

SUNSHINE NEWS

JANUARY 2024 CEDARBROOK ALLENTOWN SENIOR CARE & REHAB





SUNSHINE NEWS

JANUARY 2024

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CEDARBROOK SENIOR CARE AND REHAB

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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:

In lieu of Monday entertainment, join the Life Enrichment team in traveling to a different location each month for the rest of the year. There will be on unit activities including armchair travels, crafts, trivia/history, food/snacks, movies and an end of the month theme party with the dietary team.

We are kicking off our travels with a trip to **ITALY**

Look for themed events starting for
the new year.



CELEBRATE

LET'S CELEBRATE, DANCE TO THE MUSIC.
TO MY BROTHER AND SISTERS IN CHRIST,
MAY THE LIGHT OF JESUS SURROUND YOU.
WE ARE FAMILY.
LET THE LOVE OVERFLOW IN YOUR HEARTS.
THIS LOVE IS CONTAGIOUS AND YOU WILL
WANT TO SPREAD IT.
AND MAY HIS PRESENCE GUIDE YOU, SO
THAT WHERE HE IS YOU ARE.



WRITTEN & SUBMITTED BY,
CAROL HERSH



NEW RESIDENTS

JOSEPHINE SHAFER
ANN LEWIS
ANNA RICHMOND
RICHARD MASTER
GLORIA LINDENMUTH
BETSY FRANK
ERIC CHARLES
JOY HARMOUNT
DAVID MARSH
MARYANN MARITCH
ESTHER MEYERS
ANNE FISCHL

CAN YOU SPY...
WITH YOUR LITTLE EYE,
"SNOWMAN"

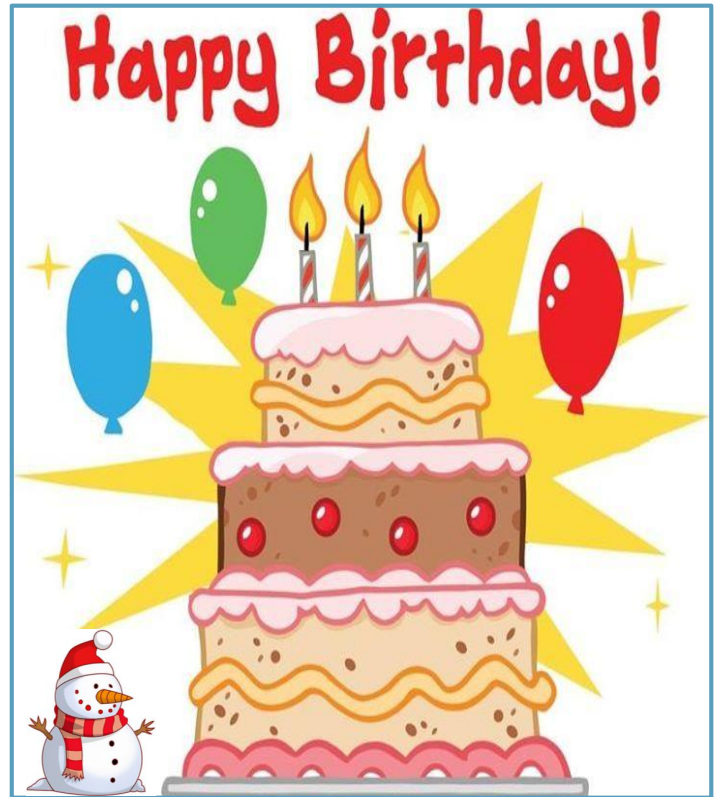


COUNT HOW MANY YOU SPY.
(Answer on page 12.)

JANUARY

BIRTHDAY WISHES

ARLENE SCHAPPELL	1 ST
FRANCES HARRINGTON	2 ND
WILLIAM POST	3 RD
RICHARD MOYER SR.	4 TH
DEBRA RABENOLD	4 TH
BRENDA FRITZ	4 TH
BETTY RECTOR	5 TH
JACQUELINE PETERS	7 TH
GLORIA LINDENMUTH	11 TH
EARL SCHMOYER	11 TH
ELEANOR KOLLAR	13 TH
CATHERINE MECKSTROTH	14 TH
GARY GALISZANSKI	14 TH

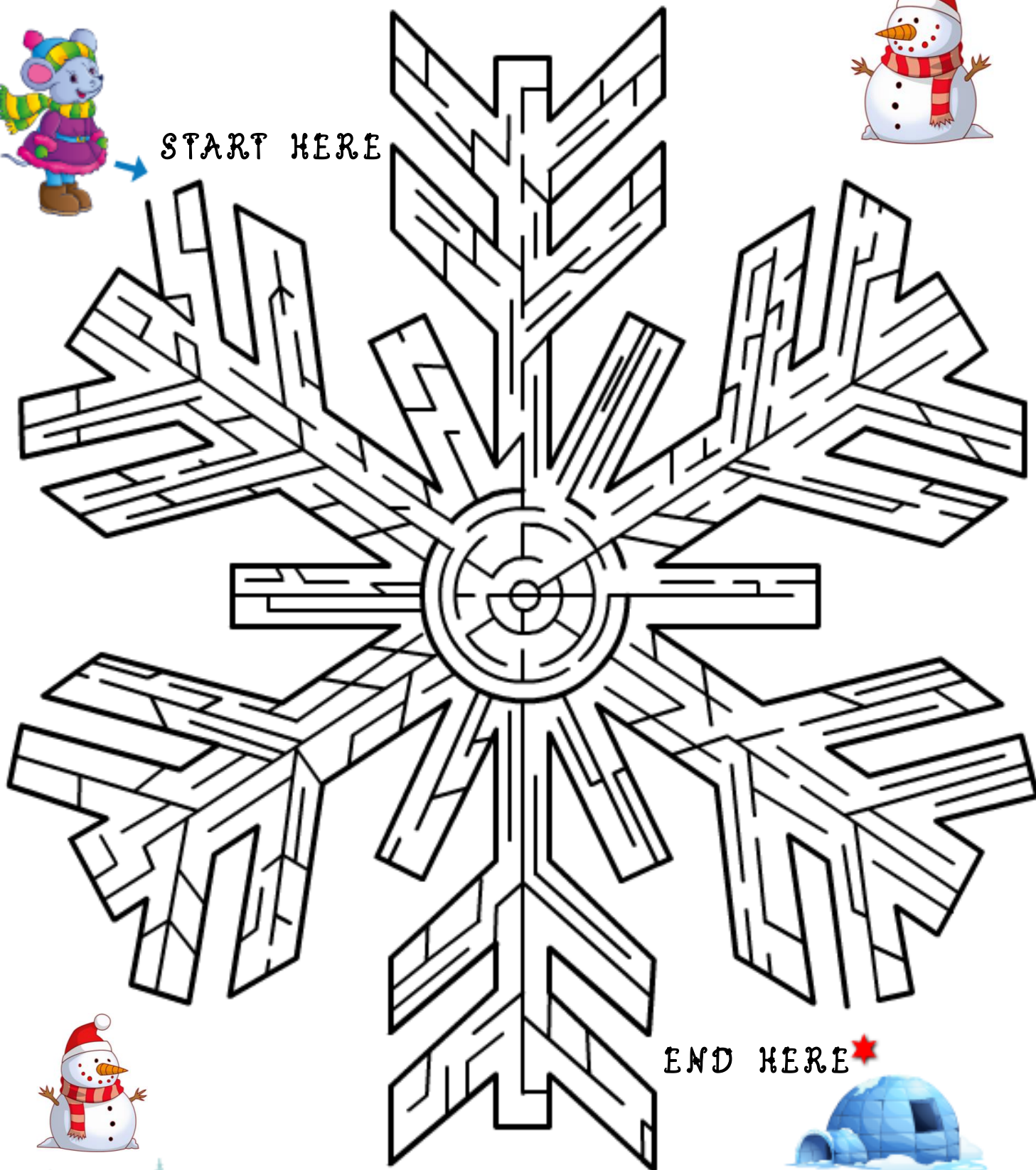


PURPLE DIAMOND	16 TH
DONALD BRANDON	16 TH
ELEANOR FUNK	17 TH
KATHERINE SHUMACK	18 TH
HELEN POWELL	19 TH
MARYANN MARITCH	19 TH
EDWARD FYNES JR.	20 TH
BARBARA OISTER	20 TH
SUSAN SPOHN	21 ST
JEFFREY KLEINSMITH	22 ND
MARLENE SAEGER	29 TH
KATARINA ZAMOLYI	29 TH
RUTH JOHNSON	29 TH
JEAN DREISBACH	31 ST

Help the mouse find the igloo.



START HERE



END HERE



SNOWFLAKE MAZE



Resident's Council Meeting Minutes Monday – December 11, 2023

Jean Larison, President, called the meeting to order.

Karen Snyder, Secretary, read the highlights from the November meeting.

Marilyn Barker, Vice-President, read the Resident Right for December.

ACCOMMODATION OF NEEDS–

You have the right to have your personal needs and preferences provided for to the extent that they do not interfere with the rights of other residents of the nursing facility. You must have advance notice of any intention to change either your room or your roommate in order that your personal preference may be considered prior to any change being made,

- Jean welcomed new residents for November.

Old Business:

Resident on C-3 questioned if it's possible to order a transport chair for larger residents?

- Teresa Samuels, Director of Nursing, responded that a 22" chair was ordered and received and is now in the therapy department for review.

Resident on D-4 stated room was cold.

- Thermostat was set to 74 degrees.

New Business:

Jason Cumello: Administrator

- **E-wing project**– There is a delay due to a dispute between the county and the contractor regarding materials.

Jennifer Szakacs Strohl: Life Enrichment

Activities– Reviewed activities for remainder of December and January

- **Entertainers**– Beginning in the new year, live entertainment will only be on Saturdays and Holidays.

Nominations for 2024 Council Officers:

- President : Jean Larison
- Vice-President: Marilyn Barker
- Secretary: Karen Snyder

- Elections will be held at the next council meeting.

Resident Concerns / Comments:

Resident on D-2 requested to be notified, in advance, of doctor visits.

Referral will be sent to Nursing.

Resident on D-3 questioned if resident monthly birthday lunches in the family room can be started again?

Referral will be sent to Life Enrichment who will consult with Nursing and Dining Services.

Resident on C-3 had a question for Nursing.

Nursing will meet with her individually after the meeting.

Announcements:

- The next meeting will be held Monday January 8th at 2:15 pm in the Auditorium.
- Next month's meeting will have elections for 2024 Council Officers.
- Residents invited to attend Food Committee meeting immediately following Resident's Council.
- The meeting was adjourned.



DIETICIAN CORNER

Our daily routines and family lives have been turned upside down these last few years. Throughout the COVID-19 pandemic, many of us have experienced an array of emotions: exhaustion, overwhelm, and sadness, to name a few. It's likely that our food habits and exercise routines may have changed . . . some for the better and some for the worse. The pandemic has certainly taken a toll on our routines, but did you know that the food we eat has a huge impact on our mental health? The field of nutritional psychology is "the study of how nutrition and mental health interact and how we can help improve our mental well-being and health through better nutritional choices. The foods we consume are the building blocks for our brain's essential compounds to function adequately. Suppose we consume high fat, high sugar, ultra-processed foods. In that case, we are depriving our brain of the crucial nutritional compounds, which can result in the suboptimal function of the brain, leaving us with feelings such as depression, anxiety, poor sleep, and fatigue. Making small cumulative changes over time can make meaningful and impactful changes to our mood and overall sense of well-being. Several studies have demonstrated that a "Western" diet high in saturated fat, sugar, and ultra-processed foods contributes to poorer mental health outcomes such as anxiety, depression, and possibly anger. Additional studies have shown a correlation between increased consumption of fruits, vegetables, and whole grains and a decreased consumption of ultra-processed foods that can reduce depressive and anxious symptoms.

The link between your gut and brain is complex, but studies have shown simple changes we make can have a meaningful impact on our mood, behavior, and sense of well-being. Two examples of "happy" neurotransmitters are dopamine and serotonin. These neurotransmitters rely on our dietary intake to provide the body and brain with the necessary building blocks to synthesize these neurotransmitters. Here are recommendations on foods to avoid and add.

Foods to Avoid

- **Added sugars, ultra-processed foods, and bad fats (saturated and trans-fat)** – all are pro-inflammatory. This inflammation is believed to play a role in the development of depression. One study showed participants who drank two and a half cups of soda a day had a 25 percent increase in depression.
- **Artificial sweeteners** are known to alter the levels of our neurotransmitters, which play a part in regulating our mood.

Foods to Add to your Diet:

- **Omega 3 fatty acids** – are anti-inflammatory and have vital functions to keep our brain functioning optimally, such as protecting neurons from inflammation. Great sources of omega 3 fatty acids include fish, nuts, and seeds.
- **Fermented foods** – provide the gut with "good" bacteria. Studies have suggested that improving the gut bacteria can mitigate the stress response, which is pro-inflammatory and increases vital neurotransmitters. Examples include yogurt and sauerkraut.
- **Whole grains** – provide essential vitamins, minerals, fiber, and healthy fats to the brain. Folate and vitamin B12 are two vital vitamins in the function of the brain. Low levels of those vitamins have been associated with higher rates of depression."



< Morrison Living >





AT REST
NOVEMBER 2023

DORIS LEIBY
MARY KADAS
MARY DENIG
KAREN FAUST
DOROTHY BAER
ROBERT BRADY
JOCELYN PEIFER
PROSCOVA COHALL
HELEN KLUCSARITS
BERNICE REICHARD
CORINNE MACHMER
VIRGINIA MACDONALD



Road to Eternity

Life is but a stopping place
A pause in what's to be,
A resting place along the road,
To sweet eternity

We all have different journeys,
Different paths along the way.
We all were meant to learn some things,
But never meant to stay...

Our destination is a place,
Far greater than we know.
For some the journey's quicker,
For some the journey's slow.

And when the journey finally ends,
We'll claim a great reward,
And find an everlasting peace,
Together with the Lord.

Author Unknown

Worry
ENDS
where
FAITH
Begins



COME ON E - WING

We finally had a Happy New Year
The old year has ended & 2024 is here.
Let us hope we see some progress
When we look out our windows at that big muddy mess.
The first group of men acted like boys with a new toy
So when things didn't go as they planned, away they went & took our joy.
In spite of the many back slides, we'll get there one day
By the grace of God, we'll be there to stay.
The pictures of the E-wing really look great
And when we see it in real life, our fears will dissipate.
Since I live at the "Brook" & don't have to go out
I enjoy the snow without a doubt.
But when the weather breaks & there is no snow
I sure hope this new crew will just go, go, go!

Written & submitted by
Jean Larison



JOKES... BY KAY MOHR



- As weird as it sounds, someone stole all the toilets from the police barracks. They were very embarrassed, they had nothing to go on!
- Funny thing happened at the Allentown School District, they had to fire one of their teachers. She was cross-eyed and couldn't control her pupils.





Winter Word Search

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



hotchocolate

snowflake

snowball

freezing

blizzard

skating

snowman

shovel

icicle

boots

chilly

scarf

snow

icy

toboggan

mittens

Winter

cold

plow

ski



EMPLOYEE ANNIVERSARIES

EMPLOYEE	DEPARTMENT	YEARS
LISA BARACHIE	NURSING	34
REBECCA SCHRADEN	LIFE ENRICHMENT	30
LUCIA VILLATORO	NURSING	29
PATRICE SHAFNISKY	NURSING OFFICE	29
CHARITY HORN	NURSING	26
LUZ CORTEZ	NURSING	26
ROBIN MCFETRIDGE	NURSING	26
KAREN STROHL	NURSING OFFICE	18
MARISOL IRIZARRY	LIFE ENRICHMENT	18
ALLEN MECK	THERAPY	14
GEORGE JOSEPH	NURSING	13
ALISON MONAHAN	NURSING	12
IRENA WASKIEWICZ	NURSING	8

EMPLOYEE	DEPARTMENT	YEARS
EDUARDO FERNANDES	FACILITIES	8
BEVERLY BORTZ	NURSING OFFICE	7
BRENDA FAUST	NURSING OFFICE	7
JAMIE ALKHOURY	ENVIRONMENTAL	7
LORI BIONE	NURSING	6
MOUNA ZAGHTITI	SOCIAL SERVICES	6
MARIE SAINTFELIX	NURSING	5
KARA RICE	NURSING	4
MICHAELLE CHARLES	NURSING	3
BLAMA SHERIFF	NURSING	2
FELICIA NUNNALLY	NURSING	1
MICHELLE PERSING	NURSING OFFICE	1



Thanks for All You Do!
We Appreciate You!



SPIRITED QUOTES

- There are over 1,000 languages– but a smile speaks them all.
- The only person who makes no mistakes is the person who never does anything.
- The secret of getting ahead is getting started.
- Music is the prayer the heart sings.
- Like the dreams of the future better than the history of the past.
- Be like a tree. Stay grounded. Connect with your roots. Turn over a new leaf. Bend before you break. Enjoy your unique natural beauty. Keep growing.

Submitted by Kay Mohr



BACON-POTATO CORN CHOWDER



This corn chowder with bacon is always a treat after a chilly day outside.
Hearty chowder always nourishes the family.



Ingredients

- 1/2 pound bacon strips, chopped
- 1/4 cup chopped onion
- 1-1/2 pounds Yukon Gold potatoes (about 5 medium), peeled and cubed
- 1 can (14-3/4 ounces) cream-style corn
- 1 can (12 ounces) evaporated milk
- 1/4 teaspoon salt
- 1/4 teaspoon pepper



Directions

1. In a large skillet, cook bacon over medium heat until crisp, stirring occasionally. Remove with a slotted spoon; drain on paper towels. Discard drippings, reserving 1-1/2 teaspoons in pan. Add onion to drippings; cook and stir over medium-high heat until tender.
2. Meanwhile, place potatoes in a large saucepan; add water to cover. Bring to a boil over high heat. Reduce heat to medium; cook, uncovered, 10-15 minutes or until tender. Drain, reserving 1 cup potato water.
3. Add corn, milk, salt, pepper, potatoes and reserved potato water to saucepan; heat through. Stir in bacon and onion.



HOW MANY DID YOU SPY?



**There are 19
"Snowmen"**



CHAPLAIN'S CORNER

“Something New”

Starting ‘something new’ can bring many emotions - Joy, Peace, Happiness, Anticipation! It can also, make one a bit apprehensive, maybe even unsure. One could think - ‘Well I already know how to do this, I’ve worked hard to get here’. So, why change? Why now?

Well, the Bible gives us many indications that some things are for a time, season, or purpose and we have to be in tune with His calling to know when to leave ‘the former things’ behind.

“See, the former things have taken place, and new things I declare; before they spring into being I announce them to you.” Isaiah 42:9 NIV

A New Year presents an opportunity for us to reflect on our goals.

“Write the vision, and make it plain on tablets...” Habakkuk 2:2

Here’s a couple of ideas I like to do in the New Year. Have you ever created a ‘Vision Board’? Its a great way to visually see and evaluate your goals both current and future. Another way is to make a ‘New Years’ list of things you hope to continue or achieve.

So, let the New Year be a time to be grateful for all our God has done in our lives. Take time to anticipate what God is going to do in our lives next!



“See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland.” Isaiah 43:19

In knowing being in Christ, we are continually renewed by His Grace. Any burdens we carry - let’s carry them to God in prayer. Take time to have a conversation with God as he is always available - any time, any day, even if we only have a moment to just say ‘Thank you!’. God will make a way in our lives as His Word declares!

“Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.” 2 Corinthians 5:17

As we enjoy the start of a New Year - I try to remember to lean into Him, knowing God “knows the plans he has for us and they are good”! Jeremiah 29:11

Here’s to 2024! Happy New Year and Many Blessings!
‘Sing to the LORD a New Song, for He has done Marvelous things!’ Psalm 98:1

Chaplain James Moore

CEDARBROOK VOLUNTEERS ARE



VERY IMPORTANT PEOPLE

HAPPY NEW YEAR!



Wishing you the merriest of new years!

A great big THANK YOU from all of us at Cedarbrook for all that you do to help us and our residents. Our volunteers truly bring so much joy to everyone's life. Stay safe, happy, and hopeful that 2024 will be your best year ever!

Currently, we are looking for in-house transporters, as well as morning, afternoon, and weekend volunteers at both sites. Come help with games, coffee socials, crafts, and spiritual activities. Even if it's one day a week for a few hours. Come join in with our wonderful activities, meet our great residents, and even make new friends.

Contact the Volunteer Department for more information and to set up an appointment. The process to join us is easy.

"A little smile, a word of cheer, a bit of love from someone near, a little gift from one held dear. Best wishes for the coming year."

John Greenleaf Whittier, American Author

Visit our Facebook page; Cedarbrook Senior Care & Rehabilitation.

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



EMPLOYEE PET OF THE MONTH

Name of employee and department...

Viviana Villanueva / Financial Services

Type of animal/ breed...

Mini Goldendoodle.

Pet's name, how did you come up with it?

Milo, we voted as a family & Milo fit best.

How old is your pet?

Milo is 4 years old.



Does your pet do any special tricks?

He can sit, give you paw, lay down and speak. He also loves to play hide & seek.



How and when did you choose your pet?

We originally went to see a female pup but when we walked in Milo started jumping all over us. So, he chose us!

Funniest memory of your pet...

When he was a puppy, he would escape from his leash & have my husband chase him in circles.



Does your pet have a favorite toy or treat?

Any toy with ears!

Does your pet have any bad/ naughty habits that drive you crazy?

He loves to steal socks!

Are there any other nicknames you have for your pet?

My-My, Handsome, Bubbas.



Fun facts about your pet or the breed...

A Mini Goldendoodle is a mix between a purebred Golden Retriever and a Miniature Poodle.

Goldendoodles are great family dogs, extremely loving, very intelligent dogs that train easily, and they're often recommended for allergy sufferers.

(If you would like to see your pet in the Sunshine News, please stop by the Life Enrichment Department to pick up a pet questionnaire. Please be prepared to email pictures of your pet to :MarnieDistasio@lehighcounty.org.)



Laural Butryn- Life Enrichment Activities Bus Driver

How many years have you worked at CBA? Laural has been our driver for 1 year and 2 months.

What advice would you give to prospective candidates looking to join our team at CBA? Her advice is to be a team player and communicate with your department. Showing determination and confidence in your job makes the residents trust you more which makes them more at ease. But she feels you just need to be you.

What is your proudest job moment? Her first trip out was nerve racking. Seeing that the Cedarbrook “van” was more of a bus and realizing it was a bit wider and longer than she expected made her a bit skeptical. Worrying about where to park for the planned lunch outing had her in a panic. But to her avail, she parallel parked that van on a side street, between 2 cars, without hitting anything. Thank goodness!

Do you have any pets at home? If so what kind and their names. Laural has Bailey, a 12 year old Black Lab and Crystal, an 11 year old Bichon Frise.

What is something most people don’t know about you? In April 2023 she started fostering dogs for Starting Over Animal Rescue. With her kindness and patience she helped 27 abandoned dogs find loving homes. She continues to do rescue work hoping to keep helping more animals to come.

Where would you go on a dream vacation? Traveling to Saint Lucia and staying at the Jade Mountain Resort is where Laural would love to go one day.

What makes you happy? Some of the things that make Laural happy are having a job she loves, family time and helping others. Little things like Christian music, drinking fresh coffee, helping dogs, and chocolate are other happiness getters for her.

What have you gained from working at CBA? Laural feels like she gained a family that she loves and respects very much. Not just the residents but her co-workers as well.

We’d like to especially thank Laural this holiday season for bringing unbridled holiday cheer to everyone. She has such spirit and compassion and is always looking for the best outing opportunity for our residents. She is a wonderful liaison with community partners and always puts our residents first.

Great Job!

We appreciate all you do. Keep up the great work!

Great Job!

If you have a question, concern, or complaint, which you believe has not been satisfactorily addressed by our staff, feel free to call our **Administrative Hotline**. Our Hotline can also be used to report suspected fraud, waste and abuse in accordance with the federal Deficit Reduction Act of 2005. The Hotline number is posted throughout the facility.

An Administrative Assistant will take calls, or you can record a message when no one is available. Please follow the instructions when leaving a recorded message. Your call is confidential, but you do need to provide your name and telephone number, in case we need to contact you for more information, and to inform you of the action taken.

You can report Fraud, Waste and Abuse to the Lehigh County Ethics Hotline at (610)-782-3999. This information is confidential and caller may remain anonymous.



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.



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LOST AND FOUND

Did you lose something?



Lost and Found is located at security on first floor entrance. Many items await the claim of their rightful owner. Please stop at the Receptionist to see if any items belong to you.

DO YOU HAVE A CONCERN?

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

Pennsylvania
Department of Aging Office
of the Long-Term Care Ombudsman

Wi Fi



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.

SNOWMAN COLORING PAGE



JANUARY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 10:15AM Puzzle Your Mind Family Room 2:15 PM Music by John Bauer Aud. & Chan. 22	2 10:15 AM Talking Book Family Room 2:30PM House Bingo Channel 22	3 2:15 PM Bible Study Auditorium & Channel 22 4:00 PM SSN Meeting Family Room	4 11:00 AM Color & Chat Family Room 2:15 PM Card Club Family Room 3:30 PM Rosary - Chapel D2 BUS TRIP	5 2:15 PM Card Club Family Room 2:15 PM House Movie Channel 22 B3 BUS TRIP	6 10:15 AM Puzzle Your Mind Family Room 2:15 PM Music by Rob Ballonoff Aud. & Chan.22
	7 2:15 PM Church Auditorium & Channel 22	8 2:15 PM Resident Council Auditorium & Channel 22	9 10:15 AM Talking Book Family Room 2:30PM House Bingo Channel 22 C3 BUS TRIP	10 2:15 PM Bible Study Auditorium & Channel 22 C3 BUS TRIP	11 10:30 AM "Splash of Color" Painting Family Room 2:15 PM Card Club Family Room	12 2:15 PM Card Club Family Room 2:15 PM House Movie Channel 22 D4 PHANTOMS GAME
14 2:15 PM Church Auditorium & Channel 22	15 On Unit Activities	16 10:15 AM Talking Book Family Room 2:30PM House Bingo Channel 22	17 2:15 PM Bible Study Auditorium & Channel 22 D7 BUS TRIP	18 11:00 AM Color & Chat Family Room 2:15 PM Card Club Family Room 2:15 PM Catholic Mass Aud.& Chan. 22	19 2:15 PM Card Club Family Room 2:15 PM House Movie Channel 22 D3 BUS TRIP	20 10:15 AM Puzzle Your Mind Family Room 2:15 PM Music by Kris Phipany Aud. & Chan.22
21 2:15 PM Church Auditorium & Channel 22	22 2:15 PM House Games *Invite Only* Auditorium & Channel 22	23 10:15 AM Talking Book Family Room 2:30PM House Bingo Channel 22 D6 BUS TRIP	24 2:15 PM Bible Study Auditorium & Channel 22	25 11:00 AM Color & Chat Family Room 2:15 PM Card Club Family Room	26 2:15 PM Card Club Family Room 2:15 PM House Movie Channel 22 D5 PHANTOMS GAME	27 10:15 AM Puzzle Your Mind Family Room 2:15 PM Music by Johnny K. Aud. & Chan.22
28 2:15 PM Church Auditorium & Channel 22	29 2:15 PM Italy Party Auditorium 	30 10:15 AM Talking Book Family Room 2:30PM House Bingo Channel 22	31 2:15 PM Bible Study Auditorium & Channel 22 			