## HILSIDE NEWS

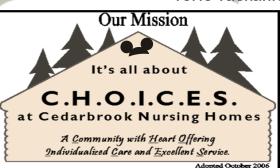
#### SEPTEMBER 2023 CEDARBROOK FOUNTAIN HILL SENIOR CARE AND REHAB



#### **Hillside News**

#### **SEPTEMBER 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, guestion, 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** 



You can follow us on our Cedarbrook Senior Care & Rehab Facebook Page! www.facebook.com/cedarbrookseniorcareandrehab Website: https://www.cedarbrookseniorcare.com

edarbrook



## HAPPENINGS AT THE HILL



#### SEPTEMBER PROGRAM HIGHLIGHTS

- CEDARBROOK SCIENCE: ELEPHANT TOOTH-PASTE 9/6 AT 2:30 PM IN THE MDR
- HELPING HANDS: MAKING KITTY TREATS 9/7
   AT 10:30 AM IN THE MDR
- MASS & ROSARY 9/7 AT 2:30 PM IN THE MDR
- NATIONAL WAFFLE WEEK CELEBRATION 9/8 AT 2:30 PM IN THE MDR
- BETTER BREAKFAST MONTH DISCUSSION &
   TREAT 9/14 AT 10:30 AM IN THE MDR
- LEHIGH VALLEY DAY OF CARING COLORING 9/14 AT 2:30 PM IN THE MDR
  - NATIONAL HISPANIC HERITAGE MONTH CELEBRATION 9/15 AT 2:30 PM IN THE MDR
    - MEMORIAL SERVICE 9/20 AT 2:30 PM IN THE MDR
    - CAT VISITS WITH THE LEHIGH VALLEY HUMANE SOCIETY 9/21 AT 10:30 AM IN THE MDR
    - DISNEY WEEK FESTIVITIES 9/25 9/29



#### SEPTEMBER ENTERTAINMENT

- 9/1 STACY GABEL
  - 9/4 JEFF ROSS
- 9/11 LORRI WOODWARD
  - 9/18 GLENN MILLER
  - 9/22 RICK WEAVER





## September Birthdays

PAULETTE CRAWFORD 9/3 ADOLPH MAJERICH 9/3 ALTHEA BEIL 102!!! 9/6 COLLEEN KERN 9/12 SANDRA BOLDUC 9/13 ALICE LEAR 9/13 **GLENN FATZINGER** 9/14 **JACQUELINE STREET** 9/14

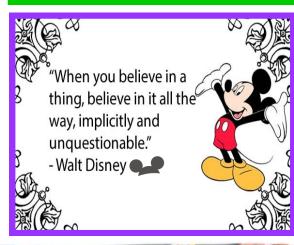
Celebrating a birthday or other special occasion? Call Natalia Villamil in Administration at Ext. 2341 to reserve a room. 9/19 CANDIE GIMBAR 9/20 JORGE ORTIZ 9/20 ROBERT PITTS 9/22 STEPHAN BEDICS 9/24 JANE LECHMAN 9/25

ALICE UHL



#### **NEW RESIDENTS**

JOHN KRATZER JOSEFINA MORALES DOLORES WALBERT



ATTENTION RESIDENTS & TEAM Please join the magic when we celebrate the

**CBFH DISNEY THEME WEEK** 

SEPTEMBER 25th – SEPTEMBER 29th Look for special themed activities happening each day of the week. Entertainment and special treats will also be provided.

#### Come join in the fun!

See an LE team member for more details about the events.

#### SEPTEMBER 2001

NATIONAL DAY OF REMEMBRANCE

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 11<sup>TH</sup> WE RECALL THAT DREADFUL DAY
TAKE A MOMENT OF SILENCE TO SAY A PRAYER.

#### WRITTEN & SUBMITTED BY, MATT POST

#### VOLUNTEER SPOTLIGHT





This month, we are putting the spotlight on one of our newer volunteers; Eva Trujillo. Eva began volunteering at CBFH this summer. She is from Bethlehem, PA. Eva enjoys many things in her leisure time, including playing guitar, reading, coloring/drawing and cooking/baking. She said her motivation to volunteer is to be like her grandmother, Gloria, who is also a volunteer here at CBFH! Eva said what she likes most about volunteering is playing all sorts of games with our residents, and painting residents' nails. One day she hopes to run an art class at CBFH. Eva said the accomplishment in life that she is most proud of is being invited to play her guitar at Musikfest. When asked to give encouragement to others that may be thinking about volunteering at CB, Eva said, "You get to help people out".

We thank you Eva, 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 we hope that you keep coming back!

#### Cedarbrook Volunteers are <u>Very Important People</u>!

Wrapping up the summer...as the days get 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 15<sup>th</sup>. 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.

#### **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 afternoons, 1:45-3:45. There are opportunities seven days a week. We would also love to have extra players to assist residents.

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. Volunteers are also needed to help residents find the correct pages in the books. We have church every Sunday, 1:54-3:45.

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.

Please contact Kerry 610-336-5684 or <u>kerrymagliane@lehighcounty.org</u> - 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.



### CBFH PET OF THE MONTH

EMPLOYEE/VOLUNTEER NAME: JASMINE

TYPE OF ANIMAL/BREED: HOLLAND LOP RABBIT

PET NAME/ORIGIN: "HER NAME IS DAISY. SHE GOT HER NAME BECAUSE OF HER FUR COLOR, AND BECAUSE OF A VIDEO GAME RABBIT WITH THE SAME NAME. I THOUGHT 'DAISY' MATCHED HER GENERAL LOOK AS WELL."

ARE THERE NICKNAMES FOR DAISY?: DAIS (PRONOUNCED DAZE) AND LAZY DAISY

HOW OLD IS DAISY ?: 16 MONTHS

HOW DID YOU CHOOSE DAISY?: "MY MOM FOUND A YOUNG MAN WITH SPECIAL NEEDS WHO BREEDS AND SHOWS THEM AT COMPETITIONS."

DOES DAISY DO ANY SPECIAL TRICKS?: "SHE JUMPS IN THE AIR AND SPINS AROUND WHILE SHE IS UP. SHE ALSO BOPS HER NOSE ON YOUR NOSE AND LIPS."

WHAT IS YOUR FUNNIEST MEMORY OF DAISY?: "ONCE WHEN DAISY WAS PLAYING, SHE ROLLED AROUND THE FLOOR ON HER SIDE, LIKE DOGS DO WHEN THEY 'ROLL-OVER'."

DOES DAISY HAVE FAVORITE TOYS OR TREATS?: TREATS: HAY STICKS/BALLS AND APPLE STICKS. TOYS: PLASTIC WATER BOTTLES/LIDS.

DOES DAISY HAVE ANY NAUGHTY HABITS THAT DRIVE YOU CRAZY?: "SHE LIKES TO BITE WHEN SHE WANTS YOUR ATTENTION. IF SHE DOESN'T LIKE HOW WE SET UP HER THINGS IN HER CAGE AFTER WE CLEAN IT, SHE WILL MOVE THEM AROUND AND EITHER PEE ON THEM OR PUT THEM IN HER WATER BOWL."

WHAT ARE SOME FUN FACTS ABOUT HOLLAND LOPS?: "HOLLAND LOPS ARE ONE OF THE MOST CALM, PLAYFUL AND CUDDLY BREEDS OF RABBIT (WE THINK DAISY MIGHT HAVE BEEN SWITCHED AT BIRTH). THEY ALL HAVE FLOPPY EARS AND BIGGER BACK FEET COMPARED TO MOST RABBITS."











N S D I O R D N B E Q G S B U P H C T D K E E M S N T A E IHSRFXGBUITICDYKYIIOCRPZTLIELR R J X H E O Z R Y U A O D L N A C B N R R O R A C E A N L A AOMUOTYSNRTTMNXABUIOBNRSIETAEU T Z L F B G S W H J E A N B J A L T D I C T D N Q P N L R Q E M Y B P C N A V Y N D B U R U T Y P D O C D O N I U P E S SJOLLYHOLIDAYROENZSULIHLGNOADS SNOWWHITEBHAEDRMNGRAAAOIGGMZNN DLROWLLAMSOGOCUORSLNTCNKOBEZIA CASTLELTPHOROTCMTEAENNJOIECICE ZOPXPXFMIRAUTLRXBJDICYALDAAPTL TOONTOWNHGNUASQMOOLNKRCFUUPRRR K E A E H X Y H C T D F N M A N R R R M U E U T B T S N M O WALTSAPARTMENTESMIFSNHGIOYDRAW BARUBBEYMUCBKSEKLPBBDGTLSNCFIE DYWLSIJHIHAXJHSDDFOPOIZGAEPYNN NILWNOKNANIATNUOMHSALPSLIMIESP D N B N Q J N X G W Q F E P Y B R A K A L Q E N A B H K T L AGIRNEGALAXYSEDGEVNQSRVTEQWCRU IMGALUAENRTSNJTTLYNSUKTOBYEIET S S Q L Z S N A E L R O E F A C C B T T I E L M J K L M E O Y Z I J O A P Z V L Y E S X K K F E N Z R O W O J M O A T W DMEXZRLPARWOTNORAEEHEPNRFEDKNE U T W Q E R S P T X K G F P J C V J O Z B Y B R Y F S P E D C L Q T R I S E B B Z N H B U D E R N V G I A O J L P B G L K D E G H M R X Y D C N N P A G N N G V F I A W Z K V J N D V P G S M N E A Q Y O E S L D N Z C A P X F H L Z K D R W Y G I C Z A M D I W Q B S J L C Q W J D J I I S A K B R D Z I K U U P M Y I M U L X R U B L D Z Q I W F A F N J L R S U P Z R I X Q G M H E S Z C Z A N I T N A C B W X D J L N B Z X



Disneyland Corn Dog Jolly Holiday New Orleans Square Haunted Mansion Snow White Small World Minnie Pluto Dale Sleeping Beauty Astro Blasters Indiana Jones Toontown Rise

Main Street Plaza Inn Dole Whip Mr Toad Pinocchio Donald Duck Castle Space Mountain Critter Country Roger Rabbit Ronto Wrap

Matterhorn Mr Lincoln Jungle Cruise Cafe Orleans Teacups Peter Pan Goofy **Daisy Duck** Star Tours Pizza Planet Splash Mountain Galaxys Edge Droid

**Big Thunder Mountain** Walts Apartment Pirates Fantasyland Dumbo Mickey Chip Cinderella Tomorrowland Adventureland Batuu Millennium Falcon Cantina

#### **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 sleepy, grumpy, or tired.
- 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



EMPLOYEE ANNIVERSARIES



EMPLOYEE	DEPARTMENT	YEARS
WILFREDO ALAMEDA AGUILA	FACILITIES	36
LORI ANN COVELL	NURSING	20
YVETTE M. MACK	NURSING	19
EVELYNE FAMAWA	NURSING	5
CHRISTIANA HAGAN	NURSING	5
JONATHAN BAPTISTE	NURSING	1
MICHAEL JOCELYN	NURSING	1
ASHA JOHNSON	NURSING	1
JEANNE D'ARC K. KOM	NURSING	1
KAITLYN M. NAGY	NURSING	1
MARICELIS ORENGO-VAZQUEZ	FINANCIAL SERVICES	1

#### **NEW HIRES**

EMPLOYEE	DEPARTMENT
CINDY FIGUEROA	LAUNDRY
BONNY FRAILEY	LIFE ENRICHMENT
JAYLEN LESSER	NURSING
XZAVIER PACHECO	ENV. SERVICES
MOIN QURESHI	NURSING
SUNDUS QURESHI	NURSING
EILEEN ROSARIO	NURSING
ANGELA RUNDLE	NURSING
LAUREN THOMAS	NURSING











- Jude Tonzola, President, called the meeting to order.
- Minutes from July's Residents' Council meeting were read by Kathleen Rowe, Vice President.
- Jude Tonzola asked for a motion to accept June's minutes as read. Candie Gimbar moved to accept and it was seconded by Cheryl Redmond.
- Heidi Hefflefinger, Residents' Council Liaison, read the list of July's New, Deceased and Discharged residents.
- Heidi Hefflefinger read The Residents' Rights for August.

**Medical Assistance payment for nursing facility care eligibility requirements and procedures** — Medical Assistance, is a program of financial assistance funded by the federal and state governments to help pay for medical care, including care in a nursing facility.

In order for Medical Assistance to help pay for a person's nursing facility care, the person must be financially eligible and must be medically in need of such care. Financial need for Medical Assistance is determined by the local county assistance office. Medical need for nursing facility care is determined through an assessment done by the local Area Agency on Aging.

If you meet the eligibility requirements, Medical Assistance will pay the difference between the cost of your care and the amount the state determines you should pay from your income each month.

Any questions contact the Financial Department.

#### New Business:

- Heidi Hefflefinger reminded all residents that it's time for voting. This coming November voting will began. Please reach out to your social worker to review your voting status and check to be sure all updates about yourself are up to date.
- Heidi shared with everyone that our local Ombudsman, Julio De La Rosa, is in the building today and is here sitting in on our Residents' Council Meeting today. Julio will help provide extra outside support to our residents.
- While the local Ombudsman is here he will be conducting a survey for Resident's personal needs allowance. Currently residents receive \$45 a month. They are trying to increase this amount and will submit survey results to state legislators.
- Heidi and Jessica Kelly shared with residents that starting the month of September Memorial Service will held be every other month, instead of monthly.

#### Old Business:

• No old resident concerns or referrals to review at this time.

#### **Resident Concerns/Comments:**

• Resident had a concern with the water temperature coming from sinks in residents' bathrooms. They feel the hot water is not hot enough.



Residents' Council Meeting Minutes

Thursday August 10th, 2023

#### (continued)



Facilities will go check water temperature after meeting and a referral will been sent to the Facilities Department.

• A resident voiced noise concern about hamper lids being slammed on unit during night shifts.

The Assistant Director of Nursing will speak in private with the resident and a referral will be sent to the Nursing Department.

• Resident had a concern with staff having difficulty moving shower chairs around.

Nursing will evaluate shower chairs. A referral will be sent to the Nursing Department.

• One resident feels hallways are being blocked with meal trucks during meal times making it hard for him to move around unit.

Nursing will go over concern with resident and a referral will be sent to the Nursing Department.

#### Announcements:

#### Jason Cumello—Administrator:

- I would like to thank everyone for their patience with the cable switch over to digital. It will take some time to adjust to the new channel line up.
- A new dining services director has been hired for Morrison Living he will be mainly working out of CBA but will also help support Robert McMahon here at CBFH.

#### Life Enrichment:

- Jessica Kelly, Life Enrichment's Asst. Director, went over August's activities calendar.
- We would like to welcome our new Life Enrichment staff member Bonny. Her assigned unit will be Station 3.
- Bus trip surveys are complete. Life Enrichment will now review the results. More to come.
- Activities calendars are available to all residents on the back of the Hillside News.
- We are aware that with the new digital cable we have lost a few channels. We are working on broadcasting a 24 hours music channel. With this being said, if any residents would like to watch live mass reach out to any life enrichment staff member. They can set you up with a tablet for live streaming mass.

#### **Conclusion:**

- The next Residents' Council Meeting will be held on September 21, 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.





#### "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 may 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 <u>3:22-23</u>) 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 <u>3:22-23</u>)

Scripture add ins: Jeremiah 29:11 Hebrews 11:1 Psalms 37:23 Lamentations <u>3:22-23</u> 2 Corinthians 12:9

CHAPLAIN JAMES MOORE

Look for me in Rainbows Time for me to go now, I won't say goodbye; Look for me in rainbows, way up in the sky. In the morning sunrise when all the world is new, Just look for me and love me, as you know I loved you. Time for me to leave you, I won't say goodbye; Look for me in rainbows, high up in the sky. In the evening sunset, when all the world is through, Just look for me and love me, and I'll be close to you. It won't be forever, the day will come and then my loving arms will hold you, when we meet again. Time for us to part now, we won't say goodbye; Look for me in rainbows, shining in the sky. Every waking moment, and all your whole life through Just look for me and love me, as you know I loved you. Just wish me to be near you, And I'll be there with you.



ATREST

DOUGLAS BRYAN TOMMIE MCDONALD BEATRICE MOHR CAROLINE RICHARD





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 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: VVC <u>HealthDrive</u> is our current Dental provider. Should you receive any information from them, please correspond appropriately. Thank You!

○ HOW MANY DID YOU SPY? Q

THERE WERE 28 MICKEY

HEADS!

#### 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. \* <u>Attention visitors and staff</u>: For the safety of our residents please <u>do not</u> use push pins in resident rooms.

# DISNEY CHARACTERS WORD SCRAMBLE

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