-4 | 08-17 |
| DOROTHY COLUMBO         | D-6 | 08-17 |
| SARAH PRYDYBASZ         | D-7 | 08-18 |
| SHIRLEY BORTZ           | C-3 | 08-18 |
| THOMAS SHELLHAMMER      | B-3 | 08-20 |
| KHAIRUNNIS METHA        | C-3 | 08-20 |
| GLORIA GRIM             | D-3 | 08-21 |
| ROBERT KOCH             | D-5 | 08-22 |
| SUSAN KRAUSE            | D-4 | 08-23 |
| MARY SOMMER             | D-6 | 08-24 |

|                  |     |       |
|------------------|-----|-------|
| ANN REINSMITH    | C-3 | 08-24 |
| VERONICA LESHKO  | D-4 | 08-25 |
| BETTY STEINMETH  | D-6 | 05-25 |
| CONSTANCE BEAM   | D-2 | 08-25 |
| VICTORIA RUHE    | C-3 | 08-27 |
| JAMES KOCHENASH  | D-5 | 08-27 |
| JEFFRYEY HAHN    | D-2 | 08-28 |
| DOLORES HOFFERT  | D-4 | 08-28 |
| THOMAS MILLER    | D-5 | 08-28 |
| JEAN ZWARYCH     | D-4 | 08-29 |
| MARIE NEDEROSTEK | D-3 | 08-29 |
| LEROY BICKERT    | D-2 | 08-29 |
| ELBA BERRIOS     | D-7 | 08-30 |
| JOYCE SCHRAMMEL  | D-4 | 08-31 |

WE APPRECIATE THAT FAMILIES WANT TO SHARE PARTY TREATS WITH THEIR LOVED ONES' ROOMMATES AND FRIENDS. UNFORTUNATELY, MANY OF OUR RESIDENTS HAVE SPECIAL DIETARY NEEDS. BEFORE GIVING FOOD TO OUR RESIDENTS, PLEASE CHECK WITH THE NURSE TO SEE IF IT IS ALLOWED.

**THANK YOU**

## Welcome New Residents

|                   |          |
|-------------------|----------|
| Evelyn Bowers     | Unit B-2 |
| Jane Jarvis       | Unit D-6 |
| Veronica Leshko   | Unit D-4 |
| Mark Queen        | Unit D-2 |
| Richard Simcoe    | Unit D-2 |
| Kristi Hanawalt   | Unit D-4 |
| Anna Kuhns        | Unit D-7 |
| Dorothy McDonald  | Unit C-3 |
| Barbara Roberts   | Unit D-3 |
| Robin Johnson     | Unit C-2 |
| Patricia Schaffer | Unit B-2 |
| Evelyn Bailey     | Unit D-6 |
| Victoria Ruhe     | Unit C-3 |
| Florence Hartzell | Unit D-2 |

# FUN IN THE SUN

## Word Jumble

Unscramble the letters listed below to find words which have to do with the Summer. Answers are at the bottom of the page.

1. FRSU \_\_\_\_\_
2. INEBOFR \_\_\_\_\_
3. AECON \_\_\_\_\_
4. LYLEAOVLLB \_\_\_\_\_
5. NSLOREK \_\_\_\_\_
6. ACVONTAI \_\_\_\_\_
7. IEDV \_\_\_\_\_
8. LAEBABSL \_\_\_\_\_
9. GIISFNH \_\_\_\_\_
10. CNCPII \_\_\_\_\_
11. STUUGA \_\_\_\_\_
12. SAESEW \_\_\_\_\_
13. LAYIMF \_\_\_\_\_
14. LINIGAS \_\_\_\_\_
15. BTAO \_\_\_\_\_
16. INGWS \_\_\_\_\_
17. PLOO \_\_\_\_\_
18. KEAL \_\_\_\_\_



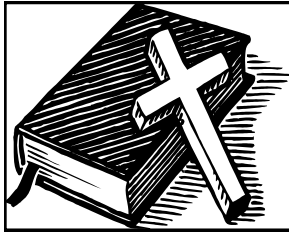
- ANSWERS:**
10. Picnic
  11. August
  12. Seesaw
  13. Family
  14. Sailing
  15. Boat
  16. Swing
  17. Pool
  18. Lake
  1. Surf
  2. Bonfire
  3. Ocean
  4. Volleyball
  5. Snorkel
  6. Vacation
  7. Dive
  8. Baseball
  9. Fishing

# Summer

## JOKES

- What does a bee do when it is hot?  
***He takes off his yellow jacket!***
- Why did the man love his barbecue?  
***Because it was the grill of his dreams!***
- What do you get when you combine an elephant with a fish?  
***Swimming trunks!***
- Do fish go on vacation?  
***No, because they're always in school!***
- Why did the dolphin cross the beach?  
***To get to the other tide!***
- Why don't oysters share their pearls?  
***Because they're shellfish!***
- What is a frog's favorite summertime treat?  
***Hopsicles!***
- What do you call a snowman in July?  
***A puddle!***
- Where do sheep go on vacation?  
***To the baa-hamas!***
- Why do fish swim in saltwater?  
***Because pepper water would make them sneeze!***
- Why did the robot go on summer vacation?  
***To recharge his batteries!***
- What does the Sun drink out of?  
***Sunglasses!***
- Why do fish like to eat worms?  
***Because they get hooked on them!***
- What did the ocean say to the sailboat?  
***Nothing it just waved!***
- What is a shark's favorite sandwich?  
***Peanut Butter and Jellyfish!***
- What do you say to a sweaty puppy?  
***You are one Hot Dog!***

# Chaplains Corner



## The Ordinary & Mundane...

Does life ever seem mundane? Does each day seem to run into the next? Have you ever thought, there must be more to life, this cannot be it! Good News! You are not alone. In fact, most of what we experience in life is ordinary and mundane. If that is true, then how can we feel fulfilled in the midst of the mundane? How can we find purpose in the ordinary? Let us turn to Scripture for the answers that we seek.

1 Corinthians 10:31 says, "So whether you eat or drink or whatever you do, do it all for the glory of God" (NIV). This passage gives us a peek into the ordinary. No matter what we do, big scale, low key, major achievements, mundane tasks, all should be done for God's glory. He becomes our focus. Pleasing Him becomes our desire. So how can we bring Him glory through the ordinary and mundane? We can begin with prayer.

I am currently reading a book titled "Prayer," by Richard Foster. According to Foster, we can "Pray the Ordinary" (174). You may be asking, "what does that mean to pray the ordinary?" It means that we can find significant value in the mundane and ordinary things of life! "We are Praying the Ordinary when we see God in the ordinary experiences of life" (Foster 174). We pray through the ordinary when "[we] pick up a newspaper and are prompted to whisper a prayer of guidance for world leaders...we are visiting with friends...and their words prompt us to lapse into prayer for them" (Foster 175).

How can you make the most of your days at Cedarbrook? Does one day seem to flow into the next or do you see endless opportunities for God? He is present in the hallways, in your rooms, in your conversations, with the birds at the windows, at meal times, during activities, etc. Remember, whatever you do can be done for God's glory. Do not be defeated by the mundane, rather, use it for a way to Glorify the Father! Draw closer to the Lord today as you Pray the Ordinary!

Chaplain Philip Baker  
Cedarbrook Senior Care and Rehab - Allentown

# DOG BREEDS WORD SEARCH PUZZLE

Search for all 22 words pertaining to different dog breeds. Put your skills to the test and see how many you can find. Have Fun!!

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

- 
- |            |            |            |
|------------|------------|------------|
| Akita      | Dalmatian  | Poodle     |
| Beagle     | Foxhound   | Pug        |
| Bloodhound | Greyhound  | Rottweiler |
| Boxer      | Maltese    | Sheepdog   |
| Bulldog    | Mastiff    | Shihtzu    |
| Chihuahua  | Pekingese  | Whippet    |
| Collie     | Pointer    |            |
| Dachshund  | Pomeranian |            |



# Resident Food Committee Minutes



The following are the minutes of the Resident Food Committee Meeting edited to include items of general interest.

Minutes - The minutes from the June 10, 2019 meeting can be found in the Sunshine News.

**JULY 8, 2019**

**2:45 p.m.**

**Attendance:**

**Dining Service Staff:**

Karen Carr - General Manager

Deanna Schmidt - Dietitian

Jen Cope - Diet Clerk

## Announcements

- The July Birthday Party was held on Tuesday, July 9, 2019. We had 24 residents attending. The next Birthday Party will be held on August 13, 2019.

The Dining Service Department is working on the following items.

- New Resident Ticket Program.
- Resident Summer Picnic Program will be held this month for the following units: D-5, D-4, C-2, C-3, and D-3.
- Please welcome our new staff member: Brian W. - Tray Line Supervisor.
- Forth of July Special Meal was: Fried Chicken, Baked Beans, Coleslaw, Ice cream Sundaes.

## Dietitian's Corner Program

Summer is here! We hope you all are enjoying the warm weather. We have celebrated the fourth of July already and hope you all enjoyed your meal. We have also started our summer picnic program of bringing a picnic lunch to each unit throughout the summer. Our picnic gives everyone the opportunity to have their favorite picnic foods like hot dogs and hamburgers, baked beans, corn, coleslaw, potato salad and watermelon for dessert. We all hope you enjoy this time as the dining services staff enjoy being on the unit to assist in serving this meal. Enjoy your summer.

Thank You

Deanna Schmidt RD, LDN

## Next Meeting Will Be On: AUGUST 12, 2019

Thank you to everyone for your time and ideas.

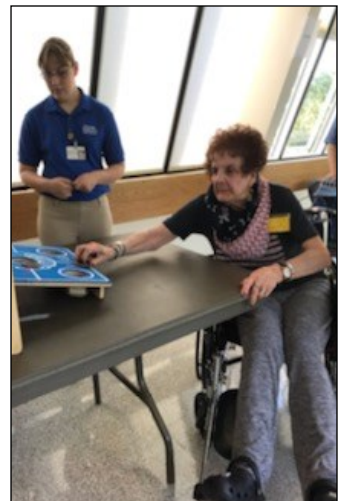
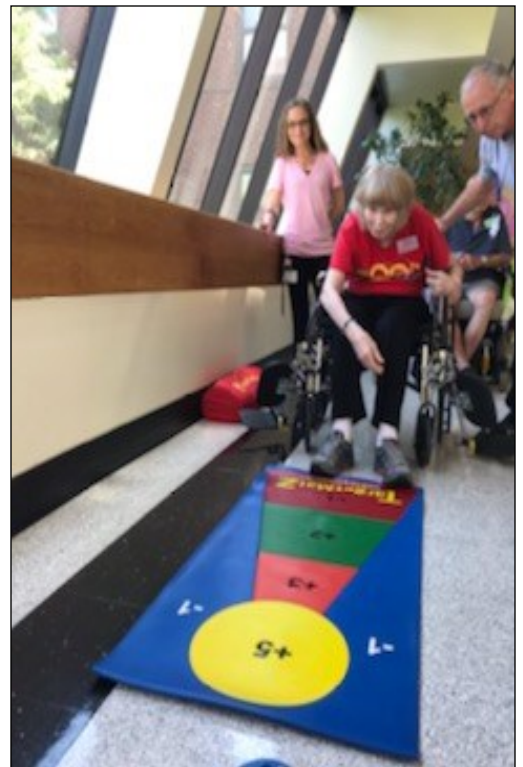
We hope to see you at our next meeting. Please encourage your fellow residents to attend.



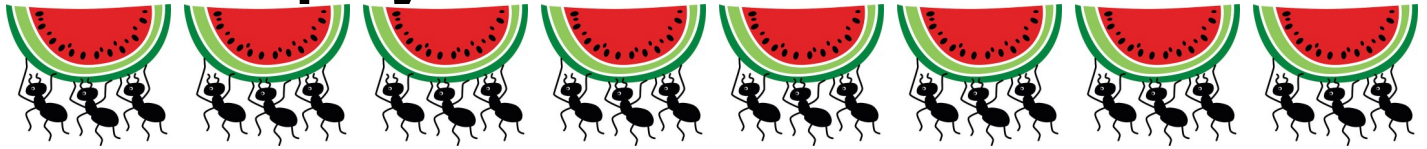
# SENIOR OLYMPICS 2019



On Thursday, June 27, 2019, five residents from Cedarbrook attended the Gracedale Senior Olympics. Cedarbrook came back with 14 medals. They enjoyed games, lunch, entertainment and awards. **GO CEDARBROOK!**

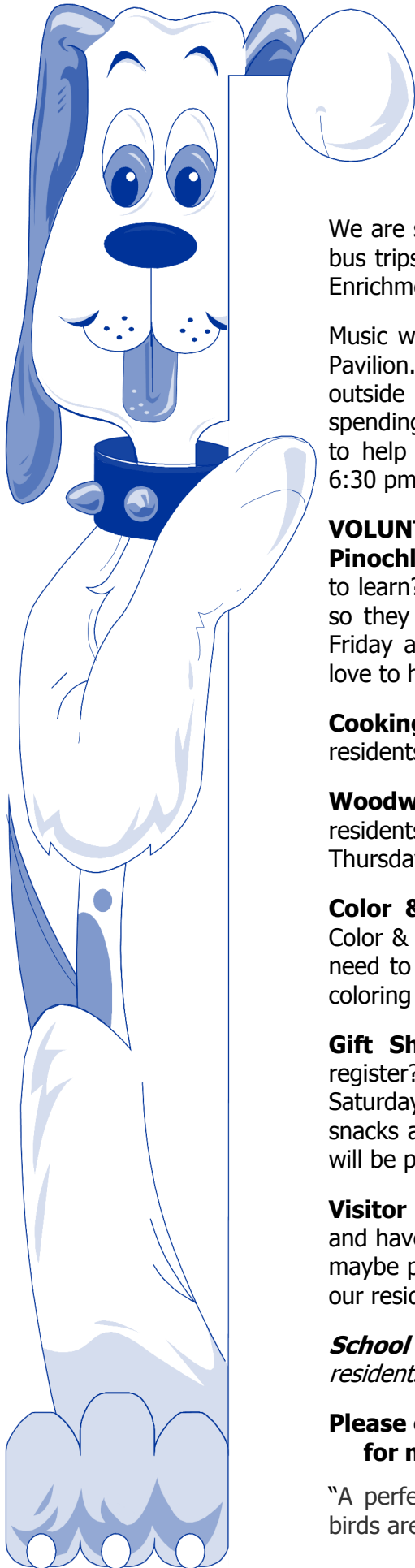


# Cedarbrook Employee Service Anniversaries



| Employee            | Department       | Years | Employee            | Department           | Years |
|---------------------|------------------|-------|---------------------|----------------------|-------|
| Lawrence Hanig      | Nursing          | 26    | Vontoya Grimsley    | Nursing              | 7     |
| Brenda Anthony      | Nursing Office   | 26    | Melissa Monaghan    | Nursing              | 7     |
| Lori Biegly         | Nursing          | 25    | Amy McKellin        | Educational Services | 7     |
| Brenda Belcak       | Nursing          | 22    | Nicole Dlugos       | Nursing              | 6     |
| Elsa Contreras      | Nursing          | 20    | Katheryn Betancourt | Nursing              | 4     |
| Patrick Leun        | Nursing          | 20    | Lexus Arce          | Nursing              | 4     |
| Paul Paterson       | Central Services | 20    | Samantha Skumpija   | Nursing              | 4     |
| James Leibensperger | Environmental    | 17    | Ronaisha Rich       | Nursing              | 3     |
| Karen Biggs         | Nursing          | 16    | Brooke Best         | Nursing              | 3     |
| Lisa Heintzeman     | Nursing          | 16    | Aaron Felker        | Nursing              | 3     |
| Michelle Hengeveld  | Nursing Office   | 15    | Gina Andreas        | Nursing              | 3     |
| Jean Reis           | Nursing          | 14    | Jennifer Sparling   | Life Enrichment      | 3     |
| Tiffany Smicker     | Environmental    | 14    | Jessica Rotz        | Human Resources      | 3     |
| Emmanuela Turnier   | Nursing          | 12    | Cynthia Rausch      | Nursing              | 2     |
| Lindsey Ruff        | Nursing          | 12    | Kathryn McArdle     | Admissions           | 2     |
| Bernadine Johnson   | Nursing          | 12    | Shadi Nasera        | Facilities           | 2     |
| Ashley Ross         | Nursing          | 11    | Ashley Arroyo       | Financial            | 2     |
| Marylou Quier       | Environmental    | 11    | Tynasia Bradley     | Nursing              | 1     |
| Margaret Bundra     | Life Enrichment  | 9     | Jennie Gomez        | Nursing              | 1     |
| Irina Diaz          | Nursing Office   | 8     | Melody Depinto      | Nursing              | 1     |
| Teleah Davis        | Nursing          | 7     |                     |                      |       |

If you prefer not to have your name listed in the SSN or HSN please call Human Resources. Thank You!



# VOLUNTEERS

## Very Important People

We are seeing the sure signs of summer around Cedarbrook. Car shows, fishing, bus trips for ice cream, and outdoor visits. Thank you to the volunteers and Life Enrichment staff for helping our residents have an amazing summer.

Music will fill the air as the Outdoor Summer Concerts begin at the Cedar View Pavilion. We are looking for volunteers to sign up and help escort our residents outside to enjoy the entertainment. Sometimes there is nothing so sweet as spending an evening outside listening to good music. Please consider signing up to help at one of the upcoming concerts: August 15th, and Sept 24th, from 6:30 pm-8:30 pm, weather permitting.

### **VOLUNTEERS ARE NEEDED – CAN YOU HELP?**

**Pinochle Transporters and Helpers** – Do you play pinochle? Would you like to learn? Are you just willing to transport our residents to/from the Family Room so they can enjoy a game? We are in need of transporters on Thursday and Friday afternoons, 1:00 pm-3:00 pm, for the pinochle games. We would also love to have more players to assist residents.

**Cooking & Baking** – Would you like to come once a week and help our staff and residents with a little cooking or baking activity. Every Thursday 2:00 pm-3:00pm

**Woodworking** – Assist residents as they paint their wooden art projects. Our residents love to paint and create wooden crafts and just need a little help. Thursdays 2:00 pm-3:30 pm.

**Color & Chat** – We are looking for volunteers to help our residents at our new Color & Chat activity on Monday mornings 9:30 am-11:30 am. Volunteers would need to bring residents in wheelchairs to and from the auditorium and hand out coloring pencils and pictures.

**Gift Shop Clerk** – Have you ever worked in a store? Have you run a cash register? We are looking for a dedicated volunteer to work in our gift shop on Saturdays 12:30 pm-3:30 pm. Our residents love to use our gift shop to buy snacks and little gifts and we would love to have it open on Saturdays. Training will be provided.

**Visitor Volunteers** – Many of our residents would love to have someone come and have a short visit with them, take them outside to our patio on a nice day, or maybe play a game. Do you have just one or two hours a week to make some of our residents feel special? This can be weekdays or weekends.

**School Students:** *You can earn your community service hours by helping residents and staff at Cedarbrook. Students must be at least 13 years of age.*

**Please contact Kerry 610-336-5684 or [kerryagliane@lehighcounty.org](mailto:kerryagliane@lehighcounty.org) for more information or to sign up for any of these opportunities**

“A perfect Summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken.” -James Dent, American Author.

Cedarbrook Allentown  
"Dream A Little Dream"

In Partnership With Second Wind Dreams®

An international organization changing the perception of aging, one dream at a time!

## Second Wind Dreams Dream Discovery Form

Date: \_\_\_\_\_

Interview: \_\_\_\_\_

Resident Dreamer: \_\_\_\_\_ Nursing Unit/Room: \_\_\_\_\_

1. Resident's past occupation: \_\_\_\_\_

2. Is there something related to your former occupation that you would like to do again? \_\_\_\_\_

3. Think of something you loved doing in the past that you would like to do again. \_\_\_\_\_

4. Name something that really gives you pleasure that you have not been able to enjoy recently: \_\_\_\_\_

5. Is there a favorite food that you love and have not had in a long time?  
\_\_\_\_\_

6. Is there a person you are missing and have not had a chance to see and where do they live? \_\_\_\_\_

7. Is there something you would still like to learn? \_\_\_\_\_

8. Is there something you would like to do for a particular person you know?  
\_\_\_\_\_

9. Is there something that you need that would make your life easier or more enjoyable? \_\_\_\_\_

10. If you were to dream of doing anything at all, what would it be?  
\_\_\_\_\_

11. Family member you would like to include in your dream: \_\_\_\_\_

Cedarbrook Allentown

# "Dream A Little Dream"

In Partnership With Second Wind Dreams®

An international organization changing the perception of aging, one dream at a time!

## Second Wind Dreams Planning Form

Date: \_\_\_\_\_

1. Staff Captain (Unit Staff Overseeing Dream): \_\_\_\_\_  
\_\_\_\_\_

2. Summary of Dream: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. Dream Details Including (Details / Dates / Phone Numbers)  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. Transportation (Details / Resident Mobility / Car or Van Lift Needed)  
\_\_\_\_\_  
\_\_\_\_\_

5. Oxygen Needed: Yes \_\_\_\_\_ No \_\_\_\_\_

6. Other Special Needs (Dietary Needs, etc.) \_\_\_\_\_

7. Consents: Resident has an OOP order \_\_\_\_\_  
Physician is aware of dream \_\_\_\_\_  
Name of Responsible Party \_\_\_\_\_  
Responsible Party Informed of Dream \_\_\_\_\_  
Release of Liability Signed \_\_\_\_\_  
Photo Permission \_\_\_\_\_

Completed By \_\_\_\_\_

Date \_\_\_\_\_

**AVAILABLE HERE**



**WI-FI**

**WIRELESS  
INTERNET  
ACCESS**

Wireless access to the Internet is now available at Cedarbrook-Allentown and Cedarbrook-Fountain Hill. Residents with wireless devices such as laptops, notebooks, tablets (Kindle, Nook, etc) may request access through their Social Worker or Therapeutic Recreation Aide. Our PC Specialist will assign a unique username and password, which must be kept confidential. Visitors may request access at the switchboard. Usernames and passwords for visitors will automatically expire after three days.

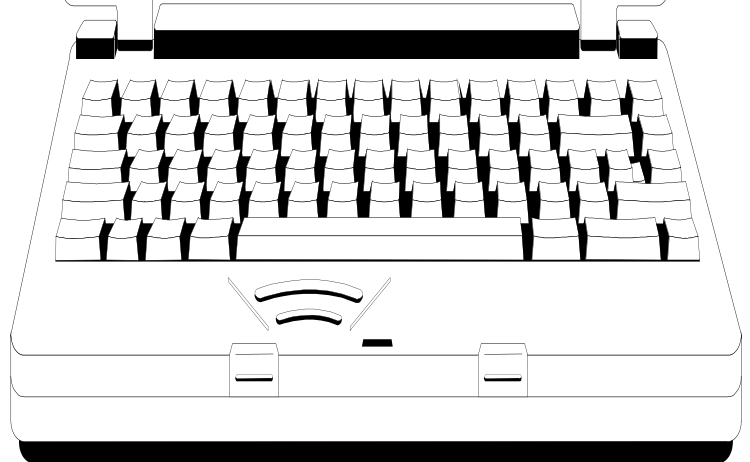
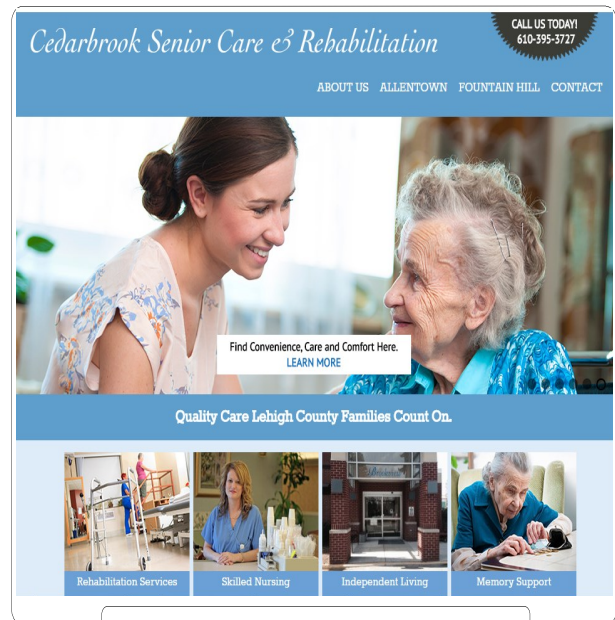
**DOG BREED  
WORD SCRAMBLE**

Can you unscramble the twelve words listed below to find some of your favorite dog breeds. The answers are at the bottom of the page. Have Fun!

1. IKATA \_\_\_\_\_
2. PEHPITW \_\_\_\_\_
3. LEAEGB \_\_\_\_\_
4. LAMUTMAE \_\_\_\_\_
5. BDONHOLUDO \_\_\_\_\_
6. EORBX \_\_\_\_\_
7. HAIUCAHUH \_\_\_\_\_
8. CIELLO \_\_\_\_\_
9. HSUHCNDDA \_\_\_\_\_
10. IANDMAOTL \_\_\_\_\_
11. YEHNUGDO \_\_\_\_\_
12. ALTEMSE \_\_\_\_\_

- |             |               |               |
|-------------|---------------|---------------|
| 1. AKITA    | 5. BLOODHOUND | 9. DACHSHUND  |
| 2. WHIPPET  | 6. BOXER      | 10. DALMATIAN |
| 3. BEAGLE   | 7. CHIHUAHUA  | 11. GREYHOUND |
| 4. MALAMUTE | 8. COLLIE     | 12. MALTESE   |

Visit us on [www.cedarbrookseniorcare.com](http://www.cedarbrookseniorcare.com)



Welcome to the official Cedarbrook website, designed to inform Lehigh County residents - and the world at large - about the quality services and operations provided here. It also offers dropdowns for both Allentown and Fountain Hill locations, with directions, departmental listings and the newsletters, posted every month. On the home page are slider segments that promote the institution and that will change from time to time. A highlight of the front page is the "Ratings & Reviews" section at the bottom where Cedarbrook users can submit their opinions on the quality of services. Please visit the site often, and please let your family and friends know about it. [www.cedarbrookseniorcare.com](http://www.cedarbrookseniorcare.com) is copyrighted by Cedarbrook Senior Care & Rehab.

## RESIDENTS' COUNCIL MEETING MONDAY, JULY 8, 2019

The Resident Rights for July was read:

**USE OF PSYCHOPHARMACOLOGIC DRUGS** - These drugs may only be administered to you on the orders of a physician and only as part of your written plan of care. Your plan of care must describe the plan to eliminate or modify the symptoms for which the drugs are prescribed. At least annually an independent, external consultant must review the appropriateness of your receiving such drugs.

### HIGHLIGHTS:

- Life Enrichment Department Director announced activities for the month of July.
- One of our residents wanted to let everyone know that the recent Car Show was a "big hit".
- The next meeting will be held on Monday, August 12, 2019 at 2:00 pm in the Auditorium.



## Lost And Found

is located in the Financial Department. Many items await the claim of their rightful owner. If you think what you have "lost" may have been "found", please talk to your social worker or stop by.

## How To Get Repairs Done

Any residents having difficulties with their equipment such as lights, radios, wheel-chairs, beds, etc., please contact your unit clerk, nursing staff, or charge nurse on unit to send a work order to Facilities for repairs.

## SUNSHINE NEWS STAFF

|                      |                 |
|----------------------|-----------------|
| EDITOR/FORMAT DESIGN | PEGGY BUNDRA    |
| ADVISOR              | ALICE CHRISTMAN |
| COPY EDITOR          | MEL FEJES       |
| PHOTOS               | MICHELLE AYELLO |

|                   |     |
|-------------------|-----|
| MARGIE EVERETT    |     |
| Nancy Brey        |     |
| Venice Crouthamel | C-3 |
| Elma Uhle         | C-2 |
| Dorthea Shunk     | C-3 |
| Jean Larison      | C-3 |

# CEDARBROOK DOG SHOW



## 2:00 PM - FRIDAY - AUGUST 9, 2019

Ascend Hospice will be hosting a Dog Show on Friday - August 9, 2019 @ 2:00 PM in the Cedarbrook Allentown Auditorium. If you would like to have your dog participate it must be registered in our pet therapy program. To register your dog or register for the show, please call Cedarbrook Allentown at 610-395-3727 and ask for the Life Enrichment Department at ext. 5681. There will be a limit of approximately 25 dogs. The dogs will be judged: Best Trick, Best Costume, Best In Show, Best In Size (Small, Medium, Large). Participants should arrive at Cedarbrook by 1:30 PM and complete a registration form. Thank You!



## BLT WRAP

- 3 ounces cream cheese (softened)
- 4 to 5 flour tortillas
- 2 tomatoes (seeded and chopped)
- 2 avocados (chopped)
- 2 green onions (chopped)
- 10 slices bacon (fried crisp and crumbled)
- 1/3 cup ranch salad dressing
- 2 tablespoons mayonnaise
- 2 cups mixed salad greens

### DIRECTIONS:

- Spread some of the softened cream cheese on each flour tortilla and set aside. In a large bowl combine the tomatoes, avocado, green onions, cooked bacon, ranch salad dressing, and mayonnaise and mix well. Place this mixture on the tortillas and top with the salad greens, roll up. Serve immediately.

## PHILLY CHEESESTEAK WRAP

- 1 pound flank steak
- 1 tbsp. extra virgin olive oil
- kosher salt
- Freshly ground black pepper
- 1 white or red onion, thinly sliced
- 8 slices provolone
- 4 large whole wheat tortilla wraps

### DIRECTIONS:

- Preheat a large skillet over medium high heat. Brush steak with oil and season with salt and pepper on both sides. Cook steak until pink just disappears in the middle, 6 to 8 minutes on each side. Transfer to a cutting board and let rest, 5 minutes. Meanwhile, in the same skillet, cook onions and peppers until tender, 2 to 3 minutes. Reduce heat to medium-low. Thinly slice steak across the grain and transfer back to skillet. Top with provolone and cover until cheese is melty, 2 to 3 minutes. Fill tortillas with steak mixture, wrap tightly, and serve.

## BREAKFAST WRAP

- 1 extra-large wrap
- 2 thin slices tomato
- 1/4 Cup shaved cucumber
- 3 strips bacon or turkey bacon
- 1 Tablespoon cream cheese
- 1/4 Cup sliced avocado
- 1/4 Cup shredded carrots

### DIRECTIONS:

Lay out the wrap and coat with an even layer of cream cheese, leaving some room around the edges for handling. Next, lay down the tomatoes, followed by the avocado, cucumber, carrots and bacon. Fold wrap, crunch and enjoy!



## HAM BREAKFAST WRAP

- 6 Large eggs
- 2 Tablespoons milk
- 1/4 teaspoon pepper
- 1 Tablespoon canola oil
- 1 Cup shredded cheddar cheese
- 3/4 cup diced fully cooked ham
- 4 flour tortillas (8 inches) warm

### DIRECTIONS:

- In a small bowl, whisk the eggs, milk and pepper. In a large skillet, heat oil. Add egg mixture; cook and stir over medium heat until eggs are completely set. Stir in cheese and ham. Spoon egg mixture down the center of each tortilla; roll up.

## CHOCOLATE DESSERT WRAP

- 1/2 Cup creamy peanut butter
- 4 flour tortillas (8 inches)
- 1 cup miniature marshmallows
- 1/2 cup miniature semisweet chocolate chips
- Vanilla ice cream
- Chocolate shavings, optional

### DIRECTIONS:

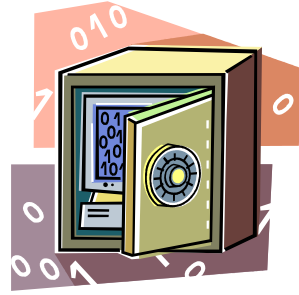
- Spread 2 tablespoons of peanut butter on each tortilla. Sprinkle 1/4 cup marshmallows and 2 tablespoons chocolate chips on half of each tortilla. Roll up beginning with the topping side. Wrap each tortilla in heavy-duty foil; seal tightly. Grill, covered, over low heat for 5 - 10 minutes or until heated through. Unwrap tortillas and place on dessert plates. Serve with ice cream. Garnish with chocolate shavings, if desired.

## FRESH FRUIT WRAP

- 1 banana, slightly under-ripe, sliced
- 1 ripe pear, any variety, chopped
- 2 firm peaches, pitted and chopped
- 1 pint strawberries, tops removed chopped
- A wedge lemon or lime
- 6 large plain 10 inch wrap
- 1 cup fruit preserves or all fruit spread

DIRECTIONS: Mix fruit in a bowl and dress with lime or lemon juice. Place wraps in a clean towel & place in microwave for 30 seconds. Spread wraps with preserves. Pile 1/6 of salad near one edge of wrap. Tuck in sides & roll up. Repeat with remaining ingredients

## Tips for Keeping Your Money and Valuables Safe



Although we discourage residents from keeping money and valuables in their room, we realize that many of you will choose to do so. Therefore, we would like to offer these tips to help you keep your money and valuables safe from loss or theft. Since you have access to the money in your account during normal business hours Monday through Friday, we suggest that you only withdraw the amount you need for immediate use. If you need larger sums of money for gifts or to reimburse your family members for purchases made on your behalf, we suggest that you contact Financial Services to arrange for payment by check. If you choose to keep money and valuables in your room, we highly recommend that you secure such items in the locked drawer of your bedside cabinet. Keep your key with you, or keep your key out of sight in a safe place. As soon as you realize that your money or property is missing, it is important to report it immediately to the Charge Nurse. Cedarbrook will not assume responsibility for replacing missing property kept by residents on their person or in their room. However, we will take action to investigate, and to try to recover your property if possible. Finally, we ask that you help us maintain a current inventory of your personal property. Any property that you purchase or receive during your stay should be added to your Valuables Received After Admission Form, including a description of the property. This information is essential when trying to locate missing items.



## AT REST JUNE

Dorothy Nonnemaker

Bernice Harris

Wilma Maurer

Merial Spohn

Elaine Kern

Carol Andrush

Reuben Snyder

Marion Rovner

Areeta Wanamaker

Betty Laubach

Hilda blose

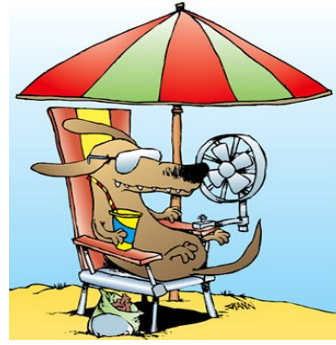


# House Activity Schedule – AUGUST 2019

| SUNDAY  | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY   |
|---|---|--|--|--|--|--|
| <b>KEY:</b><br><b>TR</b> – TR Workshop, 2 <sup>nd</sup> Floor<br><b>FR</b> – Family Room, 1 <sup>st</sup> Floor<br>*All other programs held in Auditorium on the 2nd floor<br>** All programs are subject to change<br>IP = Independent Program |   |  |  |  |  |  |
|   |   |  |  |  |  |  |
| <b>4</b><br>2:00 CHURCH   | <b>5</b><br>10:00 COLOR & CHAT<br>2:15 JACK HAMLETT COUNTRY GOSPAL ANYTHING GOES                  | <b>6</b><br>9:30 CRAFTS & KNITTING<br>2:00 HAPPY HOUR<br>7:00 YAHTZEE                                    | <b>7</b><br>10:00 TALKING BOOK<br>10:00 SSN STAFF MEETING<br>3:30 BIBLE STUDY  | <b>8</b><br>10:00 MUSIC MAKERS<br>1:30 PINOCHLE-IP<br>2:00 CHOIR                       | <b>9</b><br>10:00 DEVOTIONS<br>1:30 PINOCHLE-IP<br>2:00 DOG SHOW                             | <b>10</b><br>10:00 PUZZLE<br>YOUR MIND<br>2:15 LORI WOODWARD       |
| <b>11</b><br>2:00 CHURCH  | <b>12</b><br>10:00 COLOR & CHAT<br>2:00 RESIDENT COUNCIL AND FOOD COMMITTEE<br>3:30 HYMN SING (C) | <b>13</b><br>9:30 CRAFTS & KNITTING<br>11:30 AUGUST RESIDENT BIRTHDAY PARTY*<br>*For scheduled residents | <b>14</b><br>10:00 TALKING BOOK<br>3:30 BIBLE STUDY<br>7:00 PET VISIT  | <b>15</b><br>10:00 MUSIC MAKERS<br>1:30 PINOCHLE-IP<br>1:30 WOOD WORKING<br>2:00 CHOIR | <b>16</b><br>10:00 DEVOTIONS<br>1:30 PINOCHLE-IP<br>2:00 TALENT SHOW                         | <b>17</b><br>10:00 PUZZLE<br>YOUR MIND<br>2:15 MUSIC WITH VERONICA |
| <b>18</b><br>2:00 CHURCH with Communion   | <b>19</b><br>10:00 COLOR & CHAT<br>2:15 THE EXES<br>7:00 HORSERACING                              | <b>20</b><br>9:30 CRAFTS & KNITTING<br>2:00 MASS<br>7:00 CASINO  | <b>21</b><br>10:00 TALKING BOOK<br>2:00 MEMORIAL SERVICE<br>3:30 BIBLE STUDY   | <b>22</b><br>10:00 MUSIC MAKERS<br>1:30 PINOCHLE-IP<br>1:30 WOOD WORKING<br>2:00 CHOIR | <b>23</b><br>10:00 DEVOTIONS<br>1:30 PINOCHLE-IP<br>1:30 SHABBAT SERVICE<br>2:00 HOUSE GAMES | <b>24</b><br>10:00 PUZZLE<br>YOUR MIND<br>2:15 MARVIN DIAMOND      |
| <b>25</b><br>2:00 CHURCH  | <b>26</b><br>10:00 COLOR & CHAT<br>2:15 TODD HORN<br>3:30 HYMN SING (C)                           | <b>27</b><br>9:30 CRAFTS & KNITTING<br>7:00 LEFT, RIGHT CENTER   | <b>28</b><br>9:00 SSN COLLATING<br>10:00 TALKING BOOK<br>2:00 AUXILIARY BINGO<br>3:30 BIBLE STUDY<br>7:00 BETHANY CHURCH | <b>29</b><br>10:00 MUSIC MAKERS<br>1:30 PINOCHLE-IP<br>1:30 WOOD WORKING<br>2:00 CHOIR | <b>30</b><br>10:00 DEVOTIONS<br>1:30 PINOCHLE-IP<br>2:15 GOOD OLD BOYS                       | <b>31</b><br>10:00 PUZZLE<br>YOUR MIND<br>2:15 MATT BOCHANSKI      |

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

# Dog Days Of Summer



We've hidden the names of twenty-two different breeds of dogs in this month's puzzle. How many can you find? Have fun finding them!

**SSN Staff**

- |                |              |                   |
|----------------|--------------|-------------------|
| Beagle         | Dalmatian    | Russell Terrier   |
| Bloodhound     | Doberman     | Saint Bernard     |
| Boxer          | Greyhound    | Sheepdog          |
| Bulldog        | Irish Setter | Whippet           |
| Chihuahua      | Lhasa Apso   | Yellow Lab        |
| Chocolate Lab  | Poodle       | Yorkshire Terrier |
| Cocker Spaniel | Pug          |                   |
| Collie         | Rottweiler   |                   |