

Hillside News

Lehigh County

Cedarbrook Senior Care & Rehab

November

HAPPY

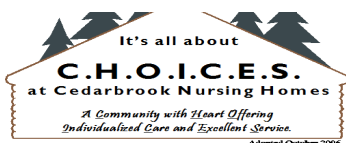
Thanksgiving





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

Jason Cumello, MBA, NHA-Director Administrator

Michelle Julian, RN, BSN, MS, NHA- Assistant Administrator

Natalia Villamil—Administrative Assistant

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Teresa Samuels- Director of Nursing

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

Keisha McCollin-Bulluck – Human Resources Administrator

Jennifer Szakacs Strohl—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- Assistant Director of Social Services

Vivianna Villanavea- Assistant Director of Financial Services

Jackie Mistiszyn- Director of Business Development

Karen Carr- Director of Dining Services

Ricardo Cintado- Director of Environmental Services

Rodney Taylor- Assistant Director of Environmental Fountain Hill

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 November...

<u>NAME</u>	<u>BIRTHDAY</u>
Doris Zuber	November 1st
Regina Kardisco	November 2nd
Terry Hines	November 5th
Elonia Batista	November 15th
Joyce Tomaino	November 16th
Charles O'Connell	November 16th
Michael Baluntanski	November 17th
Cecilio Lasanta	November 25th
Robert Bartholomew	November 26th
Marie Kovacs	November 27th
Teresa Tejera	November 28th



WELCOME OUR NEW RESIDENTS TO CEDARBROOK FOUNTAIN HILL

Lucy Cruz	Margaret Bundra
Philio Thierolf	Julia Houston
Charles Jackson	William Anderson
Karl Rusweiler	Diane Detweiler
Doris Zuber	Lucille Reisinger
	Grace Demarco

Look!

I spy with my little eye ... Pilgrim Hat
that looks like this:



Staff Anniversaries

<u>Employee</u>	<u>Department</u>	<u>Years</u>
Christina Florek	Nursing	33
Cindy Cook	Nursing	25
Yvette Johnson	Nursing	18
Heather Bruer	Nursing	18
Ellen Schaller	Laundry	12
Olesia Nagle	Nursing	12
Jennifer Valdez	Nursing	11
Frankie Lazzaro	Facilities	1



Colleen Guth

Priscilla Rivera

Rachel Lange

Kimberly Robinson

Kaylah Pankey

Nicole Melendez

Check out our Website!

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



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

www.facebook.com/cedarbrookseniorcareandrehab



Cedarbrook wants to thank all who has served. Happy Veteran's Day!



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

MONTH IN Review

Last month in October...

- ⇒ Entertainment: Jett Blaq, Ultimate Sound, Rob Ballonoff, Chuck Rissmiller, Glen Kakowski, Glen Miller, Dan Barrick, JR Peterson
- ⇒ 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: October 21st
- ⇒ Garden Club came in on October 6th and they made beautiful flower arrangements with residents (see pictures on page 11)

Residents' Council on October 14th

Cimmie Depriest, President, called the meeting to order.

Motion was made to agree to read Council minutes from September and October at the November Meeting 16th. Patricia Stuber moved to accept the motion. It was seconded by Margaret Crouthamel.

Heidi Heffelfinger, Social Worker, read Resident Rights during BINGO.

Old Business:

No old business.

New Business:

Tara Pendrak made residents aware that there will be no longer be morning announcements.

Life Enrichment:

Jenna Witt informed residents that LE staff on each unit will go over monthly activities and entertainment. October activity Calendar is available on units. November calendar will be available by November 1st.

Heidi Heffelfinger made a motion to adjourn the meeting to play the yearly Resident's Rights BINGO. Lilian Snyder moved to accept the motion. It was seconded by Margaret Crouthamel.





Cedarbrook Volunteers are Very Important People

Thank you for volunteering and giving Cedarbrook the most precious thing you will ever own – your time, talents, and caring heart.

YOU ARE NEEDED!

Please sign up for our Angel Tree

Allentown and Fountain Hill sites will each have an “Angel Tree”

These trees will be filled with angel tags. A gift suggestion for each resident will be listed on the tag. We are asking for your help in giving gifts to the residents.

You will be able to choose an Angel Tag by telephone. The staff will assist you with the gift suggestions. Our Angel Trees will be ready by early November.

Christmas at Cedarbrook will be very different this year.

Your assistance is more important than ever.

Allentown call: Jenn - 610-336-5681 ---- Fountain Hill call: Kate - 610-691-6700

There are so many opportunities to choose from to help. **No task is too small.**

Here are a few examples of how can you help:

Transport residents to live entertainment on Mondays or Saturdays 1:45- 3:45 PM

Be a back-up transporter for the Beauty Shop Mondays thru Thursdays

9:00 AM-12:00 PM

Transport residents and assist at church on Sundays 1:45-3:45 PM

Visit with residents one on one and complete special tasks (read their mail or the newspaper to them, help straighten their room, play cards, reminisce etc.)

A variety of activities at Fountain Hill Monday through Friday 1:30- 4:00 PM

Become an **Auxiliary Member** and help with fundraisers that provide the many fun events for our residents

An updated training packet will be provided to all volunteers. If you are interested, please let me know, so we can discuss your choice of hours and I can send you the packet. All volunteers must bring their COVID vaccine card.

If you have a friend or family member who would like to volunteer, please have them contact the volunteer office for more information.

At Thanksgiving as we think of each other, our friends, and family with kindness and gratitude in our heart; please know how very special you are to everyone at Cedarbrook. “Whoever is happy will make others happy too.” Anne Frank, Author.

Happy Thanksgiving!

Kerry Magliane, Volunteer Coordinator

610-336-5684, kerrymagliane@lehighcounty.org



Chaplain's Corner

“Give Thanks”

Do you find it difficult to be joyful when life is difficult? How can we be thankful when there does not appear to be anything in life to be thankful for? We will face difficulty in this life! Some of us have lost loved ones, experienced changes in our level of independence, found out we have an illness or disease, have not been able to visit with family or loved ones and the list goes on. I am not pretending that life is not hard and disappointing at times. However, the Bible says in 1 Thessalonians 5:17-18, “Rejoice always, ¹⁷ pray continually, ¹⁸ give thanks in all circumstances; for this is God’s will for you in Christ Jesus” (NIV).

The Lord never asks us to do anything without giving us the ability to do it. That being said, how can we be thankful and rejoice in all circumstances? Christians can rejoice because their hope, trust and faith is in the Lord. We need to take the focus off of our circumstances and place them on the Lord!

During WWII, Betsie and her sister Corrie ten Boom were held in German concentration camps. The conditions of the camps were terrible, to say the least. One of the buildings they stayed in was completely infested with fleas. Earlier that morning the sisters read the verse quoted above. Betsie told her sister they needed to rejoice in ALL situations. Betsie said, “we can even thank the Lord for the fleas.” Corrie thought her sisters view of the fleas was a little out of touch with reality, until the day they saw the blessing in their little friends. The guards refused to enter their building because of the fleas. That being said, they were freely able to proclaim the Gospel to all the prisoners in that building. The sisters even held church services and daily Bible studies. This was all possible because of the fleas!

Point being, it can be difficult to see God at work in difficult situations but that does not mean we stop praising Him. We can always find ways to be thankful for God’s faithfulness in our lives. One thing that should cause every Christian to rejoice is the love of Jesus Christ! 1 John 4:10 says, “This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins” (NIV). Salvation is available to all that would receive it. Therefore, because of Christ’s completed work on the Cross, we can have a restored relationship with God and live with Him for all eternity!

Take a moment and write down all the things you are grateful for. What can you thank the Lord for today? How has He been providing for you? How has the Lord been faithful to you? Why do you have a reason to rejoice and be thankful in all your circumstances today?

Chaplain Philip Baker – 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.



Residents' Council

November 4th at 2:30 in the Main Dining Room—will be broadcasted on channel 22

Food Committee

November 4th 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...



Adam Grodecki

Gladys Malaret

June Cleaver

Anna Pratkan

Dawne Casselle

Selece Davis

Sophia Kurtiz

Emma Gibiser

Mary Ann Vidumsky

Julia Torres

Kathy Beitchman

Violet Malitsch



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.***



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!

Garden Club



On October 6th, the Garden Club came with beautiful flowers, of all kinds! Wegman's supplied all colorful flowers. Angelika made pretty arrangements with some of our talented residents here at Fountain Hill!





*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).

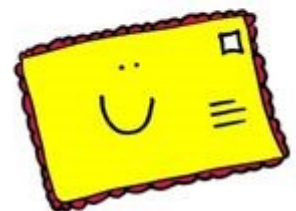
House Activity Schedule Will Resume

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 Betty Jane Kern!

She was born and raised in Pennsylvania. She lived in Treichlers, PA most of her life. Betty worked as a seamstress in a Factory. She had 5 children, 3 boys and 2 girls. When they were growing up she stayed home to raise them.

Betty enjoys Gardening, cooking, being outside and spending time with her Family.

Advice to the younger generation: DO things with a good heart and always be helpful



Always be Honest—Betty Kern

Breaking Ground!

On October 22, Cedarbrook Allentown broke ground in the new construction of the new E wing, and main Entrance! This project is suspected to be completed by the 3rd quarter of 2023. Staff and Residents took part in this awesome time of History! Shovels are in the dirt!



To the Left: Jason Cumello our Administrator and Michelle Julian our Assistant Administrator



Below is a picture of some of our residents and county commissioners, along with some other politicians who were a part of this process!



To the left: Natalia and Michelle putting their shovels to work!



Color me!

Happy Thanksgiving



JOKES

Who is not hungry at Thanksgiving?

The turkey, because he's already stuffed!

What do you call a running turkey?

Fast food.

What type of glass does a turkey drink from?

A goblet.

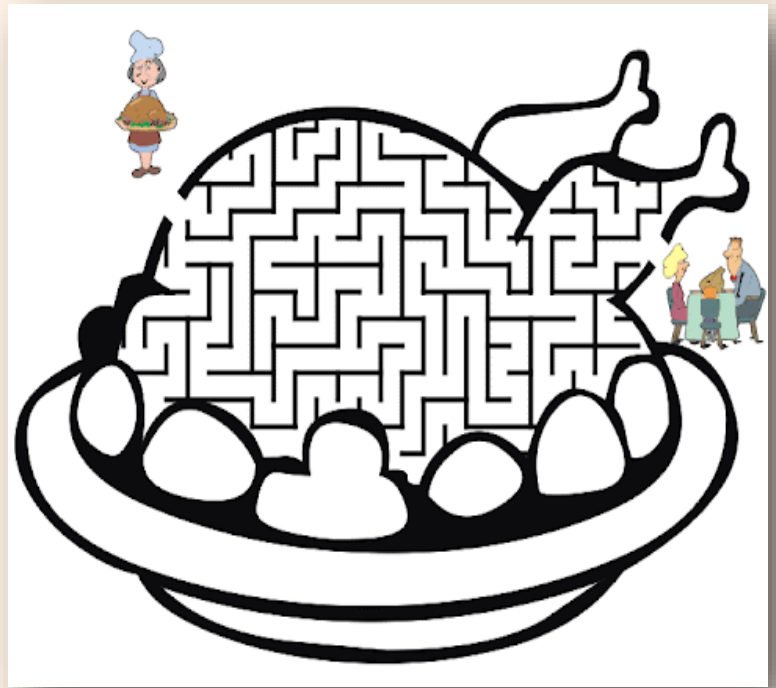
"Knock knock!" "Who's there?" "Olive."
"Olive who?" "Olive the turkey stuffing!"

Why was the Thanksgiving soup so expensive?

It had 24 carrots.

What vegetables would you like with your Thanksgiving dinner?

Beets me!



Thanksgiving Facts!

- ⇒ A woman named Sarah Josepha Hale lobbied Congress for years to make Thanksgiving an official holiday. If it wasn't for this determined woman, Thanksgiving wouldn't exist today. Hale's allegiance to Thanksgiving began in 1827 and was based in national pride; she hoped to make it "permanently, an American custom and institution." It wasn't until 1863 that President Lincoln finally declared Thanksgiving a national holiday.
- ⇒ The menu for the first Thanksgiving in Plymouth in 1621 likely included lobster, seal, and swans.
- ⇒ Thanksgiving Day football games began in the 1870s.
- ⇒ Only male turkeys make the well-known "gobble, gobble" sound that has come to be associated with the holiday. In fact, male turkeys are even known as "gobblers." Females make other noises, such as purring and cackling.
- ⇒ The day after Thanksgiving is "far and away the busiest day of the year for plumbing companies." The company warns to be extra careful with turkey grease, potato peels, rice, and stuffing, as they are sure to clog your drain or overwork your garbage disposal.
- ⇒ The first Macy's Thanksgiving Day Parade in 1924 featured live animals from the Central Park Zoo.
- ⇒ Pumpkin pie was a staple on New England Thanksgiving tables as far back as the turn of the 18th century. Legend has it that the Connecticut town of Colchester postponed its Thanksgiving feast for a week in 1705 due to a molasses shortage.



November 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1) On units programs	2) Bible Study on channel 22 at 2:30 Rosary on channel 22 at 2:30	3) LE Game Show in the MDR at 2:30 2:30 Catholic Mass on channel 22	4) 2:30 Resident's Council in the MDR & on channel 22	5) Rick Weaver in the MDR at 2:30	6) On-unit programs
7) Church with Chaplain Laura at 2:30	8) On units programs	9) Laughter YOGA in the MDR at 2:30	10) Shelia Meliz in the MDR at 2:30 2:30 Catholic Mass in Spanish on channel 22	11) Bruce Copp in the MDR at 2:30	12) Rick Focht in the MDR at 2:30	13) On-unit programs
14) Church with Chaplain Laura at 2:30	15) On units programs	16) Bible Study on channel 22 at 2:30 Rosary on channel 22 at 2:30	17) LE Game Show in the MDR at 2:30 2:30 Catholic Mass on channel 22	18) Memorial Service in the MDR at 2:30	19) 2:30 BINGO on channel 22	20) On-unit programs
21) Church with Chaplain Laura at 2:30	22) On units programs	23) Bible Study on channel 22 at 2:30 Spanish Rosary on channel 22 at 2:30	24) LE Game Show in the MDR at 2:30 2:30 Catholic Mass in Spanish on channel 22	25) Happy Thanksgiving! Steve Pollock in the MDR at 2:30	26) 2:30 BINGO on channel 22	27) On-unit programs
28) Church with Chaplain Laura at 2:30	29) Chuck Rissmiller in the MDR at 2:30	30) Bible Study on channel 22 at 2:30 Rosary on channel 22 at 2:30				Key: MDR = Main Dining Room *subject to change*

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subject to change