

Hillside News

August 2024 Cedarbrook Fountain Hill Senior Care & Rehab



Hello
August

Hillside News

August 2024

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Clinical Nutrition Manager

Visit us on our Facebook page and website for updates and pictures of recent events!

www.facebook.com/cedarbrookseniorcareandrehab

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



Our Mission

It's all about

C.H.O.I.C.E.S.
at Cedarbrook Nursing Homes

*A Community with Heart Offering
Individualized Care and Excellent Service.*



Adopted October 2006



THE HAPPENINGS... AT THE HILL

AUGUST SPECIAL PROGRAMS

ALL PROGRAMS ARE IN THE MAIN DINING ROOM UNLESS OTHERWISE STATED

PROGRAMS ARE SUBJECT TO CHANGE *OUTDOOR PROGRAMS ARE WEATHER PERMITTING*

8/1 MOVIE MATINEE: "BLUE HAWAII" - 2:00 PM

8/2 MUSIC BY RICK WEAVER - 2:30 PM

8/5 CRAFT CORNER: CUPCAKE LINER LEIS - 2:30 PM

8/6 BINGO BUCKS BINGO - 10:30 AM

8/7 AUGUST'S BIRTHDAY PARTY WITH ELAINE G. - 2:30 PM

8/8 VISITS WITH LV HUMANE SOCIETY (OUTDOORS) - 10:30 AM

8/8 RESIDENTS COUNCIL - 2:30 PM

8/9 LUAU WITH TANYA & MARGE (OUTDOORS) - 2:30 PM

8/12 LEFT, RIGHT, CENTER - 2:30 PM

8/13 LE GAMES & FRESH FRUIT SALAD - 2:30 PM

8/14 CRAFTY CORNER: FOAM VISORS - 2:30 PM

8/15 MEN'S PROGRAM: RIDE THE WAVES - 10:30 AM (OUTDOORS)

8/16 MUSIC BY ROB BALLONOFF - 2:30 PM

8/19 FOOD FOR THOUGHT: SPAM CHAT & TRIVIA - 2:30 PM

8/21 CRANIUM CRUNCHERS - 2:30 PM

8/22 AUGUST WATERCOLORS (OUTDOORS) - 2:30 PM

8/23 MUSIC BY DANIEL BARRICK - 2:30 PM

8 / 2 6 T H R O U G H 8 / 3 0 " F A R M W E E K "

8/26 GOAT VISITS - 10:30 AM (OUTDOORS)

8/26 MOVIE MATINEE: "CHARLOTTE'S WEB" - 2:00 P M

8/27 BARNYARD BINGO - 10:30 AM

8/27 LE GAMES & PEACH COBBLER - 2:30 PM

8/28 MINITURE HORSES WITH APOLLO FARMS (OUTDOORS) - 1:30 PM

8/29 BAKING BONAZA: FRESH BREAD - 10:30 AM

8/29 CEDARBROOK SCIENCE: MAKING BUTTER (OUTDOORS) - 2:30 PM

8/30 COUNTRY CLASSIC WITH KRISTA SMITH (OUTDOORS) - 2:30 PM

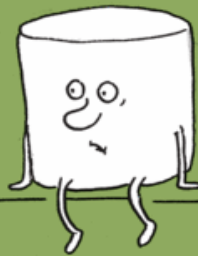
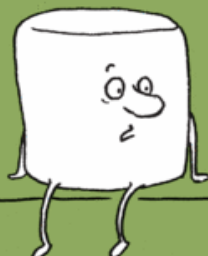
CAN YOU SPY...
WITH YOUR
LITTLE EYE,
THE "ICE CREAM CONE?"



COUNT HOW
MANY YOU SPY.

(Answer on page 16)

WHERE'S
PUFFY?



THEY SMOOSHED
HIS FACE BETWEEN
TWO CRACKERS AND
DOUSED HIM WITH
CHOCOLATE...
IT WAS SMORPID.

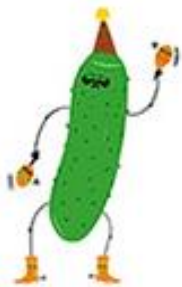


HAPPY BIRTHDAY! AUGUST

JAMES BAUDER	3RD
LAWRENCE HANNA	5TH
MARCY HERTZOG	7TH
BARBARA MCKINNEY	9TH
DOMINIECK ALIQUO	12TH
MARLENE BURKEY	12TH
LOUISE ATTINELLO	15TH
JOSEPH VITALE	16TH
JOAN CUNNINGHAM	18TH
MARVIN KERCHNER	28TH

Let's **Celebrate!**

Getting older is
no big dill!



Happy Birthday!

I hope your
birthday is
like no otter.



NEW RESIDENTS

ANNETTE CONNER
ROSE SPRINGFIELD
PETER VERNON
LEONA SNYDER

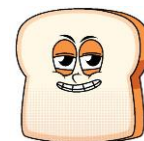


FUN FOOD DAYS FOR AUGUST

3RD- NATIONAL WATERMELON DAY
6TH- NATIONAL ROOT BEER FLOAT DAY
8TH- NATIONAL FROZEN CUSTARD DAY
10TH- NATIONAL S'MORES DAY
13TH- NATIONAL FILET MIGNON DAY
14TH- NATIONAL CREAMSICLE DAY
18TH- NATIONAL FAJITA DAY
20TH- NATIONAL LEMONADE DAY
24TH- NATIONAL PEACH PIE DAY
26TH- NATIONAL CHERRY POPSICLE DAY
31ST- NATIONAL TRAIL MIX DAY

AUGUST IS ALSO KNOW FOR THE MONTH LONG FOOD HOLIDAYS.

All month is National Brownies At
Brunch Month, Catfish Month, Goat
Cheese Month, Panini Month, Peach
Month and lastly Sandwich Month.



Farming Edition



word search



CHICKENS

COWS

TRACTOR

CORN

WHEAT

FARMER

FIELD

HONEYBEE

PIGS

VEGETABLE

SOYBEAN

BARN

SHOVEL

SCARECROW

ROOSTER

WINDMILL

SHEEP

HAY

CARROTS

EGGS



CHAPLAIN'S CORNER

Then Jesus told them a parable about their need to pray always and not to lose heart. ²

He said, "In a certain city there was a judge who neither feared God nor had respect for people. ³ In that city there was a widow who kept coming to him and saying, 'Grant me justice against my opponent.' ⁴ For a while he refused; but later he said to himself, 'Though I have no fear of God and no respect for anyone, ⁵ yet because this widow keeps bothering me, I will grant her justice, so that she may not wear me out by continually coming.' " ⁶ And the Lord said, "Listen to what the unjust judge says. ⁷ And will not God grant justice to his chosen ones who cry to him day and night? Will he delay long in helping them? ⁸ I tell you, he will quickly grant justice to them. And yet, when the Son of Man comes, will he find faith on earth?" (Luke 18:1-8)

Jesus uses this parable to show us the power of continual prayer, how it teaches us to trust God. Praying continually means giving the problem to God. Prayer increases courage, and it takes courage to give our problems to God, to release our grip on them and cling to God instead, to show the tenacity of the widow towards the judge, and believe that our Father will do so much more. God is tenacious in his love for us, and relationship to us, even if we do not respond. We can learn, with God's help, to become tenacious in prayer.

Tenacious like a good boxer. Growing up, my father and I loved to watch the weekly boxing matches on TV. We both preferred the lightweight fighters because they fought to win points, not to knock out the opponent. They were real boxers, using strategy and defense, and could go all twelve rounds. Our favorite was Wayne McCullough, an Irish featherweight (125 pounds), an "old-school" boxer. He won by wearing his opponent down. You could always depend on him going twelve rounds, tenacious to the end.

In studying this passage, I was delighted to learn that Luke, writing in Greek, retells Jesus' parable using a phrase drawn from the boxing arena of that time. In verse 5, the judge says that the widow is so tenacious in asking for justice that he fears she will, as the Greek says, "hit me under the eye" or in our translation, "wear me out." In so many words, the old widow is beating him up.

Jesus' disciples understood that the widow in the parable has justice on her side, and that the judge, as Jesus describes him, is contemptible. For her part, the widow is struggling against a legal system which, regardless of what God has commanded, put her at a great disadvantage. As a widow she was vulnerable because she did not have the protection of a male relative, either husband or son.

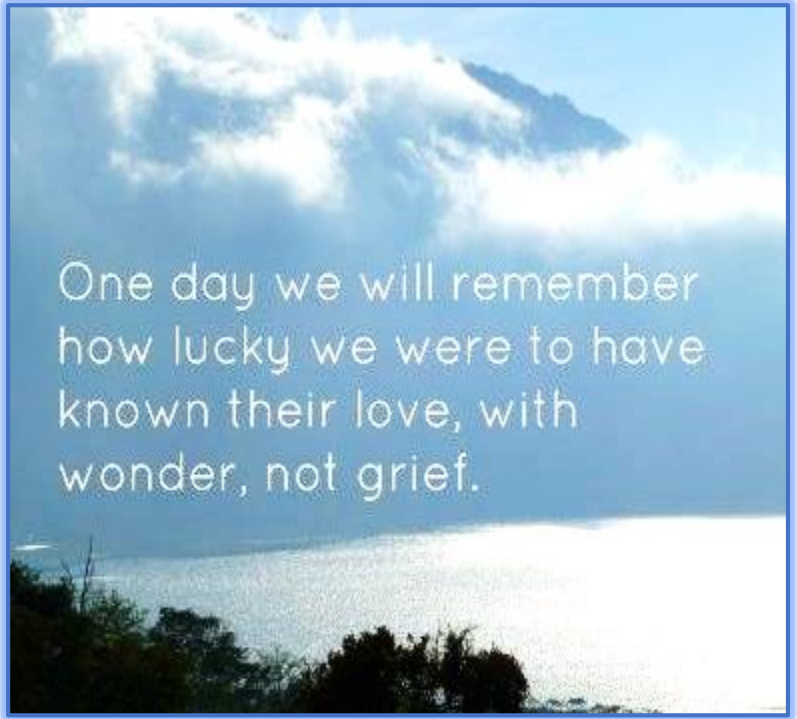
But in Jesus' parable she is tenacious, pressing the judge for the justice he does not want to give her. So, Jesus says, if the widow can get satisfaction from a corrupt judge, how much more will God hear us, his beloved children? Jesus tells us to be tenacious in our relationship with God, to pray ceaselessly and fearlessly. As we pray, our relationship with God grows and strengthens and, knowing God more, the less we have to fear whatever happens, because we become more and more convinced that it is God who makes good of what happens, not us.

In verse 8, Jesus asks if when He returns, will He find faith on earth? Will we have truly understood that Jesus has reconciled us to God through the cross, and that prayer is simply speaking to God, trusting in His love for us? Do not hear Jesus' words as a demand for prayer, as if God the Father is like a judge who needs to be bribed. Jesus's parable is an invitation to us to pray each day like the persistent widow, praising God and pouring out our concerns, trusting in God's tenacious love for us in Jesus Christ.



At Rest

*Anna Bosak
Julia Houston
Richard Kuntz
Maria Monteiro*



One day we will remember
how lucky we were to have
known their love, with
wonder, not grief.



always
LOVED
never
FORGOTTEN
forever
MISSED

The Bluebird

This little bluebird sitting here
Is singing out to you.
He brings you lots of happiness
In everything you do.
Just sit him on your windowsill
He'll sing to you, you'll see.
And every time you look at him
I hope you think of me.

Written by published author,
Shirley Binkley- CBA resident



EMPLOYEE PET OF THE MONTH

Name of employee and department...

Kelly Varney, Dietary.

Type of animal/ breed...

Male, Bernese Mountain Dog.

How old is your pet?

He is 3 years old.

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

His name is Murphy. Just used Google to search pet names and found it.

Are there any other nicknames you have for your pet?

Murpher, Murph.

How and when did you choose your pet?

My husband surprised me for my birthday.

Murphy was only 8 weeks old.



Does your pet do any special tricks?

He gives hugs. He is pretty good at running to sit between your legs.



Funniest memory of your pet.

Watching him run and jump through a huge pile of fall leaves, loving every moment.

Does your pet have a favorite toy or treat?

Unfortunately he thinks his bed is a toy.

Murphy like to rip it apart.



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

Other than chewing his bed, he also steals our socks and chews them up too! Plus he's always jumping on the couch!



Fun facts about your pet or the breed...

Bernese Mountain dogs are known for their goofy personality. He is both a cuddle bug and a protector. Murphy enjoys being around his two older dog brothers, and our two-year-old son. He is not a fan of the rain, but loves to be out in the snow. Murphy also likes to play catch for about 5 minutes, then he gets lazy and prefers to just watch his brothers run around. We love our Murph!

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

Residents' Council Meeting Minutes Thursday, July 11, 2024

- Jude Tonzola, President, called Residents' Council meeting to order.
- Minutes from June's Residents' Council meeting were read by Patricia Stuber, Council Secretary.
- Jude Tonzola asked for a motion to accept June's minutes as read.
Elizabeth Landis 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 July.



Notice of Rights -Your nursing facility must inform you orally and in writing, at the time of your admission to the facility, of your legal rights while you are a resident of the facility. A written statement of your rights must also be provided to you by your nursing facility upon reasonable request.



Old Business:

- Referrals were read by Resident Council Liaison, Heidi Heffelfinger.

New Business:

- Candy prices will increase this month, all candy currently priced at .85 will increase to \$1.05.
- Service Electric is working on bringing back 2 Spanish channels that were recently removed during a channel guide update. Channels affected were 16 and 66. They are working on getting them back in our line up.
- New Ombudsman, Lisa Taylor, was introduced to the residents. Lisa spoke on two topics today:
 - Topic #1 Safety on using the internet responsibly and about the safety of online relationships. Be aware of the signs for scammers and fake people online.
 - Topic #2 The bill on the \$45 allowance given to residents each month made it to legislators and was agreed on. Legislators tabled the bill for time being to be discussed at later time to further discuss the new amount.

Resident Concerns/Comments:

- Resident would like to have side rails put on their bed.
A referral will be sent to the proper department.
- Resident voiced a concern with staff on the 3 to 11 shift. Residents feel staff are rushing them to get ready for bed early. Staff says its due to being short staffed and they want to go on their breaks.
A referral will be sent to the proper department.
- Resident asked if it is appropriate for roommate to be on the phone late at night.
A referral will be sent to the proper department.
- Resident had a question about the call bell. He would like a different style call bell.
A referral will be sent to the proper department.
- Residents stated they do not like getting their meds during meal times.
A referral will be sent to the proper department.
- Residents have a concern about meal trays. Residents feel they are being rushed to eat quickly so staff can take away their lunch and dinner trays. Residents feel they are not getting enough time to eat.
A referral will be sent to the proper department.

Announcements:

Jason Cumello - Administrator

- New regulations require nursing facilities to perform Facility Assessments every year. CMS has changed its guidelines for the facility assessment to now include everyone, including residents. It's a 4 question survey located in the Admin. hallway. Also Social Service will be going around to assist residents who need help completing the Survey.

Michelle Julian-Asst. Administrator

- Resident privacy bathroom curtains have all been installed.
- Work on the new boiler will begin shortly. The county has awarded Warko the contract.

Jessica Kelly - Asst. Director of Life Enrichment

- Jessica went over the activities for the remainder of the month of July.
- Life Enrichment will be cutting back on the number of activities including snacks. Please review activities calendar before attending each activity. There will be two food activities a week.
- Activity calendars are available to all residents on the back of the Hillside News.

Conclusion:

- The next Residents' Council Meeting will be held on August 8, 2024 at 2:30pm in the Main Dining Room.
- Jude Tonzola made a motion to adjourn the meeting.
- Residents were invited to attend the Food Committee Meeting immediately following Residents' Council.

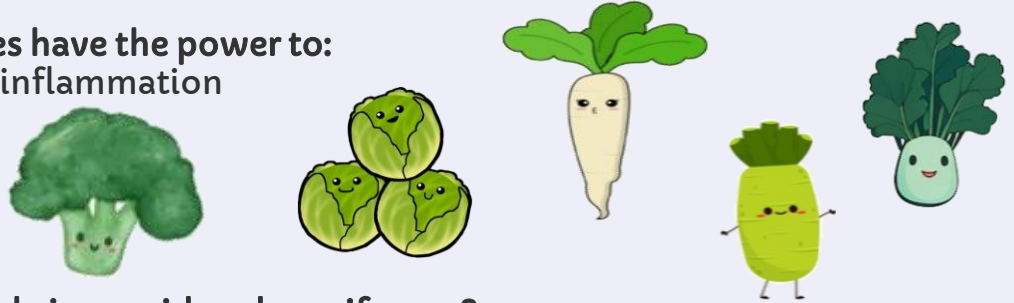
DIETICIAN NUTRITION

Most everyone knows that eating vegetables is an important part of a healthy diet. In fact, the federal dietary recommendation for vegetables is two-to-three cups each day. After learning of the multiple benefits of cruciferous vegetables, it will be much easier to follow this recommendation. They provide:

- Vitamins, minerals, healthy fats, carbohydrates, proteins, and fiber.
- Omega-3 fatty acids that help to lower blood pressure and the risk of cardiovascular disease

And, cruciferous vegetables have the power to:

- Reduce cholesterol and inflammation
- Regulate blood sugar
- Aid digestion
- Help with weight loss
- Increase immunity
- Reduce cancer risk



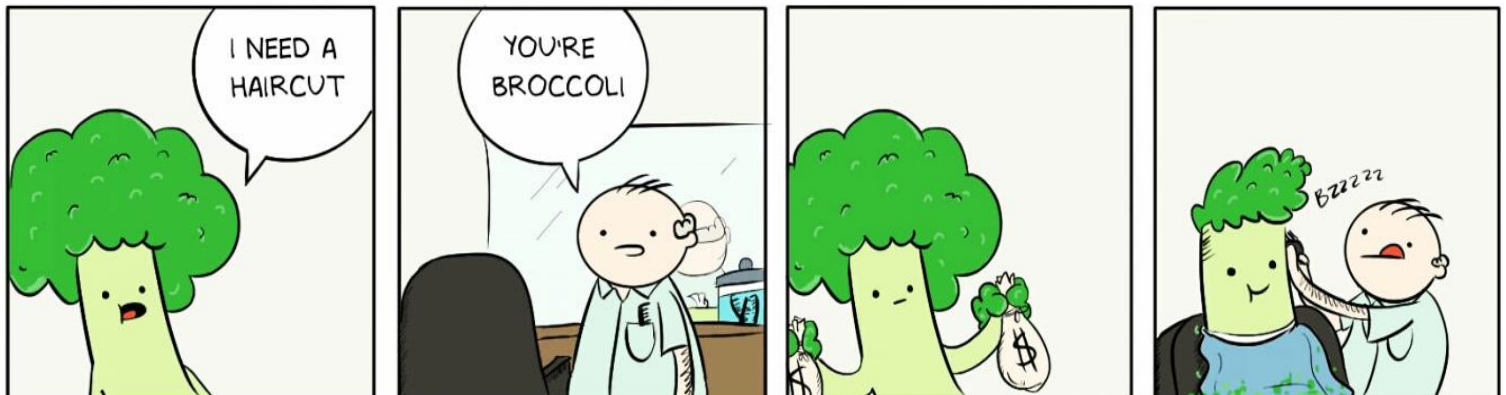
Do you know what vegetable is considered cruciferous?

- Broccoli, cauliflower, cabbage, brussels sprouts, bok choy, kale, horseradish, and wasabi.
- They combine a variety of nutrients including beta-carotene, fiber, vitamin C, calcium, iron, and folate.
- They contain a group of substances known as glucosinolates, which are responsible for the pungent aroma and bitter flavor of cruciferous vegetables.
- Get their name from the four-petal flowers, which look like a crucifer or cross.
- Cauliflower is an unassuming cruciferous vegetable that provides an entire day's vitamin C in just one cup!
- Cabbage is one of the oldest vegetables. There are at least 100 types, but green, red, and savoy varieties are the most popular in the United States.

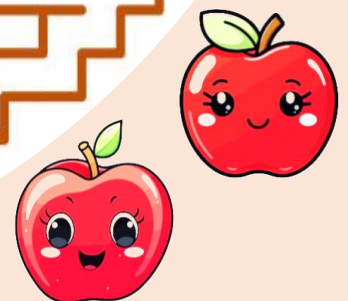
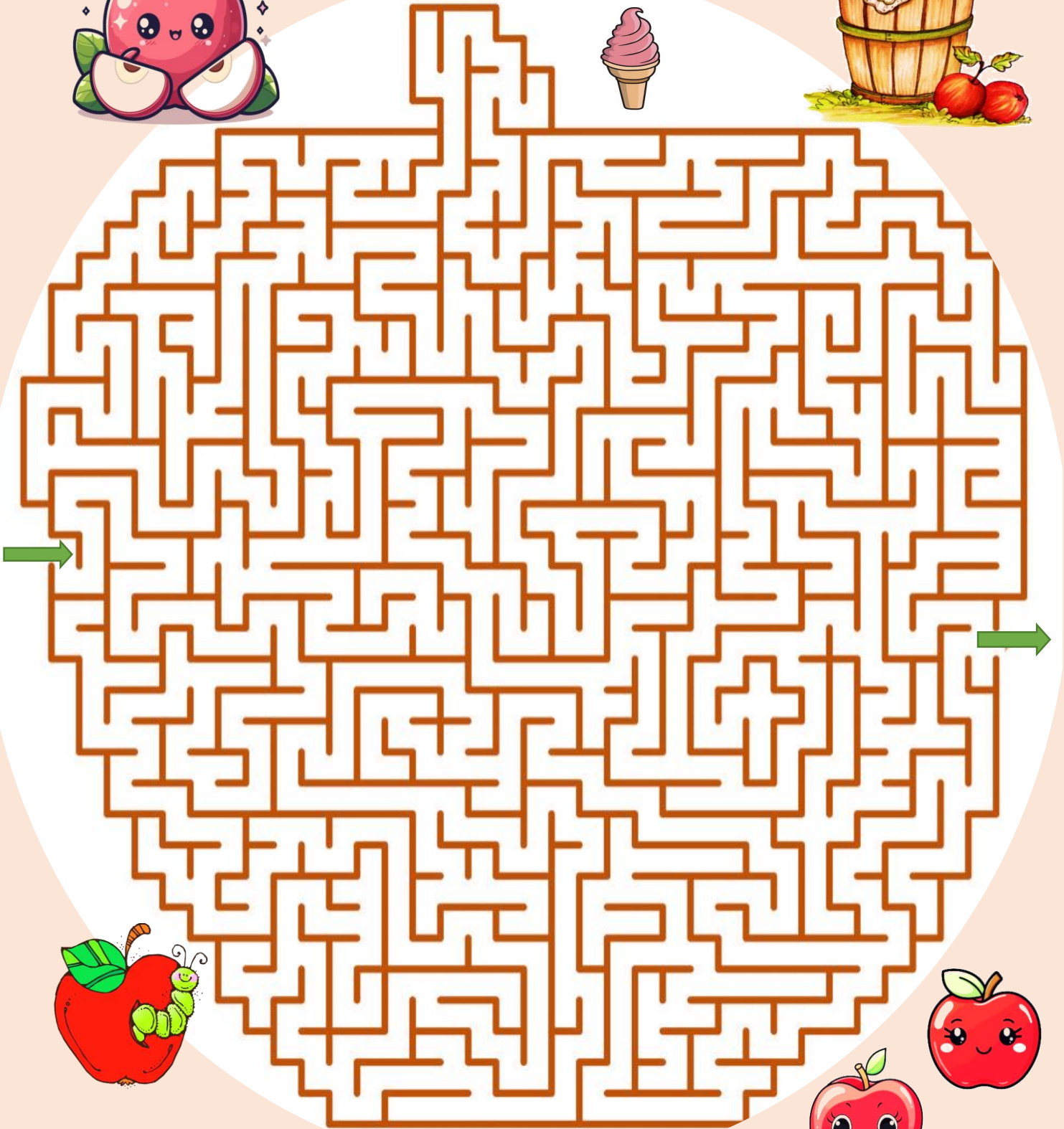
Basically, eating vegetables every day is important for overall health. They provide essential vitamins, minerals, and other nutrients. Research consistently shows that people who eat at least five servings of vegetables a day have the lowest risk of many diseases, so enjoy a range of vegetables daily to reap as many health benefits as possible.



Morrison
LIVING



CAN YOU GET THROUGH THE APPLE MAZE?

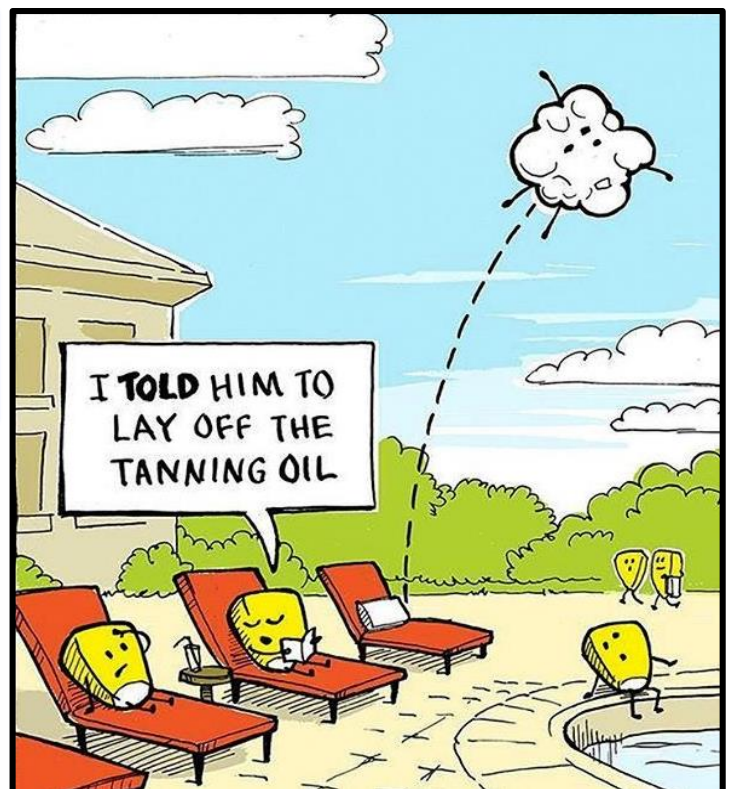


EMPLOYEE ANNIVERSARIES

EMPLOYEE	DEPARTMENT	YEARS	EMPLOYEE	DEPARTMENT	YEARS
Keith Colley	Environmental	36	Sharon Smith	Nursing	4
Pamela Durette	Nursing	25	Kimberly Graver	Nursing	3
Erica Lopez	Nursing	13	Pheap Huon	Nursing	3
Amanda Stein	Nursing	10	Lisa Frederick	Nursing	2
Natalia Villamil	Administration	8	Moin Qureshi	Nursing	1
Omara Duran-Gates	Nursing	6	Lauren Thomas	Nursing	1
Twyana Colson	Nursing	4	Madison Reiss	Nursing Office	1



Lori Diaz
Joanna Lopez
Kaleen Rodriguez
Natasha Tracey



Fresh Peach Crumb Bars

Ingredients

For the crust:

- 1 cup granulated sugar
- 3 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground cinnamon
- 1 cup unsalted butter cold, cut into cubes
- 1 large egg lightly beaten



For the peach layer:

- 1/2 cup granulated sugar
- 1 tablespoon cornstarch
- 1/4 teaspoon ground cinnamon
- 5 large peaches, peeled and diced (about 4 to 5 cups)
- 1 teaspoon fresh lemon juice



For the icing: (optional)

- 1 cup powdered sugar
- 1/4 teaspoon almond extract
- 1 tablespoon milk (more or less for desired consistency)



Instructions

Preheat oven to 350°F if using a glass pan or dark metal pan, or 375°F for a light metal pan. Lightly grease or spray a 13x9-inch baking pan and set aside.

For the crust:

1. In a medium bowl whisk together 1 cup of sugar, 3 cups flour, baking powder, salt and cinnamon.
2. Using a pastry cutter, blend in the butter until the mixture resembles coarse sand. Add the lightly beaten egg and mix until the dough starts to hold together, but is still crumbly.
3. Gently press a little more than half the dough into the prepared pan.

For the peach mixture:

1. In a large mixing bowl whisk together the sugar, cornstarch and cinnamon. Add the diced peaches and toss to combine. Drizzle the lemon juice over the peaches and toss to coat. Pour the peach mixture over the crust and spread evenly.
2. Using your hands, press together handfuls of the remaining crumb topping to create clumps. Scatter the clumps and remaining crumbled topping over the fruit layer leaving some peaches showing through.
3. If using a glass pan, bake at 350°F degrees for 50-55 minutes or until lightly browned. If using a metal pan, bake at 375°F degrees for 40-45 minutes. Cool completely then chill before cutting and icing.



To prepare the icing:

1. Whisk together the powdered sugar, almond extract and milk. Drizzle on the bars just before serving.

To celebrate our Farm week in August most people wouldn't associate farming with humor or intrigue, but chances are many have not heard these five strange facts.



1. Pigs can run a seven-minute mile.

If you've ever been stuck in a pen with an angry sow, you know it's best to get out of the way. But did you know that the average human runner can cover one mile in seven to 10 minutes? On the flip side, pigs can run a mile in seven minutes. That means your odds of winning a race against a pig may be slimmer than you thought.

2. Bananas are berries. But strawberries are not.

According to botanists, berries are simple fruits that stem from a single flower with a single ovary and typically have several seeds. This includes kiwis, pomegranates, eggplants and even bananas. Strawberries, despite their name, stem from a single flower with more than one ovary, which makes them aggregate fruits along with raspberries and blackberries.

3. The longest recorded flight of a chicken is 13 seconds.

Chickens aren't known for being good flyers. While they can fly short distances, it's unlikely to see one soaring above the treetops. Therefore, it should be no surprise that the longest recorded flight by a chicken is just 13 seconds. Even more interestingly, the longest recorded distance a chicken has flown is 301.5 feet.

4. It takes one hive of bees 55,000 miles of flight to produce one pound of honey.

That's the equivalent of traveling around the full length of the equator twice. That's an incredible amount of flight time to produce such a small amount of honey. In those miles, it takes approximately 2 million flowers for bees to produce that one pound of honey. Fortunately, bees can fly about 15 miles per hour, which allows them to go from flower to flower in a relatively short time.

5. It takes two years for one pineapple to grow.

Pineapples may seem easy to come by when the grocery stores are stocked. But the process from field to plate is much longer than you might expect. It takes between 18 and 36 months from the time they are planted for pineapple plants to yield fruit that you can harvest and consume.





HOW MANY DID YOU SPY?

There are 14



"Ice Cream Cones"



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.



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.

Attention Visitors And Staff:

For The Safety Of Our Residents Please DO NOT Use Push Pins In Resident Rooms.

LOST AND FOUND

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.

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.



August 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<div></div> <div>Programs subject to change</div>				1 2:00 PM Movie Matinee: “Blue Hawaii”	2 10:30 AM Coffee Social & Chat 2:30 PM Music by Rick Weaver	3 2:30 PM BINGO		
4 2:30 PM Mass & Rosary	5 10:30 AM Morning Movement (Outdoors) 2:30 PM Crafty Corner: Cupcake Liner Leis	6 10:30 AM BINGO Bucks BINGO 1:30 PM Bible Study 2:30 PM LE Games	7 2:30 PM August Birthday Party with Elaine G. 	8 10:30 AM Visits with LV Humane Society (Outdoors) 2:30 PM Resident Council Meeting	9 2:30 PM Luau with Tanya & Marge (Outdoors)	10 2:30 PM BINGO		
11 2:30 PM Church with Chaplain Laura	12 2:30 PM LE Games- Left, Right, Center	13 1:30 PM Bible Study 2:30 PM LE Games & Fresh Fruit Salad	14 10:30 AM Needles & Hooks 2:30 PM Crafty Corner: Foam Visors	15 10:30 AM Men's Program: Ride the Wave (Outdoors) 2:30 PM Jeopardy	16 10:30 AM Coffee Social & Chat 2:30 PM Music by Rob Ballonoff	17 2:30 PM BINGO		
18 2:30 PM Church with Chaplain Laura	19 10:30 AM Spanish Church Service 2:30 PM Food For Thought: SPAM Chat & Trivia	20 1:30 PM Bible Study 2:30 PM LE Games	21 10:30 AM Needles & Hooks 2:30 PM Cranium Crunchers	22 10:30 AM Morning Movement 2:30 PM August Watercolors (Outdoors)	23 10:30 AM Coffee Social & Chat 2:30 PM Music by Daniel Barrick	24 2:30 PM BINGO		
25 2:30 PM Church with Chaplain Laura	26 10:30 AM Goat Visits (Outdoors) 2:00 PM Movie Matinee “Charlotte’s Web”	27 10:30 AM Barnyard BINGO 1:30 PM Bible Study 2:30 PM LE Games & Peach Cobbler	28 10:30 AM Needles & Hooks 1:30 PM Miniature Horses with Apollo Farms (Outdoors)	29 10:30 AM Baking Bonanza: Bread 2:30 PM: Cedarbrook Science- Making Butter (Outdoors)	30 10:30 AM Coffee Social & Chat 2:30 PM Country Classics with Krista Smith (Outdoors)	31 2:30 PM BINGO		
	 F	A	R	M 	W	E	E	K