

Hillside News

Lehigh County

Cedarbrook Senior Care & Rehab

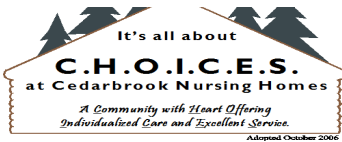
January





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

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Keisha McCollin-Bulluck – Human Resources Administrator

Jennifer Szakacs Strohl—Director of Life Enrichment

Kaitlyn Ventresca—Assistant Director of Life Enrichment

Kerry Magliane- Volunteer Coordinator

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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

David Kubisek- Assistant 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 January...

<u>NAME</u>	<u>BIRTHDAY</u>
Myrtle Brensinger	January 2nd
Harriet Wehr	January 5th
Joan Schmidt	January 6th
Elizabeth Gillespie	January 7th
Leo Reichard	January 7th
Barbara Gower	January 8th
Candida Lebron	January 13th
Candida Flores	January 15th
Jean Beharry	January 16th
Talidia Osorio	January 17th
Kleopatra Masses	January 23rd
Claudia Solivan	January 22nd
Ella Benyo	January 22nd
Dorothy Pearson	January 26th
William Jermyn	January 26th
Sonia Santiago	January 27th
Sandra Souders	January 30th



WELCOME OUR NEW RESIDENTS TO CEDARBROOK FOUNTAIN HILL

William Poretta	Marjorie Hofmann
June Hein	Kenneth Knecht
Dorothea Lacko	Sandra Bolduc
Francis Focht	Ethel Israel
Gloria Cope	Julia Zellner
Ernest Fahringer	Bernice Gehman
	Cathrine Nunzio

Look!

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



Staff Anniversaries

<u>Employee</u>	<u>Department</u>	<u>Years</u>
Maria Moreno	Nursing	18
Jennifer Dancs	Nursing	17
Keisha Lockley	Environmental	14
Tara Pendrak	Nursing Office	12
Christie Moody	Nursing	5
Florence Ochieng	Nursing	2
Abigail Cruz Perez	Nursing	2
Nikki Brown	Nursing	1
Lyndsay Kemmerer	Nursing	1
Maria Wisk	CSR	1

meet our
NEW
Staff

Victoria Abanke
Samantha Bucchin
Tishwan Fulwood
Norma Houston
Monesha Nimmons
Tanya Terrell
Taneka Duggan
Desire Rodriguez
Jennifer Stocklas

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.



Last month in December...

- ⇒ We were entertained by: Lester Hersh, Glen Kakowski, Lorri Woodward, Kris Phipany, Mark & the Band sing their Rockin' Christmas Show, JR Peterson's Christmas Eve Spectacular, Jill Salkin's Christmas Day Show, Glenn Miller and Todd Horn's New Years Eve Special.
- ⇒ Life Enrichment handed out all the Angel Gifts to the residents on their units.
- ⇒ We had Santa Clause visit us on December 23rd!
- ⇒ We had a rotation of Christmas Caroling everyday at 1:30 on scheduled units
- ⇒ Bible Study in person in the MDR every Tuesday at 2:30 with Chaplain Laura
- ⇒ Rosary every other week on Monday's in the MDR at 2:30 with Chaplain Laura
- ⇒ Pinochle is played in the MDR every Monday and Wednesday at 10am with volunteers ** If you are interested in joining the Pinochle group, please talk with a staff member from the Life Enrichment team**
- ⇒ Purple Hearts came and visited all the current Veterans here at Cedarbrook
- ⇒ We had our weekly Therapy dog visits from Chance, The Golden Retriever!

Residents' Council Minutes

Cimmie Depriest, President, called the meeting to order.

Minutes from the November Residents' Council were read by Patricia Stuber, Secretary.

Cimmie Depriest asked for a motion to accept the November minutes as read. Lorraine Beschoner and Barbara Gower moved to accept the minutes as read.

The Secretary read the list of Deceased, New and Discharged residents.

Margaret Crouthamel, Vice President, read Residents' Rights for December.

Confidentiality— Neither your personal nor your clinical record may be released to anyone who is not involved in providing or monitoring the care provided to you under your plan of care, except with your consent. Exception— your records will be released when required by law, or when you are transferred to another health care institution.

Old Business:

Noise levels have improved on units in the evening and at night.

Resident Concerns/Comments:

Residents had questions about the holidays. Now that the holidays are approaching can their families bring in home-made food for them to enjoy.

Resident's Council Minutes Continued...

Tara-ADON answered the question during the meeting. She stated that yes, families can bring in home made food to enjoy as long as their diet allows it. Only restriction is that there shall be no eating or drinking during visitation. Masks cannot be removed or lowered below nose during visit.

Resident asked if we can increase the amount of activities on the units and in the building.

Kate LE's Asst. Director addressed the issue during the meeting. More activities are to come. New activities groups are being looked into and we will bring back some old groups.

Announcements:

Jason Cumello—Administrator

Jason announced that the federal government requirements for all nursing home staff members to be vaccinated is on hold, because of a lawsuit recently filed.

The Lehigh Valley has an increased number of positive COVID-19 cases. We are holding strong and doing great, fingers crossed no positive for our facility.

Kaitlyn Ventresca -Life Enrichment

Kaitlyn asked residents if anyone is interested in knitting or crocheting We would like to start back up with the needles and hooks club.

Informed residents that LE staff on each unit will go over monthly activities and entertainment. November activity Calendar is available on all units. January's calendar will be available to residents on January 3rd.

Conclusion:

The next Residents' Council Meeting will be held on January 13, 2022 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.

Lillian Snyder and Lorraine Beschorner moved to accept said motion.





We have received such an overwhelming number of handmade Christmas cards from students, volunteers, family members. The cards have brought smiles to everyone! Thank you for thinking of us!

*Choose joy. Choose
happy. Choose to shine.*

**DON'T COUNT THE DAYS.
MAKE THE DAYS COUNT.**

Meet A Resident

Meet Ethel Israel!

She was born in Weatherly, Pennsylvania on a farm.

Ethel enjoys playing card games, reading, cooking and baking. She was a Nanny for a family for 36 years and still keeps in touch with them!

After she got married to her husband, they moved to Beaver Meadows in Pennsylvania and she lived there for about 60 years. She has 4 boys, and 7 grand children.

Advice to the younger generation: "Always be honest, and treat the elderly with respect and love, because one day you will become one. Never make fun of anyone because they are different."

"Think before you speak— you should always make sure your words do not hurt anyone's feelings." - Ethel Israel



Cedarbrook Volunteers are Very Important People

HAPPY NEW YEAR!

Celebrating the holidays would not be complete without including our Volunteers; who are such an important part of our Cedarbrook family. We celebrate you!!

You give the most precious gifts of all...time and yourself. Everyone at Cedarbrook appreciates your many hours of caring and dedication. You bring laughter, happiness, and comfort to so many. We hope that the happiness you bring to others will be yours at this special time of year. Our volunteers work with a heart full of kindness; they work selflessly to benefit others. This is what makes them so very special.

Volunteers are always needed. Here are a few ways you can help.

- **Help our residents enjoy a bus trip shopping at local stores. This is generally a 2-hour activity.**
- **Assist with transporting our residents to the in-house beauty shop, activities, entertainment, etc.**

Help our staff provide fun on-unit activities for our residents. This is generally a 1 to 2-hour activity.

A great big THANK YOU from all of us at Cedarbrook for the work that you do to help us and our residents. Stay safe, happy and hopeful that this New Year will be the best year ever! Please keep in touch and let us know how you would like to volunteer. We are also accepting student volunteers over 13 years old. All volunteers must be vaccinated.

“A little smile, a word of cheer, a bit of love from someone near, a little gift from one held dear. Best wishes for the coming year.” John Greenleaf Whittier, American Author

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

“Happy New Year” is a cliché, and the person who says it wishes that the New Year will bring better health, fortune or prosperity for someone. It’s a phrase to sweep out the difficulties we might have suffered in the old year, and to usher in the new year with hope and opportunities.

When we say, “What’s new?” it’s a casual greeting to someone used to politely (and sometimes superficially) inquire about what is happening in their life. It is also used to indicate that something is unsurprising because it is standard or commonplace as in “So, what else is new?”

In Ecclesiastes 1:9, is the origin of the common phrase, **“There’s nothing new under the sun.”** The verse reads: **“What has been will be again, / what has been done will be done again; / there is nothing new under the sun.”** It is often used as a weary complaint against life’s monotony. When Solomon wrote the statement, he was emphasizing the cyclic nature of human life and the emptiness of living for gain.

To say there is nothing new under the sun does not ignore inventions or advances in technology; rather, these innovations do not amount to any basic change in the world. But, from the larger perspective in the cycle of life, human nature has remained and always will remain the same.

A video game, that’s become popular, places a hundred players on a virtual island to compete until one player remains. Whenever a player is eliminated, they can then continue to watch through that player’s vantage point. A journalist notes, “When you step into another player’s shoes and inhabit their point of view, the emotional register . . . shifts from self-preservation to . . . communal solidarity. . . . You begin to feel invested in the stranger who, not too long ago, did you in.”

Something new can happen in our lives whenever we open ourselves to see another’s experience, looking beyond our own vision and encountering another’s pain, fear, or hopes.

A new creation, is a person who has been transformed by God, and described in 2 Corinthians 5:17: **“Therefore, if anyone is in Christ, they are a new creation; the old has gone, the new has come!”**

To understand the “new creation”, first we must grasp that it is in fact a creation, something created by God. John 1:13 tells us that this new birth is brought about by the will of God. We do not inherit the new nature or decide to re-create ourselves anew. Neither did God simply clean up our old nature; He creates something entirely fresh and unique within those who believe in Jesus. The new creation is completely new, brought about from nothing, just as the whole universe was created by God.

Next, “old things have passed away.” The “old” refers to things that were part of our old nature—natural pride, enjoyment of sin, reliance on works, and our former opinions, habits and passions. Most significantly, what we loved erroneously has passed away, especially the supreme love of self.

Then the new has come, the newborn person now delights in the things of God and dislikes the things of the world and the flesh. Their purposes, feelings, desires, and understandings are fresh and different. They now perceive things differently. There are new feelings toward all people—a new kind of love toward family and friends, a new compassion never before felt for enemies, and a new love for all people. The things we once wrongly desired, we now detest. The sin we once held onto, we now desire to put away.

In other words, life involves more than just what happens “under the sun.” And in the New Year we want to live for God and His purpose, which is the goal of this new life. So, what’s new with you?





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

January 13th at 2:30 in the Main Dining Room—will be broadcasted on channel 22

Food Committee

January 13th 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...



Joyce Tomaino

William Boandl

Grace Demarco

Betty Kern

Cora Achenbach

Carl Moyer

Mary Martinez

Penelope Osman

Marie Kovacs



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.***

Spot The Seven Differences



AVAILABLE HERE

HealthDrive
bringing integrated healthcare to you



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.

Attention families and friends:

Healthdrive is our current Dental provider. Should you receive any information from them, please correspond appropriately.

Thank You!



Artwork Corner!

Jude Tonzola colors and draws in his free time!

Above, some of Jude's artwork! He enjoys making his pictures super colorful, adding a pattern to his artwork. He takes his time, carefully coloring within the lines. Thanks for sharing this with us Jude!

Want to share your artwork? Talk to Life Enrichment and we can take photos of your artwork!

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

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



*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.

Any Suggestions?

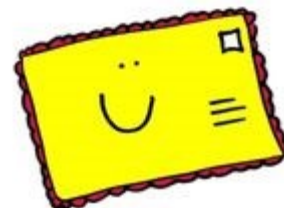
When writing to share positive comments, complaints, or suggestions for improvement, please include your name and contact information. We take your comments seriously, and we may need to ask questions and, of course, we'll want to share with you the action taken to address your concern(s).

House Activity Schedule Will Resume

When Restrictions Are Lifted.

Please Refer to your on-unit schedules

I SEND
YOU
A SMILE



Color me!



JOKES

Why do birds fly south for New Year's Eve?

It's too far to walk.

Not to brag, but I already have a date for New Year's Eve.

It's December 31st.

My New Year's resolution is to stop procrastinating.

But I'll wait until tomorrow to start

Why should you put your new calendar in the freezer?

To start off the new year in a cool way.

What does a ghost say on January 1st?

Happy Boo Year!

What's the problem with jogging on New Year's Eve?

The ice falls out of your drinks!

Knock knock. Who's there? Abby. Abby who?

Abby New Year!

What is corn's favorite holiday?

New Ear's Day.

What do you call someone named Stephen on Dec 31?

New Year's Steve!

Did you know?

The first New Year was celebrated 4,000 years ago by the ancient Babylonians. In fact, Julius Caesar, the emperor of Rome, was the first to declare January 1 a national holiday. He named the month after Janus, the Roman god of doors and gates.

Why do people eat pork and sauerkraut on New Years Day?

Pork and sauerkraut is believed to bring good luck and good fortune in the months ahead. Pork's on the menu because pigs root forward - the same direction most people hope to go in the new year.

A fact about the New Year's Eve Ball that drops in NYC...

The Ball is a geodesic sphere, 12 feet in diameter, and weighs 11,875 pounds. The Ball is covered with a total of 2,688 Waterford Crystal triangles that vary in size, and range in length from 4 ¾ inches to 5 ¾ inches per side.



How many words can you make from the phrase: HAPPY NEW YEAR

EXAMPLE: PEAR



Winter Word Search



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

BLIZZARD
BOOTS
COAT
COCOA
COLD
DECEMBER
EARMUFFS
FEBRUARY

FIREPLACE
FROSTY
HAT
ICE
ICICLES
JANUARY
MARCH
MITTENS

PLOW
SCARF
SHOVEL
SKIING
SLEDDING
SNOW
SWEATER
WINTER





January 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2) Church with Chaplain Laura at 2:30 in the MDR with stations 3&4	3) On-unit programs	4) Bible Study with Chaplain Laura at 2:30 in the MDR	5) LE Trivia Game at 2:30 in the MDR	6) Rosary with Chaplain Laura at 2:30 in the MDR	7) Rob Ballonoff at 2:30 in the MDR	1) Happy New Year! Johnny Kacmarak at 2:30 in the MDR
9) Church with Chaplain Laura at 2:30 on station 5	10) Bill Fry at 2:30 in the MDR	11) Bible Study with Chaplain Laura at 2:30 in the MDR	12) Garden Club at 2:30 in the MDR	13) Residents' Council at 2:30 in the MDR	14) Jimmy Edwards at 2:30 in the MDR	8) On-unit programs
16) Church with Chaplain Laura at 2:30 in the MDR with stations 1&2	17) Rick Focht at 2:30 in the MDR	18) Bible Study with Chaplain Laura at 2:30 in the MDR	19) Memorial Service at 2:30 in the MDR	20) Lorri Woodward at 2:30 in the MDR	21) Tattoo Day! In MDR at 2:30	22) The band Strange Alignment on channel 22 at 2:30
23) Church with Chaplain Laura at 2:30 in the MDR with 3 & 4	24) Jeff Ross at 2:30 in the MDR	25) Bible Study with Chaplain Laura at 2:30 in the MDR	26) Best of 2021 Awards! at 2:30 on Channel 22 LE Trivia Game at 2:30 in the MDR	27) Rosary with Chaplain Laura at 2:30 in the MDR	28) BINGO at 2:30 on channel 22	29) On-unit programs
30) Church with Chaplain Laura at 2:30 in the MDR with stations 1&2	31) Marvin Diamond at 2:30 in the MDR					Key: MDR = Main Dining Room *subject to change*