

HILLSIDE NEWS

JUNE 2023 CEDARBROOK FOUNTAIN HILL SENIOR CARE & REHAB



Hillside News

JUNE 2023

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Do you have a concern-691-6700, 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

Jennifer Szakacs Strohl- Director of Life Enrichment

Jessica Kelly- Assistant Director of Life Enrichment

Laura Stone- Chaplain- Faith Services

Kerry Magliane- Volunteer Coordinator

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

Teresa Samuels- Director of Nursing

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

Jessica Sanchez-Director of Social Services

Amber Surman- Assistant Director of Social Services

Heidi Heffelfinger- Social Worker

Ashley Merkel- Social Worker

Eduardo Fernandes-Director of Facilities

Freddie Aquila-Building Supervisor

Ricardo Cintado- Director of Environmental Services

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



Our Mission

It's all about

C.H.O.I.C.E.S.
at Cedarbrook Nursing Homes

*A Community with Heart Offering
Individualized Care and Excellent Service.*

Adopted October 2006

You can follow us on our

Cedarbrook Senior Care & Rehab Facebook Page!

www.facebook.com/cedarbrookseniorcareandrehab

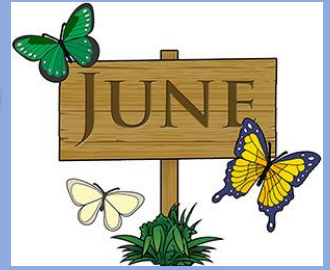
Website: <https://www.cedarbrookseniorcare.com>





HAPPENINGS

AT THE HILL



JUNE PROGRAMS HIGHLIGHTS

- MASS & ROSARY 6/1 AT 2:30 PM IN THE MDR
- HELPING HANDS: MAKING DOG TREATS FOR LOCAL SHELTER 6/5 AT 2:30 PM IN THE MDR
- DOG VISITS W/THE HUMANE SOCIETY 6/8 AT 10:30 AM IN THE MDR
- RESIDENT COUNCIL AND FOOD COMMITTEE MEETING 6/8 AT 2:30 PM IN THE MDR
- BOOK CLUB 6/14 AT 2:30 PM IN THE MDR
- MEMORIAL SERVICE 6/21 AT 2:30 PM IN THE MDR
- CAMPING MONTH 6/26 AT 2:30 S'MORES AND CAMPFIRE STORIES IN THE COURTYARD

JUNE ENTERTAINMENT

- 6/2 ROB BALLONOFF
- 6/9 JR PETERSON
- 6/12 TERRY KANE
- 6/19 LORRI WOODWARD
- 6/23 JETT BLAQ



The Talk

CAN YOU SPY...
WITH YOUR LITTLE EYE...



DAD'S FAVORITE SPOT...
"THE RECLINER"

Count how many you SPY.
(Answer on page 6)





JUNE FISHING TRIPS

- 6/3
- 6/10
- 6/17



Departure times are at 9:30 am and 1:30 pm

Trips are invite only.

Please let a member of the LE team know if you are interested in attending.

Let's Go Fishing

The words listed below can be found vertically and horizontally.

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

BOBBER

CATFISH

HERRING

HOOK

LICENSE



OCEAN

RELAX

STEELHEAD

STREAM

TROLL





What Is A Dad?

*A dad is someone who
wants to catch you before you fall
but instead picks you up,
brushes you off,
and lets you try again.*

*A dad is someone who
wants to keep you from making mistakes
but instead lets you find your own way,
even though his heart breaks in silence
when you get hurt.*

*A dad is someone who
holds you when you cry,
scolds you when you break the rules,
shines with pride when you succeed,
and has faith in you even when you fail...
- Unknown -*

JULIA HOUSTON	4 TH
CEASARINE URICH	6 TH
GRACE PRICE	9 TH
MAXINE SMITH	14 TH
ANNA SCHMOYER	16 TH
WILLIAM TRABEL	23 RD
RICHARD SZASZY	24 TH
CAROLANN MURPHY	24 TH
MARTHA LEVERINGTON	26 TH
TWILLA FREY	28 TH
KATHLEEN YESALUSKY	29 TH
THEODORE JONES	29 TH

HAPPY BIRTHDAY



NEW RESIDENTS

ROBERT NEDWICH	4/26
LUCILLE MANN	4/28
BERTRAM LEWIS, JR.	5/3
MICHAEL EVANS	5/5
GLORIA HERTZOG	5/8

**Celebrating a birthday or other special occasion?
Call Natalia Villamil in
Administration at Ext.
2341 to reserve a room.**



*How many did you spy?
There are 12
chair images!*



Volunteer Spotlight

Rose Marie Fenstermacher has been a volunteer here at Cedarbrook Allentown for the past 5 years. She grew up in Northampton and now resides in Allentown. In her leisure time she enjoys going on bus trips, shopping, reading and spending time with her great grand children. She also like to take trips to the casinos, eat some great food and spend time with her greatest accomplishments, which are her children. Her memories began here at Cedarbrook when she came in to visit her mom. Seeing the residents almost everyday was an important moment for her. That's when she decided to start volunteering.

She is a very motivated volunteer that believes we should serve and help our fellowman when the opportunity presents itself. Something as simple as transporting the residents to the beauty shop and seeing all the wonderful "hairdo's" and how much the residents smiled was enough to keep her coming back.

Rose Marie compliments our staff for being caring and helpful with all their daily needs. She loves to come and volunteer because of the friendly atmosphere here at Cedarbrook. She encourages everyone to try volunteering, it's a great experience that no one should miss out on.

We are so happy that Rose Marie spends her free time here with our residents.

Your friendly face and your ability to help when you can is a blessing for everyone here.

Thank you for being a loyal volunteer and we appreciate you so much!

Keep up the great work!





EMPLOYEE	DEPARTMENT	YEARS
MARYANN KACAR	NURSING	33
MICHELLE JULIAN	ADMINISTRATION	16
MARIANA GOMEZ	NURSING	15
PIA ANGELINA MERCADO	NURSING	6
AMBER MARIE SURMAN	SOCIAL SERVICES	6
TANEESHA LAGWANA BYRD	NURSING	5
JEANEEN MONAGHAN	NURSING	5
BIANCA RODRIGUEZ	NURSING	2
ALEXANDRIA FRICK	NURSING	1
SADIA JAVED-QURESHI	NURSING	1
GINETTE PIERRE- CHARLES	NURSING	1
RAYMOND TACKASH	LAUNDRY	1



STACEY MILLER

NOEMI TRINIDAD

ENVIROMENTAL

LAUNDRY





FATHER'S DAY



word search



Can you find all the words in the grid? Search the words horizontally, down, and crosswise.

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

PROTECT

DEVOTED

HERO

LAUGHTER

COURAGE

DADDY

SPORTS

HUGS

STRONG

MEMORIES

LOVE

SACRIFICE

FATHER

RESPECT

HANDSOME

SUMMERTIME RECIPE



LEMON COCONUT CAKE

Ingredients

For the cake:

- 1 (16-ounce) package angel food cake mix
- 1 (15.75-ounce) can of lemon pie filling
- 1 cup coconut, unsweetened, finely shredded

For the frosting:

- 1 (8-ounce) package of cream cheese, softened
- 1/2 cup butter, softened
- 1 teaspoon vanilla extract
- 2 1/2 cups confectioners' sugar
- 3 teaspoons lemon zest, grated



Directions

- **Step 1** -Preheat the oven to 350 degrees F.
- **Step 2** -Grease a 15x10x1-inch baking pan.
- **Step 3** -In a large bowl, mix the angel food cake mix, pie filling, and coconut until blended.
- **Step 4** -Spread the cake mixture into the prepared baking pan.
- **Step 5** -Bake until a toothpick inserted in the center comes out clean, about 20-25 minutes.
- **Step 6** -Cool completely in the pan on a wire rack.
- **Step 7** -While cake is cooling, in a large bowl, beat the cream cheese, butter, and vanilla until smooth.
- **Step 8** -Gradually beat the confectioners' sugar into the cream cheese mixture.
- **Step 9** -Spread the frosting over the cooled cake and sprinkle with lemon zest.
- **Step 10** -Refrigerate for at least 4 hours and up to overnight.
- **Step 11** -Cut the cake into bars or triangles.
- **Step 12** -Serve.





CHAPLAIN'S CORNER

I love the psalms, especially Psalm 27, because they teach us that prayer is personal, that it is simply talking to God as if we would a loved one or a close friend. God is holy and far above us, but God is also present with us. My mother used to say, “God is never so far as to be near,” meaning that God is so completely close to us that even nearness is far away for God. To put it plainly, we live every moment in God’s presence, because that is what God wants. In just speaking to God, whether aloud or in our heart, God is listening, because He is nearer than we can understand or imagine.

In a beautiful reflection on Psalm 27, Pastor Agnes Norfleet relates the images in the psalm to the ancient Celtic belief in what they called “thin places,” or places where a person feels close to the presence of God. The Celts were the ancient peoples of Ireland, Scotland, and Wales. For the pre-Christian Celts, the “thin places” were often shorelines, rivers, and wells, sources of water that came from a deep, mysterious place. As the Celts became Christian, they applied this sense of the holiness of God to an awareness of His presence in a place or in a moment of the day.

Norfleet explains that it is not the physical place itself that is holy, but that the place brings us to remember God’s presence. Think of the experiences or places that make you feel close to God: a garden, a church sanctuary, a starry sky, a sleeping infant, a close conversation with someone who understands you. One Sunday, years ago, I stood at the back of the sanctuary of my church, at the people who were gathering in the pews, young and old, greeting each other, and said to God in my heart: yes, here You are, present among these people!

Norfleet points out that in the first verses David calls God “my light.” This is the only place in the Old Testament where God is described as *my* light, my very own personal light. And in those same first verses, David also describes a very real and familiar sense of fear and danger, but at the same time still expresses trust in God as his “stronghold” and “salvation.” We relate to David as he faces fear with trust in God. Even times of fear are times of calling to mind the presence of God, of it being a “thin place” where we can feel close to God as we cry out to Him.

David also speaks to God of the moments of gazing upon His beauty, of seeking His face, and of knowing that he will be in the presence of God in the land of the living, here and now, and will see God’s goodness through the eyes of faith. He speaks aloud of a close and personal relationship with God, and does this in his own words to God, his own prayer of praise and petition. David knows God is present, that there is no separation between himself and God. Ask yourself as the day quiets down: where did I meet God today? Norfleet suggests that we make this reflection our evening prayer. It takes practice, to focus on God’s presence in the day. Norfleet offers part of a Celtic Christian prayer which can help us to think about the closeness of God in our day. It goes like this: *The place I call home is where my heart is at rest. And my heart is most at rest when it turns to God in prayer. So wherever I pray is home.* My prayer for you is that you see the goodness of the Lord in the land of the living, in whatever way God reveals it to your heart.

In Loving Memory

AT REST

Carmela Cerami

Carol Molnar

Margaret Smith

Jay Moyer

Elaine Obiedzenski

Patricia Grather

Margaret Miller

Aida Flores

Linda Shifter

Mary Fekete

Shirley Kern



Let the wisdom
Of your Soul
shine into every
life you Touch.

DON'T CRY FOR ME TODAY

Don't cry for me today,
I wouldn't want it this way.

Be strong and smile,
for you will see me in a while.

I know you miss me,
but now in Heaven I will be.

Do not keep your sad face.
I am in a much better place.

Do not let your tears fall,
for I cannot wipe them all.

Yes, my life wasn't long,
But I'm begging you to be strong.

Live every moment as if it were your
last. I won't forget any memories
that have passed.

Cherish life and love
as I watch you from above.

As I remember all of the good things,
I come to see I have gotten my wings.

It is time to go and fly.
As your guardian angel I will try.

Don't cry for me today.
I'm on my way.

Soaring through the sky,
I watch all of you telling me goodbye.

CEDARBROOK VOLUNTEERS ARE VERY IMPORTANT PEOPLE



As you look forward to summer, take the time to reflect back on your cherished memories of summers gone by. Think about the fun you had and how you might be able to share those experiences with our residents. Maybe it will be fishing in our well-stocked pond or taking residents outside to enjoy the sunshine on the patio. There are so many ways you can spend an hour or two and make a difference in the life of a resident; while making a new memory for you to cherish. There are opportunities to help 7 days a week at both locations. Helping others is one of the best gifts you can give yourself. To quote Helen Keller: *"The unselfish effort to bring cheer to others will be the beginning of a happier life for ourselves."*

Here are some ways you can help!

Do you like to play games? We are also looking for volunteers to help with games any day at 10:00 AM -12:00 PM or 2:00PM-3:30PM at the Fountain Hill or Allentown site. Each game lasts about 1-2 hours and is certainly tons of fun for our residents. Sign up to help our residents have fun!

We are looking for Fishing Volunteers! We will be holding our Annual Fishing Event June 1st – June 17th, Mondays thru Saturdays. Fishing experience is required and the desire to have some good old-fashioned fun! Sign up for a 2-hour early afternoon and/or late afternoon shift weekdays or Saturday mornings or early afternoons. This is a Fountain Hill and Allentown Event. Fountain Hill Residents will be bused to our Allentown Campus where fishing will take place in our well-stocked stream. We are looking for volunteers to transport residents to in-house appointments and activities. At both locations, mornings and/or afternoons, any day of the week. This is an easy way to help our residents have meaningful experiences every day.

Fountain Hill is looking for volunteers to assist with manicures and/or 1:1 visits with our residents! Times are flexible for when volunteers are needed. Sign up to help our residents look and feel their very best!

Help our residents enjoy Sunday Church Service! We are looking for individuals who could help escort our residents to our in-house church service and help them find the correct pages in the book, so they can follow along. Spiritual services are so important to our residents. Please volunteer for Sundays 2:00PM-3:30PM, at our Fountain Hill or Allentown location.

Do you know a High School student who would like to volunteer and/or do community service hours? We offer opportunities for students at both Cedarbrook locations. The summer is a great time to work on getting those hours done, while helping others.

Check your calendar; see if you have a few hours you could volunteer to help at Cedarbrook.

Our residents and staff would love to have your help,
contact me at 610-336-5684, kerrymagliane@lehighcounty.org to sign up.

All volunteers must have completed their COVID vaccine.



THANK YOU

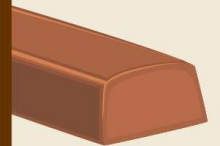


DIETICIAN'S CORNER

Let's talk about chocolate! To enjoy the health benefits of chocolate, be sure to choose dark chocolate. Its primary ingredient is cocoa, which is rich in flavonoids. Flavonoids are heart-healthy antioxidants that can improve blood flow meaning they help decrease blood pressure and help deliver blood to all of your organs. Choose chocolate that is at least 70% cacao or cocoa to optimize the antioxidant power and health benefits. This process of alkalization is done to change the color and reduce the bitterness of the chocolate, but it also significantly reduces the amount of antioxidants. Did you know that dark chocolate may boost your mood? Polyphenolic compounds are another antioxidant group found in dark chocolate. These antioxidants are responsible for lowering cortisol, a stress hormone. Less stress = better mood. While dark chocolate boasts many health benefits, it is, alas, a sweetened treat. As with all treats, the key is moderation. The recommended serving is 1-2 ounces, which is the perfect size to bite and savor. With all that being said, next time the trolley cart comes around, opt for a dark chocolate bar.



CHOCOLATE



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

TOOTSIE ROLL
3 MUSKETEERS
BUTTERFINGER
SNICKERS

GODIVA
KIT KAT
REESES
TOBLERONE

LINDT
HERSHEYS
TWIX
MILKY WAY

YORK
M and Ms
BABY RUTH
ALMOND JOY



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.

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!



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



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.***