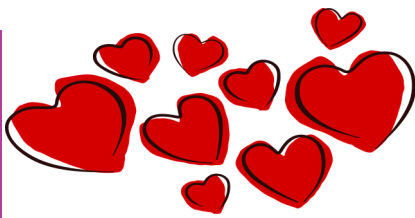


Hillside News

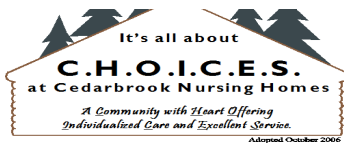
Lehigh County Cedarbrook Senior Care & Rehab February 2023

SO
HAPPY
Valentines
DAY





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

Jackie Mistiszyn- Director of Business Development

MeAlaa-Eldin A. Mira, M.D.-Medical Director

Teresa Samuels- Director of Nursing

Tara Pendrak, RN, BSN, MSN - Assistant Director of Nursing

David Crook-Director of Financial Services

Keisha McCollin-Bulluck - Director of Human Resources

Jessica Sanchez-Director of Social Services

Amber Surman- Assistant Director of Social Services

Heidi Heffelfinger- Social Worker

Ashley Merkel- Social Worker

Jennifer Szakacs Strohl-Director of Life Enrichment

Kaitlyn Ventresca-Assistant Director of Life Enrichment

Laura Stone-Chaplain, Faith Services

Kerry Magliane- Volunteer Coordinator

Dwight Hall- General Manager of Dining Services

Eduardo Fernandes-Director of Facilities

Freddie Aquila-Building Supervisor

Tim Picerno -Director of Rehab

Lisa Shuttle- Assistant Director of Rehab

Ricardo Cintado- Director of Environmental Services

Rodney Taylor- Assistant Director of Environmental Services Fountain Hill

Residents with Birthdays in February ...



**WELCOME OUR NEW
RESIDENTS TO CEDARBROOK
FOUNTAIN HILL**

<i>NAME</i>	<i>BIRTHDAY</i>
Bernice Barletta	February 1st
Catherine Nunzio	February 2nd
Karl Rusweiler	February 3rd
Maryann Jones	February 5th
Michael Kendzierski	February 6th
Carol Andrashko	February 7th
Helen Mullan	February 11th
Patricia Grather	February 12th
Gloria Riquelme	February 12th
Beverly Moyer	February 12th
Beatrice Mohr	February 14th
Carmin Lasanta	February 15th
John McGaughey	February 16th
Jude Tonzola	February 17th
Marta Barbosa	February 17th
Peter Tonte	February 17th
Betty Kreitz	February 17th
Judith Young	February 21st
Anna Mudri	February 21st
Elizabeth Landis	February 22nd
Matilde Ocasio	February 23rd
Geraldine Schaffer	February 24th
Iolanda Loffredo	February 24th
Kathryn Desh	February 25th
Darlene Kramer	February 26th

Anna Labdik

Howard Tocker

Beverly Moyer

John McGaughey

Elizabeth Kish

John Burda

Delores Klasmeyer

Mary Long

Julia Romanchak

Ruth Utrata

Look!

I spy with my little eye ... CUPID!

Looks like this:



Staff Anniversaries

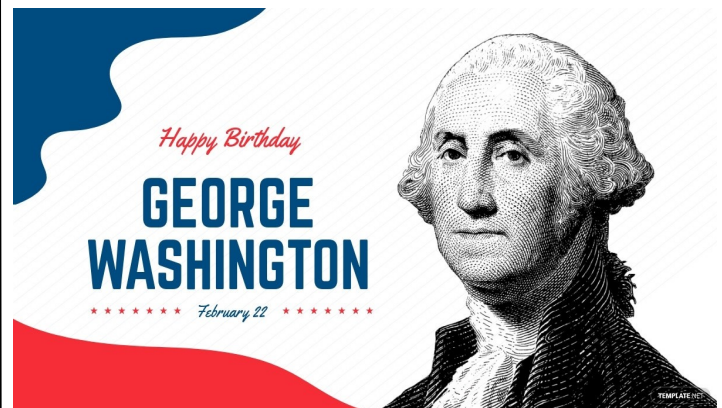
Employee	Department	Years
Susan Plantier	Nursing	30
Morelia Giraldo	EVS	18
Petra Rivera-Duran	Nursing	15
Sharon Crandon	Nursing	14
Christine Rodriguez	Laundry	10
Stacey Cenchitz	Nursing	10
Ronda Considine	Nursing	7
Lisa Tauber	Nursing Office	7
Victoria Diaz	Nursing	6
Maria White	Nursing	5
Marilyn Tinor	Nursing	5
Bellinda Surman	Nursing	3
Melanie Perez	Nursing	1



Nataya Barnes

Anne-Marie Fritz

Angel Zeno-Oquendo



Pinochle is every Monday and Wednesday at 10am in the MDR

If interested in joining, please contact an LE staff member!



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





Residents' Council Meeting Minutes

Thursday January 12th, 2023

- Jude Tonzola, President, called the meeting to order.
- Minutes from December's Residents' Council meeting were read by Heidi Heffelfinger, Council Advisor.
- Kathleen Rowe, Vice President, asked for a motion to accept November's minutes as read. Elizabeth Landis moved to accept and it was seconded by Michael Thompson.
- Heidi Heffelfinger read the list of December's New, Deceased and Discharged residents.
- Kathleen Rowe read Residents' Rights for January.

Bed Hold Policies – Medical Assistance Residents The Medical Assistance Program will make payment to your facility to hold (reserve) the bed for you when you are away from the nursing facility for a continuous 24 hour period because you are in the hospital or on therapeutic leave. A bed must be available for you when you return to the nursing facility. Pennsylvania's limits on Medical Assistance Program payments for reserved bed days are as follows:

1. Hospitalizations—A maximum of 15 consecutive days per hospitalization. During the 15 day period, the same bed shall be available to you upon your return to the nursing facility.
2. Therapeutic leave—A maximum of 30 days per calendar year (leave days must be included in your Plan of Care and must be ordered by your attending physician.)

New Business:

- Work in the Social Services office is complete and the Social Service staff has moved back into their office.
- A new fish tank, for residents to enjoy, is being installed in Club Med. We have a few little fish for now. More fish will be added little by little throughout the coming months.

Resident Concerns/Comments:

- Resident was concerned with her remote not working. A work out with made and completed. Residents remote is working correctly.

Announcements:

Michelle Julian—Assistant Administrator

- Elevator piston replacement project has started. So far so good,. We have only experienced minimum noise levels. We will continue to keep everyone updated on this project.
- We are in the planning stages for Station 3 wall guard project.
- Club Med, located on the 1st floor, with be getting a make over.
- I would like to re-introduce Wilfredo Aquila, Building Superintendent. He also goes by the name of Freddie.

Residents' Council Meeting Minutes

Thursday January 12th, 2023

(Continued)

Kaitlyn Ventresca -Life Enrichment

- Roger Tobias spoke for Life Enrichment. He went over January's activities calendar.
- **REMINDER** if any resident is interested in using a Tablet, please let The Life Enrichment staff know. Also remember tablets are ONLY to be used during independent leisure time NOT during group activities.
- Would like to remind everyone that every Friday is our morning coffee social starting at 10:30am.
- Activities calendars are available to all residents on the back of the Hillside News.

Conclusion:

- The next Residents' Council Meeting will be held on February 9, 2023 at 2:30pm in the Main Dining Room.
- Jude Tonzola made a motion to adjourn the meeting. Michael Thompson moved to accept the motion and it was seconded by Janet Reinert.
- Residents were invited to attend the Food Committee Meeting immediately following Residents' Council.

A decorative graphic featuring a central gold rectangular frame. Inside the frame, the text for February Dining Specials is listed. Surrounding the frame are several pink hearts of various sizes, some with a watercolor texture and others as simple outlines. A gold heart outline is also visible near the bottom center.

February Dining Specials

Friday, February 3 Tater Tot Day

Tuesday, February 7 National Fettuccine Alfredo Day

Friday, February 10 Have a Brownie Day!

Tuesday, February 14 Valentine's Day Strawberry Mousse

Monday, February 20 National Cherry Pie Day

Tuesday, February 21 Faschnaut Day

Saturday, February 25 National Clam Chowder Day

Monday, February 27 National Strawberry Day

CEDARBROOK VOLUNTEERS ARE VIP's...

VERY IMPORTANT PEOPLE

VOLUNTEERS ARE MY FAVORITE VALENTINES!

During the month of February, everywhere we look are heart-shaped decorations reminding us of **love** for each other. I know our volunteers always show their **love** to Cedarbrook Residents and staff. That feeling of warmth and caring can be shown through something as simple as a smile. And even though we continue to wear masks for the safety of all of our Residents and staff, a smile can still be seen in the eyes.

For the month of February, I challenge each of you to give away a smile every day. It is a well-known fact that you can help improve someone's mood by just sharing a smile. You can help to shorten a long weary road for someone *smile* by *smile*. The rewards can be tremendous. Plus, it takes more muscles to frown than to smile!

There are so many opportunities to choose from to help. **Volunteers are always needed!**

Here are a few examples of how can you help:

Transport Residents to and from live entertainment on Mondays or Saturdays~ 1:45- 3:45 PM

Assist at on-unit activities (games, cooking, etc.) any day of the week~ 10 AM -12 PM or 1:45-3:45 PM

Visit with Residents one on one and complete special tasks (spend time in the family room, read their mail or the newspaper to them, help straighten their room, play cards, help with technology, etc.)

Become an **Auxiliary Member** at either location and help with 'fun' draisers that provide many different events for our Residents

Do you have a well-behaved dog or cat who would like to visit our Residents? We are looking for Pet Visitors during the day to bring some much-needed **love** to our Residents in a calming environment.

Anyone interested in helping must provide their COVID vaccination card in order to be an active volunteer.

If you have a friend or family member who would like to volunteer, please have them contact the volunteer office for more information. We accept volunteers 13 years and older.

As a THANK YOU for all you do, 2023 calendars are being mailed out to each volunteer.

We hope they make you smile!



Employee Pet of the Month

Name of employee and department: Rodney Taylor EVS

Type of animal/ breed... Dog, Doberman Pincher

Pet's name, how did you come up with it?

Her name is Summer Breeze, we came up with it because it was Summer time when we got her, and we figured it was a good name for her!

Are there any other nicknames you have for your pet?

Roo Roo because when she barks she makes a "Roo-ing" sound.

How old is your pet?

She is almost 2 years old.

How and when did you choose your pet?

We had lost our last Doberman, and we really loved the breed, so we wanted another one. It was during the pandemic, it was hard to find available dogs then.



Does your pet do any special tricks?

She can sit, paw, she can stay until told to come. She can spin in circles, walk around your body and then sit!

Funniest memory of your pet...

Everyday when I come home from work, she licks my entire face, she feels the need to lick me every day! Another one, is every night she lets me fall asleep on her. Its been one of our nightly routines. She is very cuddly!

Does your pet have a favorite toy or treat?

She loves to play ball, frisbee. Another funny thing is she loves all vegetables! She enjoys eating potato chips and fish! The only thing we found she does not eat is lettuce.

Does your pet have any bad/ naughty habits that drive you crazy?

She loves to scratch when she wants her food and water, so anytime she wants anything she scratches! So we always are yelling at her not to scratch! She also likes to jump up on the counter with her two paws to get the water from the sink!

Fun facts about your pet or the breed...

They are referred to as the "Velcro Dog" because they are constantly next to you and want to be with you. They are always right there. I have tripped over her many times because she is always right next to me!

(If you would like to see your pet in the Hillside News please stop by the Life Enrichment Department to pick up a Pet

Questionnaire.)

CHAPLAIN'S CORNER

He Rides

By Lily Kubala

The heart is a window
Sealed on all sides
A mere glimpse of heaven
Perspective provides

We gaze at God's dwelling
But, not through the eye
We long for our Father
On whom we rely

Alas, though the heart is
Unbreakable glass
Both lonely may glance
Though neither may pass

So, that's why a Savior
Was born unto you
And, coming this Easter
You know what he'll do

The Dearly Beloved
If true on both sides
God's Only Begotten
Between them,
He Rides

Dear Friends,

The Easter season begins
on Ash Wednesday, February 22.

Lent is the Christian season of
spiritual preparation before Easter.

Perhaps consider traditional observations of this
Holy time such as prayer, repentance, moderation,
self-denial and discipline. Easter Day will be so much
sweeter if meaningfully prepared. The word 'lent' refers
to the 'lengthening' of the days in spring. Let's lengthen our
own faith this season, as well. Perhaps my poem will inspire you
to write your own words of faith and share them with others!



*Rejoice greatly, O daughter of Zion!
Shout aloud, O daughter of Jerusa-
lem!*

*Behold, your king is coming to you;
righteous and having salvation is he,
humble and mounted on a donkey,
on a colt, the foal of a donkey.*

Zechariah: 9:9

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

February 9th at 2:30 in the Main Dining Room

Food Committee

February 9th following Residents' Council in the Main Dining Room

We Are...
Cedarbrook
Strong!

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



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!



AVAILABLE HERE

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.

In Loving Memory...

Althea Brey

Pauline Mellon

Margaret Crouthamel

Nettie Newman

Ella Benyo

Essmaeel Fakhraie

Candida Lebron



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.**



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

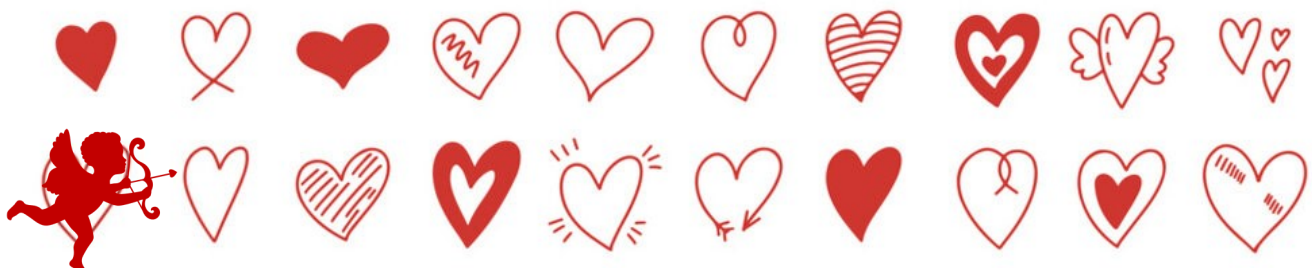
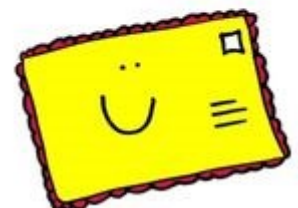
Please do not leave food and drinks unattended in the dining rooms, activity rooms or other public areas. Please dispose of leftover food/drinks properly. Some residents have food and fluid restrictions, and having access to unattended food and drinks could be



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).



I SEND YOU A SMILE



Meet a Resident



Meet The Hendricks! Marion L. Hendricks and Theodore F. Hendricks, Sr. They have been married for 67 years! They have 4 children, 3 daughters and 1 son. They were both born and raised in Bethlehem Pennsylvania.

Theodore worked at Bethlehem Steel for 42 years as a Foreman. And Marion worked at St. Luke's as a Pediatric Nurse for 10 years.

They both always loved to go camping in Florida, they were both very active in their church. However they loved two different football teams, Marion always loved the Washington Commanders and Theodore is a huge Eagles fan!

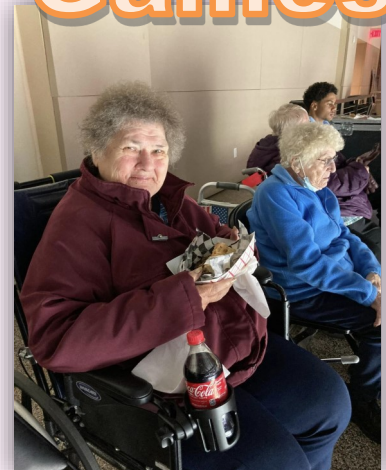
Advice to the younger generation:

Marion– Think before you act

Theodore– Happy Wife, Happy Life

We asked them what is one quote that means something to you? Their response was "Don't get stuck in an elevator!"

Phantoms Hockey Games!



If you are interested in a NITE OUT in Allentown! Please reach out to one of your Life Enrichment Staff members, we have 2 games left of our Season Tickets!

It is a fun time, good food and drinks, and live entertainment plus you get to enjoy a Hockey Game!



Valentine's Day



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

ARROW
CANDY
CARD
CHOCOLATE
CUPID
FEBRUARY

FLOWERS
GIFT
HEART
HOLIDAY
HUGS
LOVE

MAILBOX
PINK
POEM
RED
SWEETHEART
VALENTINE



What did the cook say to his girl-friend?

You're bacon me crazy!

What did the refrigerator say to the magnet?

I find you very attractive.

How did the doorbell propose to his sweetheart?

He gave her a ring.

What did the volcano say to his mother?

I lava you.

Why are flowers popular on Valentine's Day?

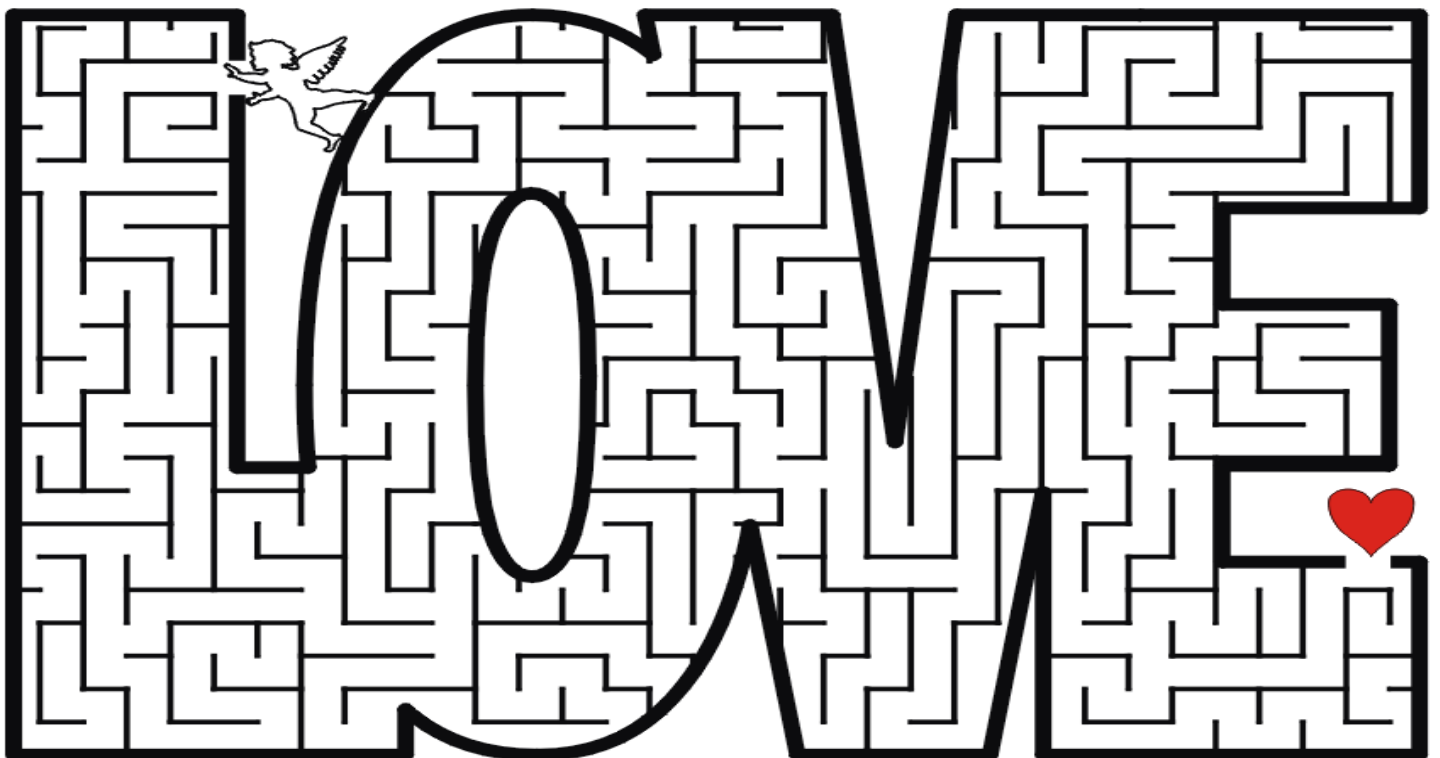
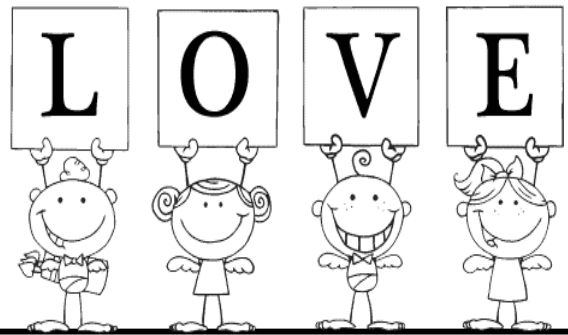
**Because they're scent-imental!
(Awww.)**

Valentine's Day Every Day

For a sweetheart or a friend
There's just no better way
To show how much you care for them
Then a gift on Valentine's Day

It doesn't have to be expensive
A simple card will do
As long as you put your heart into it
And show that it's really from you

Share love with family or with friends
Tell them in your own way
Let them know you really care
Make every day Valentine's Day



February 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1) 10:30 Needles & Hooks in MDR 2:30 On-unit Programs	2) 10:30 Hu- mane Society in MDR 2:30 Mass in MDR following with Rosary	3) 10:30 Coffee Social in MDR 2:30 Terry Kane in MDR	4) 10:30 On- unit program/ House Program 2:30 On-unit program/House Program
5) 2:30 Church with Chaplain Laura	6) 10:30 On- unit programs 2:30 Glenn Miller in MDR	7) 1:30 Bible Study in MDR 2:30 LE Trivia Game in MDR	8) 10:30 Needles & Hooks in MDR 2:30 Choose your own Book Club in MDR	9) 2:30 Resi- dents' Council in MDR fol- lowing with Food Commit- tee	10) 10:30 Coffee Social in MDR 2:30 Mitchell Hendricks in MDR	11) 10:30 On- unit program/ House Program 2:30 On-unit program/House Program
12) 2:30 Church with Chaplain Laura	13) 10:30 On- unit programs 2:30 Chocolate Covered Straw- berries! In MDR	14) Happy Valentines Day! 1:30 Bible Study in MDR 2:30 Jett Blaqq in MDR	15) 10:30 Needles & Hooks in MDR 2:30 Memorial Service in MDR	16) 10:30 Hu- mane Society in MDR 2:30 Sticky Bun day! In MDR	17) 10:30 Coffee Social in MDR 2:30 Men's Group in MDR	18) 10:30 On- unit program/ House Program 2:30 On-unit program/House Program
19) 2:30 Church with Chaplain Laura	20) 10:30 On- unit programs 2:30 Mysteri- ous Magic Show in MDR	21) 1:30 Bible Study in MDR 2:30 LE Trivia Game in MDR	22) 10:30 Needles & Hooks in MDR 2:30 Women's Group in MDR	23) 10:30 On- unit programs 2:30 Brownie Sundae Day! In MDR	24) 10:30 Coffee Social in MDR 2:30 Vox En- tertainment at 2:30	25) 10:30 On- unit program/ House Program 2:30 On-unit program/House Program
26) 2:30 Church with Chaplain Laura	27) 10:30 On- unit programs	28) 1:30 Bible Study in MDR 2:30 LE Trivia Game in MDR		ALL activities are Subject to Change		