

# SUNSHINE NEWS

April 2024 Cedarbrook Senior Care & Rehab

## April Showers



# SUNSHINE NEWS

April 2024

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CEDARBROOK SENIOR CARE AND REHAB

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Director of Life Enrichment

**Kerry Magliane**  
Coordinator of Volunteer Services

**Pastor Anthony Jones &  
Chaplain Stephanie Jones**  
Faith Services

## **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 Hearth 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 April we are directing our monthly travels with a trip to England. 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.



Our England party will be a wee bit early this month.

Monday April 22, 2024 at 2:15 PM is our new date.



## APRIL "HOPP-ENINGS..."

THE LE STAFF AND RESIDENTS ARE LOOKING FOR ANY "BUNNY" TO HELP ON THE FOLLOWING DAYS.

(IF YOU'D BE SO KIND AS TO CHECK YOUR SCHEDULES TO SEE IF YOU COULD LEND A PAW, THAT WOULD BE 'HARE'OIC OF YOU.)

SUNDAY APRIL 7<sup>TH</sup>: 1-2 VOLUNTEERS FOR CHURCH 1:30- 3:30 PM

SATURDAY APRIL 13<sup>TH</sup>: 1-2 VOLUNTEERS FOR BOTH PUZZLE YOUR MIND 9:30- 11:30 AM AND ENTERTAINMENT 1:30- 3:30 PM

MONDAY APRIL 22<sup>ND</sup>: 2-3 VOLUNTEERS FOR THE ENGLAND PARTY 1:30- 3:30 PM

FRIDAY APRIL 26<sup>TH</sup>: 1-2 VOLUNTEERS FOR HOUSE GAMES 1:30- 3:30 PM



CEDARBROOK SENIOR CARE & REHAB WOULD LIKE TO *THANK OUR VOLUNTEERS* FOR MAKING SUCH A DIFFERENCE IN THE LIVES OF OUR RESIDENTS. WE'LL BE CELEBRATING YOU ON

WEDNESDAY, APRIL 17, 2024 @ 5:30 PM IN THE CEDARBROOK ALLENTOWN AUDITORIUM.

LOOK FOR YOUR INVITATION IN THE MAIL AND PLEASE RSVP IN TIME.

WE LOOK FORWARD TO SEEING YOU ALL THERE FOR DINNER AND FELLOWSHIP.

THERE WILL BE A SPECIAL SHUTTLE RUNNING FROM THE UPPER PARKING LOT TO THE D-WING DOORS FROM 5:00- 5:30 PM.



## EMPLOYEE ANNIVERSARIES

EMPLOYEE	DEPARTMENT	YEARS
Jeffrey Dreisbach	Environmental	37
Keira Grohman	Nursing Office	30
Cynthia Thomas	Nursing	27
Rajwant Rai	Nursing	24
Sandy Villatoro	Nursing	24
Lori Williamson	Nursing	22
Christy Rehrig	Nursing	21
Jami Cooper	Social Services	21
Yvonne Gleaton	Nursing	18
Lisa Remaley	Nursing Office	14
Lauren Vogel	Nursing	13
Karen Anderson	Environmental	10
Sandra Bussell	Nursing	10
Kazia Mcnair	Nursing	9
Amber Eberly	Nursing	6
Baily Defazio	Nursing	5
Tiara Cato	Nursing	5
Karen Farrell	Nursing	3
Maelynn Campbell	Nursing	3
Devon Andrews	Nursing	3
Adam Boandl	Financial	3
Jennifer Gable	Nursing	1
Rebecca Bueno	Nursing	1
Cindy Miller	Admissions	1
Allison Wanamaker	Environmental	1

Thank You

Thank You

Thank You

Thank You

Thank You

## MOVIN' & AGROOVIN'

I can't believe that April is here already

The time marches on fast & steady  
Although February had an extra day  
That month just seemed to slip away  
The groundhog didn't see his shadow  
So everybody shouted "Hooray"

We should be seeing the trees  
budding with leaves

Of course we have no trees to see  
Thanks to our pokey construction company  
By now we thought we would be seeing a  
building at least going up  
But it's the same old mud hole brought to a  
stop that was very abrupt

If they want to get this project moving,  
Give the residents some picks & shovels and  
you will see us movin' & agroovin'

Written & submitted by,  
Jean Larison

CAN YOU SPY...  
WITH YOUR LITTLE EYE,  
"Spring Robin"



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



**WELCOME**  
**NEW RESIDENTS**

JOAN HALE  
DORIS WEAVER  
MILDRED EIDEN  
KIMBERLY HARRIS  
ANNELIESE NADLER  
WILLIAM GOSSMAN JR.

CEDARBROOK - ALLENTOWN  
350 S. CEDARBROOK ROAD  
ALLENTOWN, PA. 18104  
(610) 395-3727  
FAX (610) 395-0412



## Residents' Council Meeting Minutes Monday – March 11, 2024

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

### **PARTICIPATION IN OTHER ACTIVITIES –**

You have the right to participate in social, religious, and community activities which do not interfere with the rights of other residents in the nursing facility.

- Jean welcomed new residents for February.

### **Old Business:**

- 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.
- ✓ Environmental Service tech on D-7 cleaned all dining room chairs.
- Resident on C-3 stated the #1 toilet overflows.
- ✓ Facilities removed the toilet, cleaned the drain, replaced the piping and adjusted the water flow.

### **New Business:**

#### **Jason Cumello: Administrator**

- **Mock Survey**– Residents questioned who to report problems to. Jason informed everyone that you can report to your nurse or social worker. There is also an anonymous method that can be utilized. It is a suggestion box outside of his office where you can deposit your questions/concerns.
- **Project Update** – It is closer to getting resolved and restarted.
- **Geese Police** – They started last week with the Border Collie patrolling the geese.

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

- **Activities**– Reviewed activities for the month.
- **Entertainers**– There will be entertainers every Saturday afternoon.
- **Monthly Birthday Parties**– The first Wednesday of the month at 2:15pm in the family room for those residents with a birthday within the month.
- **Sports Game Outings**– Phantoms games are coming to a close. Iron Pigs games will be beginning in May.

#### **Jessica Sanchez: Director of Social Service**

- **Ombudsman**– Introduced the new Ombudsman, Lisa Taylor.

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

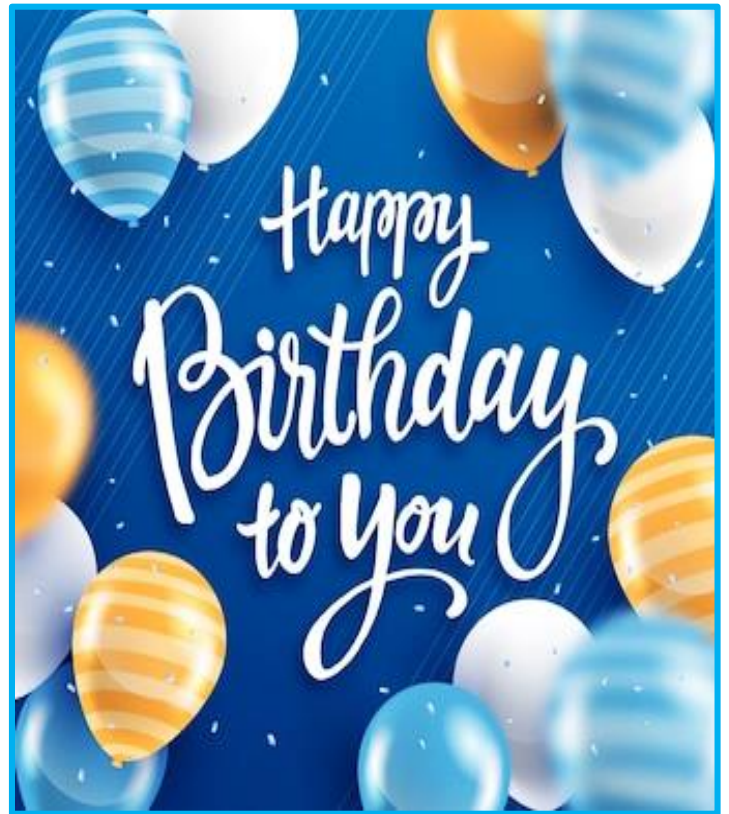
- No new questions or concerns.

### **Announcements:**

- The next meeting will be held Monday, April 8th at 2:15 pm in the Auditorium.
- Residents invited to attend Food Committee meeting immediately following Residents' Council.
- The meeting was adjourned.



MARGARET JONES	2 <sup>ND</sup>
KAREN SNYDER	4 <sup>TH</sup>
VICENTE APONTE	5 <sup>TH</sup>
ORPHA REMMEL	6 <sup>TH</sup>
GEORGE MOLCHANY	6 <sup>TH</sup>
LORRAINE MINICHELLO	7 <sup>TH</sup>
CAROL HERSH	14 <sup>TH</sup>
ANDREW KLUSARITZ	15 <sup>TH</sup>
THOMAS PEACOCK	16 <sup>TH</sup>
ANA RAMOS	16 <sup>TH</sup>
ROBIN BENKO	18 <sup>TH</sup>



WENDY LEE	19 <sup>TH</sup>
GLORIA HALL	20 <sup>TH</sup>
LINDA BARBER	22 <sup>ND</sup>
HARRY KLEINER	23 <sup>RD</sup>
MARILYN SNYDER	24 <sup>TH</sup>
ANTHONY VASQUEZ	25 <sup>TH</sup>
MILDRED FLISZAR	26 <sup>TH</sup>
GRACE WISSER	26 <sup>TH</sup>
PEARL GAVEL	26 <sup>TH</sup>
BERNICE SCHAUFLE	28 <sup>TH</sup>
JOHN GAVIN	28 <sup>TH</sup>
SANTIAGO COLON	29 <sup>TH</sup>





## Staff Recognition Spotlight

### **Cynthia Thomas, CNA – Nursing Department**

**How many years have you worked at CBA?** She started April 1997. 27 years!

**What advice would you give to prospective candidates looking to join our team at CBA?** Her advice for new prospective employees is to give Cedarbrook a go. It's a good environment to work in, the pay is decent and the benefits are good. Plus, we are all here to guide, influence, and achieve common goals to make sure each resident is well cared for on a daily basis.

**What is your proudest job moment?** Cynthia feels her proudest when she is able to comfort family members by reassuring them that their loved ones are in the best possible place with great care.

**Do you have any pets at home? If so, what kind and their names.** For many years the Thomas household had a dog as part of the family. But none since their dog Freckles passed away.

**Where would you go on a dream vacation?** Like many, Hawaii is the place Cynthia dreams of visiting one day.

**What is something most people don't know about you?** Most people don't realize that Cynthia has been married to the love of her life for almost 27 years. Their anniversary is in September.

**What makes you happy?** It's a small pleasure, but just sitting outside in the sunshine drinking her coffee. Having no plans other than relaxing makes Cynthia feel her happiest.

**What have you gained from working at CBA?** Believe it or not, being punctual has been a great quality Cynthia has gained working here. Also being part of the Cedarbrook team has shown her the importance of this quality. Being on time with her duties helps aid in caring for the residents and working well with all staff members.

**We thank Cynthia for her loyal dedication to her career here at Cedarbrook Allentown and for taking the time to answer our questions.**

**Keep up the great work, we appreciate you and all you do!**

**Great Job!**



**Thank You**



**Great Job!**



# Poppy Seed Roll



This Poppy Seed Roll is so quick and easy!

Sweet yeast bread is braided into a roll and swirled with a delicious pasty poppy seed filling. This recipe has a rising time of 15 minutes and is baked in under an hour.

\*Using a stand mixer is the key to a great dough.\*

## Ingredients

### Dough:

- 1 1/4 cups warm milk
- 2 1/2 Tbsp dry yeast
- 2/3 cup sugar
- 1 1/2 sticks butter (12 tbsp, melted)
- 2 eggs
- 1/4 tsp salt
- 4 1/4 cups all-purpose flour
- 1 egg (for egg wash)
- 1 cup canned poppy seed filling  
(found at Wegmans, Wal-Mart, Target)



### Sugar Glaze:

- 2 tbsp sugar
- 1/4 cup boiling water

## Instructions

How to make easy poppy seed rolls:

Microwave milk until warm (around 1 minute.) Pour into the bowl of a stand mixer and stir in the sugar and yeast. Whisk in the eggs, salt, and melted butter then add the flour and knead for 7 minutes.

Cover and allow the dough to rise in a warm place until doubled (15 minutes.)

Divide the dough into 2 equal portions and roll each piece out into a 10" by 11-inch square.

Spread 1/2 cup of the poppy seed filling onto the upper half leaving a 4-inch border on the bottom.

Cut the unfilled bottom into 1" strips. Roll, starting from the poppyseed filling down. Stop when you get to the cut strips and wrap each strip over the roll, stretching out the strip to braid the roll. Pinch down the ends.

Place the rolls onto a lined baking sheet and allow the dough to rise for 10-15 minutes.

Heat oven to 350°F.

Brush rolls with egg wash and then bake for 22-25 minutes.

Brush tops with the sugar glaze. Slice before serving.

## Notes

Sugar Glaze: makes Poppy Seed Rolls super shiny and glossy.

The recipe makes 2 footlong rolls or 24 slices.







# England



## Word Search

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

Leeds  
 Blackpool  
 Liverpool  
 Oxford



Plymouth  
 Manchester  
 Birmingham  
 Edinburgh

Norwich  
 Chester  
 Nottingham  
 London





# 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?**

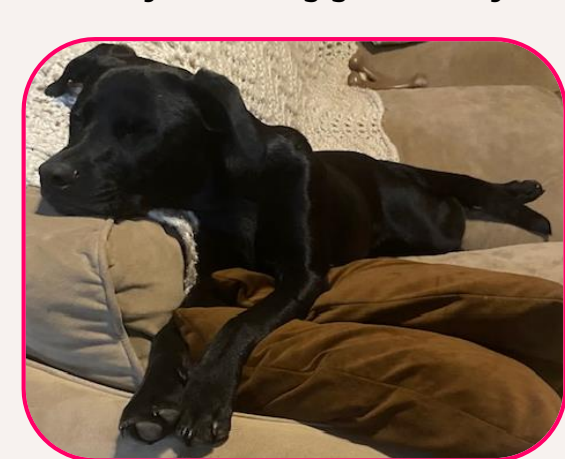
Approx. one year old.

## **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 and ... I could not find Scout! She somehow got into the grocery bag and took the whole bag of treats and ran off. When I found her she looked at me like she didn't do anything and licked her lips!

## **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](mailto:MarnieDistasio@lehighcounty.org).)*



# CHAPLAIN'S CORNER



## 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.

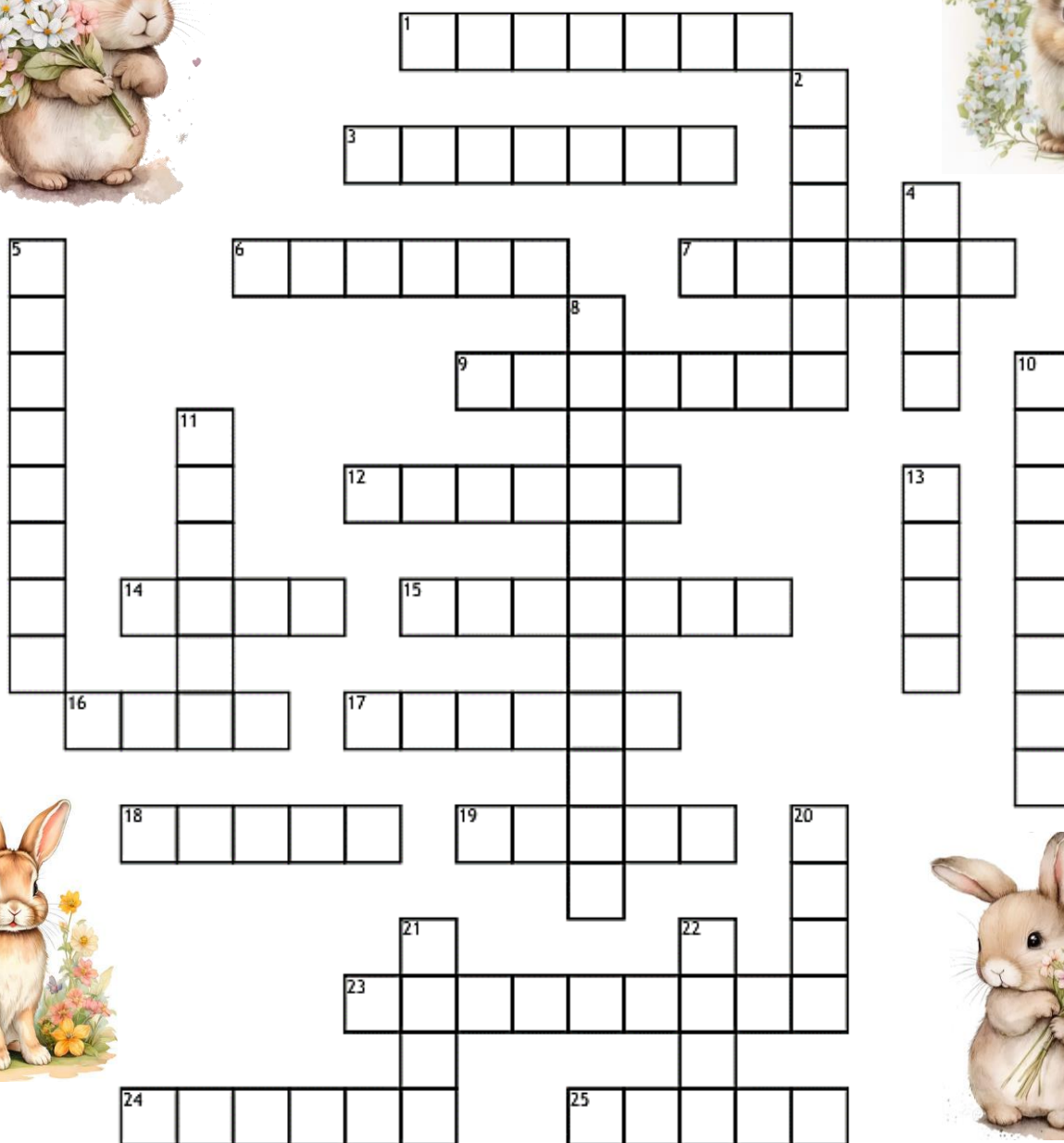
The fourth stage of the [Rite of Christian Initiation of Adults](#) is called “mystagogy,” from the Greek words meaning “to lead through the mysteries.” Traditionally, mystagogy extends throughout the Easter season until the feast of Pentecost. This is a period of accompaniment for new Catholics as they 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



# Spring Crossword



## Across

- 1. They grow outside and are found in pots
- 3. Spectrum of light in the sky after a rain
- 6. Opposite of sunny
- 7. Light outer garment
- 9. There are four of them in a year
- 12. A short brief rain
- 14. Temperature between hot and cold
- 15. Baby frog
- 16. Built by a birds to hold eggs

- 17. Small pool of water
- 18. Severe weather
- 19. You mow it
- 23. Yellow flowers that bloom in spring
- 24. Place to grow vegetables in your back yard
- 25. Plant these to grow plants

## Down

- 2. Baby chickens
- 4. To change from a frozen to a liquid
- 5. Carried to protect against the rain
- 8. Turns into a butterfly

- 10. Insects with a red back and spots
- 11. Colorful part of a flower
- 13. To get bigger over time
- 20. Also known as insects
- 21. Droplets of water falling from the sky
- 22. It flies and is attached to a string



Answers on page 13



*In*  
**Loving Memory**

Elma Uhle  
Lois Bitler  
Henry Sorensen  
Richard Simcoe  
Frances Werner  
Richard Grabowski  
Catherine Meckstroth

## Prayer for Renewal

Lord, as the world  
around us blooms  
anew, renew our  
hearts. Fill us with new  
life, new hope, and  
new joy, just as You  
renew the earth with  
spring's light



2 COR 5:7  
*Worry* ends when  
*faith* begins.

### **CROSSWORD PUZZLE ANSWERS**

- | <u>ACROSS</u> | <u>DOWN</u>    |
|---------------|----------------|
| 1. FLOWERS    | 2. CHICKS      |
| 3. RAINBOW    | 4. MELT        |
| 6. CLOUDY     | 5. UMBRELLA    |
| 7. JACKET     | 8. CATERPILLAR |
| 9. SEASONS    | 10. LADYBUG    |
| 12. SHOWER    | 11. PETALS     |
| 14. WARM      | 13. GROW       |
| 15. TADPOLE   | 20. BUGS       |
| 16. NEST      | 21. RAIN       |
| 17. PUDDLES   | 22. KITE       |
| 18. STORM     |                |
| 19. GRASS     |                |
| 23. DAFFODILS |                |
| 24. GARDEN    |                |
| 25. SEEDS     |                |



## Hello Spring

Saying goodbye may be  
Painful. But just like the sun  
Rises and lights pour  
Into your window, all  
Nights must end for a  
Greater day to start

## 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 1985, *Sports Illustrated* published a fictitious story by George Plimpton about a never-before-heard-of pitching prospect by the name of Sidd Finch, who could throw a baseball 168 miles per hour!
- 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!
- 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 made up story or prank. If you were around for any of these pranks, we hope you didn't fall for any of them.



### APRIL FOOLS' 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*



## A LITTLE SMILE

By Shirley Binkley



Smiles are the nicest gift that anyone can give.  
It's something one can always use, as long as they shall live.

They're very inexpensive; they're never out of style.  
If you don't know what gift to give, give a little smile.

You never have to wrap them; you can find them everywhere.  
Just give a little smile and let someone know you care.

You never have to run around to find them in the store.  
If you do give one away, you still have plenty more.



So next time someone's down and out;  
And things seem out of whack;  
Give them a little smile...  
I bet you'll get one back!



## JOKES & QUOTES...

BY KAY MOHR

When is a door not a door?  
When it's ajar!



What has 6 legs and catches flies?  
3 baseball players!



What does a cake and baseball team  
have in common?  
They both need a batter!



- "There are more than 100 languages, but a smile speaks them all!"
- "When you're angry for 1 minute, you lose 60 seconds of happiness."

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.

### HOW MANY DID YOU SPY?

There are 15



“Spring Robin’s”



### Wi Fi



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.

### 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.

### 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.

## SUNSHINE NEWS STAFF

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Lea Hayes  
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Writers/ Jean Larison

Humorists: Kay Mohr  
Matt Post

### 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

	<p><b>1</b> 2:15 PM Dietary Program *Invite Only* Auditorium</p> <p><b>C-3 Bus Trip</b></p>	<p><b>2</b> 10:15 AM Talking Book Family Room 2:30PM House Bingo Channel 22</p> <p><b>D-6 Bus Trip</b></p>	<p><b>3</b> 2:15 PM April Birthday *Invite Only* Family Room 2:15 PM Bible Study with Pastor Tony Aud. &amp; Chan.22 4:00 PM SSN Meeting Family Room</p>	<p><b>4</b> 11:00 AM Color &amp; Chat Family Room 2:15 PM Card Club Family Room 3:30 PM Rosary - Chapel</p> <p><b>D-2 Bus Trip</b></p>	<p><b>5</b> 2:15 PM Card Club Family Room 2:15 PM House Movie Channel 22</p> <p><b>D-3 Phantoms Game</b></p>	<p><b>6</b> 10:15 AM Puzzle Your Mind Family Room 2:15 PM Music by Macungie Minstrelaires Aud. &amp; Chan.22</p>	
<p><b>7</b> 2:15 PM Church with Chaplain Stephanie Auditorium &amp; Channel 22</p>	<p><b>8</b> 10:30 AM Hymn Sing Auditorium 2:30 PM Resident Council Aud. &amp; Chan.22</p>	<p><b>9</b> 10:15 AM Talking Book Family Room 2:30PM House Bingo Channel 22</p>	<p><b>10</b> 2:15 PM Bible Study with Chaplain Stephanie Aud. &amp; Chan. 22</p>	<p><b>11</b>11:00 AM Color &amp; Chat Family Room 2:15 PM Card Club Family Room 2:15 PM House Movie Channel 22</p>	<p><b>12</b> 2:15 PM Card Club Family Room 2:15 PM Catholic Mass Aud. &amp; Chan. 22</p>	<p><b>13</b> 10:15 AM Puzzle Your Mind Family Room 2:15 PM Music by Scott Erickson Aud. &amp; Chan.22</p>	
<p><b>14</b> 2:15 PM Church with Pastor Tony Auditorium &amp; Channel 22</p>	<p><b>15</b> <b>ON UNIT ACTIVITIES</b></p>	<p><b>16</b> 10:15 AM Talking Book Family Room 2:30PM House Bingo Channel 22</p>	<p><b>17</b> 2:15 PM Bible Study with Pastor Tony Aud. &amp; Chan.22</p>	<p><b>18</b> 11:00 AM Color &amp; Chat Family Room 2:15 PM Card Club Family Room</p>	<p><b>19</b> 2:15 PM Card Club Family Room 2:15 PM House Movie Channel 22</p>	<p><b>20</b> 10:15 AM Puzzle Your Mind Family Room 2:15 PM Music by Danny Grae Aud. &amp; Chan.22</p>	
<p><b>21</b> 2:15 PM Church with Chaplain Stephanie Auditorium &amp; Channel 22</p>	<p><b>22</b> 10:30 AM Hymn Sing Auditorium 2:15 PM England Party *Invite Only* Auditorium</p> <p><b>D-7 Bus Trip</b></p>	<p><b>23</b> 10:15 AM Talking Book Family Room 2:30PM House Bingo Channel 22</p>	<p><b>24</b>  2:15 PM Memorial Service Aud.&amp; Chan. 22</p> <p><b>D-4 Bus Trip</b></p>	<p><b>25</b> 11:00 AM Color &amp; Chat Family Room 2:15 PM Card Club Family Room</p> <p><b>B-3 Bus Trip</b></p>	<p><b>26</b> 2:15 PM Card Club Family Room 2:15 PM House Movie Channel 22 2:15 PM House Games Auditorium</p>	<p><b>27</b> 10:15 AM Puzzle Your Mind Family Room 2:15 PM Music by Todd Horn Aud. &amp; Chan.22</p>	
<p><b>28</b> 2:15 PM Church with Pastor Tony Auditorium &amp; Channel 22</p>	<p><b>29</b> 2:15 PM Splash of Color Family Room</p> <p><b>D-5 Bus Trip</b></p>	<p><b>30</b> 10:15 AM Talking Book Family Room 2:30PM House Bingo Channel 22</p>				<p><b>PROGRAMS SUBJECT TO CHANGE</b></p>	