# Hillside News

May 2024 Cedarbrook Senior Care & Rehab



# Hillside News

## May 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>

Jason Cumello, MBA, NHA

Director Administrator

Michelle Julian, RN, BSN, MS, NHA

Asst. Administrator

Natalia Villamil

Administrative Assistant

Jennifer Szakacs Strohl

Director of Life Enrichment

Jessica Kelly

Asst. Director of Life Enrichment

**Chaplain Laura Stone** 

Faith Services

Kerry Magliane

Volunteer Coordinator

Ricardo Cintado

Director of Environmental Services

Francis Andrews

Asst. Director of Environmental Services

MeAlaa-Eldin A. Mira, M.D.

Medical Director

**Teresa Samuels** 

Director of Nursing

Tara Pendrak, RN, BSN, MSN

Asst. Director of Nursing

Jessica Sanchez

Director of Social Services

**Amber Surman** 

Asst. Director of Social Services

Heidi Heffelfinger, Ashley Merkel

Social Services Department

**Eduardo Fernandes** 

Director of Facilities

Freddie Aquila

Building Supervisor

Tim Picerno

Director of Rehab

Lisa Shuttle

Asst. Director of Rehab

Torie Yackanicz

Clinical Nutrition Manager

**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>Offering</u> <u>Individualized Care and Excellent Service.</u>



Adopted October 2006

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



### MAY SPECIAL PROGRAMS

\*ALL PROGRAMS ARE IN THE MAIN DINING ROOM UNLESS OTHERWISE STATED\*

\*PROGRAMS ARE SUBJECT TO CHANGE\*

- 5/1 MAY BIRTHDAY PARTY 2:30 PM
- 5/2 HELPING HANDS: MAKING BIRD FEEDERS FOR CBA AUXILIARY- 10:30 AM
- 5/2 MASS & ROSARY 2:30 PM
- 5/3 EVERYDAY INVENTIONS WITH GLORIA 2:30 PM
- 5/6 CRAFTY CORNER: CHEERY CHERRY LOLLIES 2:30 PM
- 5/7 LOTTERY TICKET BINGO 10:30 AM
- 5/8 VISIT FROM THE BETHLEHEM MOUNTED PATROL 1:30 PM
- 5/9 LV HUMANE SOCIETY VISIT 10:30 AM
- 5/9 RESIDENTS' COUNCIL 2:30 PM
- 5/10 MUSIC BY VERONICA 2:30PM

#### 5/12 THROUGH 5/18 – NATIONAL SKILLED NURSING CARE WEEK (ACTIVITIES TO BE ANNOUNCED)

- 5/12 MOTHER'S DAY SOCIAL 10:30 AM
- 5/13 MORNING MOVEMENT 10:30 AM
- 5/13 OUTDOOR PLANTING WITH THE BETHLEHEM GARDEN CLUB 2:30 PM
- 5/15 MEMORIAL SERVICE 2:30 PM
- 5/16 MEN'S PROGRAM: THE GREAT OUTDOORS MAN 10:30 AM
- 5/16 ALL ABOUT THE ARMED FORCES 2:30 PM
- 5/17 VICTORIAN VANITIES: 10 UNFORGETTABLE STORIES THAT HISTORY FORGOT 2:30 PM
- 5/20 THROUGH 5/24 "DECADES WEEK"
- 5/20 SPANISH SERVICE 10:30AM
- 5/20 CRAFTY CORNER: FABULOUS '40s DOILY BOWLS 2:30 PM
- 5/21 SUPER '60s FLOWER POWER BINGO 10:30AM
- 5/22 CEDARBROOK SCIENCE: SIZZLING '70s LAVA LAMPS 2:30 PM
- 5/23 CRAFTY CORNER: NEON '90s SAND ART 10:30 AM
- 5/23 BAKING BONANZA: EDIBLE '80s PIZZA BAGEL BITES 2:30 PM
- 5/24 TOTALLY 2000s: STARBUCKS SOCIAL & CHAT 10:30 AM
- 5/24 FUN '50s: SOCK HOP WITH KRISTA SMITH 2:30 PM
- 5/27 MORNING MOVEMENT 10:30 AM
- 5/27 MEMORIAL DAY MOVIE MATINEE: "STRIPES" 1:30 PM
- 5/28 LE GAMES & PATRIOTIC PARFAITS 2:30 PM
- 5/29 CRANIUM CRUNCHERS 2:30 PM
- 5/30 CRAFTY CORNER: CREPE PAPER THISTLES 2:30 PM
- 5/31 PATRIOTIC PARTY WITH JOHN BAUER 2:30 PM

CAN YOU SPY...WITH YOUR LITTLE EYE,

"MOM with Flowers"

COUNT HOW MANY YOU SPY.

(Answer on page 8)







Memorial Day weekend is the time to welcome warm days ahead with picnics and gatherings.

This means lots of red, white and blue, and bright summer side dishes.

Here is one everyone will enjoy, with its sweet taste and patriotic appearance.

#### Ingredients

1 graham cracker crust (9 inches)

3/4 cup 2% cottage cheese

1 package (8 ounces) reduced-fat cream cheese

Sugar substitute blend equivalent to 1 cup sugar

1 teaspoon grated lemon zest

2 tablespoons lemon juice

1 teaspoon vanilla extract

2 large egg whites, room temperature

1 large egg, room temperature

½ cup fresh blueberries

1/3 cup reduced-sugar strawberry preserves

(Warm them for easier swirling)



#### **Directions**

- Preheat oven to 375°. Line an 8-in. square baking pan with foil, letting ends extend up sides; coat foil with cooking spray. Remove pie crust from foil pan; break into fine crumbs into prepared pan. Press crumbs onto bottom of pan.
- Place cottage cheese in a small food processor; process until smooth. Transfer to a bowl. Add cream cheese, sugar blend, lemon zest, lemon juice and vanilla; beat until smooth. In a small bowl, lightly beat egg whites and egg; add to cottage cheese mixture. Beat on low speed just until blended. Pour over crust.
- Drop warmed preserves by teaspoonfuls over filling. Cut through cheesecake with a knife to swirl. Sprinkle with blueberries.
- Bake 25-30 minutes or until center of cheesecake is almost set. Cool 1 hour on a wire rack. Refrigerate 2 hours or until cold.
- > Lifting with foil, remove cheesecake from pan. Cut into 12 bars.



Rebecca Transue Marjorie Smith Robert Kendy Delia Garcia



# MAY FUN FOOD DAYS

May 1st - National Chocolate Parfait Day

May 5th - National Hoagie Day

May 10th - National Liver & Onions Day

May 16th - National Barbecue Day

May 22<sup>nd</sup> - National Vanilla Pudding Day

May 25<sup>th</sup> - National Iced Coffee Day

May 29th - National Biscuit Day

May 31st - National Macaroon Day

## 1970'S TV WORD SEARCH PUZZLE



M S F S S Α K G Α Ν Т Α Υ S S D S S N S Ρ R R В N В N Н В А S В F S S Ρ Н E Ρ Н N В R G R H Α W В Τ O 7 S Α M M В N M В Α N G Н Н Р S S Α



ALL IN THE FAMILY
BARNEY MILLER
BIONIC WOMAN
BONANZA
BRADY BUNCH

CHARLIES ANGELS
EMERGENCY
FANTASY ISLAND
GOOD TIMES
GUNSMOKE

HAPPY DAYS
HOGANS HEROES
LAND OF THE LOST
NIGHT GALLERY
POLICE WOMAN

ROCKFORD FILES
THE JEFFERSONS
THE ODD COUPLE
THE WALTONS
THREES COMPANY



# **EMPLOYEE PET OF THE MONTH**

## Name of employee and department...

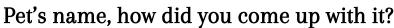
Irena Waskiewicz - Nursing Department

Type of animal/breed...

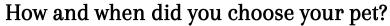
Domestic cat.

How old is your pet?

She is 16 years old.



Sheba, from the cat food brand Sheba which she loves.



16 years ago someone at my son's job brought in a bunch of kittens and he ended up bringing her home.

## Does your pet do any special tricks?

It might not be considered a trick, but she's great at drinking water from the faucet.

### Funniest memory of your pet...

When my daughter was 4 or 5 years old, she put Sheba in her doll stroller. It didn't seem to bother her because she laid there on her back without moving.

Does your pet have a favorite toy or treat?

Any mouse toys.

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

When there is a clean pile of fresh laundry, she has to sit right on it.

Fun facts about your pet or the breed...

She comes to wake us up when she hears our alarm clock going off.













# CHAPLAIN'S CORNER

Psalm 1:
Blessed is the man who walks not in the counsel of

the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; but his delight is in the law of the LORD, and on his law he meditates day and night. He is like a tree planted by streams of water, that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers. The wicked are not so, but are like chaff which the wind drives away. Therefore, the wicked will not stand in the judgement, nor sinners in the congregation of the righteous; for the LORD knows the way of the righteous, but the way of the wicked will perish.

There is a photograph taken in the mid 1950s of Walt Disney standing in a field beside a huge, old cottonwood tree growing next to a stream. This tree was on the farm in the town of Marceline in north central Missouri where Walt's family lived in the early 1900s. Walt recalls how he spent hours as a young boy under this tree, making up stories and observing the wildlife around him. He learned to draw animals there, and to observe how water flows and trees move in the wind. He called this giant cottonwood his "dreaming tree."

Walt Disney said that he never outgrew his need for the dreaming tree; it was his place where inspiration first grew for him. Walt was known to visit this tree often in his later years. The roots of his creativity grew deep there, like the deep roots of his "dreaming tree."

Like Walt Disney's cottonwood tree on the family farm, fed by a stream, we can find life and sustenance in God's Word. We are sustained in the dry spells of our lives by the deep roots God grows in us through our meditation on his Word. These roots reach deep. The roots of a tree are often three times the size of the area of the branch spread. We usually cannot see how deep and wide the roots go to seek nourishment. By being open to God's word, we grow the roots we need to be grounded in God, a grounding and a peace in God which is not always evident to the world.

Those who love God are like trees whose branches sway and creak in a strong wind; the tree may bend in the wind, but it is our roots that matter. God holds onto us, just as a tree is held up by its deep roots. To the world we look battered, but the world does not understand that like a tree whose roots are deep in the soil, we are held in the grip of God's grace.

Now think about the roots of your own faith, who planted it in you? My grandmother taught me to pray, my mother quoted scripture, my father told us kids "you don't *have* to go to church; you *get* to go to church." You yourselves, as parents, grandparents, aunts and uncles, or as Sunday school teachers, planted and watered seeds of faith in children. Or you were active in your church or lived as a believer, rooted in Christ, at your work. You also planted seeds of faith. God made them grow.

Walt Disney always remembered that his creative talents were nurtured in his childhood days beneath his "dreaming tree" on the family farm. Those were his roots as an artist, and he always remembered it. In the same way, we too must remember the roots of our faith. God plants us by the stream of his love and his word. God provides other believers to help our faith grow. And our growth never ends, as the psalmist says, we will yield our fruit in season and our leaves will not wither.

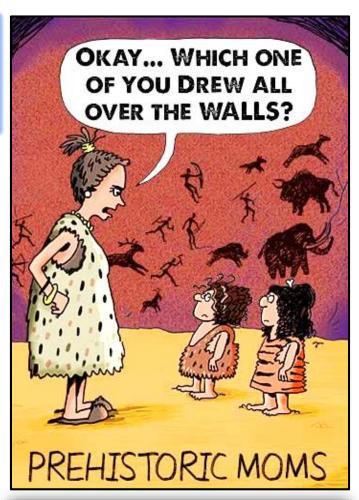
# Mother's Day Word Scramble



- 1.TRIHB
- 2. GUEADRHT
- 3. NSO
- 4.OMERTH
- 5. LAYMIF
- 6.HEMO
- 7. DAYL
- 8.OTREOMDHOH
- 9. PEERTSN
- 10.NAPETR
- 11.ARIIONDTT
- 12.OANWM
- 13. AICNGR
- 14.OILGVN
- 15.ODOF
- 16.TRECTOP
- 17.SEIAR
- 18.ECHAT
- 19.SENTIL
- 20. POT PRUS



(Answers on page 9)





HOW MANY DID YOU SPY?

There are 11



"MOM WITH FLOWERS"





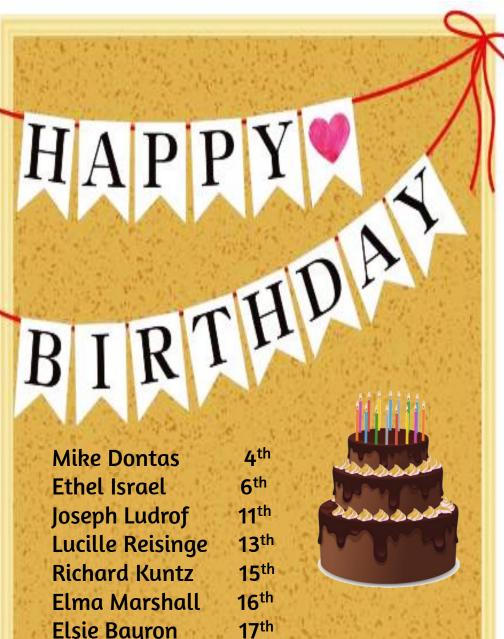




SUPPORT

# <u>NEW</u> EMPLOYEES

Patrick Flynn Jennifer Santos Chanetta Williams



Elma Marshall 16<sup>th</sup>
Elsie Bayron 17<sup>th</sup>
Elizabeth Goodwin- Colley 17<sup>th</sup>
Bettylou Hall 21<sup>st</sup>
Florence Hottenstein 22<sup>nd</sup>
Theodore Hendricks Sr. 24<sup>th</sup>
Shirley Mitchell 24<sup>th</sup>
Samuel Cumberland 27<sup>th</sup>
Eileen Kokosky 27<sup>th</sup>
Lauralee Korin 28<sup>th</sup>

Maria Miranda Ayala



30th

#### Residents' Council Meeting Minutes Thursday April 11, 2024

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

**Grievance** — 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.

**Old Business:** No old business was shared.

#### **New Business:**

•We would like to share with everyone, Dr. Martin, Psychologist from CHE, will be moving out of state. We are currently looking for a replacement. We will let residents know when we have a new Psychologist.

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

- •Residents had a concern with elevator #1. The 1st floor button is sticking.

  A referral will be sent to the proper department.
- •Residents shared that their clothing is coming back from the laundry service wrinkled.

  A referral will be sent to proper department.
- •Residents voiced concern that staff is not properly displaying their employee identification badges.

  A referral will be sent to the proper department .
- •Residents feel staff is taking longer than usual to answer call bells when using the bathroom.

A referral will be sent to the proper department.

•Residents questioned why some staff use a loud voice to wake residents from their sleep. It startles the residents.

A referral will be sent to the proper department.

#### **Announcements:**

#### Michelle Julian — Asst. Administrator

- •The new privacy curtains came in. However they came in the wrong size. We are working with the vendor for a solution.
- •Would like to share again with all residents that you do not have to wait until Residents' Council meeting for you to voice your concerns. Please relay any concerns to a staff member when necessary.

#### Jennifer Szakacs Strohl —Director of Life Enrichment

- •Jennifer went over the activities for the remainder of March.
- •Activity calendars are available to all residents on the back of the Hillside News.
- •We ask the residents to please not share their BINGO prizes with other residents.

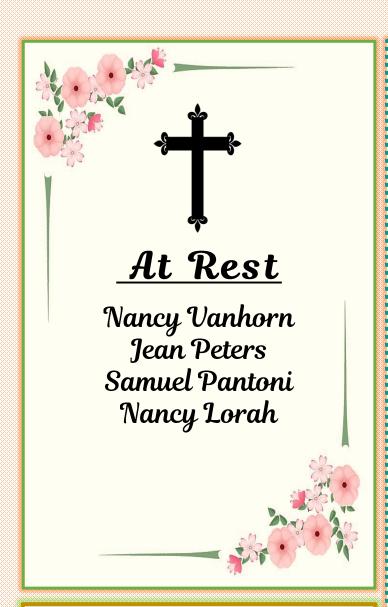
#### Jason- Administrator

•Cedarbrook has just had their annual Department of Health Survey conducted. Survey results were that we received 3 deficiencies. We average anywhere from 2 to 6 deficiencies yearly. Great job to everyone. DOH thanked residents for their cooperation during the survey.

#### **Conclusion:**

- •The next Residents' Council Meeting will be held on May 9, 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 Bruce Stout.
- Residents were invited to attend the Food Committee Meeting immediately following Residents' Council.









#### Current Volunteer Needs:

- Fishing Volunteers are needed. Weekdays beginning May 28th June 14th. There are 3 shifts daily, 10-11am, 1:30-3:30 pm and 3:30-4:30 pm. As many of you know, residents look forward to this spectacular event all year long! We need folks with fishing knowledge/experience to bait hooks, cast rods, unhook fish or even filet the fish. Don't hesitate, call to sign up today hook, line, and sinker we appreciate your time. All fishing is done at our Allentown location. Call Kerry at 610-336-5684, let her know when you are able to assist our residents.
- Are you able to spend just a few hours helping transport our residents to in-house activities, entertainment, games, crafting, religious programs or appointments? Most volunteer shifts are about two hours. Your help goes a long way to making it easy for our residents to have a fulfilling day.
- Would you like to assist on our outings? Meet us on trips at Walmart, Coco Cola Park for an Iron Pigs game, etc. These outings last about 3 hours.
- Become an Auxiliary member and help expand on activities or exciting events happening at both campuses! Meetings are generally 1 hour a month.

Call Kerry at 610-336-5684 Or email:

kerrymagliane@lehighcounty.org

## \* EMPLOYEE ANNIVERSARIES \*

EMPLOYEE	DEDARTMENT	VEADO
<u>EMPLOYEE</u>	<u>DEPARTMENT</u>	<u>YEARS</u>
Dionne Pollard	Laundry	31
Ryan Coombe	Nursing	18
Enisa Gasanin	Life Enrichment	18
Valerie Newman	Nursing	16
Jennifer Penn	Nursing	14
Evadne Hancle	Nursing	6
Marc Wolf	Facilities	5
Kin Mendova	Environmental	5
Laura Stone	Faith Services	5
Tina Benner	Nursing	2
Brenda Cavey	Financial	2
Jessica Kelly	Life Enrichment	1

# Thanks for All You Do! We Appreciate You!

# 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.

MOM





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.



# Volunteer Spotlight

Our Volunteer Spotlight this month features David Fulton. Dave has been a volunteer at Cedarbrook Fountain Hill for 4 years. He grew up in the Hazleton area and worked in the Poconos. He now lives in East Allen Township.

During his leisure time he likes to stay active with exercising, riding his bike and taking his dog, Gunny, on long walks. His passions include spending time with his family, staying in good physical shape and lending a helping hand for anyone who needs it.

When asked what motivates him to volunteer, he reiterated how fulfilling it is when you can help others out. He enjoys making others smile, and doing what he can to brighten someone's day. As to what he likes most about Cedarbrook, he said, "I enjoy the staff in the Life Enrichment department. They care about the residents and it shows with their positive attitudes". Some of his memorable volunteering moments at Cedarbrook are the outings with the residents. The trip to the Wind Creek Casino and attending a high school play were his favorites. He said he enjoys seeing them get out and have a good time.

We asked him what simply makes him happy in life. Without a hesitation his response was spending quality time with family, life long friends and of course time with his beloved, Gunny. When asked if there was something that he would like to try doing at Cedarbrook, such as a group that he'd like to run, he said he is "Happy with what I do... or don't do ..." Without a doubt he would encourage a family member or a friend to volunteer by simply saying "Give it a try. The rewarding feeling of making someone's day makes it all worthwhile."

Some of Dave's accomplishments which make him proud were raising four great kids, and watching them succeed in life and raise a family of their own. He is also proud to have been associated with Wawa, and that he was able to make his employees and customers feel special every day. Mentoring the youth in Allentown for the past four years through Big Brothers Big Sisters is another rewarding accomplishment.

Dave, like all our volunteers, is a huge part of what makes Cedarbrook so special and unique! Many of our trips, programs, and activities could not happen without the help and support of our wonderful volunteers.

Thank you for all that you do!

\*Permission was granted for picture usage\*

### REMEMBER & HONOR



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 Veterans Day honors all United States military veterans, while Memorial Day honors the soldiers who died while serving.



- In December 2000, Congress passed a law requiring Americans to pause at 3 p.m. local time on Memorial Day to remember and honor the fallen. President Clinton signed this action.
- The flag is supposed to be flown at half-mast until noon, and then raised to full mast until sunset on Memorial Day.

# Memorial Day is Originally Called Decoration Day

- To honor the deceased, soldiers would decorate graves of their fallen comrades with flowers, flags, and wreaths. Hence, Decoration Day.
- By the late 1860s, Americans in various towns and cities had begun holding springtime tributes to these countless fallen soldiers, decorating their graves with flowers and reciting prayers.
- Memorial Day became its official title in the 1880s but the holiday wouldn't legally become Memorial Day until 1967.



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# **MAU 2024**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
			1 10:30 AM Needles & Hooks 2:30 PM May Birthday Party	2 10:30 AM Helping Hands: Making Bird Feeders for CBA Auxiliary at FH 2:30 PM Mass & Rosary	3 10:30 AM Coffee Social 2:30 PM Everyday Inventions with Gloria	<b>4</b> <b>2:30 PM</b> BINGO		
5 10:30AM Mother's Day Social 2:30 PM Church With Chaplain Laura	6 2:30 PM Crafty Corner: Cheery Cherry Lollies	7 10:30 AM Lottery Ticket BINGO 1:30 PM Bible Study 2:30 PM LE Games & Pound Cake with Fresh Strawberries	8 10:30 AM Needles & Hooks 1:30 PM Visit from Bethlehem Mounted Patrol	9 10:30 AM Visits with LV Humane Society 2:30 PM Residents' Council	10 10:30 AM Coffee Social & Chat 2:30 PM Music by Veronica	11 2:30 PM BINGO		
12 2:30 PM Church With Chaplain Laura	13 10:30 AM Morning Movement 2:30 PM Outdoor Planting with Bethlehem Garden Club	14 1:30 PM Bible Study 2:30 PM LE Games & Buttermilk Biscuits with Assorted Jams	15 10:30 AM Needles & Hooks 2:30 PM Memorial Service	16 10:30 AM Men's Program: The Great Outdoors Man 2:30 PM All About the Armed Forces	17 10:30 AM Coffee Social & Chat 2:30 PM Victorian Vanities: 10 Unforgettable Stories that History Forgot	18 2:30 PM BINGO		
19 2:30 PM Church With Chaplain Laura	20 10:30 AM Spanish Church Service 2:30 PM Crafty Corner: Fabulous 40's Doily Bowls	21 10:30 AM Super 60's Flower Power BINGO 1:30 PM Bible Study 2:30 PM Decade Trivia & Cupcakes	22 10:30 AM Needles & Hooks 2:30 PM Cedarbrook Science: Sizzling 70's Lava Lamps	23 10:30 AM Crafty Corner: Neon 90's Sand Art 2:30 PM Baking Bonanza: Edible 80's Pizza Bagel Bites	24 10:30 AM Totally 2000's: Starbucks Social & Chat 2:30 PM Fun 50's: Sock Hop with Krista Smith	<b>25</b> <b>2:30 PM</b> BINGO		
<b>26</b> 2:30 PM Church With Chaplain Laura	27 10:30 AM Morning Movement 1:30 PM Memorial Day Movie Matinee: Stripes	28 1:30 PM Bible Study 2:30 PM LE Games & Patriotic Pafaits	29 10:30 AM Needles & Hooks 2:30 PM Cranium Crunchers	30 2:30 AM Crafty Corner: Crepe Paper Thistles	31 10:30 AM Coffee Social & Chat 2:30 PM Patriotic Party with John Bauer	PROGRAMS SUBJECT TO CHANGE		