

Hillside News

Lehigh County

Cedarbrook Senior Care & Rehab

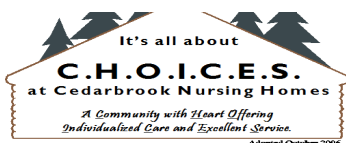
October





A Community with Hearth 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!

***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.

**A special thank you to our
Editor Patricia Stuber**

Hillside News

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Teresa Samuels- Director of Nursing

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Kaitlyn Beisel-Assistant Director of Life Enrichment

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Eduardo Fernandes-Director of Facilities

John Pol-Building Supervisor

Jessica Shields, MS OTRL-Director of Rehab

Tim Picerno – Assistant Director of Rehab

Laura Stone-Chaplain, Faith Services

**We Are...
Cedarbrook
Strong!**

Residents with Birthdays in October...

<u>NAME</u>	<u>BIRTHDAY</u>
Timothy McElroy	October 2nd
Dorothy Kraemer	October 8th
Ruth Behler	October 9th
Roseann Litkauch	October 11th
Bernice Pondelek	October 15th
Genolia Vidaurre	October 16th
Jennifer Frankenfield	October 17th
Joan Susski	October 17th
Alicia Nevarez	October 20th
Ruth Mindler	October 25th
Josephine Wietecha	October 25th
Teresa Fretz	October 26th
Donald Wiley	October 30th
Lucy Cruz	October 31st

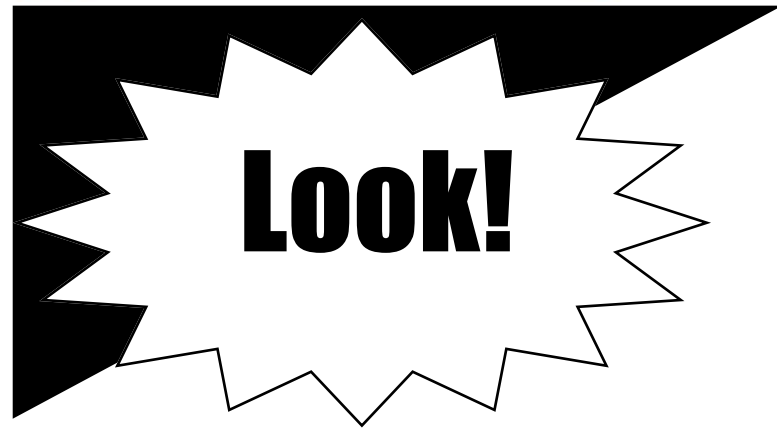


WELCOME OUR NEW RESIDENTS TO CEDARBROOK FOUNTAIN HILL

Jeanette Blackwood

Dietrich Grev

Dorothy Kraemer



I spy with my little eye ... A Jack-o-lantern

that looks like this:



Staff Anniversaries

<u>Employee</u>	<u>Department</u>	<u>Years</u>
Susanne Jones	Nursing Office	31
Holly Llyod	Nursing Office	22
Marie Altemose	Human Resources	20
Nastassia Misiak	Nursing	18
Sandra Shalters	Nursing	18
Heidi Heffelfinger	Social Services	16
Bertha Ocasio	Nursing	12
Jessica Valdez	Nursing	11
Lynette Clark	Nursing Office	11
Neysa Colon	Nursing	9
Shana Smith	Nursing	7
Jennifer Boger	Nursing	3
Nicole Labady	Nursing	3
Asha Johnson	Nursing	2
Inez Roman	Nursing	1

meet our
NEW
Staff

Gizelle Alkhal

Darlene Gaytan

Vanessa Lugo

Marianna Prosperi

Check out our Website!

<https://www.cedarbrookseniorcare.com/>



You can follow us on our
Cedarbrook Senior Care &
Rehab Facebook Page!

www.facebook.com/cedarbrookseniorcareandrehab



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

HAPPY
Anniversary!

MONTH IN Review



Last month in September...

- ⇒ Entertainment: Rob Ballonoff, Jeff Ross, Brenda Driban, Todd Horn, John Baur, Glenn Miller
- ⇒ Therapy Dog visits from Chance the Golden Retriever and Cody the Golden Doodle
- ⇒ Church on channel 22 on Sundays
- ⇒ Bible Study and Rosary on channel 22 on Tuesdays
- ⇒ Memorial Service: on September 8th and 15th, both were live in person and on channel 22

Residents' Council on September 16th

- Cimmie Depriest, President, called the meeting to order.
- Vice President Margaret Crouthamel read the highlights from The August meeting.
- Heidi Heffelfinger Social Worker read the Resident Right for August.

Freedom of Choice – You have the right to choose a personal attending physician and to be fully informed in advance about the care and treatment you will receive; to participate in planning your care and treatment; and, to be fully informed in advance of any changes in your care

- Heidi Heffelfinger, Social Worker, welcomed new residents, and announced names of discharged residents and deceased residents.

Old Business:

- Residents stated they are having trouble hearing announcements in rooms. Why can't they have speakers in their rooms?

Referral was sent to facilities. Speakers were inspected on all units and volumes were checked. Everything is in good working condition.

New Business:

- No new business.

Kaitlyn Beisel: Life Enrichment

LE has announced Residents Rights' BINGO will be starting back up. Garden Club will be coming back into the Facility next month. Also, our volunteers are allowed back in the facility.

- **Activities-** Reviewed the scheduled activities for October.
- **Entertainers-** 8 events for October.
- **Calendar-** There is a weekly calendar of events, listing the house programs, on your units in Hillside News.

Announcements:

New Hire: Vivianna Villanueva is our new Financial Office Supervisor.

The next meeting will be held Thursday, October 14th, 2021 at 2:30 pm in the Main Dining Room.

Residents invited to attend Food Committee meeting immediately following Residents' Council.

The meeting was adjourned.

Cedarbrook Volunteers are Very Important People

Special thanks to our volunteers who helped all summer and during these challenging times. I know this has been an adjustment for everyone. We are looking forward to all the upcoming activities. During the fall and holiday season we have a great list of festive activities and parties planned for the residents. We know how busy everyone can be during these holidays, but please keep in mind how very much your time and kindness will be appreciated by our residents.

“There is nothing more beautiful than someone who goes out of their way to make life beautiful for others.” Mandy Hale, Author

VOLUNTEERS NEEDED

1. Energetic individuals who would be available to transport residents to in-house Entertainment, and Games weekday afternoons 1:00-3:30.
2. Card players are needed (Pinochle, UNO, Rummy, etc.) Instructions will be given for beginners. Come join the fun. Monday and Wednesday mornings at 10am.
3. Volunteers to transport our residents to in-house programs/church on Saturdays & Sundays 1:30-3:30 or to activities. Cedarbrook is always buzzing with fun activities for our residents.
4. Would you like to help our Auxiliary? This wonderful group helps residents in so many ways. The auxiliary raises funds through bake sales, bazaars, raffles, etc. The money is used for birthday and holiday gifts for our residents and for bingo prizes. Join up today and help make the residents' lives more fun.

Visit and speak Spanish with some of our residents.

If you would like to help with any of these opportunities or have some other ideas, please feel free to contact me at 610-336-5684 or email, kerrymagliane@lehighcounty.org.



Halloween, “All Hallows’ evening” or All Saints’ Eve is celebrated in many countries on the 31st of October. It begins with the observance of All Saints’ Eve, the time in the liturgical year dedicated to remembering the dead believers and those martyred.

Many Halloween traditions and activities may have been influenced by ancient pagan Celtic harvest festivals. These activities include trick-or-treating (related disguising), costume parties (to hide identity), carving pumpkins into jack-o’-lanterns (to scare away evil spirits), bonfires, apple bobbing, divination games, playing pranks, visiting haunted attractions, telling scary stories, and watching horror films.

Halloween is coming and that means lots of frights. And many people enjoy being in a state of fear. They like being scared and this is not new. As a culture, we seem to be craving fright experiences much more. **Why do people like being scared so much?**

Many people are actually seeking a “controlled” fear and suspense, because they know they are safe. When they get scared, they experience a rush of adrenaline, a release of endorphins and dopamine, resulting in a pleasure-filled sense of euphoria. And while one person’s scary might be another

person’s enjoyable, some are choosing a more terrifying life style in not thinking about the scary aspects of hell.

Over 64% of Americans believe in the survival of the soul after death, and a majority believes in both heaven and hell, according to a Harris Poll (2013). But while most are comfortable discussing the afterlife and heaven, talk of hell can be scary. Resisting the idea of a literal hell may offer comfort, but the reasons many today shy away from it may be more simplistic and pragmatic.

Many Americans quantify their sins and then weigh it against not just punishment. In their lifetime, maybe they cheated on their taxes or even on their spouse. When their sense of fairness is projected on God, they have a hard time thinking God would prescribe “a lake burning with fire and sulfur.”

But what about those we think have committed a gruesome crime? When it comes to Pol Pot or

Joseph Kony or even one’s unfaithful ex-spouse, there seems to be less resistance to hell. Most

people don’t believe they are bad enough to go to hell. Sure, we all mess up. But at least we’re not as bad as that other person. Hell, it seems, may be fitting for the villains of the world, but we

assume we would never send mediocre sinners to hell.

Another reason people are hesitant to discuss hell; is because the only people who talk about it are thought of as hateful, and no one wants to hang out with them. By contrast, most people want to be perceived as kind and loving.

People hesitate to talk about hell because they don’t want to share bad news instead of something that is encouraging and inspiring. The existence of hell is difficult and challenging. If you think too much about it, it really is kind of frightening.

Some Americans, believe hell exists but they aren’t as sure as they once were. And many question, whether it will last forever. Also, they can’t fathom hell for themselves but are okay with others

going there, particularly those they consider really nasty sinners. And most people are still afraid of death and the possibility of hell.

As humane people, hell is often difficult to justify. As rational people, hell is difficult to understand. As emotional people, hell is difficult to accept. But the fact remains that the Bible and Jesus talk about hell. And our reticence to discuss it doesn’t make it any less real, and our resistance to imagine that unforgiven people are “bad enough” to go there doesn’t mean they won’t.

So, some Halloween traditions and horror movies still try to “scare the hell out of us.” But, because Jesus is God in the flesh, he came to forgive us of our sins and give us access to

heaven and keep us out of hell, if we personally believe in Him!

Chaplain Fred Bartholomew

Cedarbrook Allentown



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.



Resident Council

October 14th at 2:30 in the Main Dining Room—will also be broadcasted on channel 22

Food Committee

October 14th following Residents Council in the Main Dining room—will be broadcasted on channel 22



DO YOU HAVE A CONCERN?



If you have a question or concern, Pennsylvania's Long-term Care Ombudsman Program can help. Your local Ombudsman is trained to advocate to your rights and will work to resolve your problems by:

- ♦ Listening to your concerns
- ♦ Respecting your choices
- ♦ Offering ideas and options to help meet your individual needs
- ♦ Services are free and confidential

Contact your local Ombudsman

(484) 619-3337



Visit us on:

www.cedarbrookseniorcare.com

Our website is designed to inform Lehigh County residents, and the community at large, about the quality services and operations provided here. It offers both Allentown and Fountain Hill department listings and monthly newsletters. 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.



In Loving Memory...



Jane Smith

Grace Condon

Shirley Strokelitus

Shirley George

Geraldine Philippi

Jeffrey Miller



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 your 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.**

We have some active residents here at Fountain Hill!



This year we had a few Tomato Plants planted outside in the courtyard, one of our residents Pat Stuber took care of harvesting them weekly. There were tons of tomatoes to pick! She enjoyed eating them!



AVAILABLE HERE

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 Natalia Villamil, Administrative Assistant. 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.

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!

Memories with Marge by Marge Crouthamel

I have a close friend named Cathy and we met many years ago. We were so much alike and loved doing fun and often goofy things together. We are still great friends today.

We both lived a few doors apart in the 12th street area of Bethlehem. One Halloween we decided to go trick-or-treating together. We went to the homes of our friends in the neighborhood and got lots of candy.

Then we had a brilliant idea: we decided to go play a few harmless pranks! After all, it was “Mischievous Night”!

We took our bags of candy back to my house, and asked my mom for some dried corn kernels. She took a few handfuls out of the bag of popcorn kernels and put them in a jar. But she was Mom, so she knew what Cathy and I were up to

If you grew up in Pennsylvania, and haven’t guessed what prank we were up to, here it is: my friend and I were going “tic-tacking.” That is a Halloween prank in which you sneak up on someone’s house in the dark, and softly toss corn kernels at the window while yelling “TIC TACK!” Then you run away. Harmless fun, if you’re careful.

So, we headed out into the neighborhood just as the street lights were coming on. We looked for the homes of folks who didn’t know us and wouldn’t recognize us if we got caught.

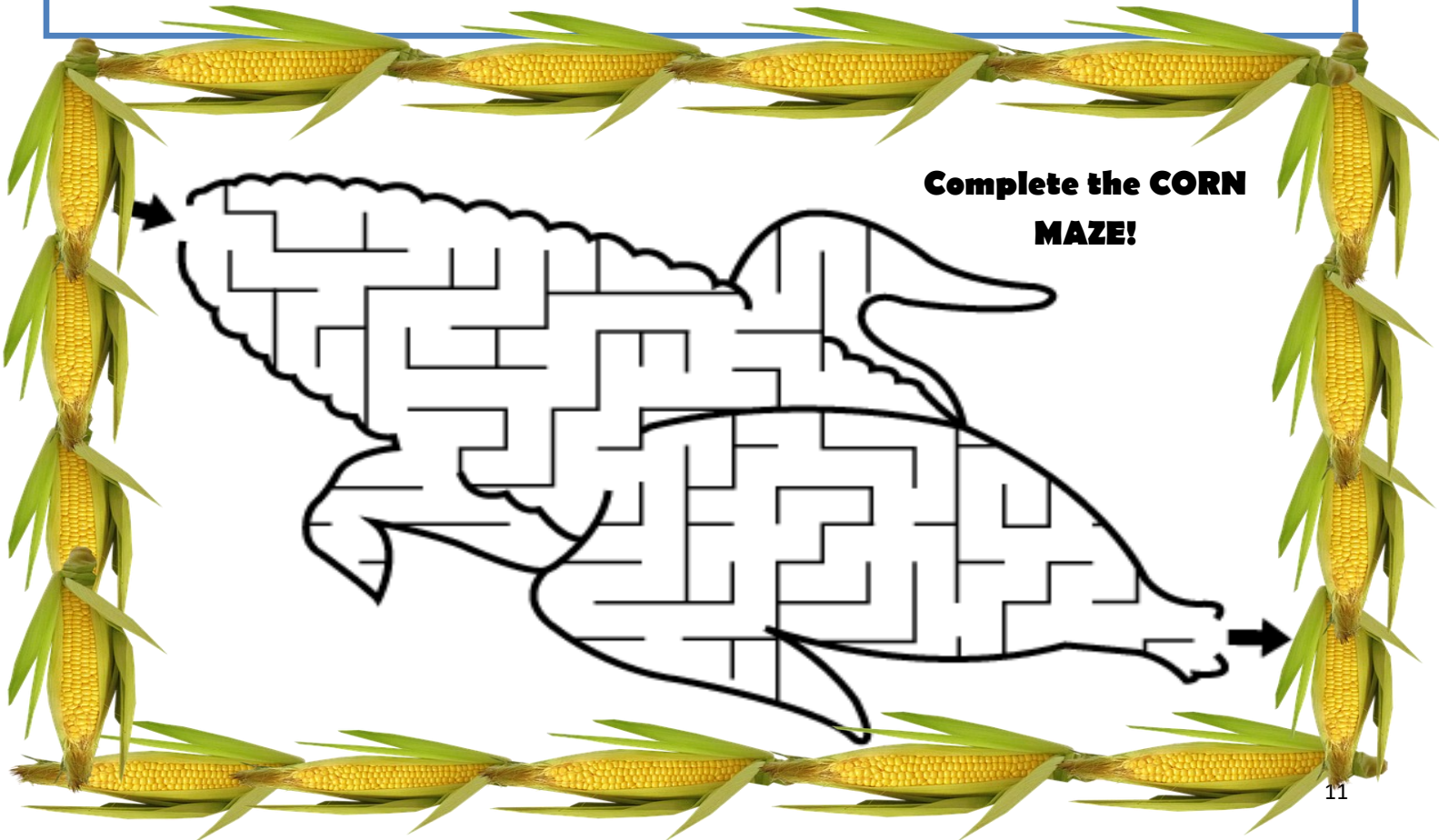
One house after another, we’d move secretly across the backyards and find our “target.” Then we’d toss a small handful of corn at the window, and as the kernels hit the window they made a ticking sound, and we’d yell “TIC-TACK!” and run away, giggling.

On our way back home, we crossed back over several backyards of our “victims.” As we laughed and whispered in the dark, a man who lived in one of the houses we had “tic-tacked” came out from behind some bushes in his yard and called out, “Happy Halloween, girls!” and laughing, threw a bucket of water on us.

We stood a moment, surprised and dripping wet, then took off to my home, where my mom was ready with a scolding for us both.

And we deserved it too, for getting tricked ourselves! Oh, and I forgot to mention, Cathy was 19 years old and I was 20, and we were both married! If Cathy and I could go “tic-tacking” this Halloween—sixty years later—we probably would!

**Complete the CORN
MAZE!**





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

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.*

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

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



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 concern(s).

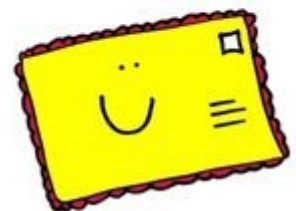
House Activity Schedule Will Resume

When Restrictions Are Lifted.

Please Refer to your on-unit schedules

EVERY FRIDAY,
BINGO!
At 2:30
On Channel 22
(unless Entertainment)

I SEND
YOU
A SMILE



Meet A Resident

Meet Barbara Bishoff! She was born in Buffalo, New York. She then moved around a few places to California, New Jersey and then Pennsylvania! She did lots of traveling & making memories!

She stayed home to take care of her children, after they moved out she became a housekeeper. She was married for 12 years and had 3 beautiful children! They were all girls!

Barb enjoys doing hair, she went to Beauty School and always loved doing other peoples hair. She likes to ride bikes and go to the beach.

Advice to the younger generation: Take care of yourself, don't take anything for granted, and teach your children to be good people.



"Pass on good virtues to your children" - Barbara Bishoff

OCTOBER

Color Me!



Halloween FACTS!



Candy wasn't given out to trick-or-treaters until the 1950s.

Halloween simply wouldn't be the same without those fun (and king!) size candy bars to sweeten the day. But

there was a time when trick-or-treaters didn't receive candy at all, but rather pieces of cake, fruit, nuts, coins, and little toys, according to the History Channel.



Halloween looks can be silly, funny, or cute, but according to the National Retail Federation, scary costumes still reign supreme. In 2020, the top Halloween costumes for adults were:

1. Witch
2. Vampire
3. Cat
4. Batman
5. Ghost

Candy corn was originally called "Chicken Feed."

We know this doesn't really help candy corn's case but the love-it-or-loathe-it treat was originally marketed as "Chicken Feed" when it was first popularized around the end of the 19th century.



Silly String is banned in Hollywood on Halloween.

In Hollywood, using Silly String on Halloween can get you a \$1,000 fine, according to ABC News.



The world's longest haunted house is 3,564 feet long.

The Haunted Cave is located in Lewisburg, Ohio, 80 feet underground. Creepy!

According to Guinness World Records, the highest number of lit jack o'lanterns on display is 30,581 by the City of Keene, New Hampshire in 2013. Keene, represented by Let it Shine, has broken the record 8 times over since the original attempt. That's a whole lot of pumpkins!

JOKES

Why did the scarecrow win the Nobel Prize?

Because he was out-standing in his field!

What's the ratio of a pumpkin's diameter to its circumference?

Pumpkin Pi!

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

Sep-timber!

What happens when winter arrives?

Autumn leaves!

Why do trees like to try new things each year?

Because every autumn they turn over a new leaf!

Why do all the birds fly south in the fall?

Because it's too far to walk!

Why did the pumpkin roll across the road?

Because it didn't have any feet to walk across!

SUDOKU

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9			7		1			
		5		9		4		7
6				2				3
2		9		4		6		
			5		2			1
		4	8			2		
	1							



Find the words:

- | | |
|-----------|---------|
| Fun | Trick |
| Costume | Ghost |
| Mummy | Monster |
| October | Witches |
| Halloween | Pumpkin |
| Goblin | Treat |

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



October 2021



3:Sun	Mon	Tue	Wed	Thu	Fri	Sat
3) 2:30 Church with Chaplain Laura	4) 2:30 Rebecca Houchins	5) 2:30 Bible Study on channel 22 3:00 Rosary on channel 22	6) 2:30 Garden Club in MDR 2:30 Catholic Mass on channel 22	7) 2:30 Ultimate Sound	1) 2:30 BINGO on channel 22 8) 2:30 BINGO on channel 22	2) On unit programs 9) On unit programs
10) 2:30 Church with Chaplain Laura	11) On unit programs	12) 2:30 Bible Study on channel 22 3:00 Spanish Rosary on channel 22	13) 2:30 Catholic Mass in Spanish on channel 22	14) 2:30 Residents' Council, Dining meeting following	15) 2:30 Rob Ballonoff	16) On unit programs
17) 2:30 Church with Chaplain Laura	18) 2:30 Chuck Rissmiller	19) 2:30 Bible Study on channel 22 3:00 Rosary on channel 22	20) 2:30 Catholic Mass on channel 22	21) 2:30 Memorial Service on channel 22	22) 2:30 BINGO on channel 22	23) On unit programs
24) 2:30 Church with Chaplain Laura	25) 2:30 Bible Study on channel 22 3:00 Spanish Rosary on channel 22	26) 2:30 Glenn Miller	27) 2:30 Catholic Mass in Spanish on channel 22	28) 2:30 Dan Barrick	29) 2:30 BINGO on channel 22	30) On unit programs
31) 2:30 Church with Chaplain Laura						

