

HILLSIDE NEWS

AUGUST 2023 CEDARBROOK FOUNTAIN HILL

SENIOR CARE AND REHAB

WELCOME AUGUST



8

Hillside News

AUGUST 2023

Published monthly. Funded by Lehigh County taxpayer dollars.

724 Delaware Avenue Bethlehem, PA 18015

Phone: 610-691-6700 Fax: 610-867-2332 Hotline: 610-336-9604

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

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 FH

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



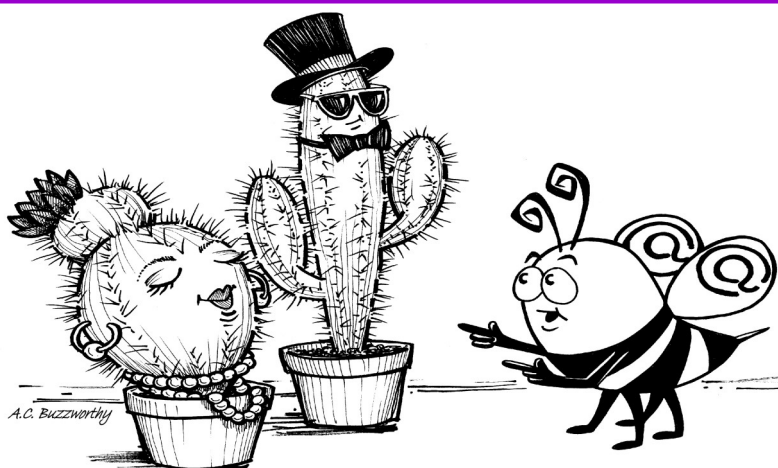
AT THE HILL

AUGUST PROGRAM HIGHLIGHTS

- CEDARBROOK SCIENCE: RAINBOW CUPS 8/2 AT 2:30 PM IN THE MDR
- HELPING HANDS: MAKING BUNNY TOYS 8/3 AT 10:30 AM IN THE MDR
- MASS & ROSARY 8/3 AT 2:30 PM IN THE MDR
- NATIONAL WATER BALLOON DAY GAMES 8/4 AT 2:30 PM IN THE COURTYARD
- FISH FRY (INVITE ONLY) 8/8 AT 12:00 PM IN THE MDR
- BUNNY VISITS WITH THE LEHIGH VALLEY HUMANE SOCIETY 8/10 AT 10:30 AM IN THE MDR
- RESIDENT COUNCIL FOLLOWED BY FOOD COMMITTEE 8/10 AT 2:30 PM IN THE MDR
- FRESH FRUIT CUTTING DEMO 8/16 AT 2:30 PM IN THE MDR
- CRAFTY CORNER: FAIRY LANTERNS 8/17 AT 2:30 PM IN THE COURTYARD
- CARNIVAL WEEK FESTIVITIES 8/21-8/25
- INTERNATIONAL PIRATE MONTH MOVIE: PIRATES OF THE CARIBBEAN 8/28 AT 1:30 PM IN THE MDR
- CRAFTY CORNER: MAKE YOUR OWN TREASURE CHEST 8/31 AT 2:30 PM IN THE COURTYARD

AUGUST ENTERTAINMENT

- 8/4 JAY SMAR
- 8/11 JIM & ROBIN SEIP
- 8/14 JOE LAZORIK
- 8/18 THE MACINTIRE'S
- 8/21 VERONICA
- 8/23 MR. MYSTERIO MAGIC SHOW
- 8/24 PETTING ZOO
- 8/25 JOHNNY KI



"Lookin' sharp."

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



CARNIVAL TENT



COUNT HOW MANY YOU SPY
ANSWER ON PAGE 16



JAMES BAUDER	3RD
ARLENE HAGETER	3RD
BARBARA MCKINNEY	9TH
DOMINIECK ALIQUO	12TH
MARLENE BURKEY	12TH
JOSPEH VITALE	16TH
JOAN CUNNINGHAM	18TH



NEW RESIDENTS

ANN SICILIANO	6/21
WAYNE WOOD	6/28
STEPHEN BEDICS	6/30
MARLENE BURKEY	6/30
RICHARD KUNTZ	7/6
JOAN CUNNINGHAM	7/7
DOUGLAS BRYAN	7/11

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





ATTENTION RESIDENTS :

Please join in to celebrate our
NEW THEME WEEK
August 21st – August 25th.
The theme is **Carnival Week!**
Look for special themed activities happening each day of that week.
There will be entertainment, a magic show, carnival games, crafts and a petting zoo!

Check with your L.E. Staff member for any questions about the events.







Congratulations

on Another Year of Service

EMPLOYEE	DEPARTMENT	YEARS
KEITH GOLLEY	ENVIRONMENTAL SERVICES	35
PAMELA DURETTE	NURSING	24
ERICA LOPEZ	NURSING	12
NELISSA LISSETTE CORDERO	NURSING	11
AMANDA MARIE STEIN	NURSING	9
NATALIA VILLAMIL	ADMINISTRATION	7
OMARA DURAN-GATES	NURSING OFFICE	5
TWYANA GOLSON	NURSING	3
SHARON SMITH	NURSING	3
KIMBERLY GRAVER	NURSING	2
PHEAP HUON	NURSING	2
LISA FREDERICK	NURSING	1



ELISA RODRIGUEZ FINANCIAL



DORIS RUIZ

NURSING



VOLUNTEER SPOTLIGHT



This month, we would like to thank Jose Santiago for his volunteer work at CBFH! Jose is from Bethlehem and currently resides in Fountain Hill. He has volunteered for us since June 2021. Jose said one of the things that makes him most happy in life is making others smile. He has sure been responsible for lots of smiles in his time here!

Jose plays lacrosse for Allentown Central Catholic. His proudest accomplishment to date was being selected to join the National Honor Society in 8th grade. Jose is also a member of a club/travel team based in Tinton Falls, NJ. Jose is so passionate about lacrosse that he plans to continue playing through college.

When asked why he volunteers, Jose said his motivation is giving back to others and to help serve his community. He enjoys spending time with the residents and the friendly team members, and feels the experience helps teach him responsibility. Jose appreciates having flexibility while volunteering so he can play lacrosse year round.

Jose has made many memories while volunteering at CBFH, though his favorite one is when he was asked to assist with taking the residents to a Phantoms hockey game at the PPL Center in Allentown. He is hoping one day to run a talent show for the residents!

Jose's advice for others who may be interested in volunteering? "Volunteering gains new skills, you get to meet new people, you're giving back and it feels good to help others." We thank you from the bottom of our collective hearts Jose. It is with the help of volunteers like you that we are able to do what we do for the residents!



Cedarbrook Volunteers are Very Important People

“A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken.”

-James Dent, American Author.

We are seeing the sure signs of summer around Cedarbrook. There were fun-filled days as we celebrated “Cruise Week” in July. On the calendar for August is “Carnival” week. These exciting themed weeks are sure to keep things lively at Cedarbrook. There is always an opportunity for family or volunteers to help our residents have a spectacular time. It is wonderful having so many kind and dedicated volunteers helping at these fun events, but we also love to see family members coming out to share the good times.

VOLUNTEERS NEEDED

Paint Ladies Finger Nails - Fountain Hill is looking for volunteers to assist with manicures and/or individual visits with our residents! Times are flexible for when volunteers are needed. Sign up to help our residents look and feel their very best!

Church Volunteers Needed - Sundays from 2:00PM-3:30PM. 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.

Bingo Volunteer Needed – Tuesdays 10:30AM-11:30AM. Just one hour a week and you can help provide a great time for our residents. Our residents love playing bingo, but could always use some help making sure they cover all their numbers.

We have volunteer opportunities 7 days a week, both mornings and afternoons. Help is needed playing games, doing crafts, and attending music/special events. It only takes about 1 hour to help so many of our residents have a wonderful day!

Please contact Kerry 610-336-5684 or kerrymagliane@lehighcounty.org for more information or to sign up for any of these opportunities. All volunteers must have completed their basic COVID vaccines.

THANK YOU!



DIETICIAN CORNER

Have you ever heard of the term '**Superfoods**'? These are foods that are particularly packed with powerful nutrients. Some examples:

- **Beets** have folate for healthy cell growth and nitrates for heart health.
- **Carrots** have beta-carotene for eye health and fiber which keeps you full.
- **Chile Peppers** have vitamin C to protect cells and antioxidants to fight off free radicals.
- **Fish** has omega-3's for brain health and protein to build muscle.
- **Kale** has a plethora of vitamins and minerals which help to do everything from promoting skin health to boosting immunity.
- **Mushrooms** are a good source of B vitamins and are also a natural source of vitamin D.

All that being said, have you eaten any superfoods lately?


NATIONAL FUN FOOD DAYS FOR AUGUST

August 3- National Watermelon Day

August 5- National Oyster Day

August 10- National S'mores Day

August 13- National Filet Mignon day

 August 14- National Creamsicle Day

August 16- National Bratwurst Day

August 19- National Potato Day

August 23- National Cuban Sandwich Day

August 25- National Banana Split Day

August 30- National Toasted Marshmallow day





Famous August Birthdays

The following people were born in August. Can you find their **last names**? Search horizontally, vertically, diagonally, forward, and backward.

- A. Tom **BRADY**
- B. James **CAMERON**
- C. Julia **CHILD**
- D. Eddie **FISHER**
- E. Melanie **GRIFFITH**
- F. Mata **HARI** 
- G. H. P. **LOVECRAFT**
- H. Ogden **NASH**
- I. Annie **OAKLEY**
- J. Carroll **O'CONNOR**
- K. Danielle **STEEL**
- L. Andy **WARHOL**

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

Bonus: Match the person to the correct clue.

- | | |
|---|----------------------------------|
| 1. Romance novelist _____ | 7. NFL quarterback _____ |
| 2. Dancer/spy _____ | 8. Director _____ |
| 3. Humorous poet _____ | 9. Cookbook author _____ |
| 4. Actress _____ | 10. Artist _____ |
| 5. <i>All in the Family</i> actor _____ | 11. Singer _____ |
| 6. Wild West entertainer _____ | 12. Science-fiction writer _____ |

Luke 17:11-19 Now on his way to Jerusalem, Jesus traveled along the border between Samaria and Galilee. As he was going into a village, ten men who had leprosy met him. They stood at a distance and called out in a loud voice, “Jesus, Master, have pity on us!” When he saw them, he said, “Go, show yourselves to the priests.” And as they went, they were cleansed. One of them, when he saw he was healed, came back, praising God in a loud voice. He threw himself at Jesus’ feet and thanked him—and he was a Samaritan. Jesus asked, “Were not all ten cleansed? Where are the other nine? Has no one returned to give praise to God except this foreigner?” Then he said to him, “Rise and go; your faith has made you well.”

In recent years, psychologists have made studies of how gratitude is linked to better emotional health. As we are more aware of the goodness in our lives, we tend to sleep better and to have less anxiety and depression, and we’re even nicer to each other. Author Michael McCullough says that gratitude “is what happens when someone does something that causes you to realize that you matter more to that person than you thought you did.”

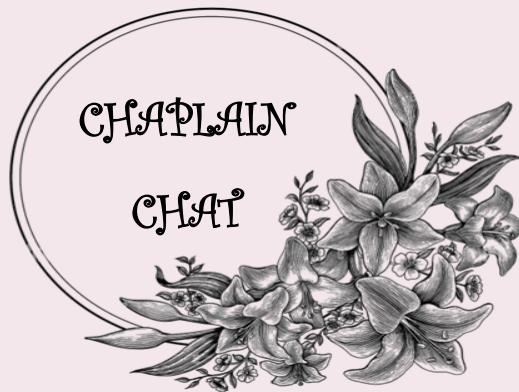
When the ten men with leprosy begged Jesus for healing, he told them to go and show themselves to the priests. In essence, Jesus was telling them to do this in faith, to set out to a place—the temple—and among people where, as lepers, they were forbidden to go. What the lepers did not know was that by the time they would arrive in town to present themselves to the priests, to be certified as clear of leprosy, they would be miraculously cleansed of it. They obeyed Jesus in faith and trusted in God’s power through him for their healing.

But Luke adds a second part to the story, about one of the lepers, a Samaritan, someone presumed by the Jews to be outside of God’s blessings. This Samaritan, on his way to town, realizing he is clean of leprosy, turns back to meet Jesus on the road. He is overcome with gratitude to God and returns to thank Jesus. This man was different than the other men, in that he recognized right away that God cared about him, and he did not delay in praising and acknowledging God for the healing, which restores him not only to health, but also to a normal life with his family and village.

Jesus assures the Samaritan that his faith has healed him. Does this mean that the man did the work of his healing? No, God did that. But even before he approached Jesus, this Samaritan had faith in God for his healing. Yes, like the other nine lepers he did seek Jesus in faith and expectation of healing. But for the Samaritan to return to Jesus and praise God even before he was declared clean by the priests demonstrated that this man had a deep trust in God which caused him to see the blessings even in the process of healing, before the official pronouncement by the temple priests. He knew God cared for him; he waited in faith for the healing, and when he found it he responded as he did to all God’s blessings, with loud praise.

Gratitude has a way of slowing us down to help us realize how we need each other. When you think about how the blessing of each other’s presence far outweighs the times we get on each other’s nerves, it makes you humble. You notice how much you appreciate the gift of each other, and the gifts of our lives, even in the trials. The Samaritan fell on his face at Jesus’ feet in gratitude, and Jesus said to him, “rise and go your way; your faith has made you well.” Let us then, rejoice and humbly give thanks to God, for in doing so, we will find God in all things.

Chaplain Laura Stone



God Is Even There

God is even there ~
Where it seems you shouldn't
be
That place along your journey
Towards your destiny
That place where things look
strange
Where right before your eyes
You're going through some tri-
als
That you just don't recognize

God is even there ~
Your valley's not too low
He listens to your prayer
He wants to let you know
It may look this way now
"There is no rhyme or reason"
This may be how you feel
But friend, it's for a season
For all things work together
To those who love the Lord
They work together for good
So you can be assured
He promised never to leave you
You may not understand
Just trust your Heavenly Father
Tomorrow's in His hand





"May the stars carry
your sadness away,
May the flowers fill
your heart with beauty,
May hope forever
wipe away your tears,
And, above all, may
silence make you
strong."

- Chief Dan George -

in
*Loving
Memory*

AT REST

THEODORE JONES

ANNA LABDIK

STEPHEN MOLNAR

When Tomorrow Starts Without Me

*When tomorrow starts without me,
please try to understand
that an angel came and called my name
and took me by the hand.
The angel said my place was ready
in Heaven far above
and that I'd have to leave behind
all those I dearly love.
But when I walked through Heaven's Gates,
I felt so much at home,
for God looked down, smiled at me,
and told me, "Welcome home."
So when tomorrow starts without me,
don't think we're far apart,
for every time you think of me,
I'm right there in your heart.*

(Author: David M. Romano)



Residents' Council Meeting Minutes

Thursday July 13th, 2023

- **Jude Tonzola, President, called the meeting to order.**
- **Minutes from June's Residents' Council meeting were read by Patricia Stuber, Council Secretary.**
- **Jude Tonzola asked for a motion to accept June's minutes as read. William Trabel moved to accept and it was seconded by Elizabeth Landis.**
- **Patricia Stuber read the list of June's New, Deceased and Discharged residents.**
- **Kathleen Rowe, Vice President, read The Residents' Rights for July.**

Rights of The Spouse Living at Home in The Community: If you have a spouse living at home in the community (referred to in the law as a "community spouse"), you are affected by special rules for the treatment of income and resources that allow you to protect some resources and income for the community spouse. Those rules are described in part 3 of the Admissions Notice Packet you receive from the nursing facility, titled "Protecting Resources and Income for the Community Spouse."

New Business:

- **No new business to report at this time.**

Old Business:

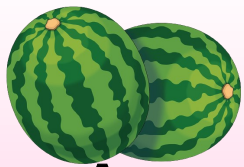
- **Heidi Hefflefinger, Residents Council Liaison, went over referral responses from previous meeting.**

Resident Concerns/Comments:

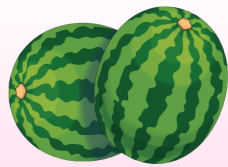
- **No residents concerns at this time.**

(Continued)





**Residents' Council Meeting Minutes
Thursday July 13th, 2023
(Continued)**



Announcements:

Michelle Julian—Assistant Administrator:

- **Digital broadcasting is being delayed at this time. We are waiting on one more part to come in. Once the part is in we will move forward with the digital broadcasting project. Project will be complete within the next few weeks.**
- **At this time all elevator projects are completed.**

Jason Cumello—Administrator:

- **Thank you everyone for putting up with the poor air quality due to the wild fires that caused all the outdoor restrictions that followed. This was a rough time but we made it through. Thank you again everyone.**
- **The new building at CBA has been slow going. Even though progress in being made. More updates to follow.**

Life Enrichment:

- **Jessica Kelly, Life Enrichment's Asst. Director, went over July's activities calendar.**
- **Starting in the next few weeks Life Enrichment will be moving outside bus outings to Monday and Tuesday evenings.**
- **Life Enrichment will be working with Social Services on conducting bus trip surveys. When staff comes around to survey our residents please share with us all your ideas on trip ideas.**
- **Activities calendars are available to all residents on the back of the Hillside News.**

Conclusion:

- **The next Residents' Council Meeting will be held on August 10, 2023 at 2:30pm in the Main Dining Room.**
- **Jude Tonzola made a motion to adjourn the meeting. William Trabel moved to accept the motion and it was seconded by James Gor.**
- **Residents were invited to attend the Food Committee Meeting immediately following Residents' Council.**



IMPORTANT UPDATE:

SEPTEMBERS RESIDENT'S COUNCIL MEETING WILL BE HELD

9/21/23 AT 2:30 PM IN THE MDR

Searching for August

The words listed below can be found vertically, horizontally, diagonally, forward, and backward.

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

AUGUST
EIGHTH
GLADIOLUS
GOLF
HOT
LEO
LION (Leo)



PERIDOT
SUMMER
SUNSHINE
SWIMMING
VACATION
VIRGIN (Virgo)
 VIRGO



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 Security in the lobby. Many items await the claim of their rightful owner. Please stop by 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.**

Vacation Secret Quote

Follow the instructions to cross off words in the table.
What do the remaining words say?

1. Cross off all words that are desserts.
2. Cross off all words that are popular hotels.
3. Cross off all words that rhyme with *cruise*.
4. Cross off all words that are islands.
5. Cross off all words that are types of transportation.



Marriott	news	a	Bora Bora
cheesecake	vacation	bus	is
taxi	Tahiti	what	Hilton
parfait	you	airplane	Oahu
take	choose	when	you
shoes	can	pudding	Hyatt
no	pie	ship	automobile
Bali	longer	fuse	take
what	Sheraton	tiramisu	Westin
Bahamas	you've	sundae	helicopter
snooze	brownie	been	Four Seasons
booze	motorcycle	Maui	taking

HOW MANY DID YOU SPY? THERE WERE



13 CARNIVAL TENTS!



August
2023

August 2023		1	2	3	4	5
10:30am Table Games MDR 2:30pm Church with Chaplain Laura/MDR	6	10:30am Bible Study MDR 2:30pm LE Games & Black&White Cookies MDR Bus Trip (Invite Only)	10:30am Needles & Hooks/MDR 2:30pm Cedarbrook Science: Rainbow Cups/MDR	10:30am Helping Hands: Making Bunny Toys/MDR 2:30pm Mass & Rosary/MDR	10:30am Coffee Social & Chat/MDR 2:30pm National Water Balloon Day Games COURTYARD (WP)	10:30am Bingo MDR
	7	10:30am Peach Month Chat & Treat 1:30pm Bible Study 2:30pm LE Games & Peach Crumb Bars Bus Trip (Invite Only)	10:30am Needles & Hooks/MDR 2:30pm Book Club MDR	10:30am Resident Council/MDR	10:30am Coffee Social & Chat/MDR 2:30pm Music by Robin & Jim COURTYARD (WP)	2:30pm Bingo MDR
10:30am Church with Chaplain Laura MDR	13	10:30am Bible Study MDR 2:30pm LE Games & Chocolate Sticks/MDR	10:30am Needles & Hooks/MDR 2:30pm Fresh Fruit Cutting Demo/MDR	10:30am Bunny Visits with the LVHS/MDR 2:30pm Crafty Corner: Fairy Lantern/COURTYARD	10:30am Coffee Social & Chat/MDR 2:30pm Music by The MacIntire's COURTYARD (WP)	2:30pm Bingo MDR
	14	10:30am Bible Study MDR 2:30pm LE Games & Chocolate Sticks/MDR	10:30am Needles & Hooks/MDR 2:30pm Fresh Fruit Cutting Demo/MDR	10:30am Bunny Visits with the LVHS/MDR 2:30pm Crafty Corner: Fairy Lantern/COURTYARD	10:30am Coffee Social & Chat/MDR 2:30pm Music by The MacIntire's COURTYARD (WP)	2:30pm Bingo MDR
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<div style="text-align: center;"> <h1 style="color: red;">CEDARBROOK</h1> <h1 style="color: red;">FOUNTAIN HILL</h1> </div>						

724 DELAWARE AVENUE, FOUNTAIN HILL, PA. 18015

KEY: WP=WEATHER PERMITTING. MDR=MAIN DINING ROOM