Hillside News

April 2024 Cedarbrook Fountain Hill Senior Care & Rehab



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April 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? 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 Chaplain Laura Stone - 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 Francis Andrews – Asst. Director of Environmental Services Fountain Hill Tim Picerno - Director of Rehab Lisa Shuttle - Assistant Director of Rehab Torie Yackanicz - Clinical Nutrition Manager



Our Mission

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>E</u>xcellent <u>S</u>ervice.

> > Adopted October 2006

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Website. https://www.cedarbrookseniorcare.com



APRIL SPECIAL PROGRAMS *ALL PROGRAMS ARE IN THE MAIN DINING ROOM UNLESS OTHERWISE STATED* ***PROGRAMS ARE SUBJECT TO CHANGE*** 4/1 MORNING MOVEMENT - 10:30 AM 4/1 HISTORY'S BIGGEST PRANKS & PRANKSTERS - 2:30 PM 4/3 SPRINGTIME BINGO - 10:30 AM 4/3 APRIL BIRTHDAY PARTY - 2:30 PM 4/4 "BUNNY VISITS" WITH LV HUMANE SOCIETY - 10:30 AM 4/4 MASS & ROSARY - 2:30 PM 4/5 MUSICAL VARIETY SHOW WITH STEVE WALKER - 2:30 PM 4/8 CRANIUM CRUNCHES – 2:30 PM 4/10 CEDARBROOK SCIENCE: SEEING THINGS - THE SCIENCE OF A MIRAGE - 2:30PM 4/11 HELPING HANDS: "CATNIP KICKERS"- 10:30 AM 4/11 RESIDENTS' COUNCIL - 2:30 PM 4/12 NATIVE AMERICAN WARRIORS IN THE CIVIL WAR - 2:30 PM 4/15 SPANISH CHURCH SERVICE - 10:30 AM 4/15 ALL ABOUT ASL FOR NATIONAL ASL DAY - 2:30 PM 4/17 CRAFTY CORNER: CUPCAKE LINER FLOWERS - 2:30 PM 4/18 MEN'S PROGRAM: LEBRON JAMES - KING JAMES - 10:30 AM 4/18 DO YOU KNOW YOUR NEIGHBOR? - 2:30 PM 4/19 IT'S IRONING DAY WITH ROBERT LEE SR. - 2:30 PM 4/22 THROUGH 4/26 "AROUND THE WORLD WEEK" 4/22 WAYFARING WATER COLORS - 10:30AM 4/22 MOVIE MATINEE- ITALY: UNDER THE TUSCAN SUN - 2:00 PM 4/23 BACKPACKING BINGO – 10:30AM 4/23 TRAVEL TRIVIA & POLAND: PIEROGIES - 2:30 PM

- 4/24 DESTINATION DESSERT- SWITZERLAND: CHOCOLATE FONDUE 2:30 PM
- 4/25 CRAFTY CORNER: INDIA: MANDALA SAND ART- 10:30 AM
- 4/25 BAKING BONANZA GREECE: GREEK BUTTER COOKIES 2:30 PM
- 4/26 ENGLAND: TEA PARTY SOCIAL 10:30 AM
- 4/26 MUSIC BY JOHNNY K. 2:30 PM
- 4/29 CRAFTY CORNER: CHERRY BLOSSOM TISSUE TREES 10:30 AM







PATRICIA HILBERT

FAKHRI HAJIHADIAN

MARJORIE HOFMANN

ALDONA OBLICK

JOANN HESS

NANCY LORAH

WILLIAM FRITZ





30TH





APRIL FOOL'S DAY HISTORY OF PRANKS

- In 1957, the BBC channel aired a story on how Swiss farmers were experiencing a bumper crop of spaghetti, complete with video of people harvesting noodles from trees!
- In 1962, SVT was the only TV station in Sweden-broadcast in black and white- that announced that viewers could convert their existing sets to display color by pulling a nylon stocking over the screen!
- In 1992, NPR aired an interview with Richard Nixon where he declared his intention to run for president again. It was, of course, not Richard Nixon, but an actor resembling him!
- > On April 1, 1996, Taco Bell announced it had purchased the Liberty Bell and would rename it the Taco Liberty Bell!
- \geq In 1998, Burger King took out a full-page ad in USA Today announcing its development of the Left-Handed Whopper. The burger had the usual toppings, but they were turned 180 degrees so they wouldn't drip on the left-handed customers!
- In 2002, the British supermarket chain Tesco published an ad in The Sun newspaper, announcing a genetically modified "whistling carrot." The carrots were said to be grown with tapered air holes in their side and when fully cooked, the holes would cause the carrot to whistle!
- In 2008, a BBC broadcast tricked viewers into believing that a certain breed of penguins had displayed the ability to fly!

April Fool's Day is all about getting someone to fall for a crank made up story or prank. If you were around for any of these pranks, we hope you didn't fall for any of them.

E M P L O Y E E A N N I V E R S A R I E

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EMPLOYEE	DEPARTMENT	<u>YEARS</u>						
Lori Leith- Yocum	Nursing	32						
Elizabeth Cruz	Nursing	22						
Tammy Schankowitz	Nursing	20						
Rebecca Lewis	Nursing	19						
Melissa Judd	Nursing	13						
Rebekah Adelman	Nursing	11						
Ashley Haas	Nursing	10						
Gloria Dellano	Nursing	3						
Matthew Roth	Facilities	3						
Abigail Cruz- Perez	Nursing	2						
Kellie Frick	Nursing	2						
Diana Tirado	Nursing	2						
William Owens	Nursing	2						
Michelle Dionne	Financial	2						
Lillian Torres	Environmental	2						





WELCOME TO THE TEAM! NEW HIRES

Kyona Perez Kallie Kilgore Stephanie Madden

April Kindness Challenges

Smile at a stranger

Write a thank-you note

Bring treats for coworkers

Donate to a good cause

Leave a nice comment online



Celia Fiallo Linda Shangold Lauralee Korin Samuel Pantoni Julia Romanchak Patricia Antonioli Frankie Dixon

Staff Recognition Spotlight



Lisa Noble – Life Enrichment Department

How many years have you worked at CBA? Lisa came over to Life Enrichment from the Environmental department and has been here for a little over a year now.

What is your proudest job moment? Lisa's proudest moments are when she sees a resident or their family member laughing. She is all about making our residents happy, even if it's from doing something simple.

Do you have any pets at home? If so, what kind and their names. Her beautiful black kitty is her pride and joy. Although the cats name is "Bug" her family calls her "Bear Bear", because she looks like a little black bear. Bear Bear is also blind but Lisa rescued her from a farm where her and her siblings were born. What makes you happy? Lisa's simple

pleasure in life is spending time with her family. Quality time with them makes her the happiest.

What have you gained from working at CBA? She has learned that some people have some hard times to go through. Being there and having empathy for others is a great quality Lisa has learned. She strives to be understanding and patient with others, helping in any way she can.

We thank Lisa for her loyal dedication to our residents here at Cedarbrook Fountain Hill and for taking the time to answer our

questions.

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Cedarbrook Senior Care & Rehab would like to <u>thank our volunteers</u> for making such a difference in the lives of our residents.

We'll be celebrating **YOU** on

Monday, April 29, 2024 @ 5:30 PM

in the Fountain Hill Main Dining Room

Look for your invitation in the mail and please <u>RSVP</u> in time.

We look forward to seeing you all there for dinner and fellowship.



NATIONAL FUN FOOD DAYS FOR APRIL

April 2 - National Peanut Butter & Jelly Day

- April 7 National Beer Day
- April 12 National Licorice Day
- April 15 National Glazed Ham Day
- April 18 National Animal Cracker Day
- April 26 National Pretzel Day
- April 28 National Blueberry Pie Day
- April 30 National Raisin Day



DIETICIAN NUTRITION

Tips for Longevity and Protecting the Planet

- Conserve water- The less water you use, the less runoff and wastewater that will eventually end up in the ocean. The little things can make a big difference. Every time you turn off the water while you're brushing your teeth, you're doing something good. Got a leaky faucet? You might be dripping as much as 90 gallons (340 liters) of water down the drain every day. So, fix it! Avoid drinking bottled water. Switch to filtered tap water. You'll save cash and help reduce a ton of plastic waste in the process.
- Shop wisely- Buy less plastic and bring reusable grocery bags. The statistics are shocking: People around the world buy 1 million plastic drinking bottles every minute and use up to 5 trillion single- use plastic bags every year. Hardly any plastic - only about 9% - gets recycled. A staggering 68 to 219 million tons of plastic is currently in our oceans. Break the cycle. Say no to plastic shopping bags and use cloth bags instead. Don't use plastic straws. Drink from a reusable cup instead of a disposable plastic one.

For longevity try:

- Honey- Too much sugar can be bad for your health. It's a major ingredient in ultra-processed foods, which are linked to higher risk of cancer, heart disease, and more. Enjoying a bit of unprocessed honey provides antioxidants and helps reduce cholesterol.
- Beans- Their soluble fiber can cut cholesterol and help prevent type 2 diabetes by stabilizing blood sugar. A study found eating beans 4x/week cut heart disease by 22%. Another found people lived approximately 8 more years for a 20-gram intake of legumes.

Morrison Living

SPRING CLEANING

Some of us are ready for Spring, some of us are ready for some Spring cleaning! Out with the old, in with the fresh, clean and healthy!! Here are the best uses for an old standby- Baking Soda...

- Have stained coffee mugs? Sprinkle the inside with baking soda and scrub with a moist cloth. Stains will disappear.
- \checkmark Sprinkle a teaspoon of baking soda on the bottom of your toaster oven to eliminate the burned smell from drippings and crumbs.
- ✓ A paste of baking soda removes red sauce stains from plastic containers. Who knew?
- ✓ Clean any funky smells from your refrigerator with a solution of 1 teaspoon baking soda to 1 quart of warm water.
- \checkmark A pinch of baking soda in your scrambled eggs will make them fluffier.Try it!
- ✓ Here's one to try if your sweet tooth is calling. Dissolve 1 teaspoon of baking soda in a glass of warm water. Rinse your mouth for a few seconds, spit it out and your craving should disappear instantly! Definitely gotta do this!

TIPS

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EMPLOYEE PET OF THE MONTH

Name of employee and department...

Jessica Brokate - Human Resources

Type of animal/ breed...

Dog- She is a rescue so we aren't sure. We did one of those DNA Tests and it said: Staffordshire terrier/pit bull/ border collie/lab mix.

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

Scout- when she was being fostered they named her Skeet. I didn't like that but I wanted something that sounded similar.

How old is your pet?

Approx. one year old.

Does your pet do any special tricks?

No special tricks. She's very good at "paw" and runs incredibly fast.

How and when did you choose your pet?

Through PA. Caring Hearts Rescue from N.C. She was being fostered at Cold Nose Lodge where my other dog goes to day care. I saw her and just had to take her home.

Funniest memory of your pet...

I was putting away the groceries and I knew I had bought a bag of treats. I could not find them anywhere the grocery bag and took the whole bag of treats and

Does your pet have a favorite toy or treat?

She LOVES anything she can chew but really loves peanut butter filled kongs and salmon flavored chew toys.

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

She only listens when she wants to and she is constantly eating wood and mulch. She also tries to get on the counters in the kitchen.

Are there any other nicknames you have for your pet?

Scoutie or Scoutie girl

Fun facts about your pet or the breed...

Since she is a rescue from N.C., we really don't know much about her background but we were first told she was a Chow Chow mix. She does have purple spots in her mouth and on her tongue which they say is associated with Chows. Then they said she was a Lab mix. We did a dog DNA test and she didn't come back with any Chow and only 7% of Lab.

(If you would like to see your pet in the Sunshine or Hillside 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.)

and ... I could not find Scout! She somehow got into ran off. When I found her she looked at me like she

didn't do anything and licked her lips!











Prayer to the Holy Spirit

Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created. And You shall renew the face of the earth. O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations, Through Christ Our Lord,

Amen.

Welcome April! Welcome Spring and warm weather! Welcome neophyte (the newly Baptized!) Welcome Holy Spirit to the hearts of your people! Bestow upon them your gifts as we enter into Mystagogy!

April is filled with renewal and new life both on the Earth and in our risen Christ as he has eternal life with the Father. The newly baptized have been washed of their sins and made "New." We Christians can renew our baptismal promises to refresh our spirit.

Now is an exciting time as the Earth comes back to life after its winter sleep; the baptized will enter a time of mystagogy.

The fourth stage of the <u>Rite of Christian Initiation of Adults</u> is called "mystagogy," from the Greek words meaning "to lead through the mysteries." Traditionally, mystagogy extends throughout the Easter season until the feast of Pentecost. This is a period of accompaniment for new Catholics as they discover what it means to fully participate in the sacramental mysteries of the Church. The newly baptized are called "neophytes," from the Greek words meaning "new plant," because the faith has been newly planted in them. Even though their catechetical preparation has been completed, they still have much to learn about what it means to live as Catholic Christians. During Mystagogy, new Catholics will reflect on their experience of conversion, learn more about the Church, and consider how they might get involved in ministry and outreach. Neophytes will need the ongoing support of the community so that the faith newly planted in them can grow deep roots. The RCIA coordinator in your parish probably noticed your faithful service and thought that you would be an excellent role model for your community's neophytes. Joining them in a mystagogy session gives you an opportunity to share your faith with them and encourage them as they continue their own new journey of faith.

It is a time of initiation into God's self-revelation. God is acting in our lives all the time. God is SO present that we sometimes take His presence for granted. We need to remind ourselves of HOW God has been acting in our lives to fully see. Ask yourself, "How have you encountered God this week?"

Chaplain Stephanie Jones



Residents' Council Meeting Minutes Thursday March 14, 2024

- > Jude Tonzola, President, called Residents' Council meeting to order.
- > Patricia Stuber, Council Secretary, read minutes from February's Residents' Council meeting.
- Jude Tonzola asked for a motion to accept February's minutes as read. Theodore Hendricks moved to accept and it was seconded by Mark Polinchock.
- > Patricia Stuber read the list of the New, Deceased and Discharged residents since our last meeting.
- > Marvin Kerchner read The Resident's Right for March.

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 preferences may be considered prior to any being made.

Old Business:

Heidi Heffelfinger, Residents' Council Liaison, read the results of referrals from February's Residents' Council meeting.

New Business:

- Heidi Announced that we now have a resident shopper. The resident shopper can shop for resident that have an account open with us. Residents social workers will be filing out a shopping list for the shopper.
- Moving forward during the reading of new, discharged and deceased residents, council member will include any resident that has transferred to Fountain Hill from our Allentown location. With this being said we would like to welcome Mark Polinchock to Cedarbrook Fountain Hill.
- Tara Pendrak, Asst. Director of Nursing, would like to remind residents that once the weather remains warmer outside we will begin feeding the fish again. If any residents are interested please speak to your social worker to be added to the fish feeding schedule.

Resident Concerns/Comments:

Patricia Stuber, Resident Council Secretary, announced that questions/suggestions brought to her attention by residents prior to the meeting, have been referred to the appropriate departments.

Announcements:

Michelle Julian — Asst. Administrator

- We were currently in need of new chairs in the Main Dining room. We have on loan, 20 new chairs from Cedarbrook Allentown.
- On February 14th the order for new privacy curtains was placed. When a delivery date is available we will pass the update along to the residents.
- There is no longer an evening receptionist. Candy will no longer be sold in the evening. Monday through Friday 8AM to 4PM and during the day on the weekends someone will be available for sales.
- Just a reminder for all our residents the Grievance officer is Jessica Sanchez, the Director of Social Services.

Jessica Kelly — Assistant Director of Life Enrichment

Jessica discussed activities for remainder of March. Reminded that activity calendars are available to all residents on the back of the Hillside News.

Conclusion:

- The next Residents' Council Meeting will be held on April 11, 2024 at 2:30pm in the Main Dining Room.
- Jude Tonzola made a motion to adjourn the meeting. Theodore Hendricks moved to accept the motion and it was seconded by Mark Polinchock.
- Residents were invited to attend the Food Committee Meeting immediately following Residents' 12 Council.

Fresh Strawberry Cake

Jam-packed with fresh strawberries, this strawberry cake is one of the simplest, most delicious cakes you'll ever make.



INSTRUCTIONS

- Preheat the oven to 350°F and butter a 9-inch deep dish pie pan (or 9-inch round cake pan).
- In a medium bowl, whisk together the flour, baking powder and salt. Set aside.
- In the bowl of an electric mixer, beat the butter and 1 cup of the sugar until pale and fluffy, about 3 minutes. Add the egg and vanilla and beat on low speed until well combined. Gradually add the flour mixture, alternating with the milk, and beat on low
- Spansferrities Batter to NREpites a vibration of strawberries on top, cut side down, so that they completely cover the batter (the recipe calls for approximately ¾ pound of strawberries; use more or less if necessary).
- Sprinkle the remaining 2 tablespoons of sugar over the strawberries. (Don't be tempted to omit the sugar here; it balances the tartness of the berries and forms the deliciously crisp crust on top of the cake.)
- Bake for ten minutes, then reduce the heat to 325°F and bake until the cake is lightly golden and a tester comes out clean, about an hour.
- Let the cake cool in the pan on a rack.
- Serve with sweetened whipped cream or vanilla ice cream, if desired.
- Cake can be stored at room temperature for several days, loosely covered.













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



If you want to receive a weekly call and make a new friend OR if you would like to become a Friendly Caller Volunteer visit: RSVPofLNC.org/SeniorCHAT EMAIL: <u>SeniorCHATglv@hotmail.com</u> OR Call: 610-880-3095 to inquire.

HOW MANY DID YOU SPY?

NEED A REPAIR?

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.

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



April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Ŷ	1 10:30 AM Morning Movement 2:30 PM History's Biggest Pranks & Pranksters	2 1:30 PM Bible Study 2:30 PM LE Games & Smucker's Uncrustables PB & J Day	3 10:30 AM Springtime BINGO 2:30 PM April Birthday Party	4 10:30 AM Bunny Visits with LV Humane Society 2:30 PM Mass & Rosary	5 10:30 AM Coffee Social & Chat 2:30 PM Music Variety Show with Steve Walker	6 2:30 PM BINGO
7 2:30 PM Church With Chaplain Laura	8 2:30 PM Cranium Crunches	9 1:30 PM Bible Study 2:30 PM LE Games & Egg Salad Sandwiches	10 2:30 PM Cedarbrook Science: Seeing Things- The Science of a Mirage	11 10:30 AM Helping Hands: Catnip Kickers 2:30 PM Residents' Council	12 10:30 AM Coffee Social & Chat 2:30 PM Native American Warriors in the Civil War	13 2:30 PM BINGO
14 2:30 PM Church With Chaplain Laura	15 10:30 AM Spanish Church Service 2:30 PM All About ASL for National ASL Day	16 1:30 PM Bible Study 2:30 PM LE Games & Philly Pretzels	17 10:30 AM Needles & Hooks 2:30 PM Crafty Corner: Cupcake Liner Flowers	18 10:30 AM Men's Program: Lebron James- King James 2:30 PM Do You Know Your Neighbor?	19 10:30 AM Coffee Social & Chat 2:30 PM It's Ironing Day with Robert Lee Sr.	20 2:30 PM BINGO
21 2:30 PM Church With Chaplain Laura	22 10:30 AM Wayfaring Water Colors 2:00 PM Movie Matinee: Italy "Under the Tuscan Sun" A R O I	23 10:30 AM Backpacking BINGO 1:30 PM Bible Study 2:30 PM Travel Trivia & Poland- Pierogies JNDT	24 10:30 AM Needles & Hooks 2:30 PM Destination Dessert: Switzerland- Chocolate Fondue H E W O	25 10:30 AM Crafty Corner: India-Mandala Sand Art 2:30 PM Baking Bonanza Greece- Greek Butter Cookies RLD	26 10:30 AM England- Tea Party Social 2:30 PM Music by Johnny K. VEEK	27 2:30 PM BINGO
28 2:30 PM Church With Chaplain Laura	29 10:30 AM Crafty Corner: Cherry Blossom Tissue Trees	30 1:30 PM Bible Study 2:30 PM LE Games & Oatmeal Cookies	۲		رو آ	PROGRAMS SUBJECT TO CHANGE