

Hillside News

Lehigh County

Cedarbrook Senior Care & Rehab

December



Happy Holidays!



*Wishing you and your families much
Happiness and Joy over the Holiday Season.*

*Slowly but surely the country is showing signs
of soon emerging from the global pandemic,
and fear will be replaced by hope and uni-
ty. New memories will be made.*

*It is our wish that your holiday season is full
of new memories of peace and love. You and
your family are important to us. The world
may seem very different compared to only a
few years ago. What remains the same is that
we are all the Cedarbrook Strong Family.*

*Jason Cumello, MBA, NHA, MS
NHA Administrator/Director
Cedarbrook Nursing Homes*

*Michelle Julian, RN, BSN,
Assistant Administrator
Cedarbrook-Fountain Hill*

*Jean Larison
Resident Council President
Cedarbrook-Allentown*

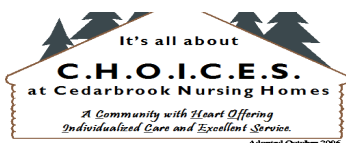
*Cimmie Depriest
Resident Council President
Cedarbrook-Fountain*





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

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

Jennifer Szakacs Strohl—Director of Life Enrichment

Kaitlyn Ventresca—Assistant Director of Life Enrichment

Kerry Magliane- Volunteer Coordinator

Gabe Robinson-Director of Social Services

Heidi Heffelfinger- Social Worker

Ashley Merkel- Social Worker

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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

Tim Picerno —Director of Rehab

Lisa Shuttle- Assistant Director of Rehab

Laura Stone—Chaplain, Faith Services

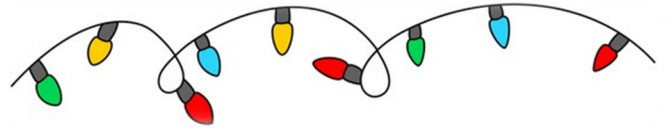
**We Are...
Cedarbrook
Strong!**

Residents with Birthdays in December...

<u>NAME</u>	<u>BIRTHDAY</u>
Mary Doud	December 4th
Michael Thompson	December 4th
Edward Rockel	December 5th
Margaret Siff	December 6th
Lorraine Batavia	December 7th
Mary Brey	December 8th
Gloria Strohl	December 13th
Tommie McDonald	December 16th
Bruce Stout	December 18th
Patricia Stuber	December 20th
Dorothea Lacko	December 27th
Elaine Obiedzenski	December 31st

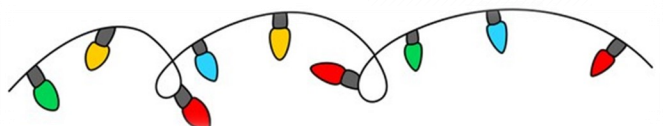
WELCOME OUR NEW RESIDENTS TO CEDARBROOK FOUNTAIN HILL

Philomena Guldeman	Dorothea Lacko
Latta Heil	Mary Doud
William Boandl	Hiram Martinez Cruz
Maria Csorba	Margaret Bundra
Maria Molina	Jacqueline Street
Aida Flores	



Look!

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



Staff Anniversaries

<u>Employee</u>	<u>Department</u>	<u>Years</u>
Nadine Hudacek	Nursing Office	21
Carmen Santiago	Environmental	18
Marisol Martinez	Nursing	12
Emily Cabrera	Nursing	5
Ashley Merkel	Social Services	5
John Pol	Facilities	4
Stacey Rodriguez	Nursing	4
Neelam Kumari	Nursing	4
Jackie Krause	Life Enrichment	2
Rosa Roldan	Central Services	1



Chandrabhas Aralikatti

Jalyza Rodriguez

Ashley Morales

Lourdes Garcia

Chingaihnm Bowen

Diane Houpe

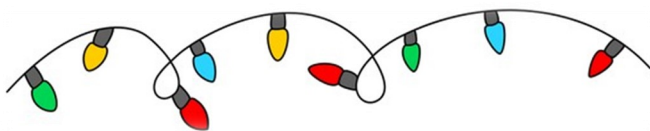
Check out our Website!

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

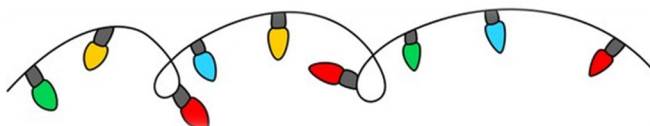


You can follow us on our Cedarbrook Senior Care & Rehab Facebook Page!

www.facebook.com/cedarbrookseniorcareandrehab



Happy Work Anniversary



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 November...

Entertainment: Rick Weaver, Bruce Copp, Rick Focht, Steve Pollock, and Chuck Rissmiller

On November 18th we held our Memorial Service with Chaplain Fred in the MDR He filled in for Chaplain Laura.

BINGO on Fridays

Every Wednesday afternoon the Life Enrichment Department plays Trivia games in the MDR

Bible study on channel 22 every Tuesday at 2:30

Rosary and Spanish Rosary every Tuesday at 3:00

Resident Council Minutes:

Cimmie Depriest, President, called the meeting to order.

Minutes from the September Residents' Council were meeting read by Patricia Stuber, secretary.

Cimmie Depriest asked for a motion to accept the September minutes as read. Candie Gimbar and Lillian Snyder moved to accept the minutes as read.

Minutes from the October Residents' Council Meeting were read by Patricia Stuber, secretary.

Cimmie Depriest asked for a motion to accept the October Minutes as read. Candie Gimbar and Doris Pitts moved to accept the minutes as read.

The Vice President and Secretary shared responsibility of the reading of the list of Deceased, New and Discharged residents.

Margaret Crouthamel, Vice President, read Residents Rights for November.

Privacy— You have the right to privacy with regard to accommodations, medical treatment, written and telephone communications, visits and meetings with family and other resident groups. Your right to privacy should not be interpreted as a right to a private room.

Old Business: n/a

No old business. n/a

Resident Concerns/Comments:

Several residents reported staff on evening and night shift being too loud. One resident referred to the sound of slamming hampers lids and talking loudly while performing care. Another resident spoke of staff yelling to each other for help and speaking loudly at nurses station.

Tara Pendrak ADON addressed the concerns. She stated that education would be provided to staff about being mindful of noise on night shift. A referral will be sent to our Nursing department.

One resident had multiple personal concerns about nursing staff and issues on resident's unit.

Tara Penrak ADON addressed the resident and arranged to speak with her privately to address her concerns. 7



Resident's Council Minutes Continued:

Announcements:

Michelle Julian— Assistant Administrator

Michelle said this month will be a busy month at our facility. We have Veteran's day coming we are continuing with Memorial Service monthly.

Jason Cumello—Administrator

Jason announced that the federal government released vaccination requirements for all nursing home staff members. We are still in the process of reviewing the 206 page regulation. As soon as we are through with our review the staff and residents will be made aware of any and all vaccination requirements.

Spoke about breaking ground on our new facility, the E wing, at our Allentown campus. It will take a little over 2 years to complete, and will begin with the construction of the new parking lot.

Kaitlyn Beisel -Life Enrichment

Informed residents that we received a generous donation. A baby grand piano that a resident of The City of Bethlehem donated to us.

Some old programs will be coming back such as Spanish Church services and Spanish Rosary.

Informed residents that LE staff on each unit will go over monthly activities and entertainment. November activity Calendar is available on all units. December's calendar will be available to residents on December 1st.

Conclusion:

The next Residents' Council Meeting will be held on December 9, 2021 at 2:30pm in the Main Dining Room.

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

Cimmie Depriest made a motion to adjourn the meeting.

Meet A Resident

Meet Joseph John Vitale!

He was born in Detroit, Michigan. Joe has always been a big traveler. He has been to 48 of the 50 states, and has traveled all around the country all his life.

He sold merchandise for a living. He has 1 brother and 2 sisters. Joe played Rugby for the University of Michigan for 10 years. He always exercised!

Advice he would tell the younger generation: "Learn how to make money, always fight for what you believe in"

One interesting fact about Joe is he shares the same birthday as his father!



"You are responsible for your own conditions" -Joseph Vitale

Hillside News—Fountain Hill December 2021
Cedarbrook Volunteers are Very Important People

Our volunteers are such a wonderful gift to Cedarbrook. Our residents love to see their smiling faces and enjoy visiting each volunteer. They add so much joy to the days of our residents and staff. Cedarbrook is so thankful to have each and every volunteer.

Be the gift of love and happiness to a Cedarbrook resident. Volunteer.

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. *Your assistance is appreciated.*

Here are a few examples:

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 Sunday 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 student over 13 years old, a friend or family member who would like to volunteer, please have them contact the volunteer office for more information.

Reminder:

Please remember to call the Life Enrichment department if you are going to be absent or late. You are important to our residents, staff, and programs; we really do need YOU. Always remember to sign in and sign out in the Volunteer Log book.

I Wish You All Happy Holidays!

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

I remember my grandparents' home, a typically modest three-bedroom house in Ohio, and how there was always a bedroom and a sitting room set apart for guests. Her six rowdy grandkids, including myself, were banned from those rooms for good reason!

Just so, at the time of Jesus' birth, a typical three-section house in Bethlehem would have had at the back of the house a special room kept just for guests. Scholars now understand that the Greek word to describe this room has often been translated into the English word, "inn," which evokes in our minds the idea that Mary and Joseph were turned away from a building that had many rooms, like a hotel.

Historians believe that Joseph likely sought a room in a typical home, from a family like his own, and it happened that the guest room in the back of the home was already being used.

The main part of a house consisted of a large room built to accommodate all the things they would do in daily life as a family: cooking, eating, sleeping. Mary and Joseph might have been able to sleep there, but because she was about to deliver her baby, they needed privacy.

The front part of the house was on a lower level, where the expensive or young farm animals were brought in to be kept safe. They also helped keep the house warm. Most likely, this was what was meant by the "stable," and that might have provided a more private place where Mary could deliver her baby, most likely with the help of the women of the house.

Let us remember that what scholars have learned should not confuse our traditions around the Christmas story but help us better to understand that God in the infant Jesus truly came into our everyday lives. God the Father did not present his Messiah, the Savior, in a place apart, in a guest room in Bethlehem, but a place among us, a real home, with the kids playing and grandma scolding them while mother cooked the meal and father fed the animals. All this, and with guests in the house during the hardship of a census ordered by Rome's oppressive rulers.

Theologian Shirley Guthrie reminds us that the Son of God was born in a particular time in history, in a particular place in the world, to a poor family in the lineage of King David; and it is not just doctrine or a religious idea, but a real historical event, that in Jesus Christ the eternal God came into the real world in which we live. In Jesus, God becomes one of us, an infant, a child, a teenager, a man, so that in his humanness he could show us his divine love, that in the fullness of both his divinity and his humanity he would release us from the darkness of our sin to the eternal life with him. God in Christ left his home in order to bring us home.

In Jesus Christ, who he is and what he says to us in Scripture, God himself speaks his mind. Jesus says in John's gospel, "in my Father's house are many rooms; if it were not so, would I have told you that I go to prepare a place for you? And when I go and prepare a place for you, I will come again and will take you to myself, that where I am you may be also." (14:2-3)

Those are not idle words; Jesus means what God himself says. God wants us in his house, filling up the many rooms Jesus describes to his disciples. Together, let us bless God for the gift of his Son, a gift which gives us life and light, and a promise of a place forever in his eternal home.

"Thanks be to God for his indescribable gift!" (2 Cor 9:15)

Chaplain Laura Stone



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...



Ruth Hari

Lorraine Granacher

Margaret Fodor

Santos Martinez

Gloria Capuano

Irene Nagy

May Davoli



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.***

A BIG thank you to everyone who participated in our Basket Raffle to benefit NNHW. Thank you to Weis, Wegmans, Giant, Wawa and Grane Pharmacy! Thank you to the Ladies Auxiliary! Thank you to Jean Larison for being the official ticket-puller! Thank you to everyone that donated, no matter how small! Thank you for all the volunteers who helped to sell tickets! I thank you all! The raffle was a great success!

Eileen Noneman BSN RN/Raffle Organizer”

Another HUGE thank you to everyone who participated in our Angel Tree this year! Thank you for taking the time to shop for our residents in an effort to make this year’s Christmas special! Thank you to all the staff involved in making it all happen!

- Life Enrichment Department



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.



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!



Christmas Scattergories



T R E E

1, Christmas Movie Name				
2, Christmas food item				
3, Christmas Song				
4, Christmas wish for this Year				
5, Christmas Holiday Location				
6, Christmas Children's Book				
7, Christmas Decoration				
8, Something that has red and white color				
9, A Family Christmas Tradition				
10, A Christmas Activity				
11, A Drink				
12, Something Green in Color				

WORD SCRAMBLE

- | | | | |
|---|------------|----|----------------|
| 1 | leslb | 9 | nreaocotids |
| 2 | sdlneac | 10 | seelv |
| 3 | snerggtgei | 11 | ntaas |
| 4 | lahyido | 12 | tsgfi |
| 5 | sksgocint | 13 | trfso |
| 6 | aydcn ncea | 14 | mshtiscar rete |
| 7 | ttisomeel | | |
| 8 | tawerh | | |



christmas tree
frost
gifts
santa
elves
decorations
wreath
mistletoe
candy cane
stockings
holiday
greetings
candles
bells
ANSWERS



*Celebrating a birthday or
special occasion? Contact
Natalia Villamil 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

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.

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.

Any Suggestions?

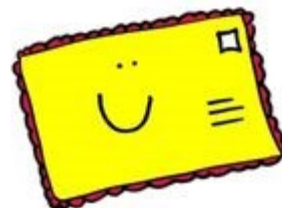
When writing to share positive comments, complaints, or suggestions for improvement, please include your name and contact information. We take your comments seriously, and we may need to ask questions and, of course, we'll want to share with you the action taken to address your concern(s).

House Activity Schedule Will Resume

When Restrictions Are Lifted.

Please Refer to your on-unit schedules

I SEND
YOU
A SMILE





CHRISTMAS WORD SEARCH



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

BELLS
CANDLES
CANDY CANE
CARDS
CELEBRATE
CHIMNEY
CHRISTMAS

RUDOLPH
SANTA
SEASON
SLEIGH
STOCKING
TREE
WREATH

ELVES
FROSTY
GIFT
GIVING
GREETINGS
HOLIDAY
JOLLY

JOY
MERRY
MISTLETOE
NOEL
NORTH POLE
REINDEER



JOKES

What do you call an obnoxious reindeer?

Rude-olph.

What did the stamp say to the Christmas card?

Stick with me and we'll go places!

What do you call a scary looking reindeer?

A cari-boo.

How do you know when Santa's around?

You can always sense his presents

What does the gingerbread man put on his bed?

Cookie sheets!

Exactly how old is Santa?

According to the blog Email Santa, Santa Claus is 1,750 years old as of 2021.

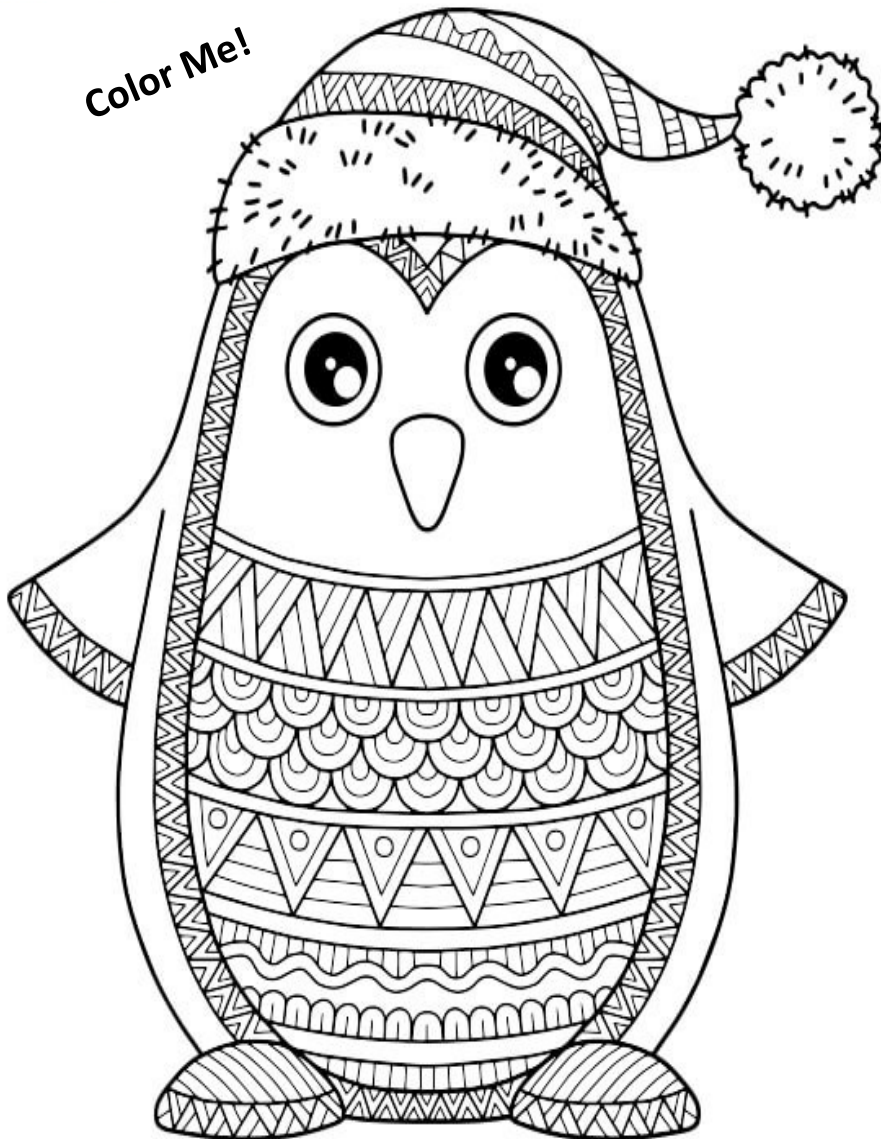
Where was Christmas made?

The celebration of Christmas started in Rome about 336, but it did not become a major Christian festival until the 9th century.

Who named Santa's reindeer?

The usual eight, Dasher, Dancer, Prancer, Vixen, Comet, Cupid, Donner and Blitzen, were the invention of a poet Clement Clarke Moore in *'Twas the Night before Christmas* (1823). Rudolph, the red-nosed misfit, was added by Robert L. May for a colouring-in book (1939)

Color Me!



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



December 2021



Sun

Mon

Tue

Wed

Thu

Fri

Sat

			1) LE Game Show in the MDR at 2:30	2) On unit Activities	3) Purple Hearts in the MDR at 2:30	4) On unit Activities
5) Church with Chaplain Laura on Unit 5 & on Channel 22 at 2:30	6) On unit Activities Rosary in the MDR at 2:30	7) Bible Study in the MDR at 2:30	8) Lester Hersh in the MDR at 3:00	9) Residents' Council in the MDR & on Channel 22 at 2:30	10) Dorothy Cockrell in the MDR at 2:30	11) Glen Kakowski on Channel 22 at 2:30
12) Church with Units 1&2 & on Channel 22 at 2:30	13) Lorri Woodward in the MDR at 2:30	14) John Bauer in the MDR at 2:30	15) Kris Phipany in the MDR at 2:30	16) Memorial Service in the MDR at 2:30	17) BINGO on channel 22 at 2:30	18) On unit Activities
19) Church with Units 3&4 & on Channel 22 at 2:30	20) On unit Activities Rosary in the MDR at 2:30	21) Bible Study in the MDR at 2:30	22) LE Game Show in the MDR at 2:30	23) Mark & Stacy in the MDR at 2:30 (Santa's visiting the units)	24) JR Peterson in the MDR at 2:30	25) Merry Christmas! Barry Warren in the MDR at 2:30
26) Church with Units 1&2 & on Channel 22 at 2:30	27) On unit Activities	28) Bible Study in the MDR at 2:30	29) Glenn Miller in the MDR at 2:30	30) On unit Activities	31) NYE show with Todd Horn in the MDR at 2:30	<div>Key: MDR = Main Dining Room *subject to change*</div>