

Sunshine News

NOVEMBER 2021

LEHIGH COUNTY - CEDARBROOK SENIOR CARE AND REHAB





Sunshine News

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 help you solve it.
Our doors are open to you.

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The Meaning of C.H.O.I.C.E.S.

Adopted by Cedarbrook employees in 2006, Cedarbrook's mission proudly states a commitment to residents and relatives who need senior care. When Lehigh County families choose Cedarbrook, they are selecting "A Community with Heart Offering Individualized Care and Excellent Service."

Visit us on our Facebook page and website for updates and pictures of recent events!

www.facebook.com/cedarbrookseniorcareandrehab

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

THE BUZZ

Around Cedarbrook...



NOVEMBER IS THE MONTH TO
GET THINGS MOVING IN THE
RIGHT DIRECTION
BECAUSE NEXT MONTH IT
WILL BE SANTA CLAUS & A BIG
CELEBRATION
NOW LET US TAKE TIME TO
REMEMBER
BEING THANKFUL IS A BIG
THING IN NOVEMBER
BUT WHAT ABOUT THE REST
OF THE YEAR
YOU SHOULD BE THANKFUL
EVERY DAY FOR ALL YOU
HOLD DEAR
WRITTEN AND SUBMITTED BY:
JEAN LARISON

**Weather has rules for what
we do, and I have always
been a warm weather
advocate. I tried ice skat-
ing but I needed
someone to help me up!
Sledding was fun if you
could find a hill minus
traffic! Warm weather has
always been good for
Swimming which in my old
age has been something I
can look back on as my one
athletic endeavor.
Written and Submitted by:
Elma Mae Uhle**

* Shirley was a senior in high school and never been “into sports”. Her date wanted to take her to the season opening football game. He’d explain things as they went along. At half time, he asked if she had any questions. “Yes”, she said. “Everyone was yelling– get the quarter back, get the quarter back! Why all the fuss if it’s only 25 cents?”

*What has 18 legs and catches flies?

A baseball team!

*Be yourself— everyone else is taken.

Written and Submitted by:
Kay Mohr



The Indian We Repast

Pocahontas was a good cook for a wild turkey they had to look.

They found one and all the other things for a feast.

That was the first Thanksgiving and we have had many since.

John Alden they had to convince but it all went well and still is going well.

It's so good we have nuts and Berries for they filled in the dinner.

So, be thankful for the feast of Thanksgiving.

Written & Submitted by:

Bev Dawson



God Is...

The truth, wisdom, Gospel, light, light that shines through a forest of Aspen trees. God's light touches our souls and spirits only if we let it. We can

deny Gods light or embrace without fear. The way of life is through Jesus Christ, Gods only son who died and shed his blood on the Cross of Calvary. Jesus is our Savior from sins and sinners of this dark world. God is our refuge and protects us. God provides us all our needs only if we ask God in prayer. Surrender (let go) of past and today.

Remember God and Jesus is our light, hope, joy, peace, freewill, love, and forgiveness. So if we believe in God and Jesus Christ as your Lord and savior, you will be in Gods Heavenly home where your loved ones rest in heavenly peace with God's Angels as our guides.

Smile! God loves you!

Written & Submitted by:

Lori Skaggs

When reading the Sunshine News, find the

And count how many you see!

Answers will be at the end of the newsletter! Good luck!



NOVEMBER BIRTHDAYS



DANIEL HEIL	Nov	01
CORA HUNSICKER	Nov	03
MARAGRET HAMMERSLY	Nov	04
LAURA HUDAK	Nov	04
JOSEPH FAGAN	Nov	04
EMMA RIVERA	Nov	05
JONELLEN REIGHTLER	Nov	05
TEA HY	Nov	06
GERALDINE GARRAMONE	Nov	07
JOSEPH DALINT	Nov	10
JENNIE HAUSMAN	Nov	10
WILLIAM ROTH	Nov	10
FREDERICA MARZEC	Nov	11
CONSTANCE MAHONEY	Nov	12
ELIZABETH WALL	Nov	13
ANNABELLE GOOD	Nov	16
GRACE GREEN	Nov	16
ELIZABETH KUNTZ	Nov	18
GREGORY BATMAN	Nov	18
JOYCE CLEWELL	Nov	19
RUTH SOSNOWSKI	Nov	20
ROBERT REISS	Nov	20
ROSE MUDRICK	Nov	20
SHARON FINK	Nov	20
ELLIS ZELLMANOFF	Nov	20
BEVERLY DAWSON	Nov	20
RACHEL JODRY	Nov	21
CECILIA BROOKS	Nov	21
RUTH SCHMOYER	Nov	22
DOROTHY BEST	Nov	22
ELLA MAINS	Nov	22
DEBRA SCHWOYER	Nov	24
MARY SHAMBO	Nov	25
MAGDALENE WENTZ	Nov	26
DEBORAH INTROCASO	Nov	26
DOROTHY MILLER	Nov	28
AMADOR CEBOLLERO	Nov	28

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

Norman Wieder

Shirley Wentzel

Jacqueline Peters

Ruth Sensinger

Josue Gonzalez





“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 sister’s 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





Jose Acevedo—National Guard
 Robert Daniels—National Guard
 Benedetto Fisichella—Army
 Ronald Hacker—Army
 Marvin Hoffman—Army
 Robin Kotsch—Navy
 William Lee—Army
 Michael Tackack—Air Force
 George Weiser—Marines
 Frank Bartman—Army
 Charles Becker—Army
 Gerald Buss—Army
 Robert Pina—Army
 Robert Webster—Navy
 Joseph Fagan—Navy
 Edward Hessinger—Navy
 Howard Hoffert—Army

Robert Koch—Navy
 Nevin Kutzler—Army
 David Laury—Army
 Benjamin Lepson—Army
 Vincent Pavone—Army
 Jesus Rendon—Army
 Frank Rider—Army
 Calvin Schaeffer—Army
 Jay Salughenhaupt—Army
 Henry Soreneson—Air Force
 Thomas Tracy—Army



Remember -
 our fallen heroes.
 They are the reason
 that we are free.



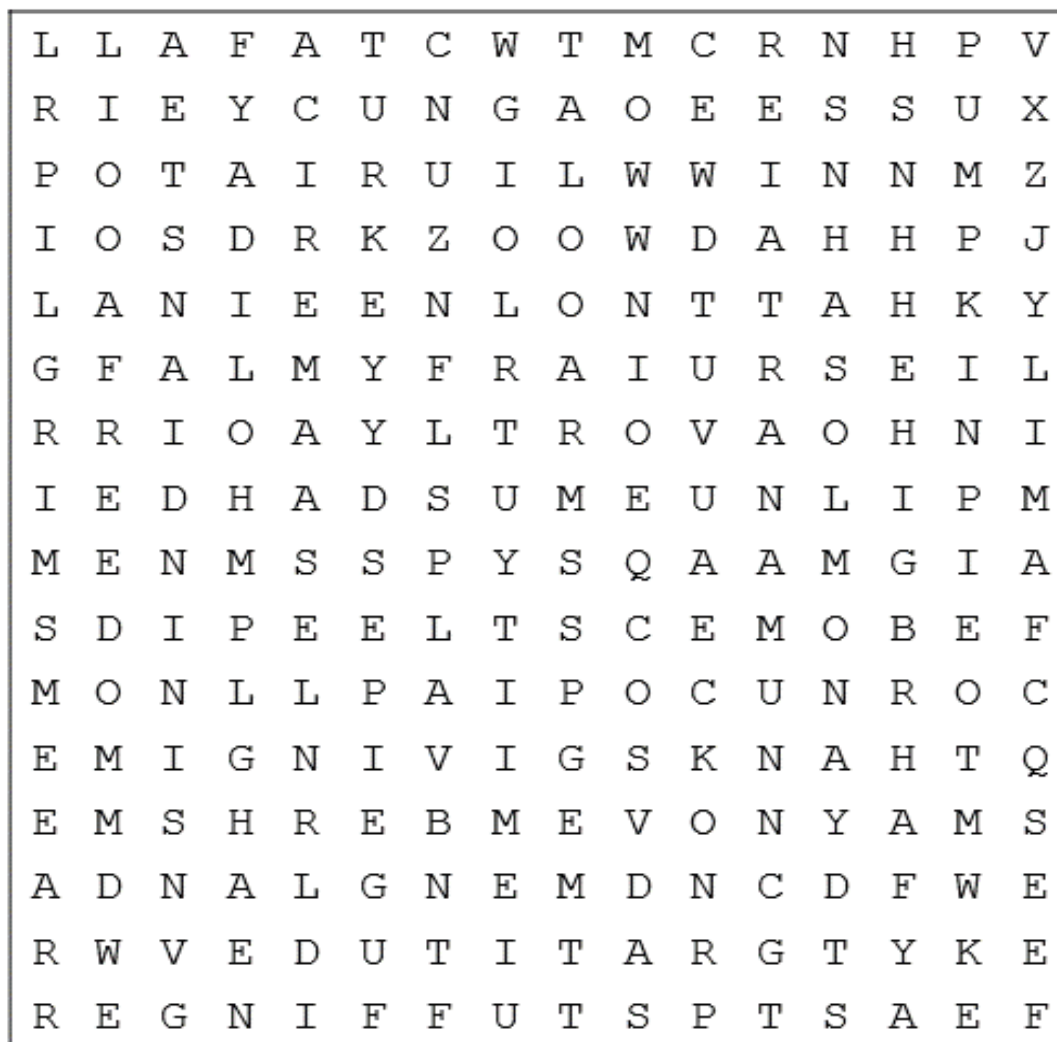
HAPPY
 THANKSGIVING

**WE RECOGNIZE THE SACRIFICES YOU MADE
 ALLOW US TO MAINTAIN OUR FREEDOM
 AND FOR THAT WE ARE FOREVER GRATEFUL.**



Thanksgiving Day

Fourth Thursday of November



AMERICA
CANOE
COLONY
CORNUCOPIA
ENGLAND
FALL
FAMILY
FEAST
FREEDOM

GRATITUDE
HARVEST
HOLIDAY
INDIANS
MAIZE
MAYFLOWER
MILES STANDISH
NEWWORLD
NOVEMBER

PILGRIMS
PLYMOUTH
PUMPKIN PIE
PURITANS
SQUASH
STUFFING
THANKSGIVING
TURKEY
YAMS



CEDARBROOK VOLUNTEERS

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:

Help residents play card games on Fridays 1:45-3:45PM

Transport residents and assist at Bible Study on Wednesdays 1:45-2:45 PM

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



Recipes

Pumpkin Spice Cupcakes with Cream Cheese Frosting

INGREDIENTS

- 3/4 cup butter, softened
- 2-1/2 cups sugar
- 3 large eggs, room temperature
- 1 can (15 ounces) solid-pack pumpkin
- 2-1/3 cups all-purpose flour
- 1 tablespoon pumpkin pie spice
- 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- 3/4 teaspoon salt
- 1/2 teaspoon baking soda
- 1/2 teaspoon ground ginger
- 1 cup buttermilk

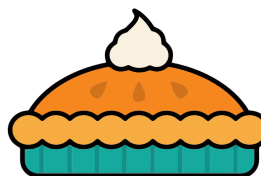
Frosting:

- 1 package (8 ounces) cream cheese, softened
- 1/2 cup butter, softened
- 4 cups confectioners' sugar
- 1 teaspoon vanilla extract
- 2 teaspoons ground cinnamon



DIRECTIONS

1. Preheat oven to 350°. In a large bowl, cream butter and sugar until light and fluffy. Add eggs, one at a time, beating well after each addition. Add pumpkin. Combine flour, pie spice, baking powder, cinnamon, salt, baking soda and ginger; add to creamed mixture alternately with buttermilk, beating well after each addition.
2. Fill 24 paper-lined muffin cups three-fourths full. Bake 20-25 minutes or until a toothpick inserted in the center comes out clean. Cool 10 minutes before removing from pans to wire racks to cool completely.
3. For frosting, in a large bowl, beat cream cheese and butter until fluffy. Add confectioners' sugar, vanilla and cinnamon; beat until smooth. Frost cupcakes. Refrigerate leftovers.





Cedarbrook Employee Service Anniversaries



Employee	Department	Years
Deborah Smitreski	Social Services	34
Kim Haydt	Nursing	23
Melissa Rodriguez	Nursing	15
Marianna Kennedy	Nursing	15
Tanya Tinor	Nursing	11
Phallen Heinrich	Nursing	9
Valerie Seda	Nursing	7
Miguel Cortez	Environmental	7
Leann Laros	Nursing	5
Mark Brandstetter	Environmental	5
Esther Joseph	Nursing	3
Pascale Vernet	Nursing	2
Stephanie Figueroa	Nursing	2
Kevin Doyne	Nursing	1
Jean Guerrero	Facilities	1

Thanksgiving Word Scramble



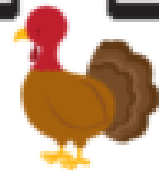
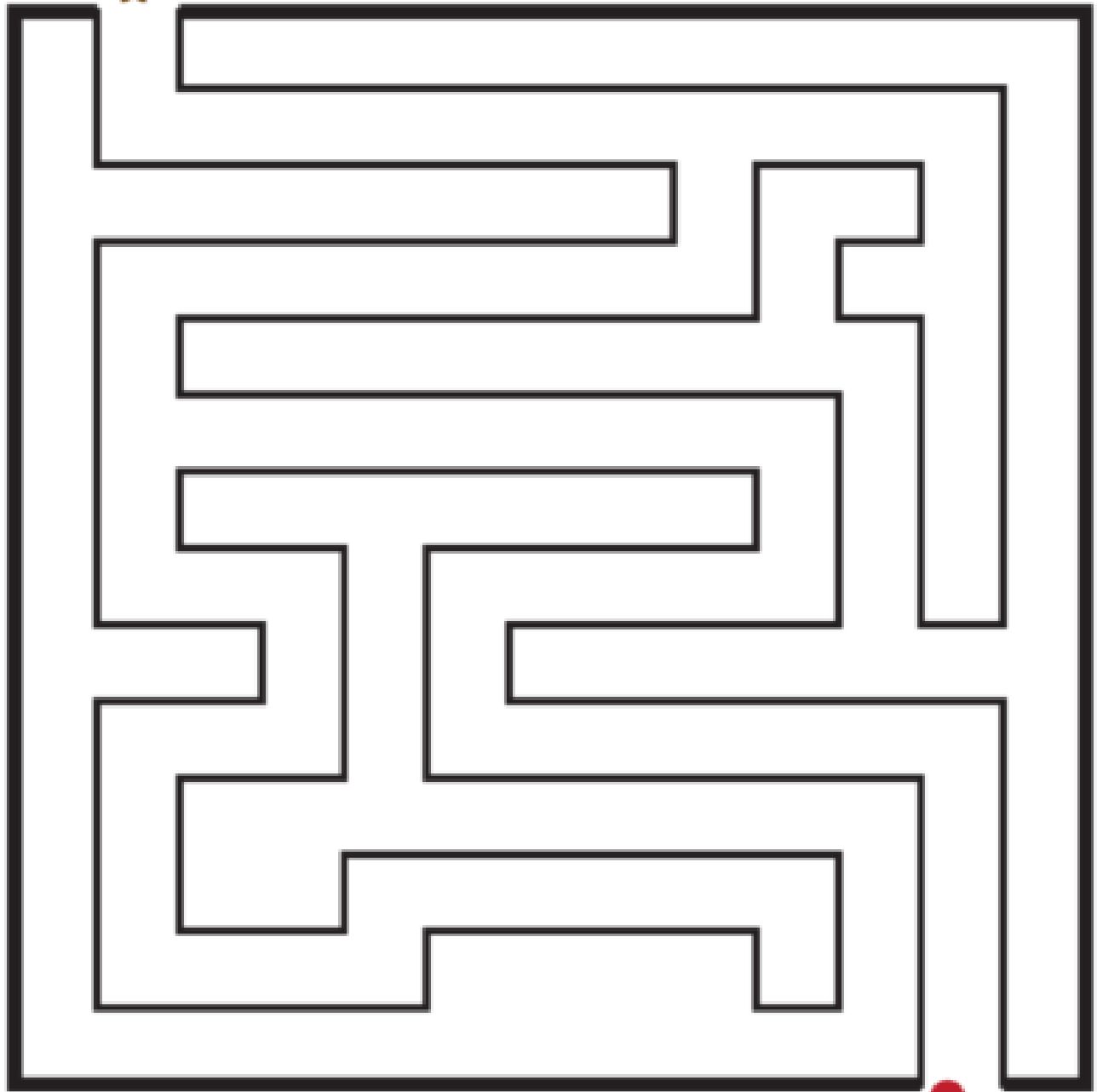
1. rcon _____
2. ukppmin _____
3. krueyt _____
4. omfaylwer _____
5. niwsebho _____
6. ciarrbesne _____
7. spmiligr _____
8. ricdukmts _____
9. dnenir _____
10. syam _____
11. solrl _____
12. eremnbv _____
13. gobabl _____
14. dessret _____
15. ngstufif _____
16. uyhtarsd _____
17. efats _____
18. rgavy _____
19. nnasidi _____
20. rbeda _____



1. Corn
2. Pumpkin
3. Turkey
4. Mayflower
5. Wishbone
6. Cranberries
7. Pilgrims
8. Drumstick
9. Dinner
10. Yams
11. Rolls
12. November
13. Gobble
14. Dessert
15. Stuffing
16. Thursday
17. Feast
18. Gravy
19. Indians
20. Bread

CATCH THE TURKEY!

Help the Pilgrim catch the turkey.





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.

Thanksgiving Day Trivia



1. The first Thanksgiving took place in 1621.
2. Turkey has been the Thanksgiving meal of choice after President Lincoln declared Thanksgiving a national holiday in 1863.
3. Every Thanksgiving, the current U.S. President pardons a turkey.
4. Thanksgiving is the biggest travel day of the year.
5. Thanksgiving Day is an annual holiday in both the United States and Canada.

Happy Thanksgiving to you & your family!

Submitted by: Bev Dawson



Six Little Stories with Lots of Meanings

1. Once all villagers decided to pray for rain. On the day of prayer, all the people gathered, but only one boy came with an umbrella. That is faith.

2. When you throw babies in the air, they laugh because they know you will catch them. That is trust.

3. Every night we go to bed without assurances of being alive the next morning, but still we set alarms to wake up. That is hope.

4. We plan big things for tomorrow in spite of zero knowledge of the future. That is confidence.

5. We see the world suffering, but still, we get married and have children. That is love.

6. On an old man's shirt was written a sentence, "I am not 80 years old; I am sweet 16 with 64 years of experience." That is attitude.

**Have a happy day and live your life
Like these six little stories.**

**Remember— Good
Friends are the
Rare jewels of
Life, difficult
To find and
Impossible to
Replace.**





DO YOU HAVE A CONCERN?

Pennsylvania
Department of Aging

Office of the Long-Term Care Ombudsman

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 you meet your individual needs**
- **Services are free and confidential**

**Contact your local Ombudsman
(484) 619-3337**

Lost & 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 Finance to check.

OH NO! WHERE'D YOU GO?

May turn into...

AH HA! THERE YOU ARE!

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.



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MARY SNYDER

NANCY BREY

BEVERLY DAWSON

KAREN SNYDER

KAY MOHR





Thanksgiving Spot the Difference!

Can you find 10 differences between the two pictures?



How many did you find?
Tell your LE staff how many you found to see if
you win a prize!

**THANKS GIVING
BE BLESSED FOR
FAMILY FAR OR NEAR
WHO KEEPS IN HEART
DURING THE YEAR,
BE GRATEFUL OF
FRIENDS WHOM
ALWAYS CARES
THROUGH OUT LIFE'S
EASE, UNRULY HARD
DARES.
BE GLAD ABOUT
NOURISHING FOOD,
SOUND HEALTH, IN
EVERY WANTS, NEEDS,
AND ALSO
SPIRITUAL WEALTH.**

**WRITTEN AND
SUBMITTED BY: ANN
RAUBENHOLD**



AT REST

September of 2021

Jean Santayana

Jean Feldman

Carol Starsky

Lydia Moser

Anita Amigo

David Stamberger

Benjamin Little

Michael Fickes

Gay Schmick

Margaret May





November 2021

Sun

Mon

Tue

Wed

Thu

Fri

Sat



1 2:15 pm
Glen
Kakowski
Auditorium &
Channel 22

2 10:15 am
Talking Book
Auditorium
10:30 am
Devotions
Channel 22
2:15 pm
Bingo
Channel 22

3 2:15 pm
Bible Study
Auditorium &
Channel 22

4 10 am
Color and
Chat
Auditorium

5 2 pm
Booze and
Tattoos
Auditorium

6 10:15 am
Puzzle Your
Mind
Auditorium
2:15 pm
Richard Focht
Auditorium &
Channel 22

7 2:15 pm
Church
Auditorium &
Channel 22

8 2:15 pm
Resident
Council
Auditorium &
Channel 22

9 10:15 am
Talking Book
Auditorium
10:30 am
Devotions
Channel 22
2:15 pm
Bingo
Channel 22

10 2:15 pm
Bible Study
Auditorium &
Channel 22

11 10 am
Color and
Chat
Auditorium

12 2 pm
Card Club
Auditorium

13 10:15 am
Puzzle Your
Mind
Auditorium
2:15 pm
Rebecca
Houchins
Auditorium &
Channel 22

14 2:15 pm
Church
Auditorium &
Channel 22

15 2:15 pm
Bill Fry
Auditorium &
Channel 22

16 10:15 am
Talking Book
Auditorium
10:30 am
Devotions
Channel 22
2:15 pm
Bingo
Channel 22

17 2:15 pm
Memorial
Service
Auditorium &
Channel 22

18 10 am
Color and
Chat
Auditorium
2 pm
Mass
Auditorium

19 2 pm
Card Club
Auditorium

20 10:15 am
Puzzle Your
Mind
Auditorium
2:15 pm
Steve Pallack
Auditorium &
Channel 22

21 2:15 pm
Church
Auditorium &
Channel 22

22 2:15 pm
Glenn Miller
Auditorium &
Channel 22

23 10:15 am
Talking Book
Auditorium
10:30 am
Devotions
Channel 22
2:15 pm
Bingo
Channel 22

24 2:15 pm
Bible Study
Auditorium &
Channel 22

25 10:15 am
Puzzle Your
Mind
Auditorium
2:15 pm
Kevin Galm
Auditorium &
Channel 22

26
10:15 am
Shabbat
Chapel
2 pm
Card Club
Auditorium

27 10:15 am
Puzzle Your
Mind
Auditorium
2:15 pm
Tom Pizzi
Auditorium &
Channel 22

28 2:15 pm
Church
Auditorium &
Channel 22

29 2:15 pm
Rob
Ballonoff
Auditorium &
Channel 22

30 10:15 am
Talking Book
Auditorium
10:30 am
Devotions
Channel 22
2:15 pm
Bingo
Channel 22

