

# Hillside News

## January 2020



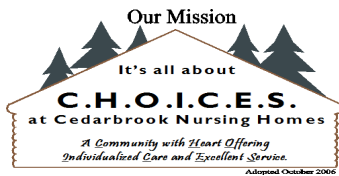
A Community with Heat Offering Individualized Care and Excellent Service.



**724 Delaware Ave  
Bethlehem, PA 18015  
(610)691-6700  
Fax: (610)867-2332**

**Do you have a concern,  
question, is something  
bothering you? Come  
talk to us so that we can  
help you solve it.**

**Our doors are open to  
you!**



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.

## Hillside News

**Jason Cumello, MBA, NHA-Director Administrator**

**Michelle Julian, RN, BSN, MS, NHA– Assistant Administrator**

**MeAlaa-Eldin A. Mira, M.D.-Medical Director**

**Teresa Samuels– Director of Nursing**

**Tara Pendrak, RN, BSN, MSN – Assistant Director of Nursing**

**Keisha McCollin-Bulluck – Human Resources Administrator**

**Alice K. Christman, CTRS– Director of Life Enrichment**

**Kaitlyn Beisel—Assistant Director of Life Enrichment**

**Kerry Magliane– Volunteer Coordinator**

**Gabe Robinson-Director of Social Services**

**Heidi Heffelfinger– Social Worker**

**Ashley Merkel– Social Worker**

**Amber Surman– Social Worker**

**Jackie Mistiszyn– Director of Business Development**

**Karen Carr– Director of Dining Services**

**Jean Waitkaitis– Assistant Director of Dining FH**

**Ricardo Cintado– Director of Environmental Services**

**Rodney Taylor– Assistant Director of Environmental FH**

**Eduardo Fernandes-Director of Facilities**

**John Pol-Building Supervisor**

**Jessica Shields, MS OTRL—Director of Rehab**

**Deb Weiner– Assistant Director of Rehab**

**Laura Stone—Chaplain, Faith Services**



## RESIDENTS WITH JANUARY BIRTHDAYS



NAME

BIRTHDAY

Reina Cortes	January 2nd
Anita Langer	January 3rd
Harriet Wehr	January 5th
Leo Reichard	January 7th
Helen Biernacki	January 9th
Candida Lebron	January 13th
Candida Flores	January 15th
Talidia Osorio	January 17th
Shirley Schulberger	January 17th
Altagracia Gonzalez	January 18th
Geraldin Vandegrift	January 20th
Claudia Solivan	January 22nd
Kleopatra Massas	January 23rd
Miriam Donaldson	January 23rd
Virginia Quinones	January 25th
Florence Gogle	January 26th
Dorothy Pearson	January 26th
Maria Candelario	January 27th
Diane Petko	January 27th
Enodelia Velazquez	January 30th
Sandra Souders	January 30th

## LET'S WELCOME OUR NEW ADMISSIONS

- |                    |                  |
|--------------------|------------------|
| Judith Cooper      | Richard Wakeman  |
| Josephine Wietecha | Shirley Marth    |
| Helen Biernacki    | Dolores Bednar   |
| Maria Candelario   | Nickolas Perrett |
| Irene Vidal        | Carol Molnar     |
| Kathleen Reynolds  |                  |



Kimberley Batista in Nursing

Steffany Brown in Nursing

Jaclynn Krause in Life Enrichment

Crystal Riley in Nursing



**Newsweek designated Cedarbrook as being among the top twenty skilled nursing homes in the state, and top in the country.**

THANK YOU FOR BEING  
AN ESSENTIAL PART OF OUR SUCCESS

# HAPPY ANNIVERSARY

<u>Employee</u>	<u>Department</u>	<u>Years</u>
Maria Moreno	Nursing	16
Kendrick Brown	Nursing	15
Jennifer Dancs	Nursing	15
Karen Strohl	Nursing	14
Keisha Lockley	Enviromental	12
Tara Pendrak	Nursing	10
Christie Moody	Nursing	3
Qureshi Javed	Nursing	1

It was a snowy day when Santa visited residents at a nursing home in Fountain Hill. On Wednesday, December 18th residents of Cedarbrook Nursing Home lined up to talk to Santa and have their photo taken with him and Mrs. Claus. Some wore pretty Christmas sweaters and bells. Some had special hair accessories.

Smiles were exchanged, photos were taken for the families and some even made special requests from Santa. It was very heartwarming. Some of the residents of the nursing home are over 100 years old. It's a day residents look forward to each year.

Santa spoke to each one as they came up to have their photo taken. It was a beautiful sight to see. Mrs. Claus also spoke to the residents and held their hand.



# Hillside News

\*FUNDED BY LEHIGH COUNTY TAX PAYER  
DOLLARS\*

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 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.



**Save  
the  
Date!**

## **Memorial Service**

***Thursday, January 16th***

***2:30 p.m.***

## **Residents' Council**

***Thursday, January 9th***

***2:30 p.m.***

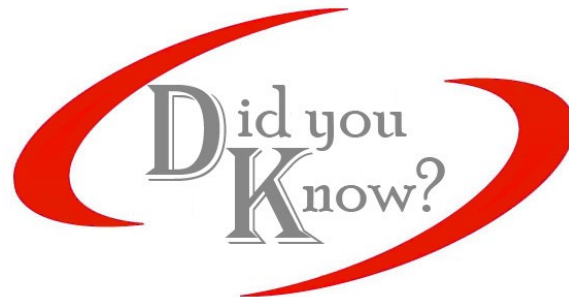
## **Food Committee**

***Thursday, January 9th***

***Following***

## ***Residents' Council***

***\*All meetings are held in the  
1st floor dining room/ chapel  
area.***



That for just \$1.00 you can be a member of the Fountain Hill Auxiliary? YES, JUST \$1.00!!! You can meet friends and relatives of residents and help us in any way you choose to enrich their lives.

Our meetings are the 3rd Tuesday at 1:00pm.



**CEDARBROOK VOLUNTEERS ARE  
VERY IMPORTANT PEOPLE**

**HAPPY NEW YEAR!**

As we welcome the New Year, it's a great time to make a choice to help others. Here at Cedarbrook we love volunteers. Young, old, or just plain middle age.....we need you all. All you have to do is contact the Volunteer Department and set up an appointment. Its easy fun, and very rewarding.

Our need for volunteers is on-going. Right now we are looking for in-house transporters, day-time resident's activity helpers, someone to paint ladies' fingernails, as well as evening and weekend volunteers at both facilities. Please check your calendars and see if you have room to help out just one day a month for approximately 2 hours. Our residents love to go on bus trips. We are in need of volunteers who would be able to meet our Cedarbrook bus at places like: Wal-Mart, Target, Boscov's, or the Wind Creek Casino and help residents have a good time. Bus trips are generally about 3 hours long.

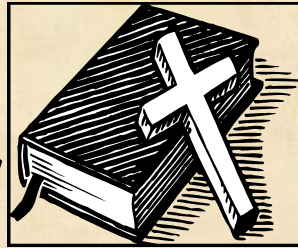
As you take time and reflect on the special moments of this past year and look forward to the excitement of the New Year, please take a moment and think about all the bright days you have given to our residents. Please know how much we appreciate you. A great big THANK YOU from all of us at Cedarbrook for all that you do to help us and our residents. Stay safe, happy and hopefully 2020 will be your best year yet!

Student volunteers must be at least 13 years of age. If you are interested in signing up or more information please contact me. I'd love to meet with you.

"A little smile, a word of cheer, a bit of love from someone near, a little gift from one held dear. Best wishes for the coming year." John Greenleaf Whittier, American Author

Kerry Magliane, Volunteer Coordinator, 610-336-5684 [kerrymagliane@lehighcounty.org](mailto:kerrymagliane@lehighcounty.org)

# Chaplains Corner



When we think of the new year our minds may have mixed thoughts. Alternating about remembering good events and forgetting difficult times, then looking forward to the opportunity for a “new” beginning. We can think about our daily rhythms, and reflect on where the last year has brought us and where we hope the next will take us. Those reflections sometimes come with pain and regret over the mistakes we’ve made. Yet the prospect of starting a new year fills us with hope and expectancy. We should feel the opportunity to begin with a fresh start, no matter what happened last year.

The apostle Paul had a positive perspective given to him from his trust in God. He wrote in Phil.3:13, “I do not regard myself as having laid hold of it yet; but one thing I do: forgetting what lies behind and reaching forward to what lies ahead.”

Picture a runner whose eyes are set on the goal in such a way that he/she “pays no attention to what is behind”. A runner is not to look backwards, forget why they are in the race and to make sure they look ahead so they don’t fall.

This imagery brings to my mind the race I was involved in grade school. I was deemed the fastest boy among all the Sixth-Grade classes. So, the teachers had me compete against the fastest girl. During the final turn toward the finish line I looked over my shoulder to find out where “she” was, only to trip over my feet.

The flip side of this image is the runner straining toward what is ahead. The picture is of coming down the home stretch, leaning forward, extending oneself to break the tape. I got up, ran as fast and hard as I could, but was beaten to the goal. (I will never forget this race and what I learned!)

It is generally hazardous to press metaphors, and this one can be pressed in all kinds of wrong directions. Paul’s purpose—both his use of this metaphor and its intent—is singular; it’s not “perfection”, but perseverance. Paul is “running” toward Jesus. He wants to be mature in his spiritual life.

Life is full of opportunities, and there is always something to be done. We’re to take advantage of the opportunities God gives us; seeking His wisdom on how to prioritize our lives, our work and play in a way that we are moving forward and not falling or failing to live in a mature and godly way.

Life is a wonderful gift from God. We honor Him when we take pleasure both in His daily blessings and in meaningful opportunities that He provides.

We can have a positive New Year, even if we fall down a few times, when we keep our eyes upon God!

**Chaplain Fred Bartholomew**

**Cedarbrook Senior Care, Allentown**



# Facilities

- \* **Attention visitors and staff: For the safety of our residents please do not use push pins in resident rooms.**
- \* **Any electronic item must be inspected and labeled by facilities before installation in any resident rooms.**
- \* **Residents having difficulties with their equipment such as lights, radios, flat screen televisions, wheelchairs, beds, etc., please contact your Unit Manager, Unit Clerk or Social Worker for a work order to be sent to Facilities for repairs.**



**Wireless access to the Internet is now available at Cedarbrook Allentown and Fountain Hill. Residents with wireless devices such as laptops, notebooks, tablets (Kindle, Nook, etc) may request access through their Social Worker or Abigail Dennis, Administrative Secretary. 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.**

**AVAILABLE HERE**

## HealthDrive

*bringing integrated healthcare to you*

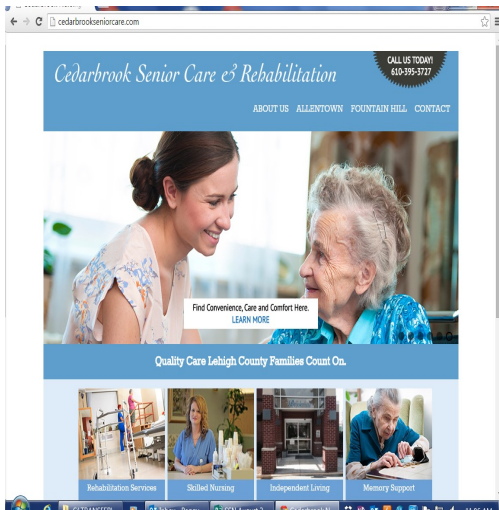


Attention families and friends:

Healthdrive is our current Dental provider. Should you receive any information from them, please correspond appropriately.

Thank You!





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

Cedarbrook launched its first official 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.



- Walter Kendzierski
- Gloria Bermudez
- Sandra Weldon
- Henrietta Devereaux
- Betty Boyer
- Helen Mohrey
- Janice Pabon
- Kathryn Smith



### *Just One Day*

*If I could come back for just one day  
 I know exactly what I would say  
 To my family and friends and those who I loved  
 As a message from God who speaks from above.*

*I would say it's okay to be sad for a awhile  
 But what I really want most is to see your smile,  
 And for you to go on and live once again –  
 Allowing the Lord to comfort your pain.*

*I know that you loved me with all of your heart  
 And that none of you wanted for me to depart.  
 I don't quite understand it myself  
 But I know you'll get by with a little help.*

*Yes, I would say to be sad for a day  
 And to do what you need to do.  
 And then lift up your eyes  
 to the wonder of the sky  
 And know that I loved you too.*

*- by Wanda M. Wolfe*

January 2020 Dates to Celebrate

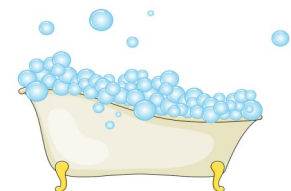
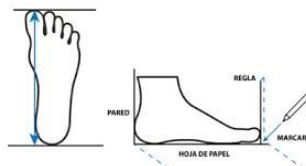


- ❖ Be kind to Food Servers month
- ❖ Celebration of Life month
- ❖ Folk Music and Dancing month
- ❖ Learn Spanish month
- ❖ National Wheat bread month
- ❖ Slow cooking month
- ❖ National Hot Tea month

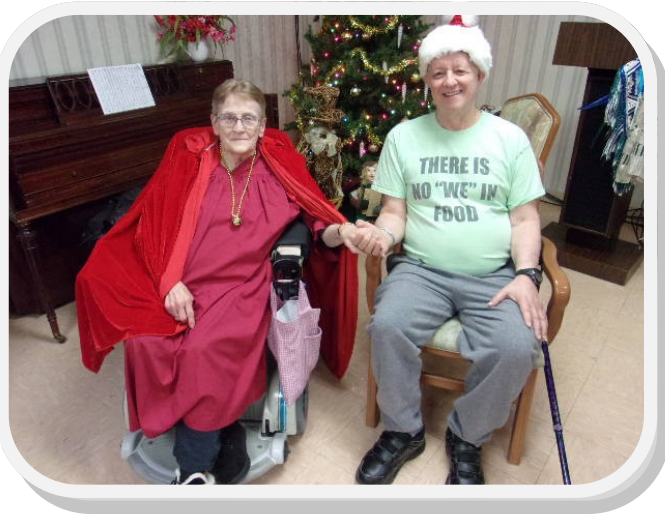


JANUARY DATES TO REMEMBER.....

- 1 National Cream Puff Day
- 1 National Science Fiction Day
- 2-8 “Some day we will laugh about this” Week
- 3 Anniversary of Alaska’s Admission day
- 3 DID YOU KNOW? To keep winter blues at bay, spend at least 5-10 minutes outside even when it is overcast, when people see natural light, it increases levels of serotonin which keeps mood on an even keel
- 4 Blenders birthday 1910
- 5 18th Annual National Bird day
- 5 HUMOR FOR THE DAY: Patient: “some days I wake up and think I am Mickey Mouse. Other days I wake and think I’m Donald Duck.” Doctor: “How long have you had these Disney spells?”
- 7 National Tempura Day
- 7 International Programmers Day
- 8 8th Annual Poetry at work day
- 8 National Bubble Bath Day
- 8 Trivia of the Day: soaking in a bath tub can increase heart health, relaxes the body and improve circulation
- 9 National Apricot Day
- 10 National Bittersweet Chocolate Day
- 11 National Step in a puddle and splash a friend day
- 12 Curried Chicken
- 13 Frisbee’s Birthday—invented in 1957
- 13 College Football Championship Game
- 14 Dress up your pet day
- 15 Birth Anniversary of Martin Luther King Jr.
- 15 QUOTE OF THE DAY: “Hate cannot drive out hate, only love can do that”
- 17 National Hat day
- 18 Pooh Day— read or watch Winni the Pooh
- 20 Punny thought of the day: I find penquins so annoying because they are always finishing for compliments.
- 21 New England Clam Chowder day
- 23 Measure your feet day
- 24 Beer appreciation day
- 24 National have a Belly Laugh day
- 25 National Irish coffee day
- 26 National Peanut brittle day
- 27 National Bubble wrap appreciation day
- 28 Rattlesnake appreciation day
- 29 National corn chip
- 31 Backwards Day



# Our Santa & Mrs. Clause contest winners!



Samuel Cumberland & Margaret Crouthamel were the winners of our 2019 Santa and Mrs. Claus contest. They were voted by residents and staff for sharing their Christmas spirit and having a Jolly attitude this Christmas season!



Thank you to everyone who participated in the contest!

**Resident Rights:** Access and Visitation Rights– You have the right to say who may or may not have access to your nursing facility for the purpose of visiting with you. This includes your family, relatives or others. Also, you have the right to immediate access by your attending physician or any representative of the Federal Department of Health and Human Services, the state Departments of Public Welfare and Health, and the Department of Aging Ombudsman Program. Organizations or individuals providing health, social, legal, or services may, with your consent, have reasonable visits with you.

**Highlight:** Jason Cumello mentioned the new menu system and the new meal tickets beginning in February 2020 (select menu's on a tablet). Our new insurance CHC will be starting 1/1/20.

The nominations are as follows: Secretary– Dorothy Pearson, Vice President– Margaret Crouthamel, June Cleaver, President–Alice Uhl, Cimmie Depriest.

Voting for our new officers will be at our next Resident Council meeting January 9th 2020.





*Celebrating a birthday or special occasion? Contact Abbi Dennis in Administration at ext. 2341 to reserve a room.*

All food items, including fresh fruit or vegetables for the residents must be in a bag or a container

# LOST AND FOUND

*Lost and Found is located at the Receptionist Desk in the lobby. Many items await the claim of their rightful owner. Please stop at the Receptionist to see if any items belong to you.*

**Please not leave food and drinks unattended in the dining room, activity rooms or other public areas. Please dispose of leftover food/drinks properly. Some residents have food and fluid restrictions, and having access**



**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.**



## *Fountain Hill Recipes*

### **Baked Ravoli**

#### **Ingredients:**

- 1 (16-ounce) package cheese-filled ravioli
- 2 cups marinara sauce, homemade or store-bought
- 1/3 cup cream cheese, cubed
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried parsley
- 1/2 cup shredded mozzarella cheese
- 1/4 cup grated Parmesan cheese
- 1/4 cup basil leaves, chiffonade



#### **DIRECTIONS:**

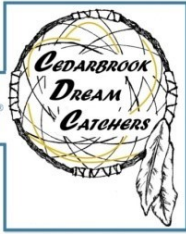
Preheat oven to 350 degrees F. Lightly oil an 8×8 baking dish or coat with nonstick spray.

In a large pot of boiling water, cook ravioli just until tender, about 2-3 minutes; drain well.

Combine marinara sauce and cream cheese in a medium saucepan over medium heat. Cook, stirring constantly, until cream cheese has melted, about 2-3 minutes. Stir in thyme and parsley.

Spread ravioli into the prepared baking dish. Top with marinara mixture and sprinkle with mozzarella. Place into oven and bake until cheese has melted, about 20 minutes.

Serve immediately, garnished with Parmesan and basil, if desired.



# Second Wind Dreams Cedarbrook Dream Catchers

Cedarbrook Dream Catchers is a chapter of Second Wind Dreams.

**Our mission is to fulfill each and every resident's dream!**

To help fulfill a dream, contact one of the board members listed below or submit a Dream Discovery form (located on all units) to the Cedarbrook Dream Catcher's board for review.

## Connect with a Cedarbrook Dream Catcher's Board Member

*Abbi Dennis*  
President of CDC  
Administrative Secretary  
[abigaildennis@lehighcounty.org](mailto:abigaildennis@lehighcounty.org)

*Tara Pendrak*  
Secretary of CDC  
Asst. Director of Nursing  
[tarapendrak@lehighcounty.org](mailto:tarapendrak@lehighcounty.org)

*Aimee Davidson*  
Treasurer of CDC  
Financial Services  
[aimeedavidson@lehighcounty.org](mailto:aimeedavidson@lehighcounty.org)

*Amber Surman*  
Vice President of CDC  
Social Worker  
[Ambersurman@lehighcounty.org](mailto:Ambersurman@lehighcounty.org)

*Jason Cumello, MBA, NHA*

*Michelle Julian, RN,BSN,MS,NHA*



### **Helen Parish's 100th Birthday!**



**She was born in Bethlehem, she was a secretary and worked for numerous companies. Helen enjoys playing cards, camping with her husband and son at St. Lawrence River. She has 1 son, 2 grandson's, 4 great-grandson's and a brother! She loves spending time with her family.**



# WINTER WORD SEARCH



## WORDS TO FIND:

BLIZZARD	BOOTS	CHILLY
COLD	FIREPLACE	FROSTY
FROZEN	GIVING	GLOVES
HAT	HOLIDAYS	HOTCHOCOLATE
ICE	ICESKATE	ICICLE
MITTENS	PINETREE	SCARF
SNOW	SNOWBALL	SNOWFLAKE
SNOWMAN	SNOWSUIT	WIND
WINTER		

# January 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 10:15 New Years Fun 2:30 Bruce Copp	2 10:30 Bowling	3 10:30 Needles & Hooks 2:30 Bingo	4 10:15 Coffee Social 2:30 Anything Goes
5 10:15 PYM 2:30 Church	6 10:15 Pinochle 2:30 John Bauer	7 2:30 Bible Study 3:15 Rosary 7:00 Scattagories	8 10:15 Pinochle 12:00 Birthday Party 2:30 Womens Group 3:00 Mens Group	9 10:30 Bowling 2:30 Resident Council/ Dining	10 10:30 Needles & Hooks 10:30 Spanish Rosary St 5 2:30 Bingo	11 10:15 Coffee Social 2:30 Rick Focht
12 10:15 PYM 2:30 Crosspoint Church	13 10:15 Pinochle	14 2:30 Bible Study 3:15 Rosary 7:00 Crafts	15 10:15 Pinochle 2:30 JR Peterson	16 10:30 Bowling 11:00 Spanish Social-St 5 2:30 Memorial Service	17 10:30 Needles & Hooks 2:30 Bingo	18 10:00 LV Therapy Dogs 10:15 Coffee Social 2:30 Games
19 10:15 PYM 2:30 Church	20 10:15 Pinochle 2:30 Garden Club	21 2:30 Bible Study 3:15 Rosary 7:00 Word Games	22 10:15 Pinochle 2:00 Spanish Service	23 10:30 Bowling 2:30 Lorri Woodward	24 10:30 Needles & Hooks 10:30 Spanish Rosary St 5 2:30 Bingo	25 10:15 Coffee Social 2:30 Anything Goes
26 10:15 PYM 2:30 Crosspoint Church	27 10:15 Pinochle 2:30 Rob Ballonoff	28 2:30 Bible Study 3:15 Rosary 7:00 Shuffleboard	29 10:15 Pinochle 2:30 Ascend Hospice	30 10:30 Bowling 3:00 MASS	31 10:30 Needles & Hooks 2:30 Bingo	