

# SUNSHINE NEWS

March 2024 Cedarbrook Allentown Senior Care & Rehab







# **SUNSHINE NEWS**

**March 2024**

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**CEDARBROOK SENIOR CARE AND REHAB**

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Chaplain Stephanie Jones**  
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## **Life Enrichment Department Staff**

Michele Ayello, Laural Butryn, Marnie Distasio, Sarah Frailey, Lea Hayes, Sherry Geiger,  
Marisol Irizarry, Aimee Schmidt, 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](https://www.facebook.com/cedarbrookseniorcareandrehab)

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



# THE BUZZ...

## Around Cedarbrook



### ATTENTION RESIDENTS:

For March we are directing our monthly travels with a trip to Ireland. There will be on unit activities including armchair travels, crafts, trivia, history, food/snacks, movies/documentaries and an end of the month theme party with the dietary team.

### WISHES FOR THE FISHES

By Jean Larison



Wishes, wishes, wishes  
Cedarbrook residents want to search for the fishes  
For our fishing contest in 2024, we need help to stock the trout  
So that is what I want to talk about  
Each year fisher men & fisher ladies from both "Brooks" take turns  
Down at the creek  
Our faithful volunteers bait hooks, cast lines & help us seek  
Just sitting there with a pole in your hand is wonderful fun  
But excitement runs high when someone catches the big one  
This year the Allentown Cedarbrook Auxiliary is going  
to help to defray the cost  
So this great yearly adventure is not lost  
At the end of the contest our reward is the best  
We have a big fish fry & you know the rest  
We eat and there are fish tales galore  
Each one bigger than the one before  
Donations to help the Auxiliary would be most welcome & easy to do  
Just follow the instructions below  
And the Auxiliary and residents say a great big THANK YOU!



➤ To help support the Auxiliary, stop by Tuesdays & Thursdays in the family room. Our "Candy Ladies" are selling delicious Gertrude Hawk candy bars, assorted snacks and sodas.

➤ Or if you prefer, checks may be sent to our Volunteer Coordinator office, in care of: Kerry Magliane/ Cedarbrook Senior Care & Rehab  
350 S. Cedarbrook Road  
Allentown, PA 18104

Please make checks out to "Cedarbrook Allentown Auxiliary" on the MEMO line please write- FISHING.

Thank you for your support!



### BIRTHDAY CELEBRATIONS ARE BACK! ... by popular demand.

Starting Wednesday, March 6<sup>th</sup> at 2:30 PM, birthday celebrations will take place in the Family Room. If your birthday falls in March, you will be invited to the celebration for cake and festivities by your Life Enrichment staff member. If you're unable to attend the party, cake will be delivered to you on your unit for dinner. This event will co-inside with your birthday meal that will be served that day at lunch. Birthday meals and party will be held on the **FIRST** Wednesday of every month for that month.

So make sure to join us to **CELEBRATE YOU** & how **SPECIAL** you are!  
**SEE YOU AT THE PARTY!**



# HAPPY BIRTHDAY



**CLAIR EMIG**  
**ELIZABETH FANTASIA**  
**NEIL SMITH**  
**THOMAS HOCH**  
**ANITA BEIL**  
**EDWIN BAKER**  
**RONALD LEASER**  
**ROSE KEMMERER**  
**SANTA COLON**  
**ROSALIE HLAY**  
**EDWARD HESSINGER**  
**THEODORE LAABS**  
**BETTY LIEBERMAN**  
**JOSE ACEVEDO**  
**ANNA KRITIS**  
**GERALDINE FILEMYR**

**3RD**  
**5TH**  
**5TH**  
**6TH**  
**16TH**  
**18TH**  
**18TH**  
**25TH**  
**26TH**  
**27TH**  
**27TH**  
**27TH**  
**27TH**  
**28TH**  
**30TH**  
**31ST**







# IRELAND

## WORD SEARCH



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

"DANNY BOY"

OLD CHURCHES

RED HAIR

MOLLY MALONE

FOLKLORE



GREEN COUNTRY

POTATOES

LEPRECHAUNS

CASTLES

WHISKEY



THE BLARNEY STONE

GUINNESS

ST PATRICK

CELTIC ART

SODA BREAD





## JOKES BY KAY MOHR



What do dentures and the moon have in common?

➤ They both come out at night.



A man worked in the men's department of a local store. One day someone came in and stole some clothes. The man called his manager and told him what was stolen- 3 sweaters, 2 shirts and 1 pair of pants. The manager yelled "Why didn't you chase after him?" The man replied, "They were my pants that were stolen!"



## NEW RESIDENTS



Olene Daubert  
Nancy Salter  
Lorna Ogilvie  
Alan Werner  
Robin Benko  
Rose Marie Kish

Rosalie Hlay  
Donald Sweda  
Margaret Kroboth  
Geraldine Galanti  
Thomas Lazur Jr.  
Mark Polinchock



CAN YOU SPY...  
WITH YOUR LITTLE EYE,  
"Celtic Shamrock "



COUNT HOW  
MANY YOU SPY.  
(Answer on page 16)



## EMPLOYEE ANNIVERSARIES

EMPLOYEE	DEPARTMENT	YEARS
KRISTEN MORSTATT	RESIDENT ASSESSMENT	25
JOLENE HOLLAND	NURSING OFFICE	24
AMANDA SIGLEY	NURSING	23
ASHLY SERFOSS	NURSING OFFICE	19
BELINDA JONES	NURSING	15
KAREN KERN	NURSING	11
HEATHER JAEGER	SOCIAL SERVICE	9
TERELL LLOYD	NURSING	7
MARTINE ANTOINE	NURSING	5
ERICA ELLWOOD	NURSING	4
LORI ACHEY	NURSING	4
JEFFREY AHNER	FACILITIES	4
NICHOLETTE GOLDEN	NURSING	3
JENNIFER SZAKACS STROHL	LIFE ENRICHMENT	3
DESIREE BAKER	NURSING	1
RAEDEAN WARDEN	RESIDENT ASSESSMENT	1
ISRAEL AGRONT	FACILITIES	1
ANTHONY WILDER	ENVIRONMENTAL	1





# Residents' Council Meeting Minutes Thursday – January 25, 2024

- Jean Larison, President, called the meeting to order.
- Karen Snyder, Secretary, read the highlights from the December meeting.
- Marilyn Barker, Vice-President, read the Resident Right for January.



## GRIEVANCES -

You have the right to object to any treatment or care which has been furnished as well as that which has not been furnished with the assurance that there will be no reprisals for voicing your grievances which must be resolved promptly and fairly. If the need should arise, you may choose to be represented by an attorney.



- Jean welcomed new residents for December.
- Election ballots distributed to all in attendance.

## Old Business:

- No old business reviewed.

## New Business:

Jason Cumello: Administrator

- Project Update- Contractors still in dispute with the county about the material to be used for the pillars of the building.

## New Business: (cont.)

Jennifer Szakacs Strohl: Director of Life Enrichment

- Activities- Reviewed February activities.
- New Chaplain- Introduced Stephanie Jones to all.
- Results of Election:

President: Jean Larison

Vice President: Marilyn Barker

Secretary: Karen Snyder

## Resident Concerns / Comments:

- Resident on D-2 mentioned they are missing laundry items.
- Ricardo Cintado, Director of Environmental Services, will address this with the individual resident after the meeting.

## Announcements:

- The next meeting will be held Monday, February 12th at 2:15 pm in the Auditorium.
- Residents invited to attend Food Committee meeting following Residents' Council.
- The meeting was adjourned.

# Residents' Council Meeting Minutes Monday – February 12, 2024

- Jean Larison, President, called the meeting to order.
- Karen Snyder, Secretary, read the highlights from the January meeting.
- Marilyn Barker, Vice-President, read the Resident Right for February.



**Participation in resident and family groups** – You have the right in your nursing facility to organize and participate in resident groups which may include families and friends.

- Jean welcomed new residents for January.

## **Old Business:**

- Resident on D-2 requested to be notified, in advance, of doctor visits.
  - Nursing has re-established using “orange appointment reminder card” to be given to resident along with documentation in PCC.
- Resident on D-3 questioned if resident monthly birthday lunches in the family room can be started again?
  - There will be a resident monthly birthday party the first Wednesday of every month at 2:15 pm in the Family Room specifically for the residents celebrating that month. Cake and festivities will be had by all. If you are unable to attend, cake will be brought to your room after the party.

## **New Business:**

### **Jason Cumello: Administrator**

- **Mock Survey** – Annual Mock Survey was held last week by Affinity.
- **Project Update** – No new information.

### **Jennifer Szakacs Strohl: Director of Life Enrichment**

- **Ash Wednesday** – Ashes will be given to residents in the afternoon on the units. Staff will also be offered ashes beginning at 2:00 PM in the auditorium.
- **Variety Show** – LE will be putting on a Variety Show on Friday, Feb. 16<sup>th</sup>.
- **Destination Celebration** – The last Monday of every month there will be a celebration of where we have been all month. This month we have been in Louisiana. In March, we will be going to Ireland!

### **Teresa Samuels: Director of Nursing**

**Mock Survey** – Announced there were a few items brought to our attention as a result of the survey that we are asking for your assistance with:

- De-cluttering your room.
- Not placing items on top of the heaters in your room.
- Keeping sharp items in drawers for everyone’s safety.
- Storing arts and crafts in containers.



## **Resident Concerns / Comments:**

- Resident on C-3 stated the #1 toilet overflows.
  - Will send a referral and work order to Facilities.
- Resident on D-7 commented that the light covers in the building could use replacing and also the seats in the Dining Room on his unit need cleaning.
  - Will send a referral to Environmental Services.

## **Announcements:**

- The next meeting will be held Monday, March 11<sup>th</sup> at 2:15 pm in the Auditorium.
- Residents invited to attend Food Committee meeting immediately following Residents' Council.
- The meeting was adjourned.







## IN LOVING MEMORY



## AT REST JANUARY 2024

ADELINE HAMEL  
CYNTHIA KEHOE  
RICHARD MASTER  
GERALDINE GARRAMONE  
BEVERLY DAWSON  
DONALD AMANN  
ALAN GAUGLER  
ESTHER GAFFNEY  
GLORIA SELIG  
SHIRLEY GRISCHOTT  
MELIZANE BLANC



MEMORIES  
NEVER DIE



### A SILENT TEAR

JUST CLOSE YOUR EYES AND YOU WILL SEE  
ALL THE MEMORIES THAT YOU HAVE OF ME  
JUST SIT AND RELAX AND YOU WILL FIND  
I'M REALLY STILL THERE INSIDE YOUR MIND

DON'T CRY FOR ME NOW I'M GONE  
FOR I AM IN THE LAND OF SONG  
THERE IS NO PAIN, THERE IS NO FEAR  
SO DRY AWAY THAT SILENT TEAR

DON'T THINK OF ME IN THE DARK AND COLD  
FOR HERE I AM, NO LONGER OLD  
I'M IN THAT PLACE THAT'S FILLED WITH LOVE  
KNOWN TO YOU ALL, AS "UP ABOVE"

-UNKNOWN AUTHOR-





# { CHAPLAIN'S CORNER }

## Stay Connected

Allow me to introduce myself, my name is Anthony Jones, but for some of you, I am known as Pastor Tony here at Cedarbrook Allentown. I joined the Cedarbrook family on December 4, 2023 and since my acceptance into this incredible family, I have had wonderful experiences with staff from many departments and, of course, our residents. I am profoundly blown away by their love for me. Practically every day a resident says something to me that just takes my breath away, and I begin to experience such joy and a smile in my heart. To know that life has been passed on to me by our residents out of a pure heart, I say thank you all for the many smiles, stories, a soft touch of the hand, the embrace of a gentle hug and by some, a holy kiss upon the cheek. This brings me to the topic I would like to share with you: "The Power of Connectivity." When I think of connectivity, I think of staying connected because failure to stay connected can do us harm depending on what we are connected to. Would you agree? Sometimes, not being connected can hurt family and friends, including ourselves of which no one wants. This brings me also to the Gospel according to Saint John which is found in the New Testament. Ultimately, the context and crux of John chapter fifteen (15:1-17) discusses the importance and essence of depending on Christ and failure to do so puts us all outside God's ordained position for humanity. It is God's desire that humanity walks in step with the Creator of all things.

So, my question to you all is, have you ever received a disconnection notice of any kind? Maybe a cell phone, cable, water & sewage, or even a car payment. Do you know what it feels like to receive an eviction notice? A landlord or store owner or company will give you sufficient opportunity to bring your bills current by giving you more time or setting up a payment arrangement. The person or organization will even do an assessment of your situation to see if you qualify for their financial budget plan. Failure to meet any of these requirements will put you in a position of being cut off and you, my friend, will be left out in the dark. I believe that no one wants to be left out in the dark or out in the cold. To be completely disconnected from the resources of life, and so it is with God, he doesn't want any of us to be left out of the kingdom of God.

In the Gospel of John chapter 15, we see that Jesus claimed to be the true vine and his Father is the vine dresser or the gardener who cares for the branches to make them more fruitful. Jesus clearly states *"I am the true vine and my Father is the vinedresser."* Jesus is saying that the fruitful branches are the true believers who by their living union with him (Christ) produce much fruit, and those who become unproductive will be separated from the vine which is Jesus Christ. As I mentioned earlier, no one wants to be disconnected from the resources of life. We can't survive without food, or medicine, without doctors, nurses, law enforcement, construction workers, engineers, law-makers, our military forces of all branches and the list goes on and on. Humanity as we know will cease to exist all because we fail to stay connected. Jesus is our main resource of all resources for life. In the book of *Colossians 1:15-16*, it says *"Christ is the visible image of the invisible God."* He existed before anything was created and is supreme over all creation, (V16) for through him God created everything in the heavenly realms and on Earth. He made the things we can see and the things we can't see such as thrones, kingdoms, rulers, and authorities in the unseen world. Everything was created through Him and for Him. In Jesus Christ there is strength and power, the ability to reproduce, in Him there is faith, hope, real peace and joy. In him, there is true life that will never end but will last for all eternity. For in Him you have complete access to all of God's provisions to enjoy, not just in this present life, but the life to come which lasts for eternity. Amen!

And blessings to you all as you continue your journey.

*Pastor Tony Jones*





# EMPLOYEE PET OF THE MONTH



Hello my loyal followers,

I hope you all had a better holiday season than me. Let me start this address with Thanksgiving, as it was the start of an exhausting week for me. First, mom invited her other daughters to join in on a "relaxing" holiday. She clearly did not ask me my opinion. As soon as our expected guests arrived, I had to tell them, and kindly might I add, that this is my house so it's my rules. This means everyone is to wake up when I tell them to, serve me butter, YES I said butter, upon request, and my spot on the couch was to stay reserved for my napping breaks. Can you believe, they did not follow a single rule the whole week! I was appalled! They tried to make amends by bringing me treats and toys, but I'm not falling for it. I simply told mom that they are never invited here again!

Christmas was PURRFECT! The house was quiet and mom listened to me and did everything I told her. Then, on New Years! She left me all alone for 7 days to fend for myself! The audacity! She had her friend come to the house to make sure I got my daily snacks and pets... but still! I will not stand for this betrayal! As soon as she came home I gave her a piece of my mind! But, true to my kind and caring nature, I forgave her, and we are finally back to my routine.

I'll be sure to update you if the family comes back to torture me some more!

Your Queen,  
Gracie

\*By the way, my mom, Enisa, works at Fountain Hill in the Life Enrichment Department. Feel free to stop in and ask her about ME!\*



# DIETICIAN CORNER



## LONGEVITY

" In a 2018 study from Harvard University, five key factors were found to promote longevity: a healthy diet, regular exercise, maintaining a healthy weight, not smoking, and moderate alcohol intake.

Healthy diet was defined as one that lowered the risk of hypertension and dementias along with other chronic diseases; regular exercise as at least 30 minutes daily of moderate to vigorous activity; healthy weight by a body mass index of 18.5-24.9; and moderate alcohol intake as up to 1 drink daily max for women, and up to 2 drinks daily max for men.

Researchers reported that individuals who incorporated all five factors in their lives lived up to 14 years longer than those individuals who did not. Multiple follow up studies supported these findings.

Additional factors were also identified and included: having a purpose in one's life, fostering supportive social connections, regularly taking part in activities that simulated the brain such as crossword puzzles and Sudoku, and getting good quality sleep of at least 8 hours a night.

Research supports several vitamins found to be essential in promoting longevity in humans, including vitamin K, selenium, and vitamin D." Find your vitamin K in spinach or broccoli. Selenium is in most seafoods and the all important vitamin D is in milk, yogurt, orange juice and fortified cereals.



Morrison  
LIVING



## MARCH NATIONAL FOOD DAYS



1<sup>ST</sup> - National Peanut Butter Lovers Day

6<sup>th</sup> - National Oreo Day



9<sup>th</sup> - National Meatball Day



12<sup>th</sup> - National Baked Scallops Day

14<sup>th</sup> - National Potato Chip Day

18<sup>th</sup> - National Sloppy Joe Day



21<sup>st</sup> - National French Bread Day

24<sup>th</sup> - National Cheesesteak Day



26<sup>th</sup> - National Spinach Day



31<sup>st</sup> - National Clams on the Half Shell Day







# VOLUNTEER In the Spotlight

We would like to spotlight our loyal volunteer, **Cathy Stauffer**. Cathy worked for 32 years as a County of Lehigh employee and recently retired from the Life Enrichment Department. She continues to come back as a volunteer and has been faithfully doing it for 13 years! You may know her around here as “Cathy the Shopper.” She goes above and beyond to search and shop for almost any extra personal items our residents want or need at the best prices and deals. Cathy enjoys seeing their smiling faces when she brings them their goodies. It makes their day just a little brighter. Cathy also joins in with our resident outings. She loves seeing how excited our residents get when they get to go out and do a fun activity. Being here to visit and lending an ear to those who just want to talk is another reason Cathy spends her free time volunteering.

Some of the other activities Cathy likes to do with her free time are crossword puzzles, joining her weekly bowling group and most of all, reading. She is also a mom and grandmother who is all about watching her family grow. Cathy is always there to help out and by doing so, she believes others can enjoy themselves and forget about the little stresses of life.

We thank you Cathy for your dedication to our residents, and for spending your precious time shopping for our great residents here at Cedarbrook.

Your help is always appreciated!

Thank you. Keep up the good work and keep coming back.



WE L  VE  
OUR VOLUNTEERS



# EASTER

## word search

Don't forget the last day of March is Easter. Look for the words to PEEP up!

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



APRIL  
BONNET  
EGGS  
BASKET

RISEN  
PARADE  
PEEPS  
TULIP

MIRACLE  
HUNT  
RABBIT  
CROSS

LENT  
BOUQUET  
EASTER  
CHICK





# ***Volunteers Are Important People***

It's easy to see that our volunteers are having fun giving their time and talents to bring smiles to the faces of our residents and staff. At the same time, our residents and staff want our volunteers to know how much we all appreciate you. To quote former President John F. Kennedy, "Every person can make a difference, and every person should try." Our volunteers have busy lives, but always remember to share their heart with others. They are our blessing.

In 1974, U.S. President Richard Nixon established "National Volunteer Week" during the month of April as a way to recognize and celebrate the efforts of volunteers. He hoped that volunteers everywhere would know their value to the community. That is why once a year there is a special week set aside dedicated to just that purpose.

**This year, National Volunteer Week occurs April 21<sup>st</sup> through the 27<sup>th</sup>**

**Cedarbrook is excited to honor our volunteers during the month of April.**

**We will be hosting a volunteer celebration at each Cedarbrook location.**

**VOLUNTEERS, WATCH YOUR MAIL FOR YOUR INVITATIONS!**

These celebrations are Cedarbrook's way of thanking the volunteers and acknowledging those volunteers who have achieved special milestones with their time. It is with great pleasure to announce, Cathy Stauffer, the Allentown Volunteer with **454** hours and the Fountain Hill Volunteer Delores Snyder with **121** hours. They broke the record for the most hours volunteered. We are privileged to have such loyal and dedicated people. Cedarbrook volunteers truly are appreciated every day of the year. Our Cedarbrook family would miss so much without the support of our volunteers.



## **Current Volunteer Needs:**

- ❖ We are looking for volunteers to transport our residents to our in-house activities, entertainment, religious programs and appointments. Most volunteer shifts are just two hours long. Your assistance goes a long way in making our residents have a great day!
- ❖ Would you like to be called to help when we are taking some of our residents on an occasional trip to Walmart or Phantoms/Iron Pigs games? This is a fun activity which is usually about a 4 hour trip.
- ❖ Afternoon shifts on Saturdays & Sundays in March are needed!
- ❖ Residents would love to have someone help them fill out their weekly menu form. Just a little of your time will mean so much!!
- ❖ Become an Auxiliary member and help expand on the fun and exciting things that happen at Cedarbrook!! Meetings are generally 1 hour a month.



**Please contact Kerry for information or to  
sign up for any of these opportunities.  
610-336-5684 or [kerrymagliane@lehighcounty.org](mailto:kerrymagliane@lehighcounty.org)**



**HOW MANY DID YOU SPY?**



**There are 21**

**“Celtic Shamrocks”**

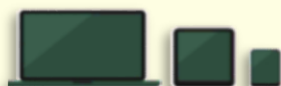


## **NEED A REPAIR? SOMETHING FIXED?**



**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.



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.

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.

## **SUNSHINE NEWS STAFF**

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**Jean Larison**

**Kay Mohr**

## **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

## **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.



# March 2024

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 Family Room 2:15 PM Music by Lorri Woodward Aud. & Chan.22 D-7 Phantoms
3 2:15 PM Church with Pastor Tony Auditorium & Channel 22	4  ON UNIT ACTIVITIES	5 10:15 AM Talking Book Family Room 2:30PM House Bingo Channel 22	6 2:15 PM March Birthday Party *Invite Only* Family Room 2:15 PM Bible Study with Pastor Tony Aud. & Chan.22 4:00 PM SSN Meeting Family Room	7 10:15 AM "Splash of Color" - FR 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 D-6 Phantoms Game	9 10:15 AM Puzzle Your Mind Family Room 2:15 PM Music by Trifecta Aud. & Chan.22
10 2:15 PM Church with Chaplain Stephanie Auditorium & Channel 22	11 2:15 PM Residents' Council Auditorium & Channel 22	12 10:15 AM Talking Book Family Room 2:30PM House Bingo Channel 22	13 2:15 PM Bible Study with Chaplain Stephanie  Aud. & Chan.22 D-2 Bus Trip	14 11:00 AM Color & Chat Family Room 2:15 PM Card Club Family Room C-3 Bus Trip	15 2:15 PM Card Club Family Room 2:15 PM House Movie Channel 22	16 10:15 AM Puzzle Your Mind Family Room 2:15 PM Music by Glenn Pritchard Aud. & Chan.22
17 2:15 PM  Church with Pastor Tony Auditorium & Channel 22	18  ON UNIT ACTIVITIES	19 10:15 AM Talking Book Family Room 2:30PM House Bingo Channel 22	20 2:15 PM Bible Study with Pastor Tony Auditorium & Channel 22 D-7 Phantoms Game	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 D-5 Bus Trip	23 10:15 AM Puzzle Your Mind Family Room 2:15 PM Entertainment to be announced Aud. & Chan.22
24 2:15 PM Church with Chaplain Stephanie Auditorium & Channel 22	25 2:15 PM Ireland Party *Invite Only* Auditorium 	26 10:15 AM Talking Book Family Room 2:30PM House Bingo Channel 22	27 2:15 PM Bible Study with Chaplain Stephanie  Aud. & Chan. 22 B-3 Bus Trip	28 11:00 AM Color & Chat Family Room 2:15 PM Card Club Family Room D-3 Bus Trip	29 2:15 PM Card Club Family Room 2:15 PM Good Friday Service Aud. & Chan. 22 D-4 Bus Trip	30 10:15 AM Puzzle Your Mind Family Room 2:15 PM Music by Pete Begley Aud. & Chan.22
31 2:15 PM Church with Pastor Tony Aud. & Chan. 22 	 					Programs Subject To Change