

Sunshine News

SEPTEMBER 2019

LEHIGH COUNTY - CEDARBROOK SENIOR CARE AND REHABILITATION

VOL. XXX NO. IX

September

"By all these lovely tokens
September days are here,
With Summer's best of weather
And Autumn's best of cheer."



SUNSHINE NEWS II

SEPTEMBER 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

Brent Bowman
Assistant Human Resources Administrator

Jessica Shields
Director of Rehab

Social Service/Admissions

Debbie Smitreski, Jami Cooper, Heather Jaeger,
 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

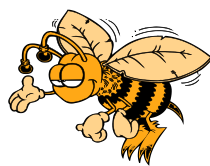


NURSING HOME HOTLINE

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 UZZ



C-3 Around Cedarbrook...

September Happenings...

The most important day this month is a special day honoring our Grandparents. I learned so much from my Mother's Mother, and my husband Bill's Grandmother and my Mother. I learned how to be a good parent. Among the many skills were how to iron. First it was how to iron flat pieces, such as handkerchiefs, and pillow cases. The next was dress shirts, trousers, and more. Then it was how to clean, dust furniture, wash the kitchen floor steps and the bathroom floor. When we canned different foods, I had to wash the jars, cleaned the tomatoes, and fruit. Not only did I wash the large jars for fruits and vegetables, but also jars for jellies. This was back in the 1930's and the 1940's. I went to live with my Grandmother when my mother got sick. She lived next door to us. When I graduated from High School she bought me my High School ring. My husband's Mother taught me how to make Kiffles. With the amount of dough we made (from sour cream and yeast) we were able to make 200 Kiffles. When we went to church, we took the bus from Emmaus to St. Paul's at 4th and Susquehanna Streets.

This month is back to school for all the students.

Labor Day weekend brings the end of the Allentown Fair for another year. The Bloomsburg Fair is also at the end of this month.

Dorothea Shunk - C-3

BIRD WATCH



What foods are included in a hawk's diet? Small and medium sized birds, mammals, and fish for Ospreys. Bald Eagles (our National Bird) also eat mostly fish.

How do we identify birds? We refer to a field guide (a book with pictures of all the birds.) I use Roger Tory Peterson's famous field guide but many people use Sibley's field guide. It's a birder's choice. Buy a field guide at your local book store.

Donald Heintzelman - D-3

Michele took us on a bus trip to Bear Mt. Sanctuary - a butterfly farm. A lady named Marie greeted us and showed us a film and taught us all about caterpillars vs. butterfly's. It was beautiful and educational. The butterfly's would fly around in a room where we sat and they would sit on our arms and hands. We could study them. So many species and varieties that I never saw before. There was also a frog room where there were tanks that were furnished true to nature that housed these tiny frogs. In all the rooms there were educated people who informed us all about them. It was quite a day and we all left with a lot of educated memories.

Elma Uhle - C-2

Bye, Bye Summer
Gone are the long hot days of Summer
Let Fall be a new start
With love in every heart
It's time to be at ease
and time to rake the leaves
Keep that smile on your face
God gives us a happy place

Bev Dawson - D-7

A big thank you to all that were praying for me during my illness. I'm doing better now. I appreciate you all! Blessings Dona.

**Dona Reynolds
Brookview**

Residents' Celebrating SEPTEMBER Birthdays



MARLENE GILLEY	D-2	09-01
MARGARET MASTERS	D-3	09-01
JEAN MONEK	B-2	09-03
MATHILDA GRIM	D-4	09-03
CATHERINE MORRIS	D-3	09-04
MARYANN REISS	C-3	09-05
SHIRLEY BICKERT	D-2	09-06
JUDITH TIBURZI	C-2	09-07
ALICE BENDER	D-3	09-09
JOYCE HOWARD	D-6	09-09
LARRY RUTH	D-5	09-10
RALPH SZEWEZAK	D-5	09-11
CHARLES WILLIAMS	B-3	09-13
DANIEL STONEBACK	B-3	09-15
JOSE CACHIGUANGO	B-3	09-15
RAEREA DORNEY	B-2	09-16
AMILCAR DOCANTO	B-3	09-16
ELIZABETH WEIMERT	D-7	09-18
DONALD SCHENK	B-3	09-19
RENEE LORENZ	B-2	09-20
ELAINE APGAR	D-6	09-21
DOLORES BURGOS-MALDONADO	D-4	09-21
PATRICIA MCGONIGLE	C-2	09-22

THOMAS REINSMITH	B-3	09-22
DARLENE SCHULER	D-3	09-23
ROBIN JOHNSON	C-2	09-25
CATHERINE JANDERS	D-2	09-25
DAVID DIEHL	D-5	09-26
JEANETTE MIDDLETON	D-7	09-27
JOHN KUNCIO, JR.	D-5	09-27
BEVERLY MILLER	D-7	09-28
PATRICIA ROTH	D-7	09-30

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

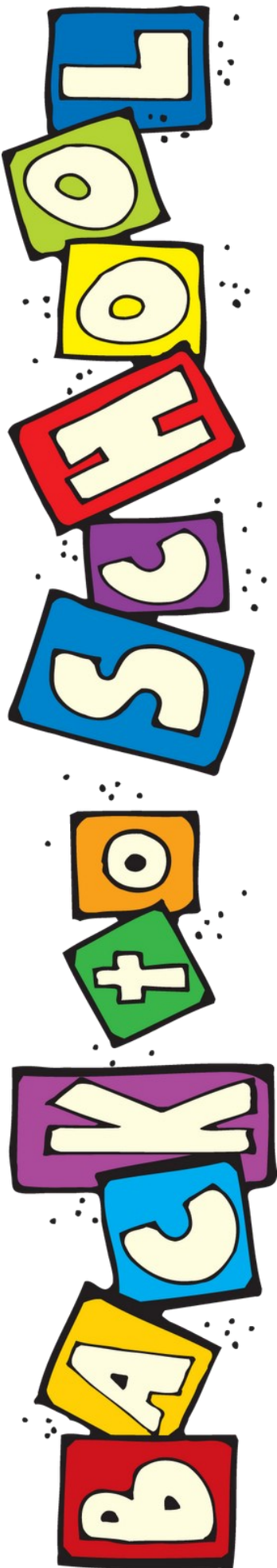
Welcome New Residents

Elizabeth Noll	Unit D-7
Louise Carpenter	Unit B-2
Jose Villa	Unit D-5
Vicente Aponte	Unit D-5
Robert Daniels	Unit B-3
Cecile Gardner	Unit D-7
Francis Donchez	Unit D-5
Marilyn Miller	Unit D-3
Elizabeth Dickert	Unit D-3
Santiago Rivera	Unit D-5
Joseph Krasny	Unit D-2

SCHOOL DAYS WORD SEARCH PUZZLE

Search for all 22 words pertaining to going back to school. Put your skills to the test and see how many you can find. Have Fun!!

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

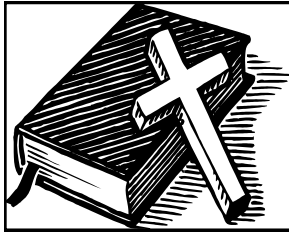


Art
 Calculator
 Calendar
 Classroom
 Computer
 Desk
 History
 Homework

Library
 Lunch
 Math
 Music
 Pen
 Pencil
 Quiz
 Read

Recess
 Science
 Sports
 Student
 Teacher
 Textbook

Chaplains Corner



Think On These Things!

Rejoice in the Lord always. I will say it again: Rejoice! (NIV). The Apostle Paul writes these words in his letter to the Philippian Church. Rejoice! What if I do not feel like rejoicing? What if my life seems meaningless and empty? What if I am plagued by thoughts of discouragement, disappointment, unworthiness, etc? What then? How can I rejoice in the midst of these thoughts, emotions, and circumstances? These are all valid questions! Let us dig into what Paul is saying here.

Paul understands discouragement. He is writing to a church that is facing persecution. Paul encourages the Philippian church to change their way of thinking. Did you know that thoughts dictate actions? If you think and dwell on something long enough you will begin to act upon it. What we think about is very important!!!

In Philippians 4:8, Paul says to think about "whatever is true [honest, reliable], whatever is honorable [worthy of respect], right [just and upright], pure [moral purity], lovely [agreeable, pleasing], whatever is admirable- if anything is excellent or praiseworthy- think about such things...And the God of peace will be with you" (NIV). Paul goes on to say that we should put these things into practice. We must take action!

It is important to note that Paul wrote these words while in prison. He had every reason to dwell on the negative, since he was imprisoned for his faith in Jesus. He understood full well the power our thoughts can have over us. Paul chose to dwell on the good things of the Lord. He chose to place his eyes on Christ, not his current circumstances. You and I can choose to do the same thing.

The negative and discouraging things of life will always be there but we do not have to let them control us. We can choose this day, and everyday forward, to dwell on Paul's list in verse 8. We can take action by changing our thought life. I pray we would choose to think on these things and allow the peace of Christ to guard our hearts and our minds in Christ Jesus!

Chaplain Philip Baker
Cedarbrook Senior Care and Rehabilitation, Allentown

Fall JOKES



What did the oak tree say when Autumn came around?

Leaf me alone!

What's the best thing to put into an apple pie?

Your teeth!

What did the doctor say when the nurse told him the invisible man was there?

Tell him I can't see him!

Why do trees try new things so often?

Because every Autumn, they turn over a new leaf!

What is a scarecrow's favorite fruit?

Straw-berries!

What is the cutest season of the year?

Awwwtumn!

What do you get when you drop a pumpkin?

Squash!

How do leaves travel from one town to another?

With Autumn-mobiles!

What's the slowest way for an ant to get down from a tree?

Sit on a leaf and wait until Autumn!

What is it called when a tree doesn't think it's Autumn?

Disbe-leaf!

Why do birds fly South in the Fall?

Because it's too far to walk!

What's worse than finding a worm in your apple?

Finding half a worm!

What did the apple say to the pie baker?

Use cherries instead!

What's a tree's least favorite month of the year?

Sep-timber!

Why did the apple pie cry?

It's peelings were hurt!

BACK TO SCHOOL

Word Jumble

Unscramble the letters listed below to find words which have to do with the back to school. Answers are at the bottom of the page. Have Fun!

1. HCNLU _____
2. ORTSIHY _____
3. ROELKC _____
4. RMGMARA _____
5. SSTET _____
6. RCEETFAAI _____
7. OBKNTOEI _____
8. AEHRTEC _____
9. ICPPNRAIL _____
10. YTSUD _____
11. OSBKO _____
12. ILBRRAY _____
13. CRTEMPUO _____
14. GMMSNUIAY _____
15. KBAKCCP _____
16. OEORKMWH _____
17. GRADEIN _____
18. RAYGGOEPH _____

ANSWERS:

- | | |
|--------------|---------------|
| 1. Lunch | 10. Study |
| 2. History | 11. Books |
| 3. Locker | 12. Library |
| 4. Grammar | 13. Computer |
| 5. Tests | 14. Gymnasium |
| 6. Cafeteria | 15. Backpack |
| 7. Notebook | 16. Homework |
| 8. Teacher | 17. Reading |
| 9. Principal | 18. Geography |

Resident Food Committee Minutes



Minutes - The minutes from the July 8, 2019 meeting can be found in the Sunshine News.

AUGUST 12, 2019

2:45 p.m.

Attendance:

Dining Service Staff:

Karen Carr - General Manager

Deanna Schmidt - Dietitian

Jen Cope - Diet Clerk

Announcements

- The August Birthday Party was held on Tuesday, August 13, 2019. We had 20 residents attending. The next Birthday Party will be held on September 10, 2019.

The Dining Service Department is working on the following items.

- New Resident Ticket Program.
- Resident Summer Picnic Program hosted our final two resident picnics on Wednesday, August 14th on B-3 and Wednesday, August 21st on C-3.
- Please welcome our new staff member:
- Lilly, Xavier, Nancy and Gail.
- Labor Day Meal was: Fried Chicken, Baked Beans, Corn on the Cob, Watermelon.

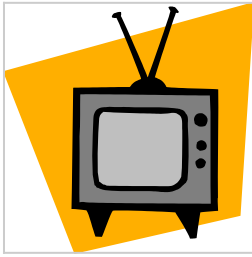
Dietitian’s Corner Program

August is already here! Dining Services along with Nursing continue to encourage everyone to make sure to increase your fluid intake during these warm months. As we age we become more at risk for dehydration as sometimes we do not realize we are thirsty or we are taking medications that may affect our fluid balance. It is important to try and drink at least 6-8 glasses of water daily (8 ounces each). It may seem like drinking 8 ounces at one time may be too much and that is ok! It can be in smaller amounts throughout the day. What if I don’t like water? It is also ok to choose other fluids such as juice, lemonade, iced tea or dairy products. How do I know if I am at risk for dehydration? If you are outside in the heat you may be losing more fluid even though you might not feel warm. Fatigue, lightheadedness and increased heart rate are significant signs that your fluid balance may be impaired. Your doctor, nurses and dietitian all work together to ensure that your hydration needs are met. We hope that you continue to enjoy the summer and if going outside please take a beverage of your choice with you.

Thank You
Deanna Schmidt RD, LDN

Next Meeting Will Be On: SEPTEMBER 9, 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.



FUN TRIVIA QUIZ

Popular TV Commercials

Test your TV commercial knowledge. Here are some of the most memorable TV commercial slogans and products out there. Some are older, others are more recent. What do you remember? The answers are listed at the bottom of the page.

1. What product's slogan was "Plop, plop, fizz, fizz, oh what a relief it is"?
2. Which soft drink boasted that it "Never had it, never will"?
3. "It takes a licking and keeps on ticking" is the slogan for what brand of wrist watch?
4. Starting in the 1960's, which product was billed as "the astronauts" drink?
5. Think back to the 1970's for the name of this hair care product. It was called "Gee, your hair Smells..." What is the next word in the title?
6. Finish this product's slogan; "The incredible, edible ..."
7. Which insurance company says "We live where you live"?
8. What product is known as "The Freshmaker"?
9. "Time to make the doughnuts" was the slogan for which doughnut store chain?
10. Which product claimed it was as "Clean as a whistle"?
11. If you got caught squeezing the Charmin, who would you have to look out for?
12. Do you remember "Madge" of commercial fame? She was giving people a manicure in the local grocery store and wound up soaking her clients' hands in which product?
13. What question does the bespectacled Verizon ad guy keep asking repeating over and over?
14. Which greeting card company's slogan is "When you care enough to send the very best"?
15. Juan Valdez is the spokesman for which kind of coffee?
16. What product's ad said, 'When you want to bring out the flavor and bring out the zest, just bring out the...'?
17. 'Strong enough for a man but made for a woman,' was the slogan for which deodorant?
18. 'Come see the softer side of...(what)?'
19. 'This is not your father's...(what)?'
20. What Truck claimed it was, 'Like a rock!'?

ANSWERS

- | | | | |
|-----------------|---------------|-------------------------|---------------------------|
| 1. Alka Seltzer | 5. Terrific | 9. Dunkin' Donuts | 13. Can you hear me now? |
| 2. 7-Up | 6. Egg | 10. Irish Spring Soap | 14. Hallmark |
| 3. Timex | 7. State Farm | 11. Mr. Whipple | 15. 100% Colombian Coffee |
| 4. Tang | 8. Mentos | 12. Palmolive Dish Soap | 16. Hellman's Mayonnaise |
| | | | 17. Secret |
| | | | 18. Sears |
| | | | 19. Oldsmobile |
| | | | 20. Chevrolet |

Cedarbrook Employee Service Anniversaries



Employee	Department	Years	Employee	Department	Years
Laurie Kovalchick	Nursing	32	Kerry Magliane	Life Enrichment	5
Wilfredo Aguila	Facilities	32	Kerri Copf	Nursing	4
Tina Owens	Nursing Office	30	Sharon Steitz	Nursing	4
Barry Follweiler	Laundry	30	Susan Moyer	Life Enrichment	4
Patricia Spaar	Nursing	29	Jason Cumello	Administration	3
Joanne Kleinschmidt	Nursing	25	Franklin Acevedo	Facilities	3
Shannon Graver	Environmental	25	Gabriel Alicea	Facilities	3
Gwyn Gildner	Nursing	23	Evan Machua	Nursing	2
Jaime Pagella	Nursing	23	Danielle Caraballo	Nursing	2
Maureen Rozak	Nursing	20	Lorraine Fothergill	Nursing	2
Jennifer Bush	Assessment	19	Ayisat Ojulari-Sulyman	Nursing	2
Katie Novicki	Nursing	18	Gabriel Robinson	Social Services	2
Debbie Carbaugh	Nursing	18	Kaitlyn Beisel	Life Enrichment	2
Katrina Knittle	Nursing	17	Carol Noga	Financial	2
Cheryl Kocher	Nursing	16	Kimberly Seip	Financial	2
Lisa Joseph	Environmental	16	Jasmine Diaz	Nursing	1
Tammy Dietrich	Physical Therapy	15	Kendral Florence	Nursing	1
Danielle Dicker	Nursing	13	Jillian Washburn	Nursing	1
Catherine Silkworth	Nursing	13	Rebecca Brogan	Nursing	1
Marnie Distasio	Financial	12	Melissa Figueroa	Nursing	1
Kathryn O'Brien	Nursing	11	Irina Rabinovich	Nursing	1
Tana Krum	Nursing	9	Alexis Eberly	Nursing	1
Alexandra Fritzinger	Nursing	9	Frances Vazquez	Nursing	1
Eileen Williams	Nursing	9	Scott Sutter	Facilities	1
Victoria Gnas	Nursing	5	Jacob Coyle	Environmental	1
Tatiana Suleac	Nursing	5			

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 always finding ways to keep our residents engaged and happy; there are plenty of activities happening at Cedarbrook. We are thankful for a summer filled with amazing student volunteers, some of whom are family and friends of our employees. We thank them for all their hard work and support. You all share your time and talents and bring smiles to our residents. We are grateful to have so many wonderful volunteers helping us every day.

VOLUNTEERS NEEDED

Here's how you can help: Transport and assist at all or any of these activities. It really is easy to help others have a great time and make new memories.

- **Saturday Morning Games** – every Saturday, 9:45 am -11:45 am. A fun way to start your weekend.
- **Sunday Afternoon Church** - every Sunday 1:30 pm - 3:30 pm. Assist residents going to in-house services.
- **Collate the Sunshine Newsletter** on the last Wednesday of each month from 9:00 am – 10:30 am.
- **Beauty Shop Transporters** – Take our residents to our in-house beauty shop Wednesday mornings 9:00 am-12:00 pm or Thursday afternoons 1:00 pm -3:00 pm. Our residents love being pampered by the beauty shop.
- **Help on resident shopping trips** to Walmart, Target, Sands Casino, or ice cream trips. This is generally 3-4 hours on a weekday afternoon. You can choose which trips fit your schedule. Our residents love bus trips!!
- **Gift Shop Clerk** – Assist shoppers in our sweet little gift shop every Saturday 12:30-3:30. Training provided.
- **Thursday Mornings** – Transport residents to our Music Makers activity 9:30 am - 11:30 am. Sing along & have fun helping others have fun too.

If you would like to help our residents, please contact me. I will be happy to schedule an appointment with you and answer any questions you might have about volunteering. **We are also scheduling appointments for students, over 13 years old who are in need of Community Service Hours for school or interested in volunteering.**

Contact: Kerry Magliane, Volunteer Coordinator at kerrymagliane@lehighcounty.org or at 610-336-5684.

"A smile is the light in your window that tells others that there is a caring, sharing person inside." Denis Waitley, 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.



**Cedarbrook Auxiliary
BAKE SALE**

September 18, 2019

**Sale Begins @ 11:00 am
In The Family Room**

**All Proceeds Benefit
Cedarbrook Residents**

Visit us on 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** is copyrighted by Cedarbrook Senior Care & Rehab.

RESIDENTS' COUNCIL MEETING MONDAY, AUGUST 12, 2019

The Resident Rights for August was read:

TRANSFER AND DISCHARGE-You cannot be transferred or discharged from your nursing facility except in an emergency; the nursing facility ceases operations; you may endanger the health and safety of the other residents; nonpayment of your share, if any, of your cost of care; improvement in your health to the point where you no longer need nursing facility care; or an urgent need for medical services the nursing facility cannot provide. Except for an emergency or your urgent need for medical services the nursing facility cannot provide, the nursing facility must give you and a relative or other responsible person you have named, 30 days advance written notice of your transfer or discharge. The nursing facility must arrange for your safe and orderly transfer to a site where your needs can be adequately provided for, and the nursing facility must thoroughly prepare you for your upcoming transfer or discharge.

Transfer or discharge does not mean movement of a resident to a bed within the same certified facility.

HIGHLIGHTS:

- Jason Cumello, Administrator, announced the State of Pennsylvania is eliminating Medicaid and replacing it with Community Health Choices. This change will take effect January 1, 2020. There will be 3 providers under this plan for you to choose from.

The choices will be:

- UPMC (University of Pittsburgh Medical Center),
- Amerihealth
- PA Health & Wellness.

The change is Pennsylvania law so everyone utilizing Medicaid will need to make the change.

Residents and/or their responsible party will be receiving literature, in the mail, from each of the 3 insurance companies in the upcoming weeks for you to make your decision as to which insurance company you would like to select. If no choice is made, the State will randomly choose for you.

There will be no change to your coverage just a change to what insurance company will be providing your coverage.

- Life Enrichment Department announced activities for the month of August.
- The next meeting will be held on Monday, September 9, 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, wheelchairs, 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	MICHELE AYELLO
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Oldies Trivia Quiz

It's time to hop and bop to the oldies and have some music trivia fun. Read the clue and select the answer you think is correct from the choices listed below. The answers are at the bottom of the page.

1. Which of these was recorded by Fats Domino and then covered by Pat Boone?
A. April Love B. Ain't That a Shame C. I'm Walkin'
2. For which label did Elvis first record?
A. Sun B. RCA C. Chancellor
3. Rock Around the Clock was used in what movie?
A. Rebel Without a Cause B. Blackboard Jungle C. The Wild Ones
4. What's Missing? _____Baby, Earth _____, _____on my Shoulder
A. Love B. Head C. Angel
5. Name the song with "A-wop bop a-loo bop a-lop bam boom"?
A. Good Golly Miss Molly B. Be-Boo-a-Lula C. Tutti Frutti
6. When did "Little Suzie" finally wake up? The movie's over and
A. it's 2 o'clock B. it's 3 o'clock C. it's 4 o'clock
7. What was Elvis' biggest hit of them all?
A. Heartbreak Hotel B. Hound Dog/Don't Be Cruel C. Love Me Tender
8. "You shake my nerves and you rattle my brain"...goes with?
A. All Shook Up B. Great Balls of Fire C. Shake Rattle and Roll
9. "Please turn on your magic beam, _____ _____ bring me a dream."
A. Mr. Sandman B. Earth Angel C. Dream Lover
10. "Why do birds sing so gay? And lovers await the break of day" goes what?
A. Since I Don't Have You B. Why Do Fools Fall in Love C. I'm Sorry
11. "I found my thrill..." Where?
A. Kansas City B. Heartbreak Hotel C. Blueberry Hill
12. Bobby Darin's Mack, the one with the knife, was named...
A. MacHeath B. MacCloud C. MacNamara

-
- Answers:**
1. Ain't That a Shame
 2. Sun
 3. Blackboard Jungle
 4. Angel
 5. Tutti Frutti
 6. 4 o'clock
 7. Hound Dog/Don't Be Cruel
 8. Great Balls of Fire
 9. Mr. Sandman
 10. Why Do Fools Fall in Love
 11. Blueberry Hill
 12. MacHeath

SOFT & CHEWY PEANUT BUTTER CUP COOKIES

- 1/4 cup shortening
- 1/4 cup butter
- 1 cup sugar
- 1 egg
- 3/4 cup buttermilk
- 1 tsp vanilla
- 2 cups flour, sifted before measuring
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1/2 cup unsweetened cocoa
- 24 miniature peanut butter cups, chopped into pieces

DIRECTIONS:

- Preheat oven to 350 degrees F. Cream shortening, butter, and sugar in a large mixing bowl. Beat in the egg and stir in the buttermilk and vanilla. In another bowl, sift the flour, baking soda, salt, and cocoa together, and then stir into the first batter. Chill for an hour. Drop by teaspoon onto lightly greased baking sheets, about 2" apart. Bake for 8-10 minutes. While cookies are still warm, press a small chunk of peanut butter cup into the center of each, being careful not to push all the way through the dough.

BLUEBERRY POUND CAKE WITH BLUEBERRY SAUCE

- 1 cup blueberries
- 2 tbsp. flour
- 1 box pound cake mix
- 2/3 cup water
- 2 eggs
- 5 tbsp. room-temperature butter
- 1/8 cup + 2 tbsp. sour cream
- zest of half a lemon

SAUCE

- 3 cups blueberries
- 1/4 cup sugar
- 1/8 cup water
- 3 tbsp. lemon juice
- zest of half a lemon
- garnish with whipped cream (optional)

DIRECTIONS:

. Preheat the oven to 350 degrees F. Lightly grease a loaf pan. Set aside. To prepare the cake, toss the blueberries with flour in a bowl. Set aside. Put the remaining ingredients into a food processor and process for 3 minutes. Scrape the sides and process for 3 more minutes. Stir in the flour-coated blueberries. Pour the batter into a prepared pan and bake for 45-55 minutes. To make the sauce, place all ingredients into a food processor and process for 4-6 minutes. Drizzle the sauce on top of the sliced pound cake. Top with whipped cream, if desired.

ON THE Menu

OLD-FASHIONED RICE PUDDING

- 6 cups whole milk, divided
- 1/2 cup sugar
- 1/2 teaspoon salt
- 1/2 cup long grain white rice
- 2 teaspoons vanilla extract
- ground cinnamon, optional

DIRECTIONS:

- In a large saucepan, combine 5 1/2 cups milk, sugar, and salt. Bring to a boil over medium-high heat. Stir in rice and reduce heat to low. Be sure to adjust the heat so that it is at a gentle simmer. Stirring occasionally, cook for 50-60 minutes. Mixture should thicken up to consistency of yogurt. Once thick remove from heat and stir in vanilla. Let cool and then refrigerate. The last 1/2 cup milk is stirred in just before serving. Sprinkle with cinnamon if desired

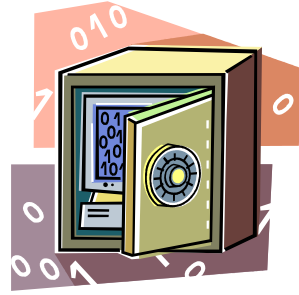
SNICKERDOODLES

- 1/2 cup butter, softened
- 1/2 cup shortening
- 1 1/2 cups white sugar
- 2 eggs
- 2 teaspoons vanilla extract
- 2 3/4 cups all-purpose flour
- 2 teaspoons cream of tartar
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 2 tablespoons white sugar
- 2 teaspoons ground cinnamon

DIRECTIONS:

Preheat oven to 400 degrees F. Cream together butter, shortening, 1 1/2 cups sugar, the eggs and vanilla. Blend in the flour, cream of tartar, soda and salt. Shape dough by rounded spoonful into balls. Mix the 2 tablespoons sugar and the cinnamon. Roll balls of dough in mixture. Place 2 inches apart on ungreased baking sheets. Bake 8 to 10 minutes, or until set but not too hard. Remove immediately from baking sheets.

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 JULY

Mildred Wanamaker

Jennie Centolanza

Clara Bellizzi

Margaret Varner

Mary Tokash

William Rehrig

Alma Huber

Bertha Stadler

Nazhat Nehme

Erno Doncsecz

Lauraine Sweeney

Anna Nikischer



House Activity Schedule – SEPTEMBER 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 2:00 CHURCH	2 10:00 PUZZLE YOUR MIND 2:15 KRISTIN CORYELL 	3 9:30 CRAFTS & KNITTING 2:00 HAPPY HOUR 7:00 ANYTHING GOES	4 10:00 TALKING BOOK 10:00 SSN STAFF MEETING 3:30 BIBLE STUDY	5 10:00 MUSIC MAKERS 1:30 PINOCHLE-IP 1:30 WOOD WORKING 2:00 CHOIR	6 10:00 DEVOTIONS 1:30 PINOCHLE-IP 2:00 HOUSE GAMES	7 10:00 PUZZLE YOUR MIND 2:00 MOVIE
8 2:00 CHURCH	9 10:00 COLOR & CHAT RESIDENT COUNCIL AND FOOD COMMITTEE 3:30 HYMN SING(C)	10 11:30 SEPTEMBER RESIDENT BIRTHDAY PARTY* 2:15 STEVE RITROVATO	11 10:00 TALKING BOOK 3:30 BIBLE STUDY 7:00 PET VISIT	12 10:00 MUSIC MAKERS 1:30 PINOCHLE-IP 2:00 CHOIR	13 10:00 DEVOTIONS 1:30 PINOCHLE-IP 2:00 HARTFORD BINGO	14 10:00 PUZZLE YOUR MIND 2:15 TODD HORN
15 2:00 CHURCH with Communion	16 10:00 COLOR & CHAT 2:15 KRIS PHIPANY	17 9:30 CRAFTS & KNITTING 2:00 MASS 7:00 GLEN MILLER	18 10:00 TALKING BOOK 2:00 MEMORIAL SERVICE 3:30 BIBLE STUDY	19 10:00 MUSIC MAKERS 1:30 PINOCHLE-IP 1:30 WOOD WORKING 2:00 CHOIR	20 10:00 DEVOTIONS 1:30 PINOCHLE-IP 2:15 GLEN FAUL	21 10:00 PUZZLE YOUR MIND 2:15 TERRY KANE
22 2:00 CHURCH	23 10:00 COLOR & CHAT 2:15 MAGIC SHOW 3:30 HYMN SING(C)	24 1:30 ROSARY	25 9:00 SSN COLLATING 10:00 TALKING BOOK 2:00 AUXILIARY BINGO 3:30 BIBLE STUDY 7:00 BETHANY CHURCH	26 10:00 MUSIC MAKERS 1:30 PINOCHLE-IP 1:30 WOOD WORKING 2:00 CHOIR	27 10:00 DEVOTIONS 1:30 PINOCHLE-IP 1:30 SHABBAT SERVICE 2:00 MOVIE	28 10:00 PUZZLE YOUR MIND 2:15 MUSIC WITH THEODORE
29 2:00 CHURCH	30 10:00 COLOR & CHAT 2:15 JOHN BAUER	KEY: TR – TR Workshop, 2 nd Floor FR – Family Room, 1 st Floor *All other programs held in Auditorium on the 2nd floor ** All programs are subject to change IP = Independent Program				



Labor Day Word Search



Can you find all 22 words relating to Labor Day hidden in our Word Search Puzzle?

SSN Staff

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

Achievement	Holiday	Progress
American	Industry	September
Cookout	Labor	Social
Economic	Monday	Speeches
Education	Movement	Unions
Family	National	Workers
First	Parade	
Flag	Picnic	