

Sunshine News

SEPTEMBER 2021

LEHIGH COUNTY - CEDARBROOK SENIOR CARE AND REHAB



Welcome Fall!



Back
To
School!

SUNSHINE NEWS II

SEPTEMBER 2021

(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

**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 . . .**

Jason Cumello, MBA, NHA
Director/Administrator

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Assistant Administrator

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Medical Director

David Crook
Chief Financial Officer

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Director of Nursing Services

Donna Pendrak, RN
Assistant Director of Nursing Services

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Director of Environmental Services

Karen Carr
Director of Dining Services

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Human Resources Administrator

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Assistant Human Resources Administrator

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*Interim Director of Rehab
Social Services*

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Rhett Palushock, Mouna Zaghtiti, Michline Nastah

Gabe Robinson
Director of Social Services

Jackie Mistiszyn
Director of Business Development/Admissions

Jennifer Szakacs Strohl, CTRS
Director of Life Enrichment

Kerry Magliane
Coordinator of Volunteer Services

Chaplain Fred Bartholomew,
Chaplain Philip 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 BUZZ

Around Cedarbrook...



Things happen all the time and to sort out the good from the bad is really hard, but to have visits from family and friends brightens up our days. My daughter, Jane, takes walks every day and gives me a bird feather or a leaf that she finds that reminds me of the beauty you can find all around you. These days are passing all too fast and we should treasure them



Labor Day Trivia

1. What are we celebrating? The contribution and achievements of the 155 million men and women (as of 11/2020) who are in the U.S. workforce.
2. The first U.S. Labor Day was celebrated on Tuesday, September 5th, 1882 in NYC.
3. Oregon was the first state to declare Labor Day an official holiday in 1887.
4. Labor Day is considered the "unofficial" NFL season kick-off. 99.44% of the time, the NFL plays its first official season game the Thursday after Labor Day.
5. According to the National Hot Dog and Sausage Council, during "hot dog season", which runs from Memorial Day to Labor Day, Americans consume roughly **7 billion** hot dogs, or about 818 hot dogs every second!

Happy Labor Day!

Nowadays, they have a medical name for so many problems. There is the restless leg syndrome, irritable bowel syndrome, and they finally found a name for my friend's disease: she has a dreaded furniture disease. Her chest is falling into her drawer!

Olle and Sven came over from Norway to the USA. They got a job at a lady's undergarment factory cutting material. When the company had to downsize, they were laid off, and applied for unemployment compensation. When they received their first checks, Olle got \$75 and Sven got \$125. Olle said, "I don't understand this! We both did the same job. What did you put for your job description? I put down I was a cutter." Sven said, "I put down I was a diesel fitter. Don't you remember? I'd hold the undergarments up in front of me and say, 'Dees-I-fit-her!'."

Submitted by Kay Mohr

I am so tired, I worked so hard picking up twigs in my yard, then I was in labor for 13 hours about to have my child. Though it wasn't mild, it was very hard, but it was worth it. The baby, it's a girl and she is so dear.

Written and Submitted by:
Bev Dawson



SEPTEMBER BIRTHDAYS



MARGARET MASTERS	SEP	01
IRENE SCHEIRER	SEP	01
MARY KADAS	SEP	01
MARY DENIG	SEP	02
JEAN OBERECKER	SEP	05
MARYANN REISS	SEP	05
SHIRLEY BICKERT	SEP	06
ALICE BENDER	SEP	09
JOYCE HOWARD	SEP	09
ARIEL SCHAUP	SEP	11
JEROME LUCIDO	SEP	13
CHARLES WILLIAMS	SEP	13
ROBERT WEBSTER III	SEP	14
VINCENT PAVONE	SEP	14
RAYMOND NAGLE	SEP	14
AMILCAR DOCANTO	SEP	16
DONNA ERKINGER	SEP	19
RENEE LORENZ	SEP	20
DOLORES BURGOS MALDONADO	SEP	21
ELAINE APGAR	SEP	21
PATRICIA MCGONIGLE	SEP	22
DARLENE SCHULER	SEP	23
CATHERINE JANDERS	SEP	25
HOWARD HOFFERT	SEP	25
CARON DEGELMANN	SEP	25
MARY REGEC	SEP	27
DANIEL SCHEDLER	SEP	28
PATRICIA ROTH	SEP	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

WENDY LEE
BERNICE SHAUFLER
AMADOR CEBOLLERO
WILLIAM BRADLEY
DENNIS WOLF
JOANNE MILLER





Psalm 1: Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; but his delight is in the law of the LORD, and on his law he meditates day and night. He is like a tree planted by streams of water, that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers. The wicked are not so, but are like chaff which the wind drives away. Therefore the wicked will not stand in the judgment, nor sinners in the congregation of the righteous; or the LORD knows the way of the righteous, but the way of the wicked will perish.

There is a photograph taken in the mid 1950's of Walt Disney standing in a field beside a huge, old cottonwood tree growing next to a stream. This tree was on the farm in the town of Marceline in north central Missouri where Walt's family lived in the early 1900's. Walt recalls how he spent hours as a young boy under this tree, making up stories and observing the wild-life around him. He learned to draw animals there, and to observe how water flows and trees move in the wind. He called this giant cottonwood his "dreaming tree."

Walt Disney said that he never outgrew his need for the dreaming tree; it was his place where inspiration first grew for him. Walt was known to visit this tree often in his later years. The roots of his creativity grew deep there, like the deep roots of his "dreaming tree."

Like Walt Disney's cottonwood tree on the family farm, fed by a stream, we can find life and sustenance in God's Word. We are sustained in the dry spells of our lives by the deep roots God grows in us through our meditation on his Word. These roots reach deep. The roots of a tree are often three times the size of area of the branch spread. We usually cannot see how deep and wide the roots go to seek nourishment. By being open to God's word we grow the roots we need to be grounded in God, a grounding and a peace in God which is not always evident to the world.

Those who love God are like trees whose branches sway and creak in a strong wind; the tree may bend in the wind, but it is our roots that matter. God holds onto us, just as a tree is held up by its deep roots. To the world we look battered, but the world does not understand that like a tree whose roots are deep in the soil, we are held in the grip of God's grace.

Now think about the roots of your own faith, who planted it in you? My grandmother taught me to pray, my mother quoted scripture, my father told us kids "you don't *have* to go to church; you *get* to go to church." You yourselves, as parents, grandparents, aunts and uncles, or as Sunday school teachers, and planted and watered seeds of faith in children. Or you were active in your church or lived as a believer, rooted in Christ, at your work. You also planted seeds of faith. God made them grow.

Walt Disney always remembered that his creative talents were nurtured in his childhood days beneath his dreaming tree on the family farm. Those were his roots as an artist, and he always remembered it. In the same way we too must remember the roots of our faith. God plants us by the stream of his love and his word. God provides other believers to help our faith grow. And our growth never ends, as the psalmist says, we will yield our fruit in season and our leaves will not wither.

Chaplain Laura Stone
Cedarbrook Fountain Hill

Cedarbrook Allentown Resident Food Committee Minutes

- August Resident Birthday celebrations took place on Tuesday – August 10, 2021 at the noon meal service.
- New Production Manager arrived on site on Monday, July 19, 2021. His name is Ed Biemer. He will be attending September's Food Committee meeting.
- It has been a long time with many ups and downs with the Covid-19 restrictions.
- The Dining Service Department continues to face daily challenges of both food and paper supplies. We are also facing the challenge of our deliveries not arriving at their normal delivery times. Our suppliers are facing their own staff shortages for their drivers. Sometimes we need to make an adjustment to our menu for these two reasons.



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.

Labor Day Celebration

Word Search



HOLIDAY

LABOR

MONDAY

ORGANIZE

PARADE

PARTY

PULLMAN

RALLY

RIGHTS

STRIKE

TRADE

UNION

VACATION

PICNIC

MCGUIRE



Cedarbrook Volunteers are 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 volunteers. 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 our wonderful volunteers helping us every day.

VOLUNTEERS ARE 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.

- **Weekday Afternoon Games or Entertainment** – weekdays, 1:45-3:45. Help residents have some fun.
- **Sunday Afternoon Church** - every Sunday 1:30-3:30. Assist residents going to in-house services.
- **Help on resident shopping trips** to Walmart, Sands Casino, or ice cream trips. This is generally 2-3 hours on a weekday afternoon. You can choose which trips fit your schedule. Our residents love bus trips!!

Transport our residents to our in-house Beauty Shop– On Tuesdays 9:00-12:00 or 1:00-4:00.

Transport our residents to our in-house Bible Study – Wednesdays 2:00-3:30.

We look forward to hearing from you, as we know you are dedicated to helping our residents.

All in-house volunteers must have completed their COVID vaccines.

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 who are in need of Community Service Hours for school.**

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

Thank you so much for your on-going support and care for the Cedarbrook residents.

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



Recipes

Chicken Bacon Ranch Bubble-Up Bake

Ingredients

- Cooking spray
- 6 slices bacon
- 6 tbsp. butter
- 6 tbsp. all-purpose flour
- 3 cups whole milk
- 3 cups shredded cheddar
- 2 large heads broccoli, cut into small florets
- 3 cups shredded chicken
- 1 (16.3 oz.) can refrigerated biscuits
- 2 tsp. ranch seasoning mix

Instructions

1. Preheat oven to 350 degrees F. Grease a 9x13 baking dish with cooking spray. In a large skillet, cook bacon until crispy, about 8 minutes, then drain on a paper towel lined plate. Wipe skillet clean.
2. In the same skillet over medium heat, melt butter. Whisk in flour and cook until bubbly, about 1 minute. Gradually stir in milk and bring to a simmer. Cook until thickened, about 2 minutes. Whisk in cheese and cook until melted, 1 minute. Season with salt and pepper and stir in broccoli. Remove from heat.
3. Spread broccoli mixture into the bottom of the baking dish, then top with chicken. Cut each biscuit into eighths and scatter on top of chicken. Chop bacon into small pieces and scatter on top of biscuits, then sprinkle with ranch seasoning.
4. Bake until biscuits are golden and cooked through,



3-Cheese Garlic Mashed Potatoes

Ingredients

- Butter or Cooking Spray
- 4 pounds potatoes (Russet or golden preferred)
- 1 teaspoon garlic salt
- 1/2 teaspoon onion salt
- 1/2 cup sour cream
- 3/4 cup milk
- 1/4 cup butter, melted (1/2 stick)
- 1 cup shredded cheddar cheese
- 1 cup shredded mozzarella cheese
- 1 cup shredded Parmesan, divided
- Kosher salt, to taste
- Freshly ground black pepper, to taste
- 1/2 cup plain bread crumbs or panko bread crumbs



Instructions

1. Preheat oven to 400 degrees F. Grease 9x13 with butter or cooking spray
2. Peel potatoes and cut into 1-inch pieces. Cook the potatoes in a large pot of well salted boiling water until they are soft and tender. This should be about 10-15 minutes depending on the size and type of potato.
3. Drain the potatoes and place in a large bowl or back into the same pot. Add garlic salt, onion salt, sour cream, milk and melted butter. Mash the potatoes to your desired texture.
4. Mix in the cheese, reserving about 1/4 cup of the parmesan for topping. Season, to taste, with salt and pepper. Transfer the potatoes to the prepared baking dish. Sprinkle the remaining parmesan cheese and bread crumbs over the mashed potatoes.
5. Bake, uncovered, until the cheese/bread crumb topping is golden brown, about 20 minutes.

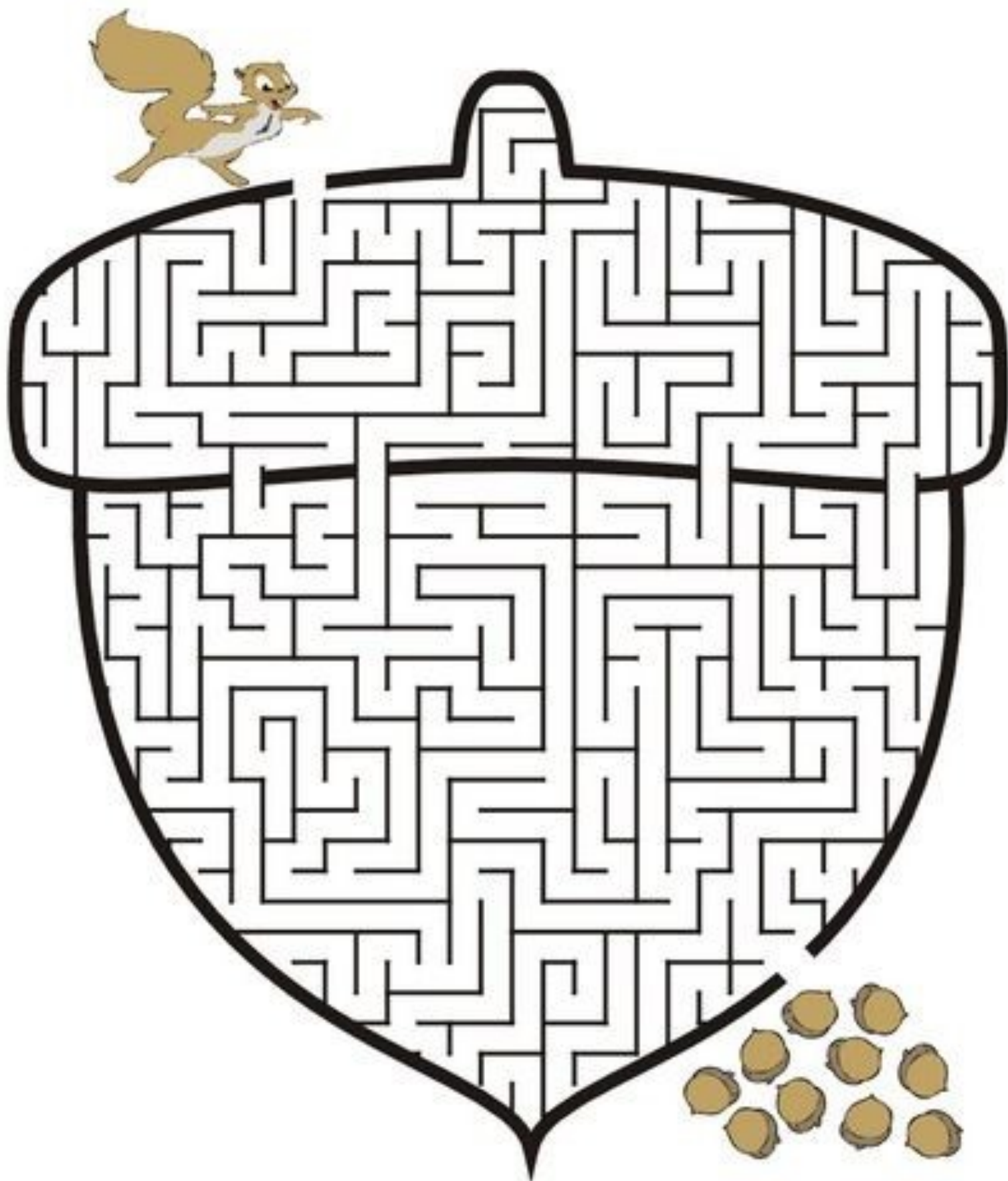
Cedarbrook

Employee Service Anniversaries

Employee	Department	Years	Employee	Department	Years
LAURIE KOVALCHICK	NURSING	34	KERRI COPF	NURSING	6
WILFREDO AGUILA	FACILITIES	34	SUSAN MOYER	LIFE ENRICHMENT	6
TINA OWENS	NURSING OFFICE	32	JASON CUMELLO	ADMINISTRATION	5
BARRY FOLLWEILER	LAUNDRY	32	FRANKLIN ACEVEDO	FACILITIES	5
SHANNON GRAVER	ENVIRONMENTAL	27	DANIELLE CARABALLO	NURSING	4
GWYN GILDNER	NURSING	25	LORRAINE FOTHERGILL	NURSING	4
JAIME PAGELLA	NURSING	25	GABRIEL ROBINSON	SOCIAL SERVICES	4
JENNIFER BUSH	RESIDENT ASSESSMENT	21	KAITLYN BEISEL	LIFE ENRICHMENT	4
DEBBIE CARBAUGH	NURSING	20	JASMINE DIAZ	NURSING	3
KATIE NOVICKI	NURSING	20	KENDRAL FLORENCE	NURSING	3
KATRINA KNITTLE	NURSING	19	REBECCA BROGAN	NURSING	3
CHERYL KOCHER	NURSING	18	IRINA RABINOVICH	NURSING	3
LISA JOSEPH	ENVIRONMENTAL	18	ALEXIS EBERLY	NURSING	3
TAMMY DIETRICH	PHYSICAL THERAPY	17	MELISSA FIGUEROA	NURSING	3
DANIELLE DICKER	NURSING	15	FRANCES VAZQUEZ	NURSING	3
CATHERINE SILKWORTH	NURSING	15	JACOB COYLE	ENVIRONMENTAL	3
MARNIE DISTASIO	FINANCIAL	14	PATTI SKELTON	NURSING	2
KATHRYN O'BRIEN	NURSING	13	SUN HAN	NURSING	2
ALEXANDRA FRITZINGER	NURSING	11	JORGE MARQUEZ JR.	NURSING	2
TATIANA SULEAC	NURSING	7	JAMIE BAYARD	NURSING	2
KERRY MAGLIANE	LIFE ENRICHMENT	7	SHARON HOWARD	NURSING	1

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

Help the squirrel through the maze to find its acorns





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.



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 Minutes

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 plan or treatment.

New Business:

Teresa Samuels: Director of Nursing

- **Recruiter-** The new recruiter has been hired and will start on August 18th.
- **Covid Testing–** As everyone is aware, there is a new Delta variant. We have just completed our 2nd week of testing. The last Lehigh County positivity rate was 3.6%. If we reach 5% we will need to go back to testing both vaccinated and unvaccinated staff and residents.

Jennifer Szakacs Strohl: Life Enrichment

- **Activities-** Reviewed the scheduled activities for August.
- **Entertainers-** There will be entertainers every Saturday and Monday.
- **Calendar–** There is a weekly calendar of events, listing the house programs, on your units.
- **Nominations-** Nominations were taken for Council Officers for 2021:
 - President: Jean Larison
 - Vice President: Marilyn Barker
 - Secretary: Karen SnyderElections will be held at the next council meeting.

Announcements:

- The next meeting will be held Monday, September 13, 2021 at 2:15 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

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EDITOR/FORMAT
DESIGN
COPY EDITOR
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EMILY STROHL

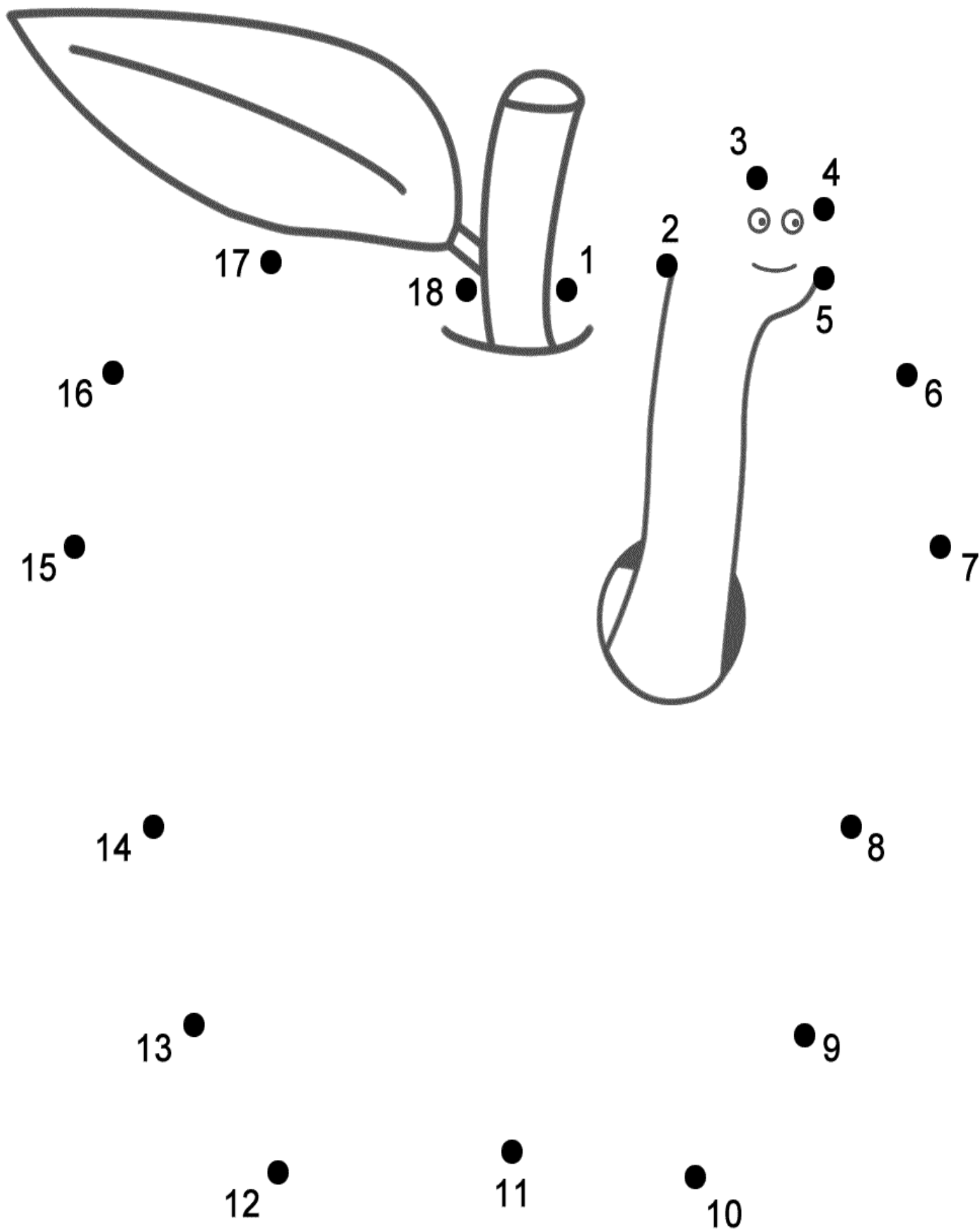
MEL FEJES
MICHELE AYELLO

MARGIE EVERETT
MARY ANN MILLER
NANCY BREY

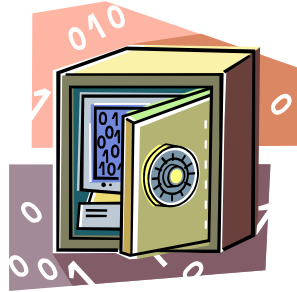
ELMAMAE UHLE
JEAN LARISON
MARY SNYDER
BEVERLY DAWSON
KAREN SNYDER
KAY MOHR

WELCOME
Fall





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.

JULY 2021

Vinayakbhai Patel

Barbara Mooney

Millard Howell

John Sunny





September 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
5 2:15 pm Church Auditorium and Channel 22	6 2:15 pm Kris Phipany Auditorium and Channel 22	7 10:15 am Talking Book (Aud.) 10:30 am Devotions (Ch. 22) 2:15 pm Bingo (Ch. 22)	1 2:15 pm Bible Study Auditorium and	2 10:15 am Color and Chat Auditorium	3 2 pm Cards Club Auditorium	4 10 am Puzzle Your Mind 2:15 pm
12 2:15 pm Church Auditorium and Channel 22	13 2:15 pm Resident Council Auditorium and Channel 22	14 10:15 am Talking Book (Aud.) 10:30 am Devotions (Ch. 22) 2:15 pm Bingo (Ch. 22)	15 2:15 pm Bible Study Auditorium and Channel 22	16 10:15 am Color and Chat Auditorium 2 pm Mass (Aud.)	17 2 pm Cards Club Auditorium	18 10 am Puzzle Your Mind 2:15 pm Barry Warren
19 2:15 pm Church Auditorium and Channel 22	20 2:15 pm Entertainment/ Movie Aud. And Ch. 22	21 10:15 am Talking Book (Aud.) 10:30 am Devotions (Ch. 22) 2:15 pm Bingo (Ch. 22)	22 2:15 pm Bible Study Auditorium and Channel 22	23 10:15 am Color and Chat Auditorium	24 10:15 am Shabbat (Chapel) 2 pm Cards Club Auditorium	25 10 am Puzzle Your Mind 2:15 pm Marvin Navarre
26 2:15 pm Church Auditorium and Channel 22	27 2:15 pm Claude Schappel Auditorium and Channel 22	28 10:15 am Talking Book (Aud.) 10:30 am Devotions (Ch. 22) 2:15 pm Bingo (Ch. 22)	29 2:15 pm Bible Study Auditorium and Channel 22	30 10:15 am Color and Chat Auditorium		