

HILLSIDE NEWS

OCTOBER 2023 CEDARBROOK FOUNTAIN HILL



hello
OCTOBER

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Published monthly. Funded by Lehigh County taxpayer dollars.

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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

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

Francis Andrews- Assistant Director of Environmental Services FH

Tim Picerno -Director of Rehab

Lisa Shuttle- Assistant Director of Rehab

Torie Yackanicz- Clinical Nutrition Manager





HAPPENINGS



AT THE HILL

OCTOBER PROGRAM HIGHLIGHTS

- 10/2 HUMAN POWERED TOYS AT 2:30 PM IN THE MDR
- 10/3 OKTOBERFEST TRIVIA WITH PHILLY PRETZELS AND BEER AT 2:30 PM IN THE MDR
- 10/4 CEDARBROOK SCIENCE: OUTRAGEOUS OOBLECK AT 2:30 PM IN THE MDR
- 10/5 HELPING HANDS: MAKING DOG TOYS AT 10:30 AM IN THE MDR
- 10/5 MASS & ROSARY AT 2:30 PM IN THE MDR
- 10/11 BOOK CLUB AT 2:30 PM IN THE MDR
- 10/11 VISIT FROM THE BETHLEHEM MOUNTED PATROL AT 1:30 PM IN THE COURTYARD
- 10/12 DOG VISITS WITH THE LEHIGH VALLEY HUMANE SOCIETY AT 10:30 AM IN THE MDR
- 10/12 RESIDENTS' COUNCIL AT 2:30 PM IN THE MDR
- 10/16 SPANISH CHURCH SERVICE AT 10:30 AM IN THE MDR
- 10/16 NATIONAL COOKIE MONTH: TALK, TRIVIA & TREATS AT 2:30 PM IN THE MDR
- 10/19 MEN'S PROGRAM: HARRY HOUDINI: MAGIC, MISCHIEF, AND MECHANICAL ENGINEERING AT 10:30 AM IN THE MDR
- 10/19 HOCUS POCUS MONTH CELEBRATION AT 2:30 PM IN THE MDR
- 10/23 - 10/27 FALL FESTIVAL WEEK ACTIVITIES
- 10/30 HALLOWEEN HIJINKS WITH GLORIA AT 2:30 PM IN THE MDR
- 10/31 HALLOWEEN BINGO AT 10:30 AM IN THE MDR
- 10/31 HALLOWEEN CHARADES & GHOULISH GOODIES AT 2:30 PM IN THE MDR

OCTOBER ENTERTAINMENT

- 10/6 TERRY KANE
- 10/9 STEVEN BARTH
- 10/20 TANYA & MARGE
- 10/23 ROB BALLONOFF
- 10/27 CHUCK RISSMILLER



CAN YOU SPY WITH YOUR LITTLE EYE...

FLYING BATS

COUNT HOW MANY YOU SPY

ANSWER ON PAGE 13



Spelling Bee



- ♦ TIMOTHY MCELLROY OCTOBER 2
- ♦ ROSEANN LITKAUCH OCTOBER 11
- ♦ BERNICE PONDELEK OCTOBER 15
- ♦ JENNIFER FRANKENFIELD OCTOBER 17
- ♦ JOAN SUSSKI OCTOBER 17
- ♦ ELIZABETH KISH OCTOBER 24
- ♦ RUTH MINDLER OCTOBER 25
- ♦ JOSEPHINE WIETECHKA OCTOBER 25
- ♦ GUADALUPE DOMINGUEZ OCTOBER 26
- ♦ MICHAEL EVANS OCTOBER 28
- ♦ DONALD WILEY JR. OCTOBER 30

EMMA KREGER
NANCY VANHORN

Celebrating a birth-day or other special occasion? Call Natalia Villamil in Administration at Ext. 2341 to reserve a room.



SEPTEMBER 14 WAS THE 2023 LEHIGH VALLEY DAY OF CARING. VOLUNTEERS FROM UNITED WAY JOINED RESIDENTS AND TEAM MEMBERS TO CREATE THIS BEAUTIFUL POSTER. THANK YOU FOR SPENDING THE AFTERNOON WITH US!

Get to Know Your Clinical Dietitian Team



Meghan Ramirez RDN

Clinical Dietitian

I got my RD credential a little over a year ago. Before working in long-term care, I was working in acute care at a hospital. I am originally from Northwest Indiana and recently moved to PA from Florida. In my spare time, I enjoy trying new restaurants, cooking, and running/hiking outdoor trails.



Sheila McPartlin RD, LDN

Clinical Dietitian

I have been a dietitian for over 35 years. I have worked in hospitals and long-term care facilities. In my spare time I enjoy reading, baking, cooking and knitting. I grew up in Michigan and moved to the Philadelphia area to start my career. I am looking forward to the fall/football season!

Secret Halloween Quote

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

1. Cross off all words that are types of candy.
2. Cross off all words that are associated with weather.
3. Cross off all words that are fruits or vegetables.
4. Cross off all words that rhyme with *trick*.
5. Cross off all words that are superheroes.



Snickers	Superman	when	chick
apple	witches	storm	rain
go	pumpkin	tick	slick
Wonder Woman	riding	Starburst	and
Twix	squash	carrot	fog
black	Smarties	cats	Batman
Supergirl	are	quick	seen
orange	wind	the	frost
moon	brick	Spider-Man	Kit Kat
Skittles	laughs	radish	and
whispers	'tis	hail	kick
Aquaman	drizzle	near	Halloween

Cedarbrook Volunteers are Very Important People!

Fall is here and the residents at CBFH have been doing all sorts of fun activities! From our Disney Week in September to our upcoming Fall Festival Week this month, we are looking forward to what the upcoming months will bring!

CBFH VOLUNTEERS NEEDED

Activity Transporters and Helpers – Do you play games, make crafts, listen to live music? Transport our residents to/from activities in our building and assist playing games or making crafts. We are in need of transporters in the afternoons, from 1:45-3:45. There are opportunities seven days a week.

Sunday Church Volunteers – Residents love to attend church services on Sunday afternoons and really need your help. We are looking for volunteers to escort residents to our main dining room on the first floor.

We have church every Sunday from 2:30 pm -3:30 pm.

Pet Visitors - Do you have a well behaved, people friendly furry friend (dog/cat) who would love to visit others and be showered with affection, while bringing smiles and joy to our residents? Some of our folks had pets at home and are really missing the unique and loving comfort of a pet. This would be at your convenience. We can have one-to-one visits or group visits. Animals and their Pet Parent will be interviewed.

Pet health documents will be required.

Theme Week Helpers - Do you enjoy crafting, singing, cooking, painting and more? The last full week of every month CBFH is hosting a fun-filled theme week. Volunteers are needed from the hours of 10:00 am - 12:00 pm and again from 2:00 pm– 4:00 pm to assist in our festivities.

Please contact Kerry 610-336-5684 or kerrymagliane@lehighcounty.org for more information or to sign up for any of these opportunities.

"Volunteers do not necessarily have the time; they just have the heart."

— Elizabeth Andrew



*Thank
You*



VOLUNTEER SPOTLIGHT



This month, we are putting the spotlight on one of our student volunteers; Vanessa Recknagel. Vanessa began volunteering at CBFH this summer. She is from Bethlehem, PA, where she has lived her whole life. Vanessa enjoys a variety of leisure activities, including gardening, reading, and crocheting. When asked what motivates her to volunteer, and what she likes most about Cedarbrook, Vanessa responded, "What motivates me to volunteer is my love for helping others. I really like the staff at Cedarbrook. Although I have not met all of them, the ones I have met have all been very kind." She said what makes her most happy in life is being with the people she loves. Vanessa said she would like to one day be a part of the Book Club here at CBFH. The accomplishment she is most proud of is working hard and doing well in school. As for encouragement she would give to others thinking about volunteering, Vanessa said, "I would tell them that it is a very rewarding opportunity, and they will enjoy their time there!"

We thank you Vanessa, for your dedication to our residents.

Your help is always greatly appreciated!

Keep up the good work and we hope that you keep coming back!



EMPLOYEE	DEPARTMENT	YEARS
SUSANNE JONES	NURSING OFFICE	33
MARIE ALTEMOSE	HUMAN RESOURCES	22
NATASSIA MISIAK	NURSING	20
SANDRA ANN SHALTERS	NURSING	20
HEIDI HEFFELFINGER	SOCIAL SERVICES	18
LYNETTE RENEE CLARK	NURSING OFFICE	13
SHANA LYNN SMITH	NURSING	9
JENNIFER BOGAR	NURSING	5
NICOLE LABADY	NURSING	5
CHANDRAHAS ARALIKATTI	NURSING	2
BRITTANY AMPARO	NURSING	1
ANGELO TORRES	ENVIRONMENTAL SERVICES	1



*We appreciate
all you do*



NEW HIRES

HOLLY BOURDON	NURSING
MCGUIRE CURTIS	NURSING
JENNA FELICES	ENV. SERVICES
TAMIRA LEE-HENRY	ENV. SERVICES
MARGARET RAU	NURSING
MADISON REISS	NURSING OFFICE

CBFH PET OF THE MONTH

EMPLOYEE NAME: **BONNY FROM THE LE DEPARTMENT**

TYPE OF ANIMAL/BREED: **DOG/LABRADOR + PITT BULL MIX**

PET NAME/ORIGIN: **LAYLA "SHE CAME WITH IT"**

ARE THERE NICKNAMES FOR LAYLA?: **SPAM, MISS MA'AM, AND BRAT**

HOW OLD IS LAYLA?: **9**

HOW AND WHEN DID YOU CHOOSE LAYLA?: **"JANUARY 5, 2021, WHEN I LOOKED AT DOGS AT A RESCUE."**

DOES LAYLA DO ANY SPECIAL TRICKS?: **"SHE BEGS FOR FOOD AND WHINES UNTIL SHE GETS IT."**

WHAT IS YOUR FUNNIEST MEMORY OF LAYLA?: **"WHEN WE GO FOR WALKS AND SHE KICKS DIRT ON ME FOR NO REASON."**

DOES LAYLA HAVE FAVORITE TOYS OR TREATS?: **"HER LEAF TOY AND HER SQUEAKY ORANGE TOY, AND THE TREATS HER GREAT-GRANDMA BRINGS HER."**

DOES LAYLA HAVE ANY NAUGHTY HABITS THAT DRIVE YOU CRAZY?: **"SHE SITS ON ME WHEN I AM TRYING TO SLEEP."**

WHAT ARE SOME FUN FACTS ABOUT YOUR PET?: **"LAYLA IS BOW-LEGGED AND SHE SITS CROOKED."**





October 2023

I have always loved "Golden Age" style radio dramas, and years ago one of my favorites was entitled "Unshackled." This show was produced by the Pacific Garden Mission in Chicago, beginning in 1950, and today it is one of the oldest radio dramas still broadcast. The Pacific Garden Mission was established in 1877 by George and Sarah Clark as a rescue mission for the homeless. One day in 1880 the Clarks found that expenses had grown more than they anticipated, until one day there was no money to pay the rent for the building. So, the Clarks prayed all that night, crying out to God, reminding God of the lives saved by this mission, and for God to provide funds in his own way and time. The Clarks trusted God and did not lose faith, and prayed until morning.

You know what it's like: facing a great need or concern or threat, and praying, crying out to God for help. You do what you can, and trust God. Jesus himself showed us how to rely upon God the Father in all things, and in Mark 6:34-44, we find a wonderful example of this.

In these verses from Mark, Jesus takes pity on the crowds who were like sheep without a shepherd, and began to teach them. Hours later, as evening approaches, the disciples become concerned about the people being hungry, and advise Jesus to send them to the nearby town to buy something to eat. When Jesus suggests that they provide food, they panic at the thought of providing bread to thousands of people; they focus on the material matter and forget the miracles they've seen. Then Jesus simply asks what food they have on hand. Jesus is responding to the challenge with faith in God.

He takes the few loaves and looks up to heaven, thanks God for the food, perhaps even saying this traditional Jewish blessing: *"Blessed are you, Lord God, King of the universe, who brings forth bread from the earth."* Jesus is teaching the disciples to praise God and His goodness in supplying all we need, because in gathering their resources and trusting in God they can show the people the miracle of God's provision.

Likewise, as the Pacific Gardens Mission was threatened with eviction when there was no money for rent, George and Sarah Clarke did what they could: they blessed God and prayed unceasingly that night, trusting in His power to provide. The next morning, the yard of their home was covered with edible white mushrooms. They gathered and sold them to local restaurants, who were happy to have such a bounty of a popular food. They earned enough to pay the rent for the mission building, with money left over for expenses.

When facing troubles and fears, do as Jesus -and the Clarkes- did: look up to heaven, bless God, and then trust Him to provide whatever you need. And when we, even in our suffering, turn to God with prayer and trust, others will see and praise God for it.

Chaplain Laura Stone
Cedarbrook Senior Care, Fountain Hill



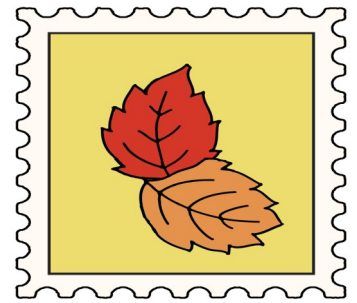
AT REST

LOIS ADAMS

BETTY KREITZ



The best and most
beautiful things in
the world cannot be seen
or even touched - they
must be felt with the heart.
-Helen Keller



Residents' Council Meeting Minutes

Thursday September 21st, 2023

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

Advance Directive — You have the right to give advance written instructions to your doctor and others, that in the event you become incapacitated, your nursing facility and your physician will honor your wishes regarding your choice to accept, refuse, or discontinue medical care or surgical treatments.

Old Business:

Heidi Hefflefinger, Residents' Council Liaison, went over the referrals from July's resident's concerns.

New Business:

- Heidi Hefflefinger reminded all residents about getting their absentee voting forms in. Please reach out to your social worker for help if you need it.
- Coming this December we will begin to accept Residents' Council nominations for new Residents' Council officers. So start thinking of whom you would like to nominate.
- Jude announced the month of October is Residents' Rights month. During October's residents' Council meeting we will be having a Residents' Rights BINGO instead of the regularly scheduled Council meeting. Jude asked for a motion to review and read the previous month's Residents' Council's minutes in November due to Residents' Rights BINGO. Michael Thomson moved to accept and it was seconded by Elizabeth Landis.

Resident Concerns/Comments:

- Resident had a question about why does agency staff not wear ID badges for Cedarbrook nor for their agency.

Tara addressed the issue at the meeting and a referral will be sent to the Nursing department.

- Resident had a concern about staff during change of shift. Resident would like to know why residents are not notified when new aides are assigned to them after change of shift.

Tara spoke on the concern and a referral will be sent to the Nursing Department.

(Continued)



Residents' Council Meeting Minutes
Thursday September 21st, 2023
(Continued)



- Resident voiced concern about the ongoing water temperatures.

Facility is aware of concern and is continuing to work with this resident. All water temps are within Life Safety range.

Announcements:

Michelle Julian Asst. Administrator:

- This year was one of the first combined Residents' Council Officers luncheon. It was hosted here at Cedarbrook Fountain Hill in the gazebo area. It was fantastic.
- Current projects currently going on in our facility are to install phones in the elevators to be able to call out when elevator is stuck, and for lights to continuously remain on when resetting the elevator.
- Another project is the work being done in Club Med. Expect freshly painted walls, new desk, computers, and a TV.

Jason Cumello—Administrator:

- We continue to search for a new Dietary Director for Morrison Living, our Dining Service company. This position will oversee both sites spending the majority of their time at Cedarbrook Allentown, as well as providing assistance at Fountain Hill when needed.
- The facility is in the process of replacing 100 older model beds. It will be an ongoing project. Only a few beds will come in at a time.

Life Enrichment:

- Jessica Kelly, Life Enrichment's Asst. Director, went over September's activities calendar.
- Activities calendars are available to all residents on the back of the Hillside News.

Conclusion:

- The next Residents' Council Meeting will be held on October 12, 2023 at 2:30pm in the Main Dining Room.
- Jude Tonzola made a motion to adjourn the meeting. Cheryl Redmond moved to accept the motion and it was seconded by Michael Thompson.
- Residents were invited to attend the Food Committee Meeting immediately following Residents' Council.



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!

🔍 HOW MANY DID YOU SPY? 🔍

THERE WERE **11** FLYING
BATS



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.**

HALLOWEEN WORD SEARCH

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



Bat
Pumpkin
Halloween
Mummy
Vampire
Witch
Spooky
Trick or Treat

Fun
Ghost
Costume
Skeleton
Candy
Scary
Monster
Haunted House

