

Sunshine News

DECEMBER 2021

LEHIGH COUNTY - CEDARBROOK SENIOR CARE AND REHAB





Sunshine News

December 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.

Jason Cumello, MBA, NHA
Director/Administrator

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

Dr. Gruer, MD
Medical Director

David Crook
Chief Financial Officer

Theresa Samuels, RN, BSN, CNDLTC
Director of Nursing Services

Donna Pendrak, RN
Assistant Director of Nursing Services

Ed Fernandes
Director of Facilities

Ricardo Cintando
Director of Environmental Services

Karen Carr
Director of Dining Services

Keisha McCollin-Bulluck
Human Resources Administrator

Brent Bowman
Assistant Human Resources Administrator

Kristen Morstatt
Resident Assessment Coordinator

Tim Picerno
Director of Rehab

Gabe Robinson
Director of Social Services

Debbie Smitreski, Jami Cooper, Heather Jaeger, Rhett Palushock, Mouna Zaghtiti
Social Services

Jennifer Szakacs Strohl, CTRS
Director of Life Enrichment

Kerry Magliane
Coordinator of Volunteer Services

Chaplain Fred Bartholomew and Chaplain Philip Baker
Faith Services

Life Enrichment Staff

Shannon Aleman, Michele Ayello, Diane Barnes, George Bonser, Marnie Distasio, Kayla Henderson, Mel Robinson, Jen Sparling, Sharon Starling-Phillips, Cathy Stauffer, Emily Strohl, Becky Szilli

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](https://www.cedarbrookseniorcare.com)



*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*

Groundbreaking at the Brook

Being included in the ground breaking of the new wing
 To me this is truly a very special thing
 When the D wing was built, I was working here
 February 1972 was my starting year
 I loved it here with all the elderly folks
 They kept us laughing with their colorful jokes
 I was very naive & on B3 with the men
 But I sure did get a quick education then
 Took me months to realize I was getting paid
 Because to me it wasn't work, it was more like play
 After 18 years I felt I needed a change of pace
 But Lehigh County was still the place
 So off to the prison I went with a smile
 And settled in there for awhile
 I was quite comfortable, my spouse not so much
 But he quickly realized he was the one out of touch
 I was happy there until 95 when I had the chance to retire
 But the memories I had were full of desire
 So when I could no longer remain on my own
 Cedarbrook was the only place I felt I could call home
 I'm happy here & have seen many changes
 But this new wing is the biggest one yet
 As President of Resident Council I've had the privilege
 to cut ribbons before
 But now the ground breaking will make memories galore
 We are going to watch the building grow up from the floor
 And I'm sure hoping I'm still here when we finally open
 these new doors

Written & submitted by

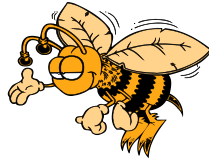


- New 240 bed 4 story wing to replace all beds in the B and C wings and nearly 50 beds in the D-Wing.
- All rooms will be semi-private (2 to a room) with a few private rooms for infectious disease isolation on each floor. There will be bathrooms with their own showers for each room.
- There will be pleasant common spaces on each floor including a sizable dining room, common room and other areas.
- The shape of each floor will be L-shaped allowing the nursing and medical teams to manage each 30 bed corridor centrally in the L. There are also care stations halfway down each hall.
- There will be new courtyards created by the new wing as well, one specifically for the E-Wing and another that sits between D and E allowing for D-Wing residents to enjoy the safety and serenity of their own courtyard.
- A connection will be made on two floors to the original center building with the auditorium, family room, and kitchen. A connector will be made to the D-Wing as well.
- There will be a floor with negative pressure and o2 connections to handle more medical complexity as well.
- Project staging, including traffic flow and such, will appear on our website in each phase.



BUZZ

Around Cedarbrook...



Hooray, December is finally here
It's the month the kids wait for all
year

They are trying to be extra good
Because their mama said they
should

Johnny & Susie are looking to pick
What they can ask for from old St.
Nick

They want everything they see
Even though they know that can't be
Mama is busy making cookies &
cleaning the house

Noodles, the cat, is sneaking around
searching for a mouse
Dad & Uncle Jake are going to look
for a tree

They want to get a big one that will
please everybody, even me

We can't wait to decorate because
that's so much fun

We like to check on the neighbors to
see if we're number one

While all of this is the Christmas
season

We must remember the really
reason

Take time out to say

As you kneel down to pray

Happy Birthday dear Jesus

It's your special day!



Written & submitted by

A Christmas Poem

**Santa Claus is coming to town
And chances are he will be bringing a
wedding gown for some lucky miss—
oh, what bliss!
Maybe for me he will bring a kiss
from the one I love and that will make
my Christmas wonderful.
I won't need anything else but if I get
something else, I'll keep it.**

**Written & Submitted by:
Bev Dawson**

My one recollection of Christmas
was hanging my mothers stock-
ings (because they would hold
more). And when my dad cut off
the top of the Christmas tree be-
cause it was too tall— and when
my mom saw this, she tied it back
again. Later in my life when I
lived in Greenawald at Christmas,
five of our
neighborhood carolers came and
one played the trumpet— we were
so surprised to have them do this
because our house was distant
from them.

**Written & Submitted by:
Elma Mae Uhle**

When reading the Sunshine News, find the

And count how many you see!
Good luck!



DECEMBER BIRTHDAYS



ROSEMARY FIORILLA	DEC	03
THOMAS PROCTOR	DEC	03
KATHLEEN O'MALLEY	DEC	08
DOLORES GALLAGHER	DEC	12
ANGELA VAZQUEZ	DEC	12
MARGARET BOYLE	DEC	13
BENJAMIN LEPSON	DEC	15
JOSEPH LETTIERE	DEC	15
JEAN LARISON	DEC	16
MARTIN SNYDER	DEC	17
BETTY SCHANTZ	DEC	18
MARION SWOYER	DEC	21
ANNA HERMAN	DEC	23
GEORGE SHUMACK	DEC	23
MIRTA MERCADO ACOSTA	DEC	25
FRANK GONZALEZ	DEC	25
HENRY SORENSEN	DEC	28
JENNIE VON STEUBEN	DEC	28
ROBERT CONNER	DEC	30
FLOYD BITLER	DEC	31



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

Marie Arndt

Mary Wavrek





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.

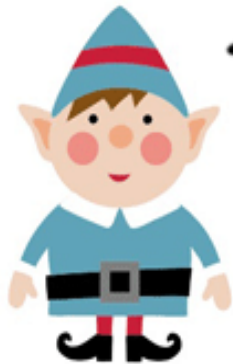
"Thanks be to God for his indescribable gift!" (2 Cor 9:15)



Chaplain Laura Stone



HELP THE ELF FIND THE PRESENT



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 in 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.



There are so many opportunities to choose from to help. *Your assistance is appreciated.*

Here are a few examples of how can you help:

- *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

There are Angel Tags still available if anyone would like to be an "Angel Friend" for the holidays.

**The deadline to donate is Friday December 10, 2021 .
Please drop off gifts at the Life Enrichment Department.
Thank you all!**





**Did you ever think how it would have been had we had 3 wise women instead of 3 wise men?*

They would have stopped and asked for directions, arrived on time, soft blankets to sleep on and practical gifts.

**Ethel and Mabel moved in to a senior complex and became good friends. Fred moved in, a tall handsome man. He asked Ethel out on a date. She had her nails and hair done, applied make-up and bought an expensive new dress. They went out to dinner and dancing. When he took her home—he got fresh. She told him to stop—and he did, but after that he ripped her expensive new dress in 3 places. She told Mabel and Mabel said “Are you telling me not to go out with him?” “oh, Lordy no,” said Ethel. “Just wear an old dress.”*

*Written & Submitted by:
Kay Mohr*



Christmas Trivia

*Christmas comes from the words *Cristes Moesse*, meaning “Mass of Christ.”

*Christmas trees usually grow for close to 15 years before they can be sold. The tallest Christmas tree ever displayed was in Seattle, Washington. It measured 221 feet tall.

*Rudolph the Red-Nosed Reindeer got his start as an advertising gimmick for Montgomery Ward.

*Buying all the gifts from the “12 Days of Christmas” would cost a ton of money. The most expensive being 7 “Swans a Swimming”, costing about \$6,300.

*When the candy cane was invented in Germany, it was made into a J for Jesus. The red stripes symbolize His blood.

*Since turkey is hard to get, it is a tradition in Japan to eat KFC for Christmas. Orders must be placed 2 months in advance.

*“Jingle Bells” was originally a song about Thanksgiving in 1857. it was also the first song ever played in space.

*Bing Crosby’s version of “White Christmas” is the highest-selling single of all time.

**Merry Christmas to All,
Bev Dawson**



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/C3 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

Recipes



HOMEMADE KIFFLES

INGREDIENTS

1 8 ounce package of cream cheese
2 cups flour
1/2 pound of butter
Dash of salt

DIRECTIONS

- 1. Mix all ingredients together**
- 2. Roll out the dough**
- 3. Cut in to squares and place filling of choice in middle of the dough.**
- 4. Make sure the square is angled like a diamond.**
- 5. Roll to form a kiffle shape.**
- 6. Bake at 375 degrees for 12 minutes.**

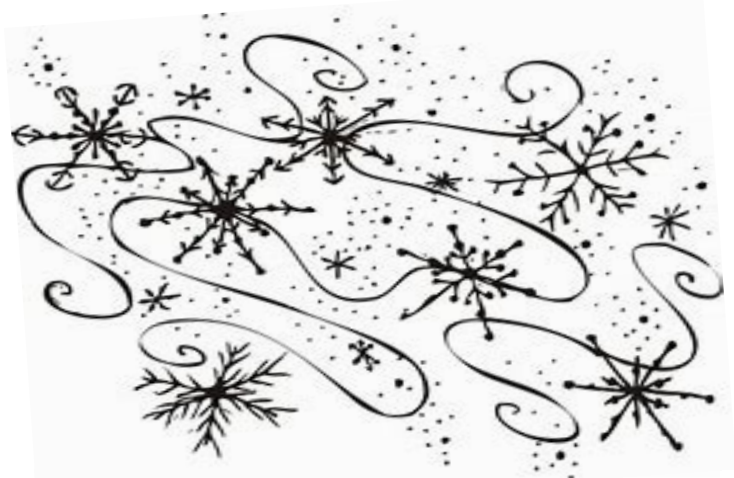




Cedarbrook Employee Service Anniversaries



Employee	Department	Years	Pakama Nogqala	Nursing	2
Michele Bear	Environmental	24	Taryn Zeiner	Nursing Office	2
Malissa Bilous	Nursing	23	Zachary Hricak	Environmental	2
Julie Sarson	Nursing	21	Irine Sanchez	Nursing	1
Samantha Reimert	Nursing	11			
Geraldine Squires	Nursing	11			
Jennifer Sanchez-Rosario	Nursing	11			
Paulette Bachert	Nursing	10			
Janell Colon	Nursing	7			
Judith Hnyda	Financial	7			
Michelle Winkelspecht	Financial	7			
Belinda Miranda	Nursing	5			
Emily Strohl	Life Enrichment	4			
Vanessa Tuyen	Nursing	3			
Denelle Gossett	Nursing	3			
Ghazwan Abujunb	Laundry	3			
Lourdes Cintron	Nursing	2			
Shantalee Gayle	Nursing	2			
Linda Loch	Nursing	2			
Makita McFarlane	Nursing	2			
Shanda Navedo	Nursing	2			
Davina Eck	Nursing	2			



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



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





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.



1. Cookies
2. Santa Claus
3. Hot Chocolate
4. Sleigh Bells
5. Carols
6. Mistletoe
7. Gingerbread
8. Lights
9. Eggnog
10. Nativity
11. Rudolph
12. Candy Cane
13. Snowman
14. December
15. Angel
16. Stocking

WORD SCRAMBLE!

SKOICOE _____

ASTAN ULCSA _____

OTH COOLTHACE _____

GLIHES SELBL _____

LOCARS _____

LIMSOTTEE _____

BIGGEEDARRN _____

SHLITG _____

EONGGG _____

VAINTYIT _____

PURHOLD _____

YADNC NECA _____

MOWNANS _____

BEEEDRCM _____

GLANE _____

TINCKGOS _____

landeelu.com



FREEDOM FROM RESTRAINTS –

You have the right to be free from physical or mental abuse, corporal punishment, involuntary seclusion, and any physical or chemical restraints unless they are required to treat your medical symptoms and are not used for purposes of discipline or for the convenience of staff. Restraints may only be used to ensure your physical safety or the safety of other residents. These limitations must be based upon the written order of a physician which specifies the duration and circumstances which require such restraints.

New Business:**Jason Cumello: Administrator**

- **Visitation-** CMS now allows visitation at all times for all residents, but has certain stipulations:
 *The facility is required by CMS to still maintain physical distancing, particularly during peak visitation and disallows large gatherings. As such, we are limiting in-room visitation to 2 visitors per resident. If there are more than 2 visitors for that resident, visitation will need to be conducted in overflow areas – preferably the family room or the closed B2 unit (or the Chapel for a B3 or C3 resident)
 *If one of the residents in the room is unvaccinated or immunocompromised, the visit should not be conducted in the room. There will be a symbol at the resident room denoting if one of those factors applies to assist families with choosing the right visit location.



- **Vaccinations-** CMS announced mandated staff vaccination requirement goes into effect in December.
- **Supplies-** Due to supply chain shortages we have had to make some modifications to our supplies ex: cups, lids, food selections.

Jennifer Szakacs Strohl: Life Enrichment

- **Activities-** Reviewed the scheduled activities for the remainder of November and December.
- **Entertainers-** There will be entertainers every Saturday and Monday in the Auditorium.
- **Calendar-** There is a weekly calendar of events, listing the house programs, on your units.

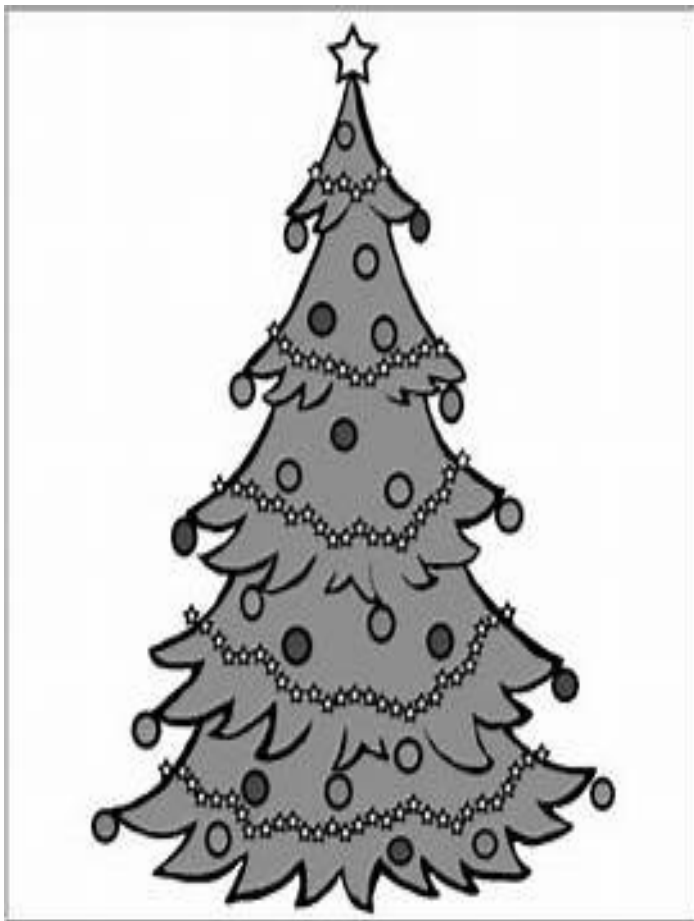
Resident Concerns / Comments:

- It was reported that a resident stated their room is cool.
 Calibration of the heating system was completed and set points were changed. Facilities will continue to monitor resident room temperatures.
- Resident questioned if children will be permitted to visit?
 Jason responded yes.
- Resident asked when the new building will be started?
 Jason responded work will begin soon on creating a parking lot in the back of the building where the old juvenile building had been.

**Announcements:**

- Reminder nominations for council officers will still be taken at next month's meeting. Election will be in January.
- The next meeting will be held Monday, December 13, 2021 at 2:15 pm in the Auditorium.





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.



SUNSHINE NEWS STAFF

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KAY MOHR	



Cedarbrook Allentown *Resident Food Committee Minutes*

- November Resident Birthday celebrations will be taking place on Tuesday – November 9, 2021 at the noon meal service.
- New Production Manager started on Monday July 19, 20121. His name is Ed Biemer. Ed was introduced at today meeting. He spoke with the group and gave a little of his work history. Please welcome Ed!
- We continue to face daily challenges of unavailable food and paper items. As a result, we are getting a lot of substitute items or no items at all. This results in many last-minute menu changes. Please be patience!
- Thanksgiving is coming soon. We have our menu plan and all food items for that special meal are on site. We will be serving: Roast Turkey with gravy, Bread filling, Green Beans, Cranberry Sauce and Pumpkin Pie. Our dish machine was having some problems with not reaching the correct temperature for the final rinse. Hobart was called in and had us back up and running.

Christmas Eve Special

Ring Bologna & Cheese with Crackers
 Alt: Chicken Salad Sandwich
 Three Bean Salad Alt: Pasta Salad
 Orange Sherbert Alt: Fruit Cocktail

Christmas Lunch

Baked Glazed Ham Alt: Meat Lasagna
 Candied Sweet Potatoes
 Alt: Garlic Bread
 Roasted Brussel Sprouts
 Alt: Baby Carrots
 Carrot Cake Alt: Applesauce



Dietitian's Corner Program

The holiday season is already here and the weather outside is turning colder. As we all celebrate this season, I would like to take a moment to remind everyone about food safety for this holiday season. Special food items and snacks that are brought in for our residents should meet their diet and consistency restrictions. We ask that families check with nursing staff before offering special treats. Staff will assist with labeling the food item with a name, room number and date so we are sure the food item remains safe for consumption and it is given to the intended resident. Foods that do not require refrigeration may be stored in resident room or unit pantry in an appropriate closed container.

Enjoy your Holiday Season.

Deanna Schmidt RD, LDN

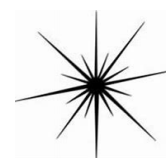
Christmas Dinner

Egg Salad Sandwich
 Alt: Turkey Sandwich
 Potato Chips Alt: Macaroni Salad
 Ice Cream Sundae Alt: Banana



New Year's Eve

Ring Bologna & Cheese with Crackers
 Alt: Chicken Salad Sandwich
 Potato Salad Alt: Pasta Salad
 Ice Cream Sundae Alt: Fruit Cocktail



December Dates to Remember

Bingo Month

Write a Friend Month



December 4th: Santa's List Day
December 6th: Mitten Tree Day
December 7th: National Cotton Candy Day; Letter Writing Day
December 8th: National Brownie Day
December 9th: Christmas Card Day; National Pastry Day
December 10th: Nobel Prize Day
December 11th: National Noodle Ring Day
December 12th: Poinsettia Day
December 13th: Ice Cream Day
December 14th: International Monkey Day
December 16th: National Chocolate Covered Anything Day
December 17th: National Maple Syrup Day
December 18th: Bake Cookies Day
December 20th: Go Caroling Day
December 21st: Humbug Day; Look on the Bright Side Day; Winter Solstice
December 24th: National Chocolate Day; National Eggnog Day; Christmas Eve
December 25th: Christmas Day; National Pumpkin Pie Day
December 26th: National Candy Cane Day
December 27th: Make Cut-Out Snowflakes Day
December 31st: Make Up Your Mind Day; New Year's Eve



AT REST OCTOBER 2021

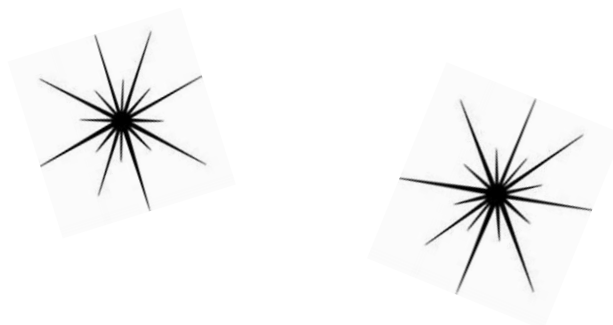
Mary Gaumer

Nancy Vogel

Eva Feinour

Lillian Gier

Helen Doncsecz



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



December 2021



Sun

Mon

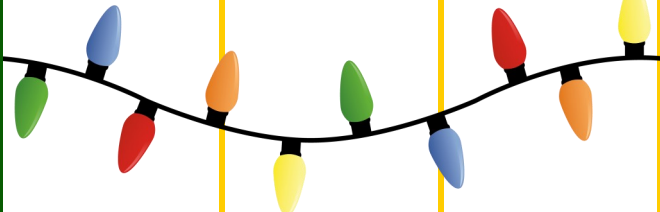




Tue

Wed

Thu

Fri

Sat

			1 2:15 PM Bible Study Auditorium & Channel 22	2 10 AM Color and Chat Auditorium	3 2:15 PM Christmas Variety Show Auditorium & Channel 22 2:15 PM Card Club Family Room	4 10:15 AM Puzzle Your Mind Auditorium 2:15 PM Steve Walker Auditorium & Channel 22
5 2:15 PM Church Auditorium & Channel 22	6 2:15 PM Kris Phipany Auditorium & Channel 22	7 10:15 AM Talking Book Auditorium 10:30 AM Devotions Channel 22 2:15 PM Purple Heart Veterans	8 2:15 PM Bible Study Auditorium & Channel 22 	9 10 AM Color and Chat Auditorium	10 2:15 PM Card Club Auditorium 	11 10:15 AM Puzzle Your Mind Auditorium 2:15 PM Lorri and Jim Duet Auditorium & Channel 22
12 2:15 PM Church Auditorium & Channel 22	13 2:15 PM Resident Council Auditorium & Channel 22	14 10:15 AM Talking Book Auditorium 10:30 AM Devotions Channel 22 2:15 PM House Bingo Channel 22	15 2:15 PM Memorial Service Auditorium & Channel 22 	16 10 AM Color and Chat Auditorium 2:15 PM Mass Auditorium	17 2:15 PM John Bauer Auditorium & Channel 22 2:15 PM Card Club Family Room	18 10:15 AM Puzzle Your Mind Auditorium 2:15 PM One Track Auditorium & Channel 22
19 2:15 PM Church Auditorium & Channel 22	20 2:15 PM Family Affair Auditorium & Channel 22	21 10:15 AM Talking Book Auditorium 10:30 AM Devotions Channel 22 2:15 PM House Bingo Channel 22	22 2:15 PM Bible Study Auditorium & Channel 22	23 10 AM Color and Chat Auditorium	24 10:15 AM Shabbat Chapel 2:00PM Christmas Eve Service Channel 22	25 10:15 AM Puzzle Your Mind Auditorium 2:15 PM Richard Focht Auditorium & Channel 22
26 2:15 PM Church Auditorium & Channel 22	27 2:15 PM Chuck Rissmiller Auditorium & Channel 22	28 10:15 AM Talking Book Auditorium 10:30 AM Devotions Channel 22 2:15 PM House Bingo Channel 22	29 2:15 PM Bible Study Auditorium & Channel 22 	30 10 AM Color and Chat Auditorium	31 2:15 PM Card Club Auditorium 