

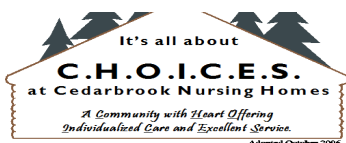
Hillside News

Lehigh County Cedarbrook Senior Care & Rehab March 2023





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

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David Crook—Director of Financial Services

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Amber Surman— Assistant Director of Social Services

Heidi Heffelfinger— Social Worker

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Jennifer Szakacs Strohl—Director of Life Enrichment

Kaitlyn Ventresca—Assistant Director of Life Enrichment

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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 March ...



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

NAME	BIRTHDAY
Janet Reinert	March 1st
Jeanette Blackwood	March 3rd
Lois Althouse	March 4th
Jacqueline Berger	March 5th
William Schlicher	March 5th
Barbara Bishoff	March 5th
Marian Smith	March 8th
Julia Zellner	March 14th
Gloria Cope	March 19th
Adele Knauss	March 28th
Carmen Ortiz	March 29th

Jay Moyer

Susie Lane

Paul Rash

BettyLou Hall

Douglas Schaedel

Cecil Hughes Jr.

Ronald Mozzone

John Elliot

Geraldine Weirbach

Ellen Hahn



**Count how many clovers you
can find in this Newsletter!**



"In Like A Lion,
Out Like A Lamb"
by Lorie Hill

March roars in like a lion

So fierce,
The wind so cold,
It seems to pierce.

The month rolls on
And Spring draws near,
And March goes out
Like a lamb so dear.



Look!

**I spy with my little eye ... a
leprechaun!**

Looks like this:





Staff Anniversaries

Employee	Department	Years
Rodney Taylor	EVS	36
Gail Sweeney	RAD	18
Madgeline Collazo	EVS	16
Lillian Nagle	Nursing	15
Antoinette Fianu-Singh	Nursing	11
Michele Kesen	Nursing	8
Mark Plantier	Facilities	7
Rosario Alicea	Nursing	6
Keyon Green	Nursing	6
Pamela Barthol	Nursing	3
Tara Heydt	Nursing	2
Maria Bezerra-Lima	Nursing	2
Nadege Josma-Jean	Nursing	2
Angela Zemlansky	Financial	2
Rupert Edwards	EVS	2
Eddie Perez	EVS	1
Cassandra Johnson	Nursing	1
Shakima Hollis	Nursing	1



Tanjaray Redway

Sydney Stanton

Marchell Deshong

Lisa Noble

Michelle Wonderly



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





Residents' Council Meeting Minutes Thursday February 9th 2023

- Before the Residents' Council Meeting was called to order Chaplain Laura said a prayer for former resident council president, Margaret Crouthamel, who recently passed away. She also shared a few words in her memory.
- Jude Tonzola, President, called the meeting to order.
- Minutes from January's Residents' Council meeting were read by Patricia Stuber, Council Secretary.
- Jude Tonzola, President, asked for a motion to accept January's minutes as read. Elizabeth Landis moved to accept and it was seconded by Michael Thompson.
- Patricia Stuber read the list of January's New, Deceased and Discharged residents.
- Kathleen Rowe, Vice President, read The Residents' Rights for February.

Access and Visitation Rights— You have the right to say who or may not have access to your nursing facility for the purpose of visiting with you. This includes your family, relatives, or others. Also, you have the right to immediate access by your attending physician or any representative of the federal Department of Health and Human Services, the state Department of Public Welfare and Health, and the Department of Aging Ombudsman Program. Organizations or individuals providing health, social, legal, or other services may, with your consent, have reasonable visits with you.

New Business:

- Jason informed our residents we will be going with a new vendor for dining services. We have decided to partner with Morrison Living. Their services will start on April 1st.
- After months of collaboration and resident input Cedarbrook has made the choice to go with Morrison for dining services.

Resident Concerns/Comments:

- Resident would like to know if we can replace the flag in the Main Dining Room.
Michelle Julian responded to resident during meeting. The flag is already in the process of being replaced.
- Resident voiced his concern about only being able to have 30 residents in the Main Dining Room at one time. Resident stated that during breakfast and lunch on the unit hallways they have twice as many people gathered, why can't they do the same in the Main Dining Room?
Tara Pendrak addressed the resident's concern during the meeting. On the units that area is your home were your rooms are. We cannot remove or separate residents on the units. That is why at times you may be in closer proximity than usual, but in places where we gather together with residents from other units we have to abide by the social distancing current guidelines provided by CMS and Department of Health.



Residents' Council Meeting Minutes

Thursday January 12th, 2023

(Continued)

Resident Concerns/Comments (continued):

- Resident concerned with meals being cold.

Tara Pendrak addressed this concern during the meeting. We do conduct food cart audits as well as spot checks for proper food temps. Tara will speak with resident after meeting to discuss this issue further.

Announcements:

Michelle Julian—Assistant Administrator

During the elevator piston replacement project we did run into a few small hiccups with elevator 1, but now moving forward will know what they are, and plan ahead. Also during the repairs elevator 1 went down and we will need a new motherboard. Delivery of the new motherboard will be next week. At the same time as pistons are being replaced, elevator 1's repairs will be done as well.

We will be having a carnation sale for Valentine's Day. You can pre-order your carnations at the switch board operator and they will be for sale on Valentine's Day.

February is Life Enrichment month. In the lobby there is a fun game to determine how well you know our Life Enrichment team. Responses are due by February 22.

Kaitlyn Ventresca -Life Enrichment

- Kaitlyn Ventresca, Life Enrichment Asst. Director, went over February'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.
- The Chapel has been re-opened. Residents may visit the Chapel for a quiet moment, or to meet with Chaplain Laura, who's office will now be located in the chapel area.

Conclusion:

- The next Residents' Council Meeting will be held on March 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 Theodore Hendricks.
- Residents were invited to attend the Food Committee Meeting immediately following Residents' Council.



CEDARBROOK VOLUNTEERS ARE VERY IMPORTANT PEOPLE



Well, we are “Marching” right through the winter and looking forward to Spring. We appreciate all the amazing volunteers we currently have. We are looking to increase our volunteer corps, so we can bring even more fun to our residents. Did you know that by volunteering, our residents are more engaged mentally, physically, and socially? All of these things are so important for their continued good health and happiness.

As a volunteer your life can be enriched as well. You will have many opportunities to make new friends, learn lots of new things, and have memorable experiences, as you help others. Volunteering not only adds to your life’s enjoyment; it also helps to keep you active and healthy too. Our volunteers do so many things. They help transport residents to our beauty shop, to activities, to spiritual services. They play games, do craft projects, bring pets in to visit, play instruments, sing songs, assist at bus trips, and visit with residents.

Please check your calendar to see if you have just a few hours each month to join us. Most volunteer shifts are two to three hours. You can choose to come every week or a few times a month. Whatever works best for you. Our residents and staff will appreciate your time and you will leave with something special in your heart. It truly is easy to bring a smile to someone’s day.

Here are a few examples of how you can help.

Visit with residents one on one and help them with special tasks or just socialize in the family room. Play cards, help with technology, read the newspaper, etc.

Become an Auxiliary Member at either location and help with “fun”draisers that provide many different events for our residents.

Bring in your 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.

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

Anyone interested in helping must provide their COVID vaccination card in order to be an active volunteer. We accept volunteers over the age of 13 years. Contact the volunteer office to schedule an interview.



Kerry Magliane, Volunteer Coordinator 610-336-5684

kerrymagliane@lehighcounty.org



Employee Pet of the Month

Name of employee and department: Keith Golley from EVS

Type of animal/ breed... Dog, a Miniature Schnauzer/Japanese Chin

Pet's name, how did you come up with it?
Gizmo, and I came up with it from the movie Gremlins from 1984.

Are there any other nicknames you have for your pet? Bubba, Buddy, my MAN!

How old is your pet? He is 10 ½

How and when did you choose your pet? I got him off the internet in 2012, I was looking for a dog, and he was born only 5 minutes from where I live.

Does your pet do any special tricks?

He opens doors with his nose, he can sit, stay, cuddle with me! he can out run any animal, he is super fast. He loves to chase rabbits in the yard. He can jump waist high as well! And he is super aware of what I am doing at all times, he watches me like a hawk. He loves laying in the sun, and watching TV!

Funniest memory of your pet... Every time I eat anything, he must always be on my lap when I eat. He could care less about the food, its more or less needing to be close to me at all times!

Does your pet have a favorite toy or treat? He loves Octopus Kong's, he plays tug-of-war with them! He loves many treats, his favorite is Bacon Strips, imitation Rawhide with chicken flavoring.

Does your pet have any bad/ naughty habits that drive you crazy?
LICKING! He licks constantly!

Fun facts about your pet or the breed... In Japan, if you own a Japanese Chin you are considered Royalty. They are known to be able to jump! The Schnauzers were bred in Germany to herd sheep!



(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

“By wisdom a house is built, and by understanding it is established; by knowledge the rooms are filled with all precious and pleasant riches.” (Proverbs 24:3-4)

Betty Kreitz, a resident of Cedarbrook-Fountain Hill, recalls with love the family home in Oxford, NJ, which her father built, a home in which she grew up, and then lived with her husband and family for nearly 60 years. It is a place where she cherishes the rich memories her parents provided for her, just as in the verse from Proverbs.

Betty's earliest memories are of her loving and hard-working parents, and of attending Sunday school and church. Her parents raised her to love and obey God, to care for the family, and to do good, honest work. Sadly, Betty's parents both passed away by the time she was 16. Her parents left the house to her, and there she raised her three younger, school-age siblings, caring for them while she herself continued to attend high school. She supported her family by working full-time at the Dixie Cup factory after classes every weekday.

Just as her parents had taught her, Betty kept house and made sure her siblings had their meals, clean clothing, and went to school. Her siblings had daily chores and helped keep the house and the family together.

And, of course, just as her parents had done for her, Betty continued Sunday School and church attendance, and made sure her siblings went too. They might argue with her, but she insisted that they go. Over the next few years, Betty and all of her siblings stayed together, until each one graduated from high school. Betty continued to keep the house and work full time.

This was a great burden for a young person, but her parents, by their example, made sure that Betty could handle it. To this day, she is grateful to her parents for the life-lessons they taught her, for giving her the ability to take on responsibilities, and for helping her to understand that all she does is for God.

One day, Betty went to a local roller-skating rink. There she met one of her friends, who introduced her to a young man named George Kreitz. Betty could see right away that George was a good roller-skater. Betty, however, was not. They were introduced and spent the rest of the day at the rink, with Betty holding onto George as they skated round and round, and talked.

They met a few more times over the coming days. One day, about a week after they'd met, George (who called her "Bet") said to her, "hey, Bet, do me a favor...will you marry me?" Betty remembers looking him in the eyes, and with a big smile replied, "Yeeaaaahhh!"

So, a couple of days later they got married by a Justice of the Peace. Family and friends said it was not going to last. But they were in love, and George told Betty, "When I saw you, I knew I wanted you." Betty says that remembering George's words brings tears to her eyes, and even today, he calls her "my angel."

George still lives in the home in Oxford, with their daughter who cares for him. This house is filled with precious and pleasant memories for Betty, not only of her life with George and her daughter, but also of her parents, whose wisdom and understanding gave her all she needed to love God and others throughout her life.

Chaplain Laura Stone, with Betty Kreitz



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

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

Food Committee

March 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...

John Burda

John McGaughey

John Cherhit Jr

Clara Guzman

Elizabeth Confer

Adele Knauss



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.***

LOST AND FOUND

*Celebrating a birthday or
special occasion? Contact
Natalia Villamil in Administration at ext.
2341 to reserve a room.*

*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.*

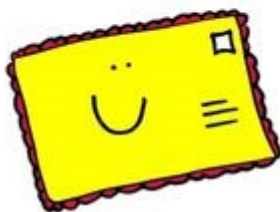
**All food items, including fresh fruit
or vegetables, for the residents
must be in a bag or a container**

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

★ 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).

I SEND
YOU
A SMILE



**I try to keep busy all year. In the summer
I make cookies, and in the fall and winter
I make toys in Santa's workshop.**

Meet a Resident



Meet Anna Marie Elizabeth Mudri! She was born and raised in Bethlehem Township, and her family has been local around here for generations. She worked for Laris Printing when she was in High School, but once she had children she was able to be home with them to raise them.

She married her husband Michael in 1948 when she was 19 years old, he worked for Bethlehem Steel. We had 3 beautiful children together; Michael, Robert and Sandra. Before he passed away in 2008, we were married for 60 wonderful years.

I always enjoyed cleaning, cooking and baking, doing the wash and ironing. I loved working outside in my garden and loved to grow my own lettuce, cabbage, cucumbers, and tomatoes.

Advice to the younger generations: "Remember to be involved in your children's lives because it's the little

things
that



Make happy memories, because life is short! - Anna Mudri



Needles & Hooks Group!



Do you love to knit or crochet?! Please join us every Wednesday morning at 10:30am in the Main Dining room for our Needles & Hooks Group! We would love to have you join us! Let one of our Life Enrichment team members know you are interested! See you there!

Color me!





Can February March?

No, but April May.

What season is it when you are on a trampoline in March?

Spring-time.

What kind of bow can't be tied?

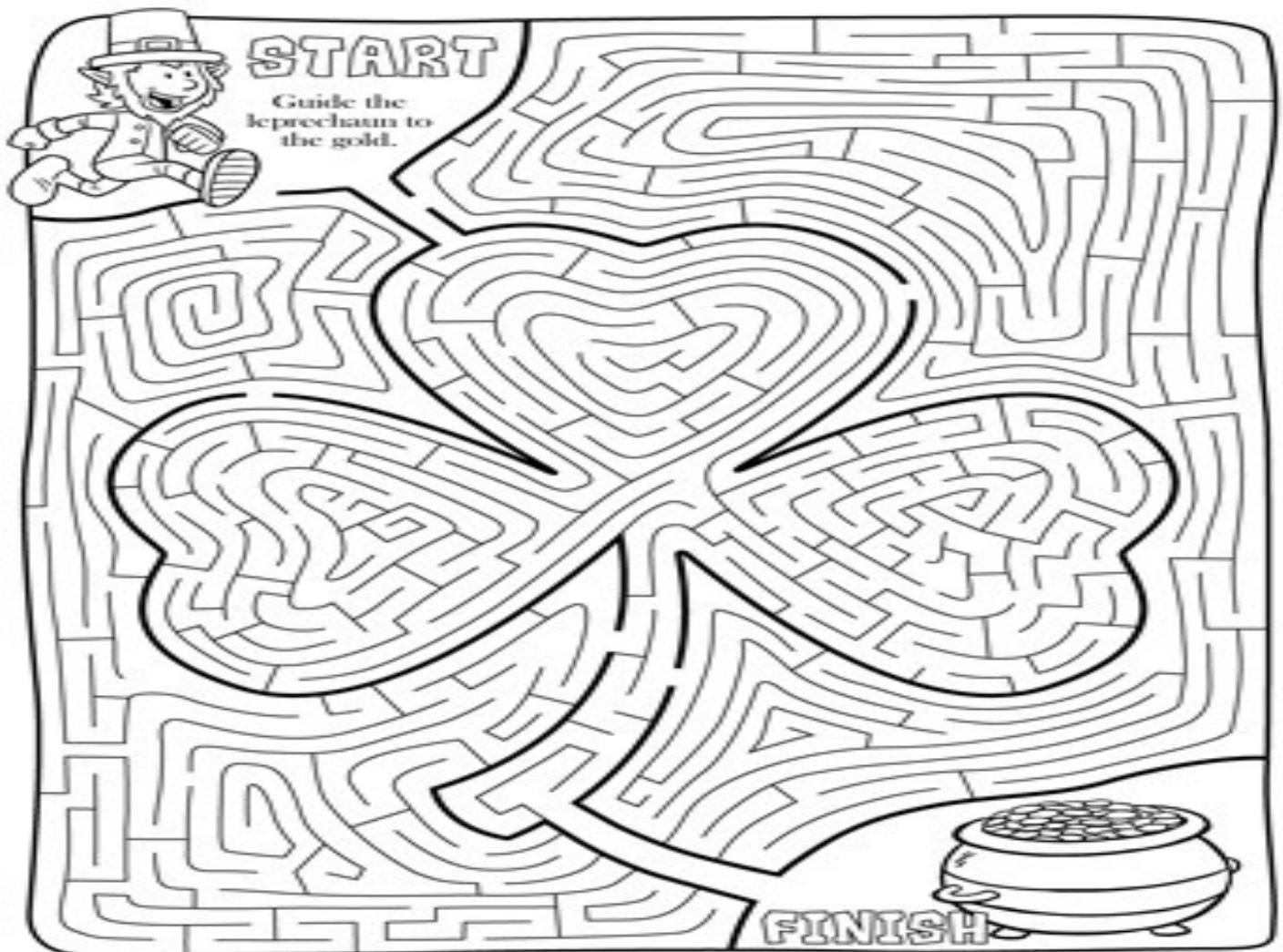
A rainbow!

Why do leprechauns hate running?

They'd rather jig than jog.

What kind of music do leprechauns love?

Sham-rock!



MARCH 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1) 10:30 Needles & Hooks in MDR	2) 2:30 Mass in MDR followed by Rosary	3) 10:30 Coffee Social in MDR 2:30 Johnny K! in MDR	4) 10:30 Rob Ballonoff in MDR 2:30 Anything Goes
5) 10:30 On-unit programs 2:30 Church in MDR with Chaplain Laura	6) 2:30 JR Peterson 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 Book Club in MDR	9) 10:30 Humane Society in MDR 2:30 Residents' Council in MDR followed by Food Committee	10) 10:30 Coffee Social in MDR 2:30 Lorri Woodward in MDR	11) 10:30 On-unit programs 2:30 Anything Goes
12) 10:30 On-unit programs 2:30 Church in MDR with Chaplain Laura	13) 2:30 Lester Hirsh in MDR 	14) 1:30 Bible Study in MDR 2:30 LE Trivia Game in MDR	15) 10:30 Needles & Hooks in MDR 2:30 Memorial Service in MDR	16) 2:30 Rick Weaver in MDR 	17) Happy Saint Patrick's Day!  10:30 Coffee Social in MDR 2:30 Shamrock Shakes! In MDR	18) 10:30 Dan Barrick in MDR 2:30 House programs/On-unit programs
19) 10:30 On-unit programs 2:30 Church in MDR with Chaplain Laura	20) 2:30 Garden Club in MDR	21) 1:30 Bible Study in MDR 2:30 LE Trivia Game in MDR	22) 10:30 Needles & Hooks in MDR 	23) 2:30 Cheese Cake Day in MDR	24) 10:30 Coffee Social in MDR 2:30 Kris Phipany in MDR	25) 10:30 On-unit programs 2:30 Anything Goes
26) 10:30 On-unit programs 2:30 Church in MDR with Chaplain Laura	27) 2:30 Bill Fry in MDR 	28) 1:30 Bible Study in MDR 2:30 LE Trivia Game in MDR	29) 10:30 Needles & Hooks in MDR	30) 2:30 Craft Day! In MDR 	31) 10:30 Coffee Social in MDR 	