

February 2024 Cedarbrook Fountain Hill Senior Care & Rehab



### HILLSIDE NEWS

FEBRUARY 2024

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 question or concern, or is something bothering you? <u>Come talk to us so that we can help you solve it.</u>

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Our Mission It's all about C.H.O.I.C.E.S.

at Cedarbrook Nursing Homes

A <u>C</u>ommunity with <u>H</u>eart <u>Off</u>ering <u>I</u>ndividualized <u>C</u>are and <u>Excellent S</u>ervice.

Adopted October 2006

Please follow us on our Cedarbrook Senior Care & Rehab Facebook Page!



www.facebook.com/cedarbrookseniorcareandrehab Website: https://www.cedarbrookseniorcare.com







E Dorothy GetzS Marilyn Vogel

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- Albert Schneider Jr.
- Eileen Ottaviani
- John Gavin
- Richard Bernhard
- **N** Jon Korin

Aldona Oblick Frank Duggan Elena Rakhmanina Maureen Breon Anna Bosak Alaida Cruz Perez Maria Cedeno Villavicencio

### EMPLOYEE ANNIVERSARIES

<b>EMPLOYEE</b>	<b>DEPARTMENT</b>	<u>YEAR</u> <u>S</u>
Susan Plantier	Nursing	31
Morelia Giraldo	Environmental	19
Petra Rivera- Duran	Nursing	16
Sharon Crandon	Nursing	15
Stacey Cenchitz	Nursing	11
Christine Rodriguez	Laundry	11
Lisa Tauber	Nursing Office	8
Subenyi Diaz	Nursing	7
Marilyn Tinor	Nursing	6
Bellinda Surman	Nursing	4
Melanie Perez	Nursing	2
Marchell Deshong	Nursing	1
Lisa Nobel	Life Enrichment	1
Dennis Stoll	Environmental	1

#### NAME THAT CANDY

What's another way to say each clue??

1. FAMOUS TRIO OF OLD
2. THE GALAXY
3. NOT LAUGHING OUT LOUD
4. CAN'T HOLD ON TO ANYTHING
5. SUPERMAN'S REAL NAME
6. FAMOUS NEW YORK STREET
7. SIGNS OF AFFECTION
8. BEST REASON TO WORK
9. NUTTY HAPPINESS
10.TWO FEMALE PRONOUNS
11.FELINE
12.ROUND FLOTATION DEVICE
13.SUN EXPLOSION
14.BITE WITH CRACKLING NOISE
15.FAMOUS BASEBALL PLAYER
16.CHARLIE BROWN'S GIRL FRIEND
17.QUICK INTERMISSION
18.HAPPY PERSON WHO WORKS WITH ANIMALS

#### ANSWERS TO NAME THAT CANDY

- yoc bnomla 6'
  - Payday '8
    - Risses '2
- SUNSVA "TE '9
  - '5 Clark
- Butterfinger '7
  - Snickers 3'
  - Wilky Way 5'
- 3 Musketeers Ί

- 18. Jolly Rancher
  - 17. TAKE 5
- uttof tnimraggaf .dl
  - - 14. Crunch
    - 13. Starburst
    - 12. Lifesaver

    - 20. Hershey's
  - 15. Baby Ruth

    - 11. Kit Kat

×

\*

6

WITH YOUR LITTLE EYE,

CAN YOU SPY....

6



*"I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing." (John 15:5)* 

I am not quite old enough to remember the times of racial segregation in our country, but I recently read about Ruby Bridges, an African-American girl who was six years old in 1960 when the federal government desegregated public schools in New Orleans.

Ruby had to be escorted to and from school by federal marshals. Hateful mobs gathered every day to intimidate her and to vent their hatred. Ruby walked the gauntlet every day, and never seemed to be bothered by the racial epithets hurled her way. When it became clear that she intended to stay, the parents of the white students pulled their children out of the school, so Ruby ended up as the only student in that school that year. It was just Ruby, the federal marshals, a teacher, and the ugly mobs.

Dr. Robert Coles was a Harvard psychiatrist at the time. He went to New Orleans to talk to Ruby and write a scholarly paper about her experience. Coles expected Ruby to be deeply disturbed by this experience, but when he first interviewed Ruby and her mother, both kept saying they were fine. But Coles assumed that they must have been feeling great turmoil, so he persisted in looking for a way to get them to talk about it. Then Ruby's teacher told Coles that the child is happy and cheerful in school, and that as she walks with the marshals through the ugly crowds, she seems to be talking to herself.

Coles asked Ruby about what her teacher had said, and the little girl explained that she wasn't talking to the people in the street, but rather that she was just saying a prayer for them. Coles asked why, and Ruby said, "Because they need praying for." Then Coles asked her why she thinks she needs to pray for them, and Ruby said, "Because I should." Her mother explained that Ruby has always been taught that it is important that she pray for people, so each day she asks forgiveness for her tormentors.

Ruby's parents taught her about Jesus, encouraging her faith, so that God could prepare her prune her—to bear abundant fruit. She changed the world more in that year than most of us could in a lifetime. Her faith kept fear at bay. She remained in Jesus—*she abided in him*. Jesus was a part of her life—as real to her as her father and mother.

Jesus said: "If you remain in me, and my words remain in you, you will ask whatever you desire, and it will be done for you" (John 15:7).

That happened for Ruby. Her prayers for the ugly mob had their effect. The mob didn't go away in a day—or a week—or even a month. The mob came every day to shout at her—to try to intimidate her—and she kept praying for them. And eventually the mob went away—and the schools were integrated—and people learned to live in peace.

Let us remember Ruby when we are facing life's challenges, especially now. Remember her faith--her patience—her prayers. Remember that God was helping her. God is helping us too. It might not seem like it at the moment, but God is answering our prayers—if we are abiding in Jesus. And about this, Jesus said, "In this is my Father glorified, that you bear much fruit, and so you will be my disciples" (John 15:8). Indeed, as we abide in Jesus—and bear much fruit—and become his disciples—we glorify the Father. And through us the Father blesses our lives and the lives of others we meet, and all who know us will in turn bless others. In these fearful times, let us pray for others, "because," as Ruby said, "they need praying for."

Chaplain Laura Stone Cedarbrook Senior Care, Fountain Hill

Happy Birthday!



JUDE TONZOLA LORI SKAGGS ANN SICILIANO ANNA MARIE MUDRI JUDITH YOUNG ELIZABETH LANDIS MATILDE OCASIO GERALDINE SCHAFFER IOLANDA LOFFREDO KATHRYN DESH DARLENE KRAMER

LUCILLE MANN	1 <sup>ST</sup>
<b>BERNICE BARLETTA</b>	1 <sup>st</sup>
CATHERINE NUNZIO	<b>2</b> <sup>ND</sup>
KARL RUSWEILER	3 <sup>RD</sup>
MARYANN JONES	5 <sup>TH</sup>
MICHAEL KENDZIERSKI	6 <sup>TH</sup>
CAROL ANDRASHKO	<b>7</b> <sup>th</sup>
PATRICIA SMITH	<b>7</b> TH
HELEN MULLAN	11 <sup>TH</sup>
GLORIA RIQUELME	12 <sup>TH</sup>
MARTA BARBOSA	17 <sup>TH</sup>

17<sup>TH</sup> 19<sup>TH</sup> 20<sup>TH</sup> 21<sup>ST</sup> 21<sup>ST</sup> 22<sup>ND</sup> 23<sup>RD</sup> 24<sup>TH</sup> 24<sup>TH</sup> 25<sup>TH</sup> 26<sup>TH</sup>

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# <u>DIETICIAN CƏRNER</u>

### **"FOOD FOR THOUGHT"**

Nearly 19% of U.S. adults experience some form of mental illness. Efforts have been made to link food with mood. Extensive research has connected the gut and the brain, known as the gut-brain axis (GBA).

The GBA is a 2-way biochemical signaling between the GI tract and the brain's central nervous system.

There is a popular expression, "You are what you eat." We may not appreciate hearing it, but it is true. Eating poorly can damage and change the gut microbiome, which can result in the inability of nutrients to breakdown. Without a healthy and diverse microbiome, the body cannot produce important neurotransmitters that support mental health. These neuro-transmitters include:

- > **Dopamine**, which activates a sense of pleasure.
- > Serotonin, manages sleep and appetite, balances mood and decreases anxiety and pain.
- > **Endorphins**, that promote calmness and relieves anxiety and depression.
- > **Oxytocin**, which promotes relaxation and connection with people.

When it comes to diet, foods that hinder the production of such beneficial neurotransmitters include sugary soft drinks, refined grains, red meat, fatty foods and highly processed foods.

Research clearly shows increased antioxidant (found in foods such as chicken, fish, eggs, vegetables, beans, and fruits) intake decreases inflammation and protects the brain from neuronal damage. This can reduce depression and anxiety disorders. People who suffer from irritable bowel syndrome and other problems such as constipation, diarrhea, bloating, pain, and upset stomach may be at greater risk for depression and anxiety. Evidence suggests irritation in the gastrointestinal system sends signals to the central nervous system that trigger mood changes. Food sources rich in antioxidants also include spices and herbs, coffee, red wine, and chocolate.

Therefore, there is good reason to focus on your diet in hope of protecting your mental health.





Name of employee and department... Jolene- Unit Clerk

**Type of animal/breed...** English Bulldog.



**Pet's name, how did you come up with it?** Nayla, my kids picked it.

#### How old is your pet?

She is a senior lady, Nayla will be 13 in July.

#### Does your pet do any special tricks?

Nayla may be a lady, but she is stubborn. Her only trick is to sit.



#### How and when did you choose your pet?

A friend of ours had the bulldog puppies. We went to just look at them and low and behold we came home with her.

#### Funniest memory of your pet...

When she lays upside down, her floppy lips just hang.

**Does your pet have a favorite toy or treat?** She eats anything. Any treats will do.

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

If any clothes are left on the floor, she will chew a hole in them.

# Are there any other nicknames you have for your pet?

We call her smelly belly!

### Fun facts about your pet or the breed...

Nayla loves to run in the snow and eat it!

If you put a Bulldog in the water without a doggie life jacket, they will be in some trouble. Their short legs and small hindquarters aren't equipped to keep their dense body afloat and their large head above the water. You need to be the lifeguard during a swim!

(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.)



# CEDARBROOK VOLUNTEERS ARE

"THE GREATEST MOMENTS IN LIFE ARE NOT CONCERNED WITH SELFISH ACHIEVEMENTS, BUT RATHER WITH THE THINGS WE DO FOR THE PEOPLE WE LOVE."

#### WALT DISNEY, FILM MAKER, CARTOONIST, ENTREPRENEUR

It is ideas like this that keep us moving ever forward in our quest to live a great life. The rewards you will receive from doing something kind for others is limitless. It never ceases to amaze me when I see all the love our volunteers show Cedarbrook's residents and staff. A kind word, touch, soft voice, and sweet smile truly means so much to those around us. If you haven't begun to volunteer, there are so many types of opportunities available. We welcome retirees, family members and students who are over 13 years old.

**Current Volunteer Needs:** 

- We need a few volunteers to help with in-house transport and distributing light snacks during our CBA pre-game Super Bowl party, Friday February 9<sup>th</sup> from 1:45 PM - 4:00 PM.
- Shopping help needed for occasional outings to Walmart, Boscov's or Dollar Tree. This is generally an afternoon activity and takes about 2 hours. Volunteers would meet at the outing location.
- Cedarbrook Fountain Hill would love to find a shopping volunteer to grab a few personal items for some of our residents and for some BINGO prizes. This generally takes about 2 or 3 hours once a week. The volunteer would stop by our office for a list of items needed and funds for making the purchases. Head out and do the shopping usually at Walmart, Giant, or the Dollar Tree. When you're done return with items, receipts, and change. We will see that our residents get their personal requested items. This is a greatly needed and very appreciated volunteer duty. AND you can set your own shopping day and hours.

Our staff and residents love having volunteers to brighten their days. Please feel free to check out our monthly newsletter at Cedarbrookseniorcare.com to see the list of current needs. Check out our Facebook Page to see some of our amazing and oncoming activities.





CONTACT THE VOLUNTEER COORDINATOR TO DISCUSS ANY QUESTIONS OR TO SIGN UP. 610–336–5684 OR <u>KERRYMAGLIANE@LEHIGHCOUNTY.ORG</u>



## HOMEMADE MAC AND CHEESE

#### INGREDIENTS

- <sup>1</sup>/<sub>2</sub> lb. uncooked elbow macaroni , about 1 <sup>1</sup>/<sub>2</sub> cups
- 3 Tablespoons butter
- 2 Tablespoons all-purpose flour
- 1/2 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1 1/2 cups milk , any kind
- 3/4 cup half and half
- 2 1/2 cups shredded cheddar cheese\*



#### **INSTRUCTIONS**

- Preheat the oven to 325 degrees and lightly grease an 8' square (or similar size) baking dish.
- > Cook the macaroni to al dente, according to package instructions. Drain and set aside.

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- Make the sauce: Melt the butter in a medium saucepan over medium heat. Blend in the flour, salt, and pepper. Cook for 2 minutes. Slowly add the milk and half and half, stirring constantly, and cook over medium-low heat for a few minutes until the mixture has thickened like the consistency of gravy, about 5-7 minutes. Remove from heat and stir in 1 cup shredded cheese, stirring just until melted.
- Combine: Add the cooked macaroni noodles and toss to coat. Pour half of the pasta mixture into the prepared baking dish. Sprinkle ½ cup cheese over the top. Add remaining pasta and sprinkle with remaining cheese.
- **>** Bake for 15-20 minutes or until cheese is melted on top.

#### **\*TIPS FOR GETTING A SMOOTH CHEESE SAUCE\***

- ✓ High quality aged cheddar cheese will give you a stronger taste and smoother texture. More mild and inexpensive cheddar cheeses will have less flavor and almost a grittier taste.
- ✓ Use fresh grated cheese. Pre-shredded store-bought cheese will not melt the same as freshly grated cheese, and grating the cheese helps it melt smoothly and evenly in the sauce.
- ✓ Bring the cheese to room temperature. Before moving forward with the recipe grate the cheese first. That allows it to sit at room temperature while preparing the white sauce.
- ✓ When it's time to add the cheese to the white sauce, remove the sauce from heat and let it cool for a few minutes. It only needs to be warm enough to melt the cheese.
- Don't over-stir the sauce once the cheese has melted. Add the noodles and quickly assemble in pan and put into the oven.





#### Residents' Council Meeting Minutes Thursday December 28, 2023

- Jude Tonzola, President, called the meeting to order. Minutes from November's Residents' Council meeting were read by Heidi Heffelfinger, Council Liaison.
- Jude Tonzola, President, asked for a motion to accept November's minutes as read. Alice Uhl moved to accept and it was seconded by Michael Thompson.
- Heidi Heffelfinger read the list of November and Decembers new, deceased and discharged residents.
- Kathleen Rowe, Vice President, read The Residents' Rights for December.
- 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 purpose 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.

#### <u>New Business:</u>

- Nominations for new Residents' Council Officers were taken.
- Nominations are as followed:
  - President: Jude Tonzola and Alice Uhl
    - Vice President: Elizabeth Landis and Marvin Kerchner
      - Secretary: Patricia Stuber
- Voting for new officers will take place at the next resident council meeting on January 11th. Ballots will be available on the units and at the Resident Council Meeting.
- Heidi Heffelfinger, Council Liaison, went over all referrals from the previous meeting.

#### Resident Concerns/Comments:

 Resident voiced her concern about the noise the hamper makes when it closes during the night. Resident says it disturbs her sleep.

A referral will be sent to the Nursing Department.

 Resident feels that communication can be better between staff and resident when relaying residents needs and questions to other staff that are providing care to the same resident, more so during change of shift. A referral will be sent to the Nursing Department.

#### Announcements:

#### Michelle Julian —Assistant Administrator

 Michelle shared that 90% of the remodeling in Club Med is complete. We are only waiting on one more piece of furniture, a book shelf.

#### Jason Cumello —Administrator

- ♥ Jason wished everyone a happy and healthy New Year.
- Jessica Kelly Assistant Director of Life Enrichment
- Jessica went over the remaining activities for December and up coming activities for January.
- Activity calendars are available to all residents on the back of the Hillside News.
- Monthly birthday parties will resume starting in January. Moving forward they will continue once every month.
  <u>Conclusion:</u>
- ♥ Jude Tonzola made a motion to adjourn the meeting. Candie Gimbar moved to accept the motion and it was seconded by Alice Uhl.
- Residents were invited to attend the Food Committee Meeting immediately following Residents' Council.
- The next Residents' Council Meeting will be held on January 11, 2024 at 2:30pm in the Main Dining Room.



#### RESIDENTS' COUNCIL MEETING MINUTES THURSDAY JANUARY 11, 2024

- > JUDE TONZOLA, PRESIDENT, CALLED THE MEETING TO ORDER.
- MINUTES FROM DECEMBER'S RESIDENTS' COUNCIL MEETING WERE READ BY PATRICIA STUBER, COUNCIL SECRETARY.
   JUDE TONZOLA ASKED FOR A MOTION TO ACCEPT DECEMBER'S MINUTES AS READ. MICHAEL THOMPSON MOVED TO ACCEPT AND IT WAS SECONDED BY MAUREEN KATON.
- > PATRICIA STUBER READ THE LIST OF DECEMBER'S NEW, DECEASED AND DISCHARGED RESIDENTS.
- ➤ KATHLEEN ROWE, VICE PRESIDENT, READ THE RESIDENTS' RIGHTS FOR JANUARY.

**PRIVACY**– YOU HAVE THE RIGHT TO PRIVACY WITH REGARD TO ACCOMMODATIONS, MEDICAL TREATMENT, WRITTEN AND TELEPHONE COMMUNICATIONS, VISITS AND MEETINGS WITH FAMILY AND OTHER RESIDENT GROUPS. YOUR RIGHT TO PRIVACY SHOULD NOT BE INTERPRETED AS A RIGHT TO A PRIVATE ROOM. **NEW BUSINESS:** 

- > VOTING TOOK PLACE FOR THE NEW 2024 RESIDENTS' COUNCIL OFFICERS DURING THE MEETING.
- > NEW COUNCIL MEMBERS FOR 2024 WILL BE AS FOLLOWED:

PRESIDENT: JUDE TONZOLA VICE PRESIDENT: MARVIN KERCHNER SECRETARY: PATRICIA STUBER

> HEIDI HEFFELFINGER, COUNCILLIAISON, WENT OVER ALL REFERRALS FROM THE PREVIOUS MEETING.

#### **RESIDENT CONCERNS/COMMENTS:**

RESIDENT SHARED WITH EVERYONE HOW IMPORTANT IT IS TO COME TO THE RESIDENT COUNCIL MEETINGS AND SPEAK UP DURING THE MEETING. RESIDENT ALSO SHARED FOR RESIDENTS TO STAYED CONNECTED WITH ONE ANOTHER BY GOING TO THE GROUP ACTIVITIES.

#### ANNOUNCEMENTS:

#### JASON CUMELLO — ADMINISTRATOR

SHARED THAT WE ARE CURRENTLY TRIALING WITH SELECT RESIDENTS, A NEW SAMPLE FOR PRIVACY CURTAINS.

#### JESSICA KELLY — ASSISTANT DIRECTOR OF LIFE ENRICHMENT

- ➤ WENT OVER THE ACTIVITIES FOR THE REMAINDER OF JANUARY.
- > ACTIVITY CALENDARS ARE AVAILABLE TO ALL RESIDENTS ON THE BACK OF THE HILLSIDE NEWS.
- JESSICA ASKED RESIDENTS TO CONTINUE GIVING FEED BACK ON ACTIVITIES SO WE CAN REPEAT THE PROGRAMS THAT THE RESIDENTS ENJOY, AND WORK TO IMPROVE AND/OR REMOVE ACTIVITIES THAT AREN'T POPULAR.

#### CONCLUSION:

> THE NEXT RESIDENTS' COUNCIL MEETING WILL BE HELD ON FEBRUARY 8, 2024 AT 2:30PM IN THE MAIN DINING ROOM.

> JUDE TONZOLA MADE A MOTION TO ADJOURN THE MEETING. MICHAEL THOMPSON MOVED TO ACCEPT THE MOTION AND IT WAS SECONDED BY HELEN MULLAN.

RESIDENTS WERE INVITED TO ATTEND THE FOOD COMMITTEE MEETING IMMEDIATELY FOLLOWING RESIDENTS' COUNCIL





Senior Care & Rehab



### Valentine's Word Search



VALENTINE

HOLIDAY







### AT REST

PAULINE KEIM FRANK LANDIS CARLOS BENITEZ KAREN TRESSLER ROSEANN LITKAUCH

#### I Am There - Iris Hesselden

Look for me when the tide is high And the gulls are wheeling overhead When the autumn wind sweeps the cloudy sky

And one by one the leaves are shed Look for me when the trees are bare And the stars are bright in the frosty sky When the morning mist hangs on the air And shorter darker days pass by.

I am there, where the river flows And salmon leap to a silver moon Where the insects hum and the tall grass grows

And sunlight warms the afternoon I am there in the busy street I take you hand in the city square In the market place where the people meet In your quiet room - I am there

I am the love you cannot see And all I ask is - look for me







# Volunteer Spotlight

Let us introduce one of our newer volunteers here at Fountain Hill. Her name is Edna Maria Mercado. Edna is originally from Puerto Rico, lived in New York but has since resided in Bethlehem for the last 11 years.

She has been volunteering since November of last year. When she's not here helping out, she loves to spend her time cooking, reading and watching TV. After coming to visit a friend and seeing the great care our residents receive she decided to sign up to volunteer. She enjoys seeing the smiles she receives even if it's a simple introduction of herself. Edna believes that our residents are precious human beings that need love, understanding and at times, special attention. Even if she encounters a few "grumpy moods" here and there, she doesn't take it to heart. She finds that a new living situation can be an adjustment for some people, but still thinks it's cute and sometimes it just makes her laugh.

Being a very religious person, Edna loves saying prayers for our residents. She also helps them with making phone calls, joining in with activities and just simply listening to someone who needs an ear to bend. Volunteering is a very rewarding experience for Edna. She would also maybe someday like to bring her church's Women's Prayer Group here to visit and talk about their prayers.

Other than the great feeling Edna gets from volunteering, she is a very proud mother of two. She has enjoyed watching her children grow up respectfully and have children of their own. Spending time with her grandchildren and seeing their growth is very special to Edna. She believes in family, helping others, prayers and spreading her love for Jesus.

We thank you, Edna, for spending your time with our wonderful residents.



They love having you here with them. We appreciate all you do! Keep up the great work!



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.

#### 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

ryou 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.

HOW MANY DID YOU SPY? There are <u>17</u> "Boxes of Chocolate"





# Did you lose something?

LOST AND FOUND IS LOCATED AT SECURITY IN THE LOBBY. MANY ITEMS AWAIT THE CLAIM OF THEIR RIGHTFUL OWNER. PLEASE STOP 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

#### 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.

# February 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		HAT (FE) GROUN — Da	DHOG (11)	<b>1</b> 10:30 AM Helping Hands: Making Dog Treats <b>2:30 PM</b> Mass & Rosary	2 Groundhog Day 10:30 AM Coffee Social & Chat 2:30 PM It's Wash Day With Robert Lee Sr.	3 2:30 PM BINGO
<b>4</b> 2:30 PM Church With Chaplain Laura	<b>5</b> 2:30 PM Celebrating Black History Month	6 1:30 PM Bible Study 2:30 PM LE Games & Brownies	7 10:30 AM Needles & Hooks 2:30 PM February Birthday Party	8 10:30 AM Lehigh Valley Humane Society Visit 2:30 PM Resident Council	9 10:30 AM Coffee Social & Chat 2:30 PM Music by Rob Ballonoff	10 2:30 PM BINGO
<b>11</b> 2:30 PM Church With Chaplain Laura	12 10:30 AM Crafty Corner: Candy Heart Votives 2:00 PM Love Movie Matinee: "Moonstruck"	13 1:30 PM Bible Study 2:30 PM Mardi Gras Trivia & King Cake	14 Valentine's Day 10:30 AM Needles & Hooks 2:30 PM Valentine's Day Family Feud	<b>15</b> <b>10:30 AM</b> Men's Program: Breakfast of Champions– Wheaties Athletes <b>2:30 PM</b> Baking Bonanza: Strawberry Banana Bread	16 10:30 AM Coffee Social & Chat 2:30 PM Love Songs with Terry Kane	<b>17</b> 2:30 PM BINGO
<b>18</b> <b>2:30 PM</b> Church With Chaplain Laura	19 10:30 AM Spanish Church Service 2:30 PM Crafty Corner: Mini Gumball Machines <b>C</b> A	20 10:30 AM Candy BINGO 1:30 PM Bible Study 2:30 PM Candy Quiz & Cherry Pie for National Cherry Pie Day N D Y	21 10:30 AM Needles & Hooks 2:30 PM Candy Cuisine: Making Dipped Marshmallows	22 10:30 AM Cedarbrook Science: Pop Rocks 2:30 PM Candyland Water Colors	23 10:30 AM Coffee Social & Chat 2:30 PM Variety Show with Tanya & Marge	<b>24</b> 2:30 PM BINGO
25 2:30 PM Church With Chaplain Laura	26 2:30 PM Cranium Crunches	27 1:30 PM Bible Study 2:30 PM LE Games & Chocolate Strawberry Cupcakes	28 10:30 AM Needles & Hooks 2:30 PM Paint & Sip: Abstract Heart	29 Leap Day 10:30 AM Leap Day BINGO 2:30 PM Leap Day Games	*All programs are in the Main Dining Room unless otherwise noted.	PROGRAMS SUBJECT TO CHANGE