





Sunshine News January 2022 (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 w

website:https://www.cedarbrookseniorcare.com



January Trivia

- 1. Birthstone is Red Garnet
- 2. January was named after the god of transitions.
- 3. January is "donate blood" month.
- 4. The name for January comes from the Roman God, Janus, who is always depicted with two heads. He uses one head to look back on the year before and the other head to look forward into the new year.
- 5. In Pasadena, CA, there has been a Rose Parade held every year from 1890 to 2020. It has been broadcasted worldwide and has been viewed in over 100 countries around the globe. It will air on Jan. 1, 2022 at 11am(EST).
- 6. One of the most influential events in U.S. history happened in January. On January 1, 1892, Ellis Island opened, allowing for the immigration of over 200 million people.

Submitted by Bev Dawson Happy New Year!!

When reading the Sunshine News, find the



And count how many you see! Good luck! December 31st is the perfect time for a party & a cheer

Because January 1st starts the New Year It will be cold & we'll have lots of snow It's the time of the year when the north winds blow

But living here, we are the lucky bunch We don't even have to go out to have lunch Karen & her crew are busy cooking for us And when it's our birthday they make quite a fuss

Being a resident here, you get good care And you're free of worry & have nothing to fear

Programs & activities are plenty if you like to move

So get up & go, get into the GROOVE

Written & submitted by Jean Larison

So Christmas is really over? It is by the calendar but not in my memory. It is one holiday that we look forward to for a long time, and before you know it, it's over. But the memories will live on for some time and we might have gifts that stir up some memories too. But now we're in the year 2022 if you can believe it! And I still have vivid memories of 2021 and I'm sure you do too. Maybe we have decisions to make that will change the way we do things for the better. Now that's a new year's resolution right there!

Written & Submitted by Elma Mae Uhle

JANUARY BIRTHDAYS

UTHUTHI DIL		
IRENE BRINGENBERG	Jan	02
FRANCES HARRINGTON	Jan	02
JOAN JACOBY	Jan	04
Brenda fritz	Jan	04
LAMAR GILBERT	Jan	05
RUTH SENSINGER	Jan	05
JACQUELINE PETERS	Jan	07
VIVIAN IRONS	Jan	08
RODNEY MENGLE	Jan	10
EARL SCHMOYER	Jan	11
ROSEMARY RUTKIEWICZ	Jan	11
Helen Barrall	Jan	11
DIANE CAVALLARO	Jan	13
CATHERINE MECKSTROTH	Jan	14
HUE NGUYEN	Jan	15
PURPLE DIAMOND	Jan	16
LEONA HUTTIE	Jan	17
ELEANOR FUNK	Jan	17
THERESA HARRIS	Jan	17
BETTY CONRAD	Jan	18
KATHERINE SHUMACK	Jan	18
HELEN POWELL	Jan	19
MARGARET KUSTER	Jan	19
John Galgon	Jan	19
Arlene Hussar	Jan	20
WILLIAM LEE	Jan	20
SUSAN SPOHN	Jan	21
GIACOMINA CARRER	Jan	22
SHIRLEY REAM	Jan	22
Frederick Milander	Jan	22
GLORIA MITCHELL	Jan	26
Frank Bartman	Jan	28
Marlene Saeger	Jan	29
RUTH JOHNSON	Jan	29
THERESA KUHNS	Jan	30
JEAN DREISBACH	Jan	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 ALL!

Welcome New Residents

ROBERT COLON DOLORES SOLIMAN ROSIE PAUKER CAROLYN SIMCOE NANCY BAHR VIVIAN IRONS



HAVE FUN COLORING THIS NEW YEAR PICTURE BELOW!



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"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 experiences, 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 recreate 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?

Chaplain Fred Bartholomew Cedarbrook Allentown

Residents' Council Meeting Minutes Monday - December 13, 2021

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.

• Jean welcomed new residents for November.

Jason Cumello: Administrator:

- Masks- Enforcing family mask compliance during family visitations.
- **Projects-** E-Wing project still unfolding.
- Wished everyone a wonderful holiday.

Jennifer Szakacs Strohl: Life Enrichment

- Activities- Reviewed activities for the month of December. Asked if everyone would like Happy Hour—Booze & Tattoos continued? Everyone responded yes.
- **Holiday** Christmas gifts will be handed out to each resident by your Life Enrichment staff. Thanks to everyone who donated those gifts.
- **Entertainers** There will be entertainers every Saturday and Monday (with the exception of the 2nd Monday of the month) in the Auditorium and or Channel 22.

Nominations:

-President: -Vice President:

- Secretary:

Jean Larison Marilyn Barker Jennie VonSteuben Karen Snyder Phyllis Chamness

Elections will be held at the next council meeting.

Announcements:

- The next meeting will be held Monday, January 10th at 2:15 pm in the Auditorium.
- Election of Officers will be at the next meeting.
- Residents invited to attend Food Commitee



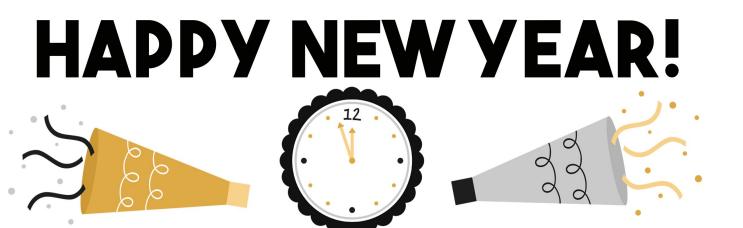






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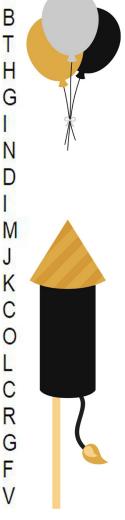


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Countdown Confetti Midnight Balloons

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Celebration Fireworks 💥 January Happy

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New Year Clock Cheers Goals

Party Poppers Noisemaker Resolution Sparklers

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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.

• Become a member of our auxiliary. This wonderful group raises money to purchase special things for our residents throughout the year. It's easy to join and fun to be a part of this amazing and important group. It takes wonderful people like you to keep it successful.

- 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 resident. This is generally a 1 to 2 hour activity.

A great big <u>THANK YOU</u> 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



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BLIZZARD FROSTY FROZEN HOT COCOA **ICICLE**

IGLOO JACKET **MITTENS** SCARF

SHOVEL SLED **SNOWBALL** SNOWFLAKE SNOWMAN

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Recipes

The Best Classic Chili Recipe

The Best Classic Chili - This traditional chili recipe is just like mom used to make with ground beef, beans, and a simple homemade blend of chili seasonings.

Prep Time5 mins Cook Time25 mins Total Time30 mins

Servings: 6 servings

Ingredients

- 1 Tablespoon olive oil
- 1 medium yellow onion -diced
- 1 pound 90% lean ground beef
- 2 1/2 Tablespoons chili powder
- 2 Tablespoons ground cumin
- 2 Tablespoons granulated sugar
- 2 Tablespoons tomato paste
- 1 Tablespoon garlic powder
- 1 1/2 teaspoons salt
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon ground cayenne pepper* -optional
- 1 1/2 cups beef broth
- 1 (15 oz.) can petite diced tomatoes
- 1 (16 oz.) can red kidney beans, drained and rinsed
- 1 (8 oz.) can tomato sauce

Instructions

- 1. Add the olive oil to a large soup pot and place it over medium-high heat for two minutes. Add the onion. Cook for 5 minutes, stirring occasionally.
- 2. Add the ground beef to the pot. Break it apart with a wooden spoon. Cook for 6-7 minutes, until the beef is browned, stirring occasionally.
- 3. Add the chili powder, cumin, sugar, tomato paste, garlic powder, salt, pepper, and optional cayenne. Stir until well combined.
- 4. Add the broth, diced tomatoes (with their juice), drained beans, and tomato sauce. Stir well.
- 5. Bring the liquid to a low boil. Then, reduce the heat (low to medium-low) to gently simmer the chili, uncovered, for 20-25 minutes, stirring occasionally.
- 6. Remove the pot from the heat. Let the chili rest for 5-10 minutes before serving.









M'M! M'M! GOOD!

Cedarbrook Employee Service Anniversaries



25

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Employee	Department	Years	Lori Bione	Nursing	4
Lisa Barachie	Nursing	32	Mouna Zaghtiti	Social Services	4
Rebecca Schraden	Nursing	28	Cindy Carrasco	Nursing	3
Patrice Shafnisky	Nursing Office	27	Marie Saintfelix	Nursing	3
Lucia Villatoro	Nursing	27	George Bonser	Life Enrichment	3
Charity Horn	Nursing	24	Kara Rice	Nursing	2
Robin McFetridge	Nursing	24	Nancy Setzer	Nursing Office	2
Luz Cortez	Nursing	24	Michaelle Charles	Nursing	1
Jewel Martrich	Nursing	18	Kerry Greenawald	Financial	1
Christine Boyer	Nursing	17			
Marisol Irizarry	Nursing	16		Ş	R
Karen Strohl	Nursing Office	16		4	ل
Brian Lebeduik	Facilities	16		No thanks	
Allen Meck	Physical Therapy	12		lot chocolate ist goes right	1000
George Joseph	Nursing	11	4 (19)	through me.	
Alison Monahan	Nursing	10		1	3
James Geiter	Nursing	7	E NA		10
Irena Waskiewicz	Nursing	6	M.		-
Eduardo Fernandes	Facilities	6			
Beverly Bortz	Nursing Office	5			
Brenda Faust	Nursing Office	5	a service and		
Jamia Allehaura	T				
Jamie Alkhoury	Environmen- tal	5			1

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

"Birthdays"

When you are a child, excitement is having a party full of friends and family. You enjoy presents to play with and share. But you really enjoy the treats, cake, and ice cream and the blowing out the candles too!! Balloons and streamers, a clown, a magician, or a puppet show! These are all a child's fun memories!

Now there comes a time when you are young ladies and gentlemen. You enjoy money, games, and gadgets, trinkets and pretty cool things to wear. Dancing, friends and parties is what is on their minds.

When you become adults, you just want money, computers, video games, sports, and lots of quiet time!

Now when you are in your 50's and 60's, all you want is security, and bigger toys to play with like computers/gaming and sports TV.

When you are in the golden years, 70's, 80's, 90's, 100's, birthdays become a milestone of birthday memories. They are kept in albums and scrapbooks to reflect back on.

And when you reach the 100 mark, there are many stories with silver linings. Wisdom and advice is always greatly shared. And appreciated!

Best wishes and God's blessings! May you all live a long blessed life!

> Written & Submitted by Lori Skaggs

Willie Nelson was 85 years old and considering putting out another musical album. Instead of "I'm on the Road Again", it will be "I'm on the Commode Again"!!

A lady got on an elevator and a man followed her in. She said T.G.I.F.— he replied S.H.I.T. She sarcastically said "I said, <u>Thank God It</u>'s <u>Friday</u>". He said "<u>S</u>orry <u>H</u>oney, <u>It</u>'s <u>T</u>hursday."

Be Yourself! Everyone else is taken.

Submitted by Kay Mohr

HAPPY NEW DREAMS HAPPY NEW DAYS HAPPY NEW DESIRES HAPPY NEW WAYS HAPPY NEW YEAR HAPPY NEW YOU







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.



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- 13.New Year 14.Party
 - SUOL
 - -ulosañ.21
 - YqqaH.11
- l0.Games
- 9. Fireworks
 - V. Dancing 8. Eve
 - имор
 - 5. Contetti 6. Count-
 - bagne
 - 4. Cham-
- 3. Calendar
- 1. Balloons 2. Celebrate

New Year New Year Word Scramble Puzzle

3. ADCALREN

4. CM GNEAAPH

5. TNFECIOT

6. TDWNNUOOC

- 7. IGNNACD
- **8.** VEE

9. OIK SEWRRF

10. SMEGA

11. PHAYP

12. LURIENSSTOO

13. WEN AEYR

14. TAYRP

15. ISCUM



"So you were dumped right after Christmas? Ouch!"

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, wheelchairs, beds, etc., please contact your unit clerk, nursing staff, or charge nurse on unit to send a work order to Facilities for repairs.





NEW YEAR WISHES ...

IF IT DIDN'T BRING JOY JUST LEAVE IT BEHIND LET'S RING IN THE NEW YEAR WITH GREAT THINGS IN MIND

LEAVE EVERY BAD MEMORY THAT BROUGHT HEARTACHE AND PAIN LET'S TURN A NEW LEAF WITH THE SMELL OF NEW RAIN

LET'S FORGET PAST MISTAKES MAKING AMENDS FOR THIS YEAR SENDING THESE GREETINGS TO BRING YOU HOPE AND GOOD CHEER

HAPPY NEW YEAR!

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



<u>AT REST</u> NOVEMBER 2021

Charles Weider

Maríe Arndt

Ann Eckert

Leroy Frantz

Mary Dunlap

Bonnie Harding

MaryAnn Ackerman

Kenneth Boyer

January 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					Sa Ca	1 10:15 AM Puzzle Your Mind Auditorium 2:15 PM Claude Shappel Channel 22
2 2:15 PM Church Auditorium & Channel 22	3 2:15 PM Rebecca Houchins Auditorium & Channel 22	4 10:15 AM Talking Book Auditorium 10:30 AM Devotions Channel 22 2:15 PM House Bingo Channel 22	5 2:15 PM Bible Study Auditorium & Channel 22	6 10 AM Color & Chat Family Room 2:15 PM Card Club Family Room	7 2:15 PM Card Club Family Room	8 10:15 AM Puzzle Your Mind Auditorium 2:15 PM Danny Grae Auditorium & Channel 22
9 2:15 PM Church Auditorium & Channel 22	10 2:15 PM Resident Council Auditorium & Channel 22	11 10:15 AM Talking Book Auditorium 10:30 AM Devotions Channel 22 2:15 PM House Bingo Channel 22	12 2:15 PM Bible Study Auditorium & Channel 22	13 10 AM Color & Chat Family Room 2:15 PM Card Club Family Room	14 2:15 PM Card Club Family Room	15 10:15 AM Puzzle Your Mind Auditorium 2:15 PM Chuck Rissmiller Auditorium & Channel 22
16 2:15 PM Church Auditorium & Channel 22	17 2:15 PM Stacey Gabel Auditorium & Channel 22	18 10:15 AM Talking Book Auditorium 10:30 AM Devotions Channel 22 2:15 PM House Bingo Channel 22	19 2:15 PM Bible Study Auditorium & Channel 22	20 10 AM Color & Chat Family Room 2:15 PM Mass Auditorium & Channel 22	21 2:15 PM Card Club Family Room	22 10:15 AM Puzzle Your Mind Auditorium 2:15 PM Cracked Walnuts Auditorium & Channel 22
23 2:15 PM Church Auditorium & Channel 22	24 2:15 PM Johnny K. Auditorium & Channel 22	25 10:15 AM Talking Book Auditorium 10:30 AM Devotions Channel 22 2:15 PM House Bingo Channel 22	26 2:15 PM Bible Study Auditorium & Channel 22	27 10 AM Color & Chat Family Room 2:15 PM Card Club Family Room	28 2:15 PM Card Club Family Room 2:00– 4:00 PM Booze & Tattoos Auditorium	29 10:15 AM Puzzle Your Mind Auditorium 2:15 PM Jimmy Edwards Auditorium & Channel 22
30 2:15 PM Church Auditorium & Channel 22	31 2:15 PM Bill Fry Auditorium & Channel 22					