HILLSIDE NEWS

MAY 2023 CEDARBROOK FOUNTAIN HILL SENIOR CARE & REHAB



Hillside News

MAY 2023

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Do you have a concern, question, is something bothering you?
Come talk to us so that we can help you solve it.



Jason Cumello, MBA, NHA-Director Administrator Michelle Julian, RN, BSN, MS, NHA-Assistant Administrator

Natalia Villamil- Administrative Assistant

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Jessica Kelly- Assistant Director of Life Enrichment

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Rodney Taylor- Assistant Director of Environmental Services Fountain Hill

Tim Picerno - Director of Rehab

Lisa Shuttle- Assistant Director of Rehab

Torie Yackanicz-Clinical Nutrition Manager

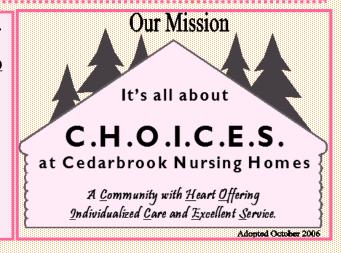
You can follow us on our Cedarbrook Senior Care & Rehab Facebook Page!

www.facebook.com/cedarbrookseniorcareandrehab

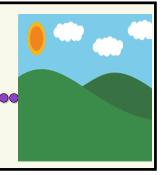
Website: https://www.cedarbrookseniorcare.com







THE HAPPENINGS... AT THE HILL



FUN FACTS ABOUT MAY

- The birthstone of May is the emerald and the birth flowers for May are lily of the valley (often confused with the Easter lily).
- •Taurus (the bull) is the zodiac sign of May until the 20th, then Gemini (the Twins) is the sign from May 21 on.
- It was once considered bad lock to be married in May. There was even a saying "Marry in May and you'll roe the day".
- •The Indianapolis 500 car race is held each year in May.
- •Be sure to go to the Kentucky Derby on the 1st Saturday of May.

 Wear your hat!
- •The Catholic Church celebrates the Virgin Mary in May each year.
- The Empire State Building was officially dedicated on May 1, 1931.
- •The first Saturday in May is known as naked gardening day! This is just a fun fact... if you take it seriously, wear your sunscreen!







SWEET MOTHER'S DAY TRIVIA

- More calls are made on this day than any other day of the year.
- Mother's Day is the busiest day of the year for restaurants.
- Woodrow Wilson signed Mother's Day into law in 1914.
- The popular gift for moms is the greeting card.
- Carnations have a special meaning on Mother's Day, red means mom is living, white meant she has passed.
- Beauty salons and spas also see a boost in sales around Mother's Day.
- 41% of Americans plan to buy their mom jewelry for their special day.
- Mother's Day is not the same date every year. But it is always the second Sunday in May.
- Mother's Day is the third highest selling holiday for flowers and plants.

The moms in your life probably don't get enough credit. Whether it's your mom, aunt, grandmother, or stepmother, she no doubt puts in plenty of work. We should appreciate those moms everyday. There is no better time to go above and beyond with your thanks on this special day.







Greetings all! Food is important to all of us.

It is certainly important to me. I love it all – veggies, meat, sweet and sour, and everything in between. After receiving a lot of feedback over the past year from residents and their families at both Cedarbrook campuses, we decided it was time to closely look at all of our options to see what food services company is right for the next chapter of Cedarbrook. It was not an easy decision or process. And it is definitely not easy to change the food services management vendor. It is one of the most difficult, if not the most difficult, change any nursing home can make.

After extensively evaluating what vendor partner works best for the next chapter of Cedarbrook, we decided to make a change and move to Morrison Living on 4/1/23. The transition has been very difficult in some respects as Morrison is learning Cedarbrook and our residents while concurrently training many new employees on the job, but I am confident that they will continue to make strides to deliver very high quality of service for our residents. The Cedarbrook team is working directly with the Morrison team on a daily basis to continually improve our dining services.

Please feel free to reach out to Morrison during the food committees at each campus or when they are up on the nursing floors if you have any questions or concerns. Thank you for your patience and understanding as we remake our dining services at Cedarbrook.

Sincerely,

Jason Cumello, Administrator/Director of Cedarbrook

On April 1st a new partnership began with Morrison Living at Cedarbrook.

I wanted to take a moment to introduce our leadership team and direction for the future of dining services.

Robert McMahon-Director of Dining Services

Peter DiCenso-Executive Chef

Annette Hopkins- Assistant Director of Dining Services

Torie Yackanicz-Clinical Nutrition Manager

Our approach to food is simple. Wholesome meals, community specific menus and engaged residents and team members improve everyone's wellbeing. Your menus and dining service will be rooted in our food philosophy – putting flavor, nutrition and service at the heart of everything we do. We look forward to working together through dining committee meetings and feedback to create your next seasonal menu.

Social engagement activities and themed meals are a great way to try new menu items, learn about the benefits of superfoods, celebrate holidays and other cultures or just have a little fun! The team looks forward to working along side Life Enrichment to provide you with wonderful experiences.

We apologize the transition has not been smooth with consistent meal timing and quality.

Our leadership team alongside Morrison Living support are working on implementing our processes and standards with our new team members to ensure on-going resident satisfaction with our food and service. Recruiting new team members, process implementation, and training are focuses behind the scenes as the team works to improve

your dining experience.

Thank you for your patience through the transition.

Bridget Wilson- Regional Director of Operations Morrison Living



STEPHEN MOLNAR	4 TH
MIKE DONTAS	4 TH
ARLENE FOLEY	4 TH
VINCENT GILLESPIE	5 TH
ANNA MARIN	12 TH
LUCILLE REISINGER	13 TH
WAYNE WOOD	14 TH
ELMA MARSHALL	16 [™]
AIDA VELEZ SANTIAGO	16 TH





ELSIE BAYRON	17 TH
BETTYLOU HALL	21 ST
FLORENCE HOTTENSTEIN	22 ND
DORIS DEMARINES	24 TH
THEODORE HENDRICKS SR.	24 TH
EILEEN KOKOSKY	27 TH
SAMUEL CUMBERLAND	27 TH

EMPLOYEE ANNIVERSARIES

<u>EMPLOYEE</u>	<u>DEPARTMENT</u>	<u>YEARS</u>
DIONNE POLLARD	LAUNDRY	30
ENISA GASANIN	LIFE ENRICHMENT	17
RYAN COOMBE	NURSING	17
VALERIE NEWMAN	NURSING	15
JENNIFER PENN	NURSING	13
EVADNE HANCLE	NURSING	5
MARC WOLF	FACILITIES	4
KIN MENDOVA	ENVIRONMENTAL	4
LAURA STONE	FAITH SERVICES	4
TINA BENNER	NURSING	1
BRENDA CAVEY	FINANCIAL	1





THEODORE GEFFERT II ENVIRONMENTAL

TYLEE LEWIS LAUNDRY

JASON RUTT FINANCIAL SERVICES



Celebrating a Birthday or Special Occasion? Contact Natalia Villamil in Administration at Ext. 2341 to reserve a room.



HOW MANY DID YOU SPY?

There are <u>11</u> "MOM IMAGES"



<u>Ruth</u> by Chaplain Lily Kubala

May is the month we traditionally associate with Mother's Day. The Bible gives few better examples of honoring one's mother (or mother-in-law as the case may be) than the Book of Ruth.

Ruth is the 8th book in the Old Testament, falling between Judges and 1 Samuel. The Book of Ruth is only four short chapters long, and typically only takes about 15 minutes to read in its entirety. I would encourage you to do so! It is such a beautiful story of love, loyalty and redemption. The name Ruth even means "companion." Ruth was a loyal companion to her mother-in-law, Naomi.

Naomi and her husband had two sons, Mahlon and Chilion. They lived in the town of Bethlehem, in the land of Judah. The land of Judah was experiencing a deadly famine, and so Naomi and her small family set out for the land of Moab. In Moab, Naomi's husband died. Naomi raised her two sons there, and they married Moabite women. Naomi's two daughters in law were Orpah and Ruth. Neither daughter in law had yet had any children. So, Naomi was left bitter and alone, with no husband and no son to care for her. She set her heart on returning to previous home and the land she owned in Bethlehem.

Naomi could hardly expect either Ruth or Orpah to leave their own homeland of Moab to accompany her, and Orpah didn't. But Ruth did. Ruth refused to leave her mother-in-law, whom she loved. The two made the long journey back to Judah together, only to find that Naomi was about to lose her home and property in Bethlehem. Naomi simply had no 'kinsman-redeemer' to protect her. A kinsman-redeemer would purchase the property of a woman in poverty. The kinsman-redeemer is a rescuer and restorer. But, the story is about to become a very happy one. Ruth is about to meet Boaz, a loving and very wealthy man in Bethlehem who comes forth as Ruth's kinsman-redeemer. Boaz and Ruth marry and Ruth bears a son, whom she delivers to her mother in law to continue the family line. A very happy ending, indeed.

The details are well worth reading for yourself, but suffice it to say that Ruth's loyalty to her mother-in-law is well rewarded. The word 'redemption' occurs 23 times in the short book. Boaz is a forerunner of the kinsman-redeemer that we have in Jesus Christ.

In the end, Boaz not only fulfills the role of a kinsman-redeemer for Ruth, but he loves her deeply and theirs becomes a beautiful story of its own. You may recall that Boaz and Ruth are mentioned in the lineage of Jesus Christ. Ruth 4:21 tells us that Boaz begat Obed, and Obed begat Jesse and Jesse begat David. The town of Bethlehem is eventually renamed the City of David, where Jesus is born. Ruth becomes the great-grandmother of King David, a lineage that continues directly to the birth of Jesus. How marvelous to rediscover the rich history of our Lord and Savior through the Book of Ruth during the month that celebrates all mothers who fulfilled the law to love one another.

Boaz replied, "I've been told all about what you have done for your mother-in-law since the death of your husband—how you left your father and mother and your homeland and came to live with a people you did not know before. ¹² May the LORD repay you for what you have done. May you be richly rewarded by the LORD, the God of Israel, under whose wings you have come to take refuge."

Ruth 2:11

7



EMPLOYEE PET OF THE MONTH

Name of employee and department...

Lisa Noble, Life Enrichment

Type of animal/breed...

Female domestic cat. She is a special needs kitty, she has no eyes and is blind.

Pet's name, how did you come up with it? Bug. I looked at her and it just came to me she was so small and bug like.

Does you pet have any nicknames? My daughter calls her "Bugletian"- my family comes up with some very interesting nicknames.

How old is your pet? Bug is 5 years old.





How and when did you choose your pet?

She showed up at my work one time from a farm. She had very infected eyes, so infected the vet had to remove them.

Since having her eyes removed Bug was extremely scared of everything, she was so vulnerable I just had to have her and make sure she was taken care of and safe. It took about 2 weeks to convince my husband to keep her, but now he and my daughter love her so much.

Does your pet do any special tricks?

Bug's trick is playing ball. I throw the ball and like a dog, she retrieves it. She plays at night and all her balls end up in her water bowl. She knows the next morning I will dry them off and throw them for her to play again. We count 1,2, and on 3 we throw the ball and she goes and gets it. Its our daily game every morning. Some nights we hear her in the middle of the night meowing, she is trying to get our attention to play. Usually the next morning there is her ball next to our bed that she brought us to play.

Funniest memory of your pet...

Back to the balls... she plays by herself sometimes if we are not available. Bug throws the ball in the air, usually finds it but sometimes she loses them. One time she lost it and my husband found it in his work bag the next morning when he got to work. We've found them in our shoes too.

Does your pet have a favorite toy or treat?

Of course it is her toy balls. Her favorite treat is Temptations, which she knows as her "cookies."

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

The only thing she does that's a bit naughty is she gets a bit feisty when she plays. Bug will get a little to aggressive with her playing. Other than that we think she is a perfect kitty.



WAYNE WOOD

JANET PERRUSO

ELMA MARSHALL

PETER TONTE

IRMA LONGENBERGER

EILEEN BEIDLER









Bette Seifert has been volunteering here at Cedarbrook Allentown for 7 years. She has lived in Allentown all her life and enjoys swimming and taking care of her family and her beloved dog Pearl. Her other enjoyments are shopping at her favorite stores, listening to music and just relaxing when she has the time. Her other volunteering adventures are for the Special Olympic swimmers once a year. Every school year she teaches religious classes to 2nd graders at the St. Thomas Moore School. She looks forward to seeing the kids every season.

What motivates Bette is helping our residents with new activities. Whether it's transporting or helping out with BINGO, she always tries to stay positive and be friendly to all those who encounter her presence. Bette's biggest accomplishment is receiving the 2018 Volunteer of the Year award. She strives to reach her goal of more than 400 hours of volunteering in the future. By showing up every Thursday and having good attendance also makes her a proud volunteer.

Bette would like to encourage people to come and volunteer here at Cedarbrook. Being nice, polite and having a positive attitude is what makes volunteering a great experience not just for her, but for all of our residents too.

We would like to thank Bette for all her time spent here at Cedarbrook.

Keep up the great work!

The residents and staff appreciate you and all you do.





Happy Mother's Day



M C C K E 5 C K Z X 0 0 A 5 A G N Н A Н O E S J P X E 0 K K N Q Q R D T 5 Н W K E S N K D O Н Ν G G E 5 M K C 0 G G Н R S Z Н 0 H M E Z X E S 5 0 P R N T T Z C R D Y Н P U D W S Ν G U U 0 R G Υ H G S R Е L F G G K R 0 D M E 0 X S S Z J Q E Ε



SWEETS

HUGS CHOCOLATES HAPPY KIDS

COOKING PRESENTS FLOWERS **TOGETHER**

0

CARD BAKING KISSES LOVE

М

CHILDREN

CUPCAKES

CANDY









Cedarbrook Volunteers are Very Important People

In April, we celebrate National Volunteer Appreciation month.

"Shining a light on the people and causes that inspire us to serve." was this year's theme.

Volunteers are those incredible people who lend their time and talents to make a difference in our lives and in our community. Every living thing needs light to grow and thrive.

VOLUNTEERS ARE OUR LIGHT, EVERY DAY.

THANK YOU

Cedarbrook enjoys this opportunity to thank and recognize all those who bring light and laughter to our residents. Our volunteer celebration was April 20, 2023. Our guests were treated to a delicious dinner provided by Morrison Living, Dining Staff. Our volunteer recognition event was a great success. Some of the highlights included, words of praise and thanks with speeches given by Jason Cumello, Michelle Julian, Jennifer Szakacs Strohl, Jean Larison, Chaplain Lily Kubala and Kerry Magliane.

Awards were presented to volunteers who have achieved special milestones by giving hours of their time.

Gifts included a special made volunteer pin and customized reusable tote bag.

The room was decorated with an array of colorful plants and balloons reminding everyone that:

CEDARBROOK VOLUNTEERS ARE VERY IMPORTANT PEOPLE!

Volunteer Help Needed

Fishing-Help "Reel" in the good times for Cedarbrook Residents.

Volunteers are needed to help our residents go fishin'. Residents from both sites (Fountain Hill and Allentown) will participate in fishing, which is held at our Allentown site.

Fountain Hill residents will be fishing on the following days:

June 3rd, 10th, and 17th. The times are as follows: 9:45 AM-11:30 AM and 1:45 PM-3:30 PM.

CBA residents will be fishing on the following days:

June 1, 2, 5, 6, 7, 8, 9, and 12th. (June 14th and 15th are set as rain dates.)

The evening time fisher-people from CBA will be fishing from 3:45-5:00/5:15 ish, and after dinner from 6:45-7:30/8:00 ish.

Please sign up to bait hooks, cast rods, and unhook the fish. As many of you know, residents look forward to this spectacular event all year long! We need folks with fishing knowledge/experience. Don't hesitate...Call to sign up today – hook, line, and sinker. You can sign up by calling.

- Teen Summer Volunteers Do you know a teen looking for a volunteer/community service opportunity? Now is the time to have them call the volunteer office and schedule an appointment. There are tons of volunteer opportunities available.
- Cedarbrook Allentown Auxiliary For information about becoming a member or any of the upcoming fundraising events, please contact Kerry at 610-336-5684.



FOR MORE INFORMATION OR TO SIGN UP, PLEASE CALL KERRY AT 610-336-5684.

In Loving Memory

AT REST

JANET PERRUSO
VINCENT GILLESPIE
BESSIE PETERSON
KENNETH SAMPSON
JANET COTTER



Gone Are The Days

Gone are the days we used to share ..
But in our hearts you're always there.

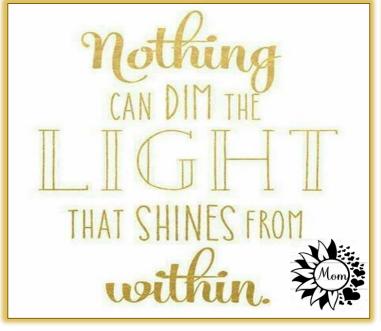
The gates of memory will never close .. We miss you more than anyone knows.

With tender love and deep regret .. We who love you will never forget.

Gone is the face we loved so dear .. Silent the voice we loved to hear.

Too far away
for sight or speech ..
But not too far
for love to reach.

Sweet the memories are so clear .. In our thoughts you're always near.





Strawberry Shortcake Rice Krispies Treats

If you are heading to a Memorial Day picnic, here is an easy dessert that looks good for the holiday and tastes sweet and yummy!







Ingredients

- •1/2 c. (1 stick butter), plus more for pan
- •1 (12-oz.) bag marshmallows
- •8 c. Rice Krispies
- •2 1/2 c. white chocolate chips, divided
- •2 1/2 c. freeze-dried strawberries, divided



Directions

Step 1

Grease a 9"-x-13" baking pan with butter. In a large pot over medium heat, melt butter. Add marshmallows and stir until completely melted. Remove from heat and stir in Rice Krispies.

Step 2

Fold in 2 cups white chocolate chips and 2 cups strawberries. Pour into pan and smooth top, being careful not to pack Rice Krispies into the pan too much.

Step 3

In a microwave-safe bowl, melt remaining ½ cup white chocolate chips in 30-second intervals until smooth. Drizzle over Rice Krispies, then top with remaining ½ cup of strawberries.

Step 4

Let sit until cool and chocolate has hardened, 30 minutes.





Memorial Day



Memorial Day is a national holiday in the United States. It is celebrated on the last Monday in May. Memorial Day actually originated during the Civil War. People wanted to remember the soldiers who had died. Now, we honor all the servicemen and women who have been killed in all the wars of our nation's history.

On Memorial Day, many people visit cemeteries and put flowers on the graves of their friends and relatives. People also decorate the graves of soldiers with flowers and small American flags. On Memorial Day many cities have special patriotic ceremonies and parades.

At Arlington National Cemetery there is a special military ceremony. The president gives a speech and puts flowers on the Tomb of the Unknown Soldier. This tomb represents all the soldiers and sailors who have bravely given their lives to defend our country and our freedom.

Many people like Memorial Day because it is a three-day weekend. Memorial Day is the beginning of the summer season. People like to go on picnics, have barbecues and enjoy the warm weather. On this day, most public parks and beaches open for the summer season. But most importantly Memorial Day is a day to remember deceased friends, relatives and veterans.







WE WILL NEVER FORGET

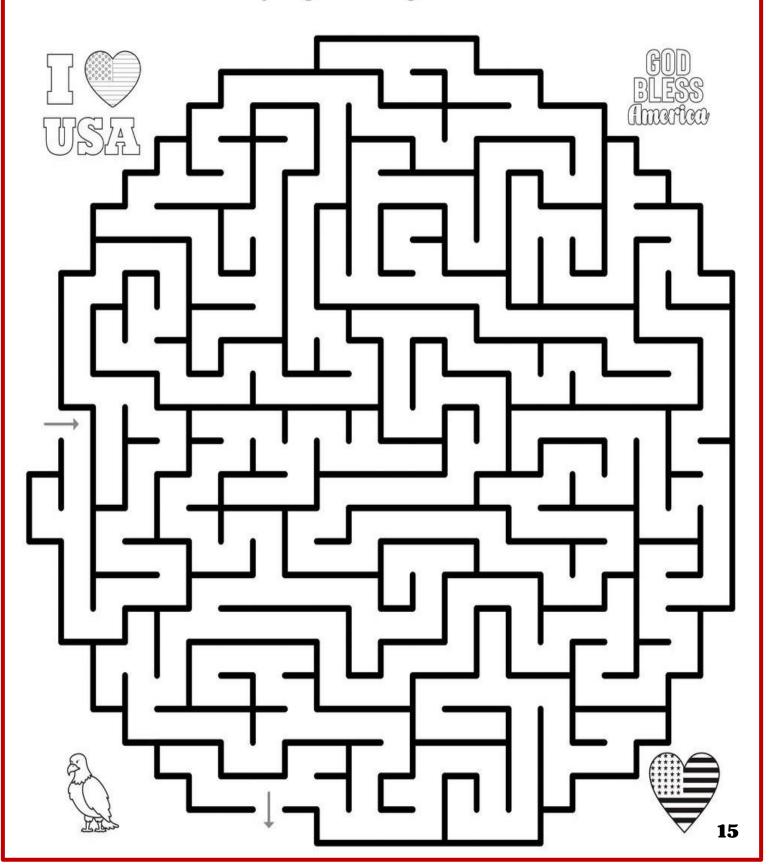




Memorial Day Maze

USA

Can you get through the maze?





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 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 3 days.

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 for 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 AND FOUND

Did you lose something?



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.



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!

*

NEED A REPAIR? SOMETHING FIXED?



Here's how to get it done....

Any resident having difficulties with equipment such as lights, radios, beds, TV's, wheelchairs, ETC.

Please contact your unit clerk, nursing staff, or charge nurse on unit for a work order to be sent to Facilities for repairs.

* Attention visitors and staff: For the safety of our residents please do not use push pins in resident rooms.

May 2023

Sunday	Monday	Tueday	Wednesday	Thusday	Ir iday	Saturday
Mom	1 ON-UNIT PROGRAMS	2 1:30 PM Bible Study MDR 2:30 PM LE Games MDR	3 10:30 AM Needles& Hooks MDR	4 2:30 PM Mass & Rosary MDR	5 10:30 AM Coffee Social MDR 2:30 PM Music by Glen Miller MDR	6 10:30AM Independent Leisure time 2:30 PM On-unit programs
7 10:30AM On-Unit Programs 2:30 PM Church with Chaplain Laura in MDR	8 ON-UNIT PROGRAMS	9 1:30 PM Bible Study MDR 2:30 PM LE Games MDR	10 10:30 AM Needles& Hooks MDR	11 2:30 PM Resident Council & Food Committee Meeting MDR	12 10:30 AM Coffee Social MDR 2:30 PM Music by Chuck Rissmiller MDR	13 10:30AM Music by Dan Barrick MDR 2:30 PM On-unit programs
10:30AM On-Unit Programs 2:30 PM Church with Chaplain Laura in MDR	15 2:30PM Music by Bruce Fagan MDR	16 1:30 PM Bible Study MDR 2:30 PM LE Games MDR	17 10:30 AM Needles& Hooks MDR 2:30 PM Memorial Service in MDR	18 ON-UNIT PROGRAMS	19 10:30 AM Coffee Social MDR	201 10:30AM Independent Leisure time 2:30 PM On-unit programs
21 10:30AM On-Unit Programs 2:30 PM Church with Chaplain Laura in MDR	22 2:30 PM Garden Club MDR	23 1:30 PM Bible Study MDR 2:30 PM LE Games MDR	24 10:30 AM Needles& Hooks MDR	25 2:30 PM Spring Crafts MDR	26 10:30 AM Coffee Social 2:30 PM Music by Stephen DiJoseph MDR	27 10:30AM Independent Leisure time 2:30 PM On-unit programs
281 10:30AM On-Unit Programs 2:30 PM Church with Chaplain Laura in MDR	ON-UNIT PROGRAMS 2:30 PM Memrial Day Trivia MDR	30 1:30 PM Bible Study MDR 2:30 PM LE Games MDR	31 10:30 AM Needles& Hooks MDR	Nation	*Special Events for National Skilled Nursing Week To Be Announced*	