

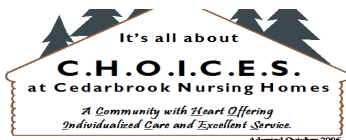
A vibrant spring landscape illustration. In the foreground, a large, dark brown tree trunk curves from the left side. Pink cherry blossoms hang from a branch at the top. The ground is a lush green field filled with white daisies, pink and yellow flowers, and two purple butterflies. In the background, there are rolling green hills and a clear blue sky. The title 'Hillside News' is written in large, bold, pink letters with a white outline, centered across the middle of the image.

Hillside News

Lehigh County Cedarbrook Senior Care & Rehab April 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

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 April ...



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

Jennifer Albanese

Anna Marin

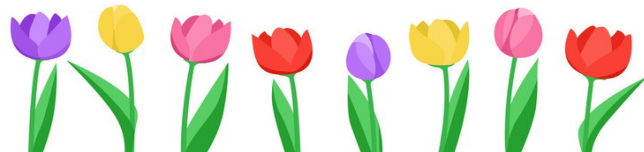
Janet Cotter

Brian Solomon

Margaret Smith

Margaret Krupa

Josefina Morales



*May the blessing of God
be always upon us.
I hope you and your
loved ones have a blessed
Good Friday*



Look!

**I spy with my little eye ... a
Watering Can!**

Looks like this:



Staff Anniversaries

Employee	Department	Years
Lori Leith-Yocum	Nursing	31
Elizabeth Cruz	Nursing	21
Tammy Schankowitz	Nursing	19
Rebecca Lewis	Nursing	18
Melissa Judd	Nursing	12
Rebekah Adelman	Nursing	10
Ashley Haas	Nursing	9
Niesha Calderon	Nursing	6
Roger Tobias	Life Enrichment	4
Nathaniel Rhode	EVS	3
Matthew Roth	Facilities	2
Barry Gregory	EVS	1
Lillian Torres	EVS	1
Michelle Dionne	Financial	1
William Owens	Nursing	1
Diana Tirado	Nursing	1
Kellie Frick	Nursing	1
Abigail Cruz-Perez	Nursing	1

Happy Anniversary!



Tanasia Howard

John Lucas

Kimberly Irelan

Ashley Ceraul

Dominique Colon-Rivera

Jose Pereira



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





Residents' Council Meeting Minutes

Thursday March 9th 2023

- Jude Tonzola, President, called the meeting to order.
- Minutes from February's Residents' Council meeting were read by Patricia Stuber, Council Secretary.
- Jude Tonzola asked for a motion to accept February's minutes as read. Caroline Richards moved to accept and it was seconded by Michael Thompson.
- Patricia Stuber read the list of February's New, Deceased and Discharged residents.
- Kathleen Rowe, Vice President, read The Residents' Rights for March.

Equal Access to Quality Care— Your nursing facility must establish and maintain the same policies and practices for all residents regardless of source of payment, regarding transfer, discharge and provision of nursing facility services required under the state plan.

New Business:

- No old business.

Resident Concerns/Comments:

- A few residents had concerns about call bell response time. Call bells are not being answered in a timely manner. Call bells are being answered but residents are being told to wait for their assigned aide. Staff will come in and turn call bell off, but may not address the reason why call bell was used to begin with.

Tara, Asst. Director of Nursing, addressed all issues involving call bell concerns. At this time Tara would like to meet with residents in a small group setting to further discuss these issues.

- Resident had question about activities schedule over the weekend. Resident did not know where activity was.

Kaitlyn, Life Enrichment Asst. Director, addressed resident's question. Staff will make announcements regarding weekend activity schedule.

- Resident voiced concerns with evening staff slamming hamper lids. Resident is a light sleeper.

Tara, Asst. Director of Nursing, handled this concern in private with resident.

- Residents shared their thoughts about agency staff. Residents feel agency nurses and nurse aides are disconnected with residents. Residents would like to know if agency staff can be assigned to same unit if they are with us for an extended period of time. This way they can get familiar with the residents.

Tara, Asst Director of Nursing, addressed this concern.

- Resident had a concern with strong smelling perfumes. Resident would like know if it is possible for our facility to speak with staff on being mindful of residents with allergies and residents prone to migraines.
- Tara, Asst. Director of Nursing, addressed this concern. Just this week we updated our dress code policy. Within the policy we included the use of strong perfumes and fragrances being used.





Residents' Council Meeting Minutes

Thursday March 9th 2023

(Continued)



- Residents concerned with privacy curtains. While residents are using the bathroom with privacy curtain pulled closed staff has the tendency to pull curtain open instead of talking through the curtain.

Tara, Asst. Director of Nursing, addressed this concern. Staff will be re-educated regarding this issue.

Announcements:

Jason Cumello—Administrator

- Please bear with us during the transition between Dining Services providers. We greatly appreciate everyone's understanding and patience during this time. Feel free, during Food Committee meeting that follows immediately after Residents' Council, to share your concerns with us.

Michelle Julian—Assistant Administrator

- Elevator piston project has had its hiccups and delays. Work will soon be completed for elevator 1 and we will be moving onto elevator 2 within the next few weeks. Thank you to everyone for your patience.
- You will start to see small improvements around the facility. Club Med will be getting a new desk and bookshelves as well as new paint. Other small improvements throughout the facility will follow.

Kaitlyn Ventresca -Life Enrichment

WINNER! To the Guess the Life Enrichment Staff game is Keith Golley from Environmental Services. Thank you to all who participated.

Kaitlyn Ventresca, Life Enrichment Asst. Director, went over March'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.

We would like to introduce a few new friends in our fish tank. Please take the time to stop in Club Med to say hi.

Exciting news to share with everyone. We will be using a different setup in the Main Dining Room that will now allow Life Enrichment to host 50 residents at a time.

Going forward we will make an overhead page when weekend activities are canceled.

Conclusion:

The next Residents' Council Meeting will be held on April 13, 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

To be a volunteer, it takes...

Generosity, a willingness to give your time to others

Understanding, because their lives might be very different from your own

Empathy, an ability to put yourself in someone else's shoes and feel what they must feel

Compassion, to truly care about making someone else's life better

Patience, because the process doesn't always go as smoothly as it might

Dedication, to stick with the project and see it through.

You've shown all of these qualities and so much more, thank you for all that you do.

You are important to us every day.

Cedarbrook is pleased to honor our dedicated volunteers during the month of April with a dinner. We will be hosting our volunteer celebration at Cedarbrook in Allentown. Our theme this year will be **"Shining a light on the people and causes that inspire us to serve."** I think this describes our volunteers perfectly. These celebrations are Cedarbrook's way of thanking all the volunteers. Please remember to R.S.V.P. by April 5th.

Volunteers...if you haven't received your invitation ,

Please contact the Volunteer Office at 610-336-5684

Current Volunteer Opportunities:

Help our residents have a great time at our on-unit activities. Activities are 7 days a week, mornings 10-12 and afternoons 1:45-4:00.

Become a cashier in our sweet little Allentown Gift Shop on Friday afternoons 1:00-4:00. Training will be provided.

For more information or to sign up, please call Kerry at 610-336-5684.

Karen's Korner

Spring Into a Healthier You

7 Strategies for a Healthy Spring



Move More Sit Less

Get at least 150 minutes of moderate-intensity physical activity every week (30 minutes a day, 5 days a week).

Do muscle-strengthening activities 2 days a week.

Eat Healthy Foods

Try healthy food choices like fruits, vegetables, whole grains, lean meats and low-fat dairy products.

TIP: $\frac{1}{2}$ plate fruits and vegetables, $\frac{1}{2}$ plate whole grains.

Choose your Drinks Wisely

Substitute water for sugary or alcoholic drinks to reduce calories and stay safe.

Get Enough Sleep

Adults need at least 7 hrs. of sleep per night.

TIP: Go to bed and get up same time every day, keep bedroom quiet and dark, remove electronic devices, avoid caffeine and alcohol before bed, and be active during the day.

Be Safe in the Sun

Wear long-sleeved shirts and long pants, a wide brimmed hat, sunglasses and use a broad-spectrum sunscreen with at least SPF 15.

TIP: wear sunglasses that block both UVA and UVB rays for best protection.

Don't use Tobacco

The toxins in cigarette smoke damage collagen and elastin, which are fibrous components of your skin that keep it firm.

Call **1-800-QUIT-NOW** for further information on quitting smoking.

Learn your Health History

Talk to your Family and Doctor about your family health history.



CHAPLAIN'S CORNER

There are times in all of our lives when we sense a new beginning. We desire a new beginning. But we wonder if it's possible. And if it is, where do we start? The thought of a new beginning is scary, because we don't want to risk anything. But we're not settled where we're at. We've come to realize that something should change.

How do we begin again? We ask God for help!

Ecclesiastes 3:1-5 says, "To everything there is a season, A time for every purpose under heaven: A time to be born, And a time to die; A time to plant, And a time to pluck what is planted; A time to kill, And a time to heal; A time to break down, And a time to build up; A time to weep, And a time to laugh; A time to mourn, And a time to dance; A time to cast away stones, And a time to gather stones; A time to embrace, And a time to refrain from embracing;"

These verses show us four things:

1. There's a **time for everything in life**. How great a confidence this brings us to know that we can expect a warmer season after a colder one. In the same manner that God "makes his sun rise on the evil and on the good (Matthew 5:45)." He allows seasons to change and new beginnings to start.
2. That **patience** is more important than the beginning or end. Often times, the end of a thing seems more valuable than the beginning of it. Ecclesiastes 7:8 says, "The end of a matter is better than its beginning, and **patience is better.**"
3. The former things pass away and **new things come**. God doesn't remember our past, He can give us fresh starts. Isaiah 43:18-19 says, "Forget the former things; do not dwell on the past. See, I am doing a **new thing!**... do you not perceive it?"
4. **Perseverance** is the way to new beginnings. Perseverance is the way to a new start because a new beginning often requires patience. James 5:11 says, "As you know, we count as blessed those who have **persevered**... and have seen what the LORD finally brought about."

The application is that if we desire a new beginning, don't try to go it alone. There is a sense, of course, in which any new beginning must be private. But also we should read God's Word and obey it in our daily lives. In Ecc. 3:11 it says, "**God has made everything appropriate in its time. He has also set eternity in their heart.**"

We must go to Jesus in private and ask for help. And commit ourselves to actual practical change. The God of wisdom is also a God of grace, and He welcomes us to look into the mirror of His Word, to confess what we see and desire; He greets us with forgiveness, and He greets us with empowering grace.

This is an invitation to fresh starts and new beginnings!

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

April 13th in the Main Dining Room

Food Committee

April 13th 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

Rest In Peace

You are not forgotten my love
Nor will you ever be.
As long as life and memory last,
Your soul will live in me.

I'll miss you now
My heart is sore.
As time goes by
I'll miss you more.

Your loving smile,
Your gentle face,
No one can fill your vacant place.



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...

Jane Dorward

Dorothy Fernandes

Eleanor Richenderfer

June Hein

Josephine Warner

Clemencia Rodriguez

Evelynne Clater

Marina Mercado



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 harmful.

Any Suggestions?

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



Please join Cedarbrook in welcoming Morrison Living as the Dining Services Vendor beginning 4/1/23. Morrison Living has contracts with several local long term care communities. They are excited to meet everyone and to begin to serve you delicious meals. If you have any questions before the Food Committee meeting, please feel free to reach out to the kitchen. Morrison Living will be happy to assist you.

Volunteer SPOTLIGHT!



Meet Jose Santiago

Tell us about yourself, where do you live? Did you grow up around here?

I am 16 years old. I am a sophomore at Allentown Central Catholic. I grew up in Fountain Hill and live with my parents. I also have an older brother.

What is your favorite thing about coming to Cedarbrook each week?

I enjoy spending time with the residents and the staff is welcoming.

What motivates you to volunteer?

I am motivated by giving back and serving my community.

What do you hope to get out of the volunteering experience here at Cedarbrook?

I am improving my people skills, volunteering teaches responsibility and leadership.

What hobby's do you like to do in your free time?

I participate in the key club, sound crew and play lacrosse for Central Catholic. I also play club lacrosse in the summer and fall. I enjoy playing video games.



Meet Dolores Snyder

Tell us about yourself, where do you live? Did you grow up around here?

I am from Pittsburg, and I lived 19 years of my life in Duquesne, PA. I joined a Job core center when I was 19 years old, and met my significant other there. We have 2 children together. My mother-in-law lived here in the Bethlehem area, and that is how we ended up in this area!

What is your favorite thing about coming to Cedarbrook each week?

My favorite thing is talking to the people here; I enjoy the people. I enjoy listening to their life stories. They seem so appreciative to sharing their story with me. I love listening to them because it shows that we are not alone, we are all in this together. It is like therapy for me!

What motivates you to volunteer?

To get out, to get myself out and dressed and have a purpose!

What do you hope to get out of the volunteering experience here at Cedarbrook?

A sense of knowing what to expect in the journey of life, as you get older.

What hobby's do you like to do in your free time?

I enjoy playing the slot machines at the Casino! I go to church every Sunday, and enjoy going to the concerts at the Moravian Church every other Tuesday. I enjoy listening to Classical Music. I walk a lot! I enjoy walking and getting fresh air.



Cedarbrook Babies!



Jace John Picerno

Born 3/1/2023 at 6:25pm

**He enjoys laying on his play mat,
tummy time,
and looking at ceiling fans**



**Tim Picerno from the
Rehab Department**



**Brian Sadrovitz
from Nursing**

Cameron Michelle Sadrovitz

Born 2/18/23

6 lbs. 5.4 ounces

**She enjoys only falling asleep
when being held, eating often
and tummy time**





GARDEN CLUB



This past month we had the privilege to have our loyal Bethlehem Garden club supply us with these beautiful fresh flowers to kick off the first day of Spring on March 20th! Wegmans donated all the flowers to the club & to our residents. Thank you all SO much!



Meet a Resident

Meet Guadalupe Dominguez, she goes by Lupe! She has lived in Bethlehem her whole life. She worked as an RN here at Cedarbrook for over 40 years. She retired in 1990, and always enjoyed her job here at Fountain Hill. Lupe has 2 kids, Renee and Raymond.

She enjoys crocheting and knitting, sewing and working with stained glass. Here she enjoys listening to the radio, watching TV, visiting with family and going on Diner trips. She enjoys eating good food!

"Don't do things that you will end up in Jail"- Lupe Dominguez 15

Q: What do you call a rabbit with fleas?

A: Bugs Bunny.

Q: Why is the letter A like a flower?

A: A bee comes after it!

Q: What falls but never gets hurt?

A: The rain!

Q: What kind of socks does a gardener wear?

A: Garden hose.

Q: What do you call it when worms take over the world?

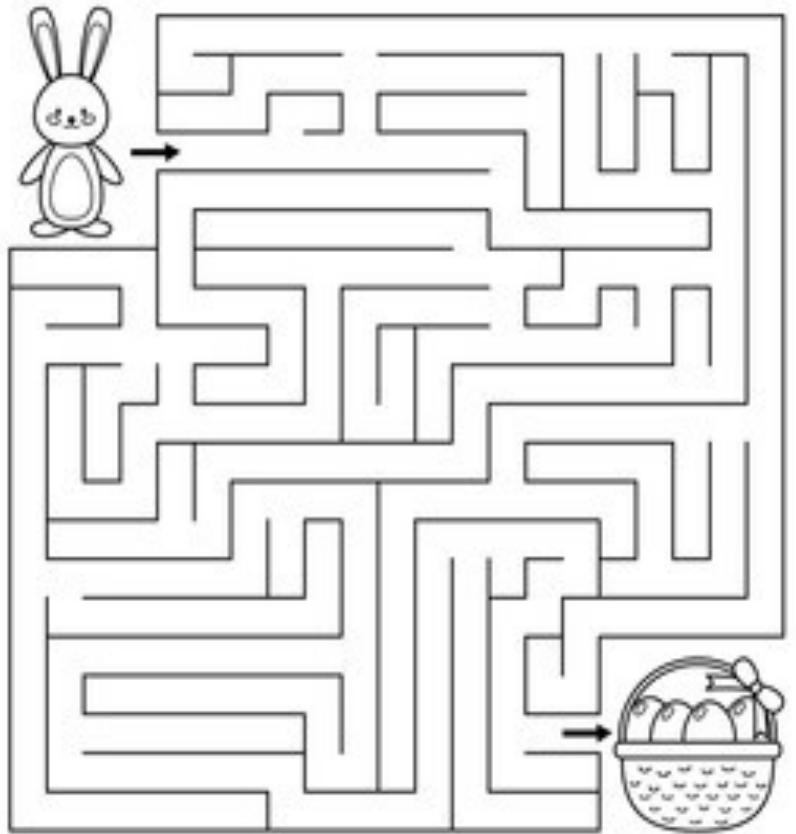
A: Global Worming.

Q: Why are frogs so happy?

A: They eat whatever bugs them.

Q: What did the tree say to spring?

A: What a re-leaf.



EASTER

WORD SEARCH

FIND THE WORDS:

BUNNY

CANDY

EGGS

HUNT

CHICK

DYE

JELLYBEAN

BONNET

BASKET

SUNDAY

SPRING

PEEPS

FLOWER

LAMB

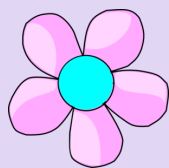
EASTER

GRASS

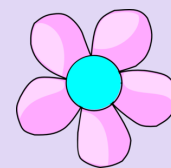


COLOR ME!





APRIL 2023



Sun

Mon

Tue

Wed

Thu

Fri

Sat

All programs are subject to change

The maximum capacity in the MDR is 50 residents

1 Happy April Fools Day!

On-unit programs



2) 10:30 On-Unit programs

2:30 Church with Chaplain Laura in MDR

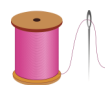
3) 2:30 Jay Smar in MDR



4) 2:30 Mass in MDR followed by Rosary



5) 10:30 Needles & Hooks in MDR



6) 1:30 Bible Study in MDR
2:30 LE Trivia Games in MDR

7) **Good Friday!**

10:30 Coffee Social in MDR
2:30 Rick Focht in MDR

8) Independent Leisure time

2:30 On-unit programs

9) **Happy Easter!**



10:30 On-Unit programs
2:30 Church with Chaplain Laura in MDR

10) 2:30 Jeff Ross in MDR



11) 1:30 Bible Study in MDR
2:30 LE Trivia Games in MDR

12) 10:30 Needles & Hooks in MDR
2:30 Choose your own Book Club in MDR



13) 2:30 Resident Council in MDR followed by Food Committee

14) 10:30 Coffee Social in MDR



15) Independent Leisure time

2:30 On-unit programs

16) 10:30 On-Unit programs

2:30 Church with Chaplain Laura in MDR

17) 2:30 Stacy Gabel in MDR



18) 1:30 Bible Study in MDR
2:30 LE Trivia Games in MDR

19) 10:30 Needles & Hooks in MDR

2:30 Memorial Service in MDR



20) 10:30 Humane Society in MDR



21) 10:30 Coffee Social in MDR

2:30 Vox Entertainment in MDR

22) Independent Leisure time

2:30 On-unit programs

23) 10:30 On-Unit programs

2:30 Church with Chaplain Laura in MDR

24) 2:30 John Baur in MDR



25) 1:30 Bible Study in MDR
2:30 LE Trivia Games in MDR

26) 10:30 Needles & Hooks in MDR



27) 2:30 Spring Crafts! in MDR



28) 10:30 Coffee Social in MDR

2:30 Variety Show in MDR

29) Independent Leisure time

2:30 On-unit programs

30) 10:30 On-Unit programs

2:30 Church with Chaplain Laura in MDR