

SUNSHINE NEWS

SEPTEMBER 2023 CEDARBROOK ALLENTOWN SENIOR CARE & REHAB





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SEPTEMBER 2023

Published monthly (Funded by Lehigh County taxpayers dollars.)
CEDARBROOK SENIOR CARE AND REHAB
350 S. CEDARBROOK ROAD ALLENTOWN, PA 18104
(610) 395-3727 Fax: (610) 395-0412 Hotline: (610) 336-9604



Jason Cumello, MBA, NHA
Director/Administrator

Michelle Julian, RN, BSN, MS, NHA
Assistant Administrator

Dr. Gruer, MD
Medical Director

Theresa Samuels, RN, BSN, CNDLTC
Director of Nursing Services

Donna Pendrak, RN
Assistant Director of Nursing Service

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Clinical Nutrition Manager for Dining Services

Jessica Sanchez
Director of Social Services

**Jami Cooper, Heather Jaeger, Khadijah
McPherson, Rhett Palushock, Debbie Smitreski,
Mouna Zaghtiti**
Social Services Department

Jennifer Szakacs Strohl, CTRS
Director of Life Enrichment

Kerry Magliane
Coordinator of Volunteer Services

Chaplain James Moore
Faith Services

Life Enrichment Department Staff

Michele Ayello, Laural Butryn, Marnie Distasio, Lea Hayes, Sherry Geiger, Marisol Irizarry,
Becky Schraden, Jen Sparling, Sharon Starling-Phillips, Emily Strohl, Becky Szilli

THE MEANING OF C.H.O.I.C.E.S.

Adopted by Cedarbrook employees in 2006, Cedarbrook's mission proudly states a commitment to residents and relatives who need senior care.

When Lehigh County families choose Cedarbrook, they are selecting

"Community with Heart Offering Individualized Care and Excellent Service."

Visit us on our Facebook page and website for updates and pictures of recent events!

www.facebook.com/cedarbrookseniorcareandrehab
website: <https://www.cedarbrookseniorcare.com>



THE BUZZ...

Around Cedarbrook

ATTENTION RESIDENTS:

Please join in to celebrate our
THEME WEEK,
SEPTEMBER 25th – SEPTEMBER 29th.

We will be celebrating all things
DISNEY! Look for special themed
activities happening each day of that
week. Entertainment and special treats
will also be provided.

Come join in the fun!

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

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.**



DID YOU LOSE SOMETHING?

Lost & Found is located at the
Security Desk, First Floor. If you
think you have lost something,
please talk to your Social Worker or
stop by the Security Desk to check.

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



"MAPLE LEAF"



**COUNT HOW MANY YOU SPY.
(Answer on page 11)**

DONATIONS APPRECIATED...

If you would like to donate monetarily towards
the residents and grant a special "wish," please
make checks payable to : Cedarbrook Auxiliary
and write "Wishes" on the memo line.
Cedarbrook Auxiliary is graciously accepting
donations for such special "wishes."

As always, thank you for your
continued support.



For Patriots Day we would like to honor our Veteran resident, George Shumack. George served 4 years in the Navy. He was a welder on the USS Hunley from 1966 to 1970. If there was ever a corrosion problem with the hull of the ship, George was the man who fixed it. For two months in 1969 on the USS Sam Rayburn, George used his welding skills to do hull repairs. He also installed ballast, which looks like gold bars, these help add weight to the ship when cargo is taken off. After his time in the Navy, he worked on the Lehigh Railroad as a welder. He was also a security guard for 15 years at Good Shepherd Rehab. This was a place he visited for 50 years for the holiday season dressed as Santa Claus. George has a friend on another floor named Michael. Ironically they both realized they knew each other from playing Santa for all those years. George is married to Kathy, the love of his life. She also worked at Good Shepherd Rehab as an aide for 25 years. Through the years, George and Kathy loved their pets. They are cat people and have fond memories of their beloved cat "Smudge."

Written & submitted by,
Ellis Zelmanoff

SEPTEMBER 2001

9-11 WAS A BRIGHT TUESDAY MORNING
THE SKY WAS BLUE AS BLUE COULD BE
THE FIRST PLANE HIT THE FIRST TOWER JUST BEFORE 9 AM
THEN THE SECOND TOWER GOT HIT
A LOT OF FIREMEN, POLICE AND PEOPLE WORKING AT THE
TWIN TOWERS LOST THEIR LIVES
PASSENGERS IN ANOTHER PLANE WENT DOWN IN PA
AND THEN ANOTHER HIT IN DC
EVERY SEPTEMBER 11TH WE RECALL THAT DREADFUL DAY
TAKE A MOMENT OF SILENCE TO SAY A PRAYER.

WRITTEN & SUBMITTED BY,
MATT POST





Disney Word Search



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

ALLADIN
ARISTOCRATS
BEAUTY
CINDERELLA
FINDING
LILO
LUCA

MINNIE
MOUSE
NEMO
RED
SNOW
TANGLED
TOY

BAMBI
BEAUTY
CRUELLA
FROZEN
KING
LION
MERMAID

MOANA
MOUSE
PAN
ROBIN
STITCH
TARZAN
TURNING

BEAST
BOLT
ENCANTO
HOOD
LIGHTYEAR
LITTLE
MICKEY

MONSTERS
MULAN
PETER
SLEEPING
STORY
WHITE
ZOOTOPIA



SEPTEMBER BIRTHDAYS



MARGARET WIEDER	14 TH
RAYMOND NAGLE	14 TH
KIWAKO SCHLICHER	15 TH
RUTH STOCKER	16 TH
MICHAEL GABALA	18 TH
RENEE LORENZ	20 TH
DOLORES BURGOS MALDONADO	21 ST
HELEN BAKES	22 ND
VIRGINIA LEVAN	23 RD
JUDITH WISSER	23 RD
DARLENE SCHULER	23 RD
MARY REGEC	27 TH
DANIEL SCHEDLER	28 TH
PATRICIA ROTH	30 TH

MARGARET MASTERS	1 ST
MARY KADAS	1 ST
MARY DENIG	2 ND
ALTHEA LIPTON	4 TH
ALLAN KERSON	6 TH
ALICE BENDER	9 TH
BENJAMIN BLATTENBERGER	9 TH
CATHERINE WALKER	9 TH
JOYCE HOWARD	9 TH
ELINOR FERRY	12 TH
CHARLES WILLIAMS	13 TH
VINCENT PAVONE	14 TH



DIETICIAN CORNER



"BREAK-ing" the FAST! Breakfast is often described as the most important meal of the day, providing us with the energy needed for the day ahead. We should be aiming to consume about 25% of our calories at breakfast. A balanced breakfast containing both fiber and protein will balance your blood sugar and keep you feeling full and fueled for longer. In addition to protein and fiber, a good breakfast should include a balance between foods rich in carbohydrates and healthy fats.

- Carbohydrate Examples: Whole Grain Toast, English Muffins, Muffins, Oats, Whole Grain Cereal, Pancakes, Waffles
- Protein Examples: Eggs, Cottage Cheese, Beans, Yogurt, Low Fat Milk
- Healthy Fat Examples: Peanut Butter, Olive Oil




What about caffeine?

Caffeine is a natural chemical with stimulant effects. It is found in coffee, tea, cola, cocoa, and energy drinks. It is not uncommon for us to consume some type of caffeinated drink to help get us "moving in the morning." In addition, studies have shown that both coffee and tea contain antioxidants which may help protect us from some types of cancer, diabetes, Alzheimer's disease, and Parkinson's disease. Caffeinated drinks may provide benefits, but too much caffeine can cause anxiety, jitteriness, headaches, and insomnia as well as increased urination. The FDA recommends a maximum of 400 milligrams of caffeine per day, which is 4-5 cups of coffee.

Breakfast Tips to Consider:

1. A breakfast of only pastries, donuts, and sugary cereals will have your stomach grumbling again soon and may make you feel sluggish, grumpy, or tired.
2. Consuming high sodium breakfast foods could affect your blood pressure. Keep an eye on foods and saturated fats that are high in sodium – for example bacon, ham, and sausage are high in both sodium and fats.

HAPPY SEPTEMBER, HERE ARE SOME NATIONAL FUN FOOD DAYS

September 1: National Gyro Day	September 20: National String Cheese Day	
September 3: National Baby Back Ribs Day	September 22: National Ice Cream Cone Day	
September 5: National Cheese Pizza Day	September 25: National Lobster Day	
September 12: National Chocolate Milkshake Day	September 28: National Strawberry Cream Pie Day	
September 18: National Rice Krispie Treats Day	September 29: National Coffee Day	

NFL News

NFL football season starts September 7, 2023! Have some game day spirit with these yummy treats.

FOOTBALL COOKIES

Ingredients

- 36 OREO Cookies finely crushed
- 8 ounces cream cheese softened
- 1 pound semi-sweet baking chocolate
- 2 tablespoons EACH of 2 different colored decorator's icings
- Wax paper

Instructions

- Mix cookie crumbs and cream cheese until blended.
- Shape into 48 small footballs and place on a wax paper lined sheet pan.
- Freeze for 10 minutes.
- Add the chocolate to a microwave safe bowl and heat on low power in 30 second intervals, stirring each time, until chocolate has melted.
- Dip each football into the melted chocolate and return to the wax paper.
- Once chocolate has hardened, use the decorator's icing to draw the laces on the footballs.
- Refrigerate for 1 hour before serving.
- Store in the refrigerator.





EMPLOYEE ANNIVERSARIES

EMPLOYEE	DEPARTMENT	YEARS	EMPLOYEE	DEPARTMENT	YEARS
TINA OWENS	NURSING OFFICE	34	ALEXIS EBERLY	NURSING	5
BARRY FOLLWEILER	LAUNDRY	34	IRINA RABINOVICH	NURSING	5
GWYN GILDNER	NURSING	27	JACOB COYLE	ENVIRONMENTAL SERVICES	5
JAIME PAGELLA	NURSING	27	SUN HAN	NURSING	4
KATIE NOVICKI	NURSING	22	KAREN CENTENO	NURSING	2
KATRINA KNITTLE	NURSING	21	DEBRA BURNS	NURSING OFFICE	2
LISA JOSEPH	LAUNDRY	20	JORDAN ALLESHOUSE	FINANCIAL SERVICES	2
TAMMY DIETRICH	PHYSICAL THERAPY	19	AYISAT OJULARI-SULYMAN	NURSING	1
DANIELLE DICKER	NURSING	17	JOHANNA WINGFIELD	NURSING	1
CATHERINE SILKWORTH	NURSING	17	DARRYL ANDERSON	NURSING	1
MARNIE DISTASIO	LIFE ENRICHMENT	16	MARCIA DUNN	NURSING	1
KERRY MAGLIANE	LIFE ENRICHMENT	9	JESSICA SANCHEZ	SOCIAL SERVICES	1
JASON CUMELLO	ADMINISTRATION	7	NATALIE ANDINO	FINANCIAL SERVICES	1



RESIDENTS' COUNCIL MEETING MINUTES - MONDAY AUGUST 14, 2023

- Jean Larison, President, called the meeting to order.
- Karen Snyder, Secretary, read the highlights from the July meeting.
- Jean read the Resident Right for August.



FREEDOM FROM RESTRAINTS–

You have the right to be free from physical or mental abuse, corporal punishment, involuntary seclusion, and any physical or chemical restraints unless they are required to treat your medical symptoms and are not used for purposes of discipline or for the convenience of staff. Restraints may only be used to ensure your physical safety or the safety of other residents. These limitations must be based upon the written order of a physician which specifies the duration and circumstances which require such restraints.

- Jean welcomed new residents for July.

Old Business:

Resident on C-3 questioned if there could be a nurse aide in the Dining room during meal times.

A staff member, either a CNA or a nurse, is in the Dining room during all 3 meal times.

Resident on C-3 asked about a new paper towel dispenser placed at wheelchair level in the family room by the snack machines.

Paper towel dispenser was placed where requested.

Resident on D-3 requested the games Scrabble and Checkers for his unit.

Games were brought to D-3 by the Director of Life Enrichment.

Resident on D-3 questioned if there could be an activity aide on the weekend?

There are always activity staff scheduled on the weekends.

Resident on D-3 had a call bell concern on 11pm -7am shift.

Education provided to staff on individualized care needs.

Resident on D-4 stated the urinal in the men's bathroom is dripping and the 1 toilet is clogged.

Repairs to urinal and toilet completed.

Resident on D-3 asked if the men's bathroom could be cleaned in the evening?

Bathroom was deep cleaned on 7/11/23 on night shift.



New Business:

Jean Larison – Resident Council President

Ombudsman – Introduced new Ombudsman, Julio De La Rosa. He announced surveys regarding personal needs allowance are being done.

Jason Cumello – Administrator

Ambulance Entrance – The D-wing ramp front entrance is now open.

C-wing Elevator – New machine had been installed but did not work. Machine was returned, awaiting its replacement.

E-wing Project – Progress is slow but is moving forward.

Jennifer Sakacs-Strohl: Director of Life Enrichment

The special programs for August are:

- August 21-26 – Carnival week
- Keep the Faith is returning to regular time, Wednesdays at 2:15.
- Sept. 14th will be a Special Day of Caring. Multiple volunteers will be helping with crafts and photos in the Auditorium.
- **Entertainers** – There continues to be live entertainment on Monday & Saturday afternoons.
- **Calendars** – Reminder to check your weekly and monthly calendars for activities.

Resident Concerns / Comments:

Resident on D-7 questioned if the cup cozi's in the family room could be replenished?

There are cup cozi's on the counter by the vending machine.

Resident on D-7 asked if the ultra violet machine in her room can be re-located to a different place in her room?

Referral/work order sent to Facilities.

Resident on D-3 asked if having a turtle is allowed?

Referral sent to Infection Control.

Resident on D-7 stated room is cold.

Referral/work order sent to Facilities.

Announcements:

The next meeting will be held Monday, September 11th at 2:15 pm in the Auditorium. Residents invited to attend Food Committee meeting immediately following Residents' Council.

The meeting was adjourned.



AT REST JULY 2023

**KEITH KERN
EUGENE SABLER
RICHARD WIEDER
JOSEPH KONCSICS
DIANE CAVALLARO
HOWARD HOFFERT
BARBARA GALLAGHER
DIANA LOVE-SEIFARIH
ROBERT "GUS" DANIELS**



HOW MANY DID
YOU SPY?



There are 20
"MAPLE
LEAVES"

HAVE
faith
GATHER *hope*
SHARE *love*

LOOKING TO SPEND TIME WITH A NEW FRIEND WITHOUT LEAVING THE COMFORT OF YOUR HOME?

Sign up with SENIOR CHAT to receive a weekly call! You will connect with a friendly volunteer through weekly phone calls. Share your stories. Reminisce. Laugh together. Make a new friend. You can talk about your interests and life experiences. Stay "connected". Enjoying conversations can lift your spirits. Life is so much better when it is shared!

Senior Chat is a safe and secure no-cost program that matches screened Volunteer Callers with older adults who live in Lehigh, Northampton, or Carbon Counties.

SENIOR CHAT =

Connections
Help
Adults
Thrive

If you want to receive a weekly call and make a new friend OR if you would like to become a Friendly Caller Volunteer visit: RSVPofLNC.org/SeniorCHAT

EMAIL: SeniorCHATglv@hotmail.com

OR Call: 610-880-3095 to inquire.

SUNSHINE NEWS **STAFF**

Advisor: Jennifer Szakacs Strohl

Editor/Format: Marnie Distasio

Writers/ Humorists: Matt Post
Elma Mae Uhle
Jean Larison
Bev Dawson
Lori Skaggs





VOLUNTEER

In the Spotlight

We would like to spotlighting our gracious volunteer **Jan Zeiss** who has been here helping our residents for 7 years. Originally from Rochester, New York, Jan now resides in Emmaus. She enjoys movies, reading, knitting and eating out with her friends. Her family is near Pittsburg and Rochester, NY. When she gets the chance, she loves to take a visit because she is very passionate about her family. Since she is a bit away from her family, retired and widowed she has a lot of free time. Jan decided to use her time wisely and join in on volunteering here at Cedarbrook Allentown. She loves the fact that she sees a real connection between the staff and our residents. This keeps her coming back year after year. Her most memorable moment was helping at a car show we held in our “old” parking lot. She remembers how exciting it was for the residents to see the old model cars, listen to oldies music, and eat some great food. Jan loves to help in any activity she is needed for, and just enjoys visiting with our residents. Her belief is even if you have only a small window of time to spare, volunteering is always greatly appreciated by the residents and the staff.

We thank you Jan for your dedication to our residents, and for spending your precious time here at Cedarbrook. Your help is always greatly appreciated!
Keep up the good work and keep coming back.





CHAPLAIN'S CORNER



"BEGINNINGS"

Sometimes we think of "New Beginnings" at the start of a new year. I want you to think of new beginnings right now! New healing and renewed faith. Expecting the promises of God right now!

Other's my be thinking about a new job, new home, a wedding, or a new baby that changes our perspective on life.

Here's what I want to bring to you today – "New Season".

With Summer coming to a close we're all feeling the whispers of Fall in the air.

Whether it's your local gift shop - counting down the days to a Pumpkin Spice Latte or your local outlets placing Fall decorations around their windows and announcing Fall decor as you walk through the doors.

So, what does the Bible tell us about "New Seasons?"
Are they tangible? Can it be ushered in? Can it be felt?



Jeremiah 29:11 states – "For I know the Plans I think towards you, says the Lord... Plans to Prosper you and give you Hope and a Future!"

At this time when the seasons are soon to change - we can take this moment to reflect on where we are and know that God already ordained every one of our steps (Psalms 37:23) and more so is giving us a "Hope and a Future!"

So, do you Believe that? Hebrews 11:1 says – "Faith is the substance of things Hoped for and the Evidence of things not seen."

How can we increase our Faith? How can we continue to ignite the "Joy" of Christ in our lives. Here are some ways - reading our Bibles, joining together in Prayer and sharing our journeys through praise and testimony within our community or small groups. God wants us to follow Him in our own quiet prayer and Bible times and also in our times together. So come - lets Follow Jesus together. Continue enjoying these Summer days and anticipate the Joy of a New Season coming! Counting our Blessings that by God's grace we are able to share in "New Mercies" (Lamentations 3:22-23) every day! For His Grace is Sufficient (2 Corinthians 12:9) and His Mercies are everlasting! Many Blessings!

"The steadfast love of the Lord never ceases;
his mercies never come to an end;
they are new every morning;
great is your faithfulness." (Lamentations 3:22-23)

Scripture add ins:

Jeremiah 29:11

Hebrews 11:1

Psalms 37:23

Lamentations 3:22-23

2 Corinthians 12:9



CHAPLAIN JAMES MOORE

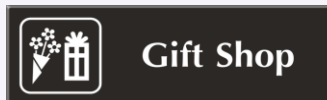
Cedarbrook Volunteers are Very Important People.

Wrapping up the summer...although the days are getting shorter there are still plenty of exciting activities happening at Cedarbrook. We are getting ready for United Way's annual "Day of Caring" volunteers on September 14th. Members of our local community sign up to spend the day helping others. This year they will have the opportunity to help Cedarbrook residents create a giant poster to be used in future photo shoots.



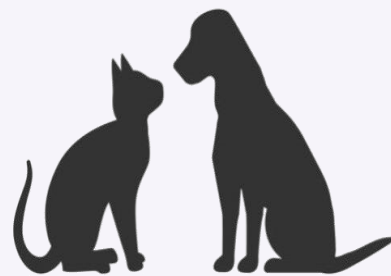
VOLUNTEERS NEEDED:

Activity Transporters and Helpers – Do you like to play games, make crafts, listen to live music? We need help with transporting our residents to/from activities 1:45PM– 3:45PM. You can also play along with games, and join in with the crafts, just help with assistance if needed. There are opportunities seven days a week.



Gift Shop Clerk – We are looking for a dedicated volunteer to work in our gift shop, which is open Mondays, Wednesdays, and Fridays 1:00PM–4:00PM. Our residents love to use our gift shop to buy snacks and little gifts. Training will be provided. We already have some amazing gift shop volunteers, but we could really use more.

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? Some of our residents had pets at home and are really missing the unique and loving comfort of a pet. Sign your four legged friend up! Bring smiles and happiness to our residents. This would be at your convenience. We can have one-to-one visits or group visits. Pets and Pet Parents will be interviewed and paperwork needs to be filled out. Your pets health documents will be required.



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

“If you find it in your heart to care for somebody else, you will have succeeded.”

–Maya Angelou, American Author.



Palace Maze

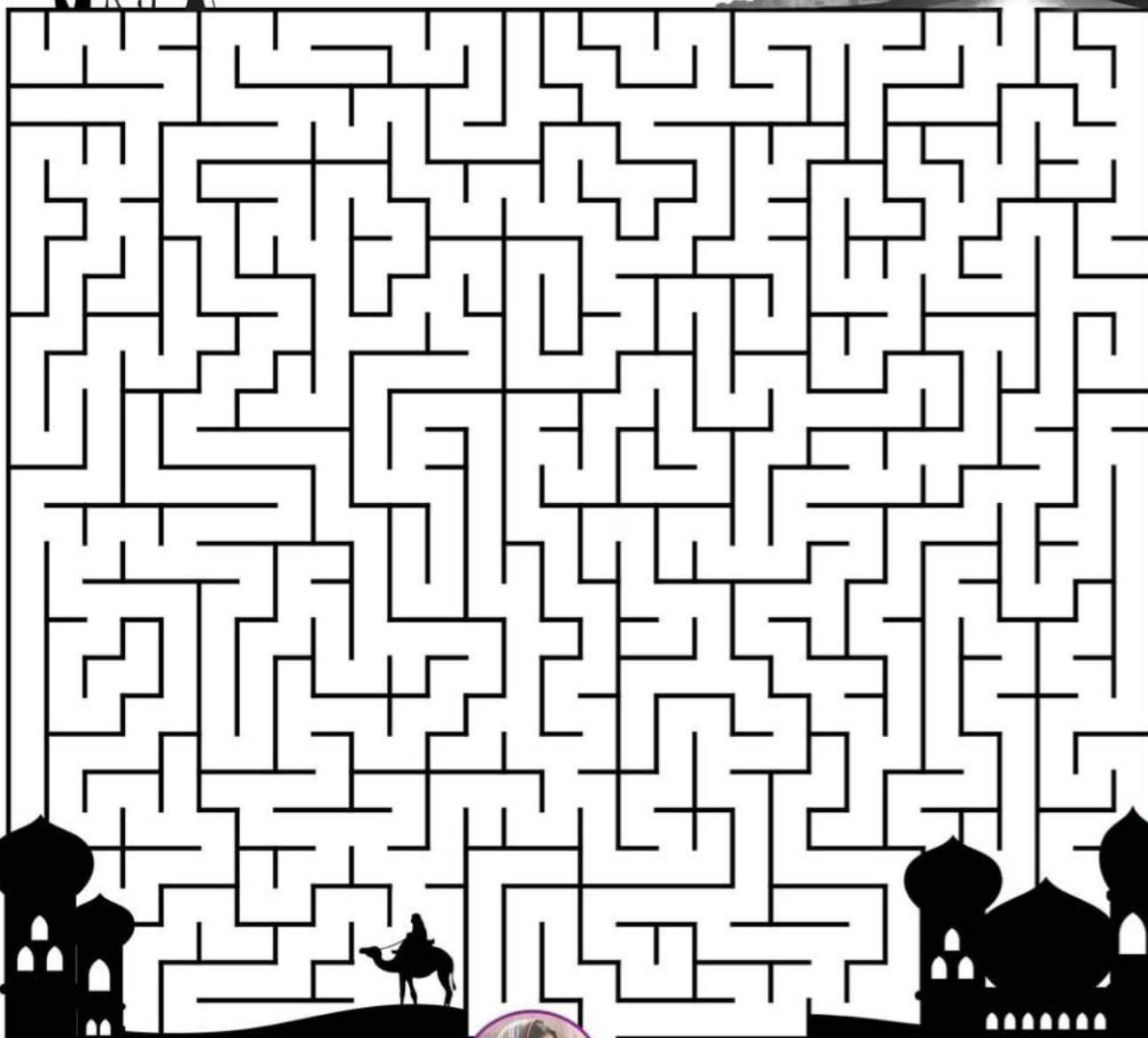


Disney Aladdin

GOOD LUCK!

Start

Help Princess Jasmine sneak out of the palace
(to visit the marketplace).



Finish

THIS MONTH IN HISTORY

September 1, 1939 – At 5.30 a.m., Hitler's armies invaded Poland starting World War II in Europe.

September 8, 1883 – The Northern Pacific Railroad across the U.S. was completed.

September 16, 1908 – General Motors was founded by entrepreneur William Crapo "Billy" Durant in Flint, Michigan.

September 30, 1955 – Actor James Dean was killed in a car crash in California at age 24. Although he made just three major films, he remains one of the most influential actors.

September 5, 1975 – The first of two September assassination attempts on President Gerald Ford occurred as TWO woman tried to shoot him. Ford was not harmed in either incident.



September 12, 1953 – John F. Kennedy, 36, married Jacqueline Bouvier, 24, in Newport, Rhode Island.

September 24 – Puppeteer Jim Henson (1936–1990) was born in Greenville, Mississippi. He created the Muppets, including Kermit the Frog, Miss Piggy and Bert and Ernie, entertaining million throughout his lifetime.



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. 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*

September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 2:15 PM Card Club Family Room 2:15 PM House Movie Channel 22	2 10:15 AM Puzzle Your Mind Auditorium 2:15 PM Music by Rick Focht Aud. & Chan. 22
3 2:15 PM Church Auditorium & Channel 22	4 10:15 AM  Puzzle Your Mind Auditorium 2:15 PM Music by Veronica Aud. & Chan. 22	5 10:15 AM Talking Book Family Room 2:30PM House Bingo Channel 22	6 2:15PM Keep the Faith Aud. & Chan.22 D-4 BUS TRIP	7 11:00 AM Color & Chat Family Room 2:15 PM Card Club Family Room 3:30 PM Rosary - Chapel	8 2:15 PM Card Club Family Room 2:15 PM House Movie Channel 22	9 10:15 AM Puzzle Your Mind Auditorium 2:15 PM Music by Stacy Gabel Aud. & Chan. 22
10 2:15 PM Church Auditorium & Channel 22	11 2:15 PM Resident Council Auditorium & Channel 22 	12 10:15 AM Talking Book Family Room 2:30PM House Bingo Channel 22	13 2:15PM Keep the Faith Aud. & Chan.22	14 10:30AM Cedarbrook Rocks! - Family Room 11:00 AM  Color & Chat Family Room 2:15 PM  Card Club Family Room 2:15PM *Craft Project* Auditorium	15 2:15 PM Card Club Family Room 2:15 PM House Movie Channel 22 D-3 BUS TRIP	16 10:15 AM Puzzle Your Mind Auditorium 2:15 PM Music by Lorri Woodward Aud. & Chan. 22
17 2:15 PM Church Auditorium & Channel 22	18 2:15 PM Music by Steve Walker Auditorium & Channel 22	19 10:15 AM Talking Book Family Room 2:30PM House Bingo Channel 22	20 2:15PM Keep the Faith Aud. & Chan.22	21 11:00 AM Color & Chat Family Room 2:15 PM Card Club Family Room 2:15 PM Catholic Mass Aud. & Chan. 22	22 2:15 PM Card Club Family Room 2:15 PM House Movie Channel 22 2:15PM House Games Auditorium	23 10:15 AM Puzzle Your Mind Auditorium 2:15 PM Music by Pete Begley Aud. & Chan. 22
24 2:15 PM Church Auditorium & Channel 22	25 2:15 PM Music by John Bauer Auditorium & Channel 22	26 10:15 AM Talking Book Family Room 2:30PM House Bingo Channel 22	27 2:15PM Keep the Faith Aud. & Chan.22 D-7 BUS TRIP	28 11:00 AM Color & Chat Family Room 2:15 PM Card Club Family Room B-3 BUS TRIP	29 2:15 PM Card Club Family Room 2:15 PM House Movie Channel 22 D-3 BUS TRIP	30 10:15 AM Puzzle Your Mind Auditorium 2:15 PM Music by Kevin & Rick Aud. & Chan. 22