

May 2024 Cedarbrook Senior Care & Rehab

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SUNSHINE NEWS

May 2024

Published monthly. Funded by Lehigh County taxpayers dollars. CEDARBROOK SENIOR CARE AND REHAB 350 S. CEDARBROOK ROAD ALLENTOWN, PA 18104 (610) 395-3727 Fax: (610) 395-0412 Hotline: (610) 336-9604

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Life Enrichment Department Staff

Michele Ayello, Laural Butryn, Marnie Distasio, Sarah Frailey, Lea Hayes, Sherry Geiger, Marisol Irizarry, Kayla Medina, 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 website: <u>https://www.cedarbrookseniorcare.com</u>







Residents' Council Meeting Minutes Monday - April 8, 2024

- Jean Larison, President, called the meeting to order
- Karen Snyder, Secretary, read the highlights from the March meeting.
- Marilyn Barker, Vice President, read the Resident Rights for April.

EXAMINATION OF SURVEY RESULTS -

You have the right to examine the results of the most recent survey of the nursing facility as conducted by state or federal authorities and any plan of correction in effect with respect to your nursing facility. The survey results must be made available for your examination by the facility in a place readily accessible to you.

> Jean welcomed new residents for March.

Old Business:

> There were no outstanding concerns from the last meeting.

New Business:

Jason Cumello: Administrator

- Department of Health Survey– We received 3 deficiencies this year.
- > E-Wing Project- There was an article in the paper indicating the lack of progress due to soil conditions.
- Solar Eclipse We are asking everyone not to go outside and look up at the sun as it can be very dangerous without proper protection.

Jennifer Szakacs Strohl: Director of Life Enrichment

- Destination News This month(April) we will be traveling to England through culture, education, food, attire and colors. England's colors are Red, White & Blue.
- Destination Celebration The end of the month party has been moved to April 22nd and is by invitation only to accommodate for food and safety measures.
- > Entertainers There continues to be entertainers every Saturday at 2:15 PM.
- Auxiliary Bingo Auxiliary Bingo will be on April 15th at 2:15 PM. It will be a cash bingo so each winner will receive a dollar funded by the Auxiliary. There will be no limit on attendees.

Jessica Sanchez: Director of Social Service

Psychologist – Announced Dr. Martin will no longer be here. We will utilize TeleMed until her replacement arrives.

Jean Larison: Resident Council President

> Absentee Ballots – If you need help with your ballots, please see your Social Worker.

Lisa Taylor: Ombudsman

Online Friendships – Discussed online computer friendships/relationships and the importance of safe guarding your information. Never give out personal information i.e.; social security number, finances or your address as you do not really know who you are actually corresponding with.

Resident Concerns / Comments:

- Resident on D-7 questioned why resident names aren't written in the council minutes.
- Council advisor responded for privacy reasons, we do not use resident names.
- Resident on D-7 asked where the Resident Rights come from?
 - Council advisor responded that all residents receive them upon admission. Social Services Director provided this resident with an additional copy.

Announcements:

- The next meeting will be held Monday, May 13th at 2:15 pm in the Auditorium.
- Residents invited to attend Food Committee meeting immediately following Residents' Council.
- The meeting was adjourned.





CHAPPS CHAPPS CHAPPS		WORD SCRAMBLE (Answer Page 1. SFOEWRL
Joyce Hertzog	1 st	2. MHORET
Marvin Weaver	6 th	3. UALFIEBTU
Jay Slaughenhoupt	7 th	4. SISSEK
Leon Lichtenwalner	8 th	5. SUHG
Shirley Batman	9 th	6. RAAIIOPEPNTC
Carolyn Robinson	10 th	
Caroline Delong	11 th	7. ECRDNIHL
Marie Gaspar	12 th	8. LAMYFI
Brian Panzer	16 th	9. AGNCIR
Anna Winglovitz	18 th	10. LOHIDAY
Rudolph Mertens	18 th	11. ANPTRE
Aurea Perez Padilla	19 th	
Susan Brown	20 th	12. EATELRBEC
Helen McCurley	20 th	13. RTUEURN
Dianne Bamford	23 rd	14. FRUETGAL
Barbara Metz	23 rd	15. PCSIAEL
Maynard Neith	25 th	
Evelyn Filipovits	25 th	A P A A
Miguel Diaz	26 th	
Hollis Wilson	28 th	
Cherie Lotito	31 st	

WORD SCRAMBLE (Answers on page 15)
SFOEWRL
MHORET
UALFIEBTU
SISSEK
SUHG
RAAIIOPEPNTC
ECRDNIHL
LAMYFI
AGNCIR
LOHIDAY
ANPTRE
EATELRBEC
RTUEURN
FRUETGAL
PCSIAEL
HAPPIO

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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.





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

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

How and when did you choose your pet?

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.



"Grandma's Easy Ambrosia"

This easy ambrosia salad recipe is creamy, fluffy, and a colorful side dish!

Ingredients

1 cup sour cream or plain or vanilla yogurt 1 cup mini marshmallows fruit flavored or white 1 cup sweetened flaked coconut 1 cup canned pineapple tidbits, well drained 1 cup canned mandarin orange segments, well drained

Instructions

- In a large bowl, add sour cream, marshmallows, coconut, and pineapple tidbits. Stir until combined.
- > Gently fold in mandarin oranges.
- > Refrigerate for at least 4 hours or overnight. Serve chilled.

Notes

- Make ahead to allow the flavors to blend and to soften the marshmallows.
- * Be sure to drain all fruit well to prevent the dish from being watery.
- Mandarin oranges are fragile and break easily, so gently fold them in last.
- Greek, plain, or vanilla yogurt can serve as the base. Sour cream is preferred, which is sweetened by the coconut and marshmallows.

Variations

While this recipe is delicious exactly as written, you can change it up to your liking.

- Chopped maraschino cherries.
- Chopped nuts like walnuts or pecans for crunch.
- Fresh bananas, grapes, or strawberries.
- You can mix things up by using fruit cocktail or canned peaches.

















Benjamin "Dick" Blattenberger was raised in the Methodist Home for Children in Mechanicsburg, Pa. "It was a wonderful place; I had such a wonderful House Mother," he said fondly as he recalled "Birdie," who raised 16 boys in his building at that same time. He graduated from Mechanicsburg High School and attended two years of college at Lycoming before transferring to Kutztown State Teacher's College for two years. Before earning his degree, he enlisted in the U.S. Air Force. He was assigned to Sandia Base in Albuquerque, New Mexico. He went for his pilot license and passed the test he said, but they had a different assignment for him. Instead, Dick worked on Top Secret projects, including helping to build an atomic bomb they called "Fatman." "It was a big fat bomb!" he said, laughing. He then worked as a Technical Illustrator and Draftsman for the Hydrogen Bomb and other top-secret weapons.

While on leave from the Air Force Base, Dick met June Arduth Grim at his home church and the pair fell in love. Dick went on to finish his time in the service and for his efforts, the Air Force awarded him two medals: The National Defense Service Medal and the Good Conduct Medal. He then completed his college education at Kutztown and earned his Bachelor of Science degree in Art Education. Dick and June moved to Brookdale, Pa. and had three "wonderful" children, he said. He became a Commercial Artist and Art Director for Lieberman-Appalucci Advertising in Allentown, where he spent 35 years designing art for area newspapers and magazines.

Dick's favorite hobby of all was music. He taught himself how to play the Dobro resonator steel guitar, and joined a Bluegrass Country Music Gospel band called, "The King's Countryman." A group of five men, they produced seven LP albums and performed throughout southeast PA. and New Jersey. "We were darn good," Dick recalled with a grin. "Well, we had to be! I was darn proud to be in that band." He also taught others to play the Dobro guitar and repaired other instruments as well.

In 2010, Dick received a "Lifetime Achievement Award," which was presented to him at the Greater Lehigh Valley Bluegrass Festival. Today, Dick lives on D3 at Cedarbrook and enjoys watching live music and relishing in a sweet treat whenever he can. He attributes his wonderful life to having a positive outlook and making the best out of anything. "You just have to go with the flow," he said.

We wish Dick all the best and thank him for taking the time to be interviewed. Thank you for your very personal and interesting story and telling us how you have lived your best life! *Permission was granted for picture usage*

Garden of Flowers

April is gone & hopefully so are all the showers But as you look around we see all the pretty flowers The gardens are full of hyacinths & tulips galore But the squirrels feast on the bulbs until you have no more I miss my little garden on the C wing patio Last year it was there one day, then gone the next, to where I don't know At Residents' Council meeting, talk on construction was once again heard We hope we will soon see progress moving forward The geese police are on the job And you can see how much they cut down the mob So if we are lucky we will be able to go outside Sit back, relax, & watch to see the Ewing come alive

> Written & submitted by, Jean Larison

Moms "Home Schooling 101" in the 40s, 50s & 60s

Most of the generation of those now over 65 were "Home Schooled" in many ways, read on to see if you can relate...

> My mother taught me TO APPRECIATE A JOB WELL DONE.

"If you're going to kill each other, do it outside. I just finished cleaning!"

> My mother taught me RELIGION.

"You better pray that stain will come out of the carpet!"

> My mother taught me about TIME TRAVEL.

"If you don't straighten up, I'm going to knock you into the middle of next week!"

My mother taught me FORESIGHT.

"Make sure you have on clean underwear, in case you're in an accident."

My mother taught me STAMINA.

"You'll sit there until all that spinach is gone!"

> My mother taught me about WEATHER.

"This room of yours looks like a tornado went through it!"

My mother taught me IRONY.

"Keep crying and I will give you something to cry about!"

- > My mother taught me about ANTICIPATION. "Just wait until we get home!"
- > My mother taught me about MEDICAL SCIENCE.

"If you don't stop crossing your eyes, they are going to get stuck that way!"

And the all time most memorable lesson of all,

My mother taught me about THE CIRCLE OF LIFE.
"I BROUGHT YOU INTO THIS WORLD, AND I CAN TAKE YOU OUT!"







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.

> Chaplain Laura Stone Cedarbrook Fountain Hill

<u>At Rest</u> March 2024

John Gavin Richard Seip George Weiser Doris Weaver Betty Rechtor Jean Webster Rose Mudrick Amador Cebollero Elizabeth Delong Margaret Masters Maureen Kobasiuk Elizabeth Fantasia Margaret Kroboth

CINCO DE MAYO WORD SEARCH

WORD LIST AMIGO BUENO BURRITO CACTUS CHARRO CINCO CULTURE DANCING FIESTA FLAG FOOD GUACAMOLE GUITAR MARACA MARIACHI MAY MEXICO MUSIC PINATA PUFBLA ROJO SALSA SOMBRERO SPANISH TACOS VERDE VICTORY







Gregoria Munoz Roman Karen Williams James West Katherine Ulrich Joyce Hertzog Deborah Watts Paula Visnar John Ongaro Burton Swayze Ralph Werley Jr. Margaret Tyrrell Carolyn Labar



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.

Calling All Volunteers! Come join us for a few

hours a day. We appreciate YOU and your TIME!

Current Volunteer Needs:

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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 what dates/hours 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: <u>kerrymagliane@lehighcounty.org</u>



Volunteers are like flowers that bloom in the garden of our lives, spreading seeds of joy and kindness.

EMPLOYEE ANNIVERSARIES

EMPLOYEE	DEPARTMENT	YEARS	EMPLOYEE	DEPARTMENT	<u>YEARS</u>
Donald Bachman	Environmental	36	James Fry	Nursing	7
Pamela Wirth	Environmental	32	Ashley Dowdy	Nursing	6
Michele Ayello	Life Enrichment	30	Ricardo Cintado	Administration	6
Kristie Dengler	Nursing	23	Gretchen Hummel	Nursing	5
Lisa Grim	Nursing	23	Nadine Alvarado	Nursing	5
Maria Caban	Environmental	23	Holly Streat	Nursing	5
Rebecca Hellie	Environmental	22	Tiffany Dawes	Nursing	3
Hulda Onyore	Nursing	18	Jamie Ciulla	Nursing	2
Kettely Walker	Nursing	18	Nina Cancel	Environmental	2
Ashley Durfey	Nursing	18	Shyam Patel	Nursing	1
Kevin Wetzel	Resident Assessment	18	Brianna Troxell	Nursing	1
Addrienne Mertens	Central	17	Jeanny Diaz	Nursing	1
	Services		Jody Schwartz	Nursing	1
Holly Grossman	Nursing	14	Kiara Santiago	Central Services	1
Ernest Senefeld	Environmental	14	Michalene	Human	1
Karen Stambaugh	Nursing Office	12	Jefferson	Resources	
Carmen Rivera	Nursing	11			
×					



- 1. Flowers 2. Mother
- 3. Beautiful
- 4. Kisses
- 5. Hugs
- 6. Appreciation
- 7. Children
- 8. Family
- 12. Celebrate 13. Nurture 14. Grateful

10. Holiday

11. Parent

15. Special





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 by to see if any items belong to you.



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.





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 2:15 PM May Birthday *Invite Only* Family Room 2:15 PM Bible Study with Pastor Tony Aud. & Chan.22 4:00 PM SSN Meeting Family Room	2 11:00 AM Color & Chat Family Room 2:15 PM Card Club Family Room 3:30 PM Rosary - Chapel D-4 Bus Trip	3 2:15 PM Card Club Family Room 2:15 PM House Movie Channel 22	4 10:15 AM Puzzle Your Mind Family Room 2:15 PM Music by Robin & Jim Aud. & Chan.22
5 2:15 PM Church with Chaplain Stephanie Auditorium & Channel 22	6 2:15 PM Auxiliary BINGO Auditorium	7 10:15 AM Talking Book Family Room 2:30PM House Bingo Channel 22	8 2:15 PM Bible Study with Chaplain Stephanie Aud. & Chan. 22	9 10:15 AM Splash of Color Family Room 11:00 AM Color & Chat Family Room 2:15 PM Card Club Family Room C-3 Bus Trip	10 2:15 PM Card Club Family Room 2:15 PM House Movie Channel 22 2:15 PM Mother's Day BINGO *Ladies Only* Auditorium	11 10:15 AM Puzzle Your Mind Family Room 2:15 PM Music by Johnny K. Aud. & Chan.22
12 2:15 PM Church with Pastor Tony Auditorium & Channel 22	13 10:30 AM Hymn Sing Auditorium 2:30 PM Resident Council Aud. & Chan.22 3:00-4:00 PM Music with sTOrM- Aud.	14 10:15 AM Talking Book Family Room 2:30PM House Bingo Channel 22	15 2:15 PM Bible Study with Chaplain Stephanie Aud. & Chan. 22 ed Nursi	16 11:00 AM Color & Chat Family Room 2:15 PM Card Club Family Room 2:15 PM Catholic Mass Aud. & Chan.22 D-7 Bus Trip	17 2:15 PM Card Club Family Room 2:15 PM House Movie Channel 22	18 10:15 AM Puzzle Your Mind Family Room 2:15 PM Music by Rob Ballonoff Aud. & Chan.22
19 2:15 PM Church with Chaplain Stephanie Auditorium & Channel 22	20 2:15 PM Cinco de Mayo Mexico Party with Veronica *Invite Only* Auditorium	21 10:15 AM Talking Book Family Room 2:30PM House Bingo Channel 22 B-3 Bus Trip	22 2:15 PM Bible Study with Pastor Tony Aud. & Chan. 22	ng Care 23 11:00 AM Color & Chat Family Room 2:15 PM Card Club Family Room D-6 Bus Trip	24 2:15 PM Card Club Family Room 2:15 PM House Movie Channel 22	25 10:15 AM Puzzle Your Mind Family Room 2:15 PM Music by Bill Frye Aud. & Chan.22 D-2 Iron Pigs
26 2:15 PM Church with Pastor Tony Auditorium & Channel 22	27 10:15 AM Puzzle Your Mind Family Room 2:15 PM Music by Scott Erickson Aud. & Chan.22	28 10:15 AM Talking Book Family Room 2:30PM House Bingo Channel 22 D-2 Fishing	29 2:15 PM Bible Study with Chaplain Stephanie Aud. & Chan. 22 D-3 Fishing	30 11:00 AM Color & Chat Family Room 2:15 PM Card Club Family Room C-3 Fishing	31 2:15 PM Card Club Family Room 2:15 PM House Movie Channel 22 D-2 Fishing	PROGRAMS SUBJECT TO CHANGE