Killside News

April 2025 Cedarbrook Senior Care & Rehab









APRIL SPECIAL PROGRAMS

ALL PROGRAMS ARE IN THE MAIN DINING ROOM UNLESS OTHERWISE STATED

PROGRAMS ARE SUBJECT TO CHANGE



4/1 BINGO BUCKS BINGO - 10:30 AM

4/1 LE GAMES & SUNNY SIDE- UP EGGS ON TOAST - 2:30 PM

4/2 APRIL BIRTHDAY PARTY WITH JOHNNY K. - 2:30 PM

4/3 CHAT & TRIVIA: CATS VS. DOGS-10:30 AM

4/3 APRIL PAINT-BY-NUMBERS - 2:30 PM

4/4 MOVIE MATINEE: "PETER RABBIT" - 2:00 PM

4/5 TV GAMES WITH JENNA - 10:30 AM

4/7 CEDRABROOK GARDEN GROUP - 10:30 AM

4/7 COMEDIC CHARADES - 2:30 PM

4/9 BAKING BONANZA: EASTER DIRT CAKE CUPS - 2:30 PM

4/10 VISITS WITH LV HUMANE SOCIETY - 10:30 AM

4/10 RESIDENTS' COUNCIL - 2:30 PM

4/11 MUSIC WITH DAN BARRICK - 2:30 PM

4/12 CREATIVE COLORING WITH LISA - 10:30 AM

4/13 PALM SUNDAY SERVICE WITH CHAPLAIN LAURA - 2:30 PM

4/14 CRAFTY CORNER: EASTER BUNNY LOLLIPOPS - 2:30 PM

4/16 CRAFTY CORNER: DYEING EASTER EGGS - 2:30 PM

4/17 MEN'S PROGRAM: MANLY MERRIMENT - 10:30 AM

4/17 CRANIUM CRUNCHERS - 2:30 PM

4/18 GOOD FRIDAY SERVICE - 1:30 PM

4/19 WHITEBOARD GAMES WITH BONNY - 10:30 AM

4/20 EASTER SUNDAY SERVICE WITH CHAPLAIN LAURA - 2:30 PM

4/21 THROUGH 4/25: CLASSIC CUISINES WEEK

4/21 SPANISH CHURCH SERVICE - 10:30 AM

4/21 CEDARBROOK SCIENCE: GUMMI BEAR EXPERIMENT - 2:30 PM

4/22 LE GAMES & BURGERS & FRENCH FRIES - 2:30 PM

4/23 MOVIE MATINEE: "LAST HOLIDAY" - 2:00 PM

4/24 COUNTRY KITCHEN COLORING - 10:30 AM

4/24 CHEF'S CORNER: CHICKEN POT PIE - 2:00 PM

4/25 MUSIC WITH RICK - 2:30 PM

4/26 PUZZLE YOUR MIND WITH ENISA - 10:30 AM

4/28 CRAFTY CORNER: CAT TREE HUGGERS - 2:30 PM

4/30 BOOZE & TATTOOS - 2:30 PM





KEEP YOUR EYES
PEELED FOR ...

"THE CHICK
IN A BASKET"



(Answer on page 16)



APRIL FUN FACTS... DID YOU KNOW?

- April was the second month in an early Roman calendar, but became the fourth when the ancient Romans started using January as the first month.
- April is named for the Greek goddess of love, Aphrodite.
- > Small animals that hibernate are usually coming out of their burrows in April. The birds fly back northward and settle down to have their families. The bees and butterflies begin to gather nectar from the first flowers of the season.
- > In some parts of the world, it is planting time, while in other parts, it is the harvest season.
- > April is Humor Month, so laugh it up!
- > The birthstone for April is the diamond.
- The zodiac signs are Aries (March 21 April 19) and Taurus (April 20-May 20).
- The birth flowers for the month of April are the sweet pea and the daisy.



WORD LIST

APRIL BASEBALL BIRDS BLOSSOMS BUMBLEBEE BUTTERFLIES CHICK CLEANING CLOVER CROCUS DAFFODIL DAYLIGHT EQUINOX FLOWERS FORSYTHIA GARDEN JACKET LADYBUG MARCH MAY PICNIC **PUDDLES** RAINBOW ROBIN SEEDS SHOWERS

SPRING

UMBRELLA



SPRING

WORD SEARCH

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Resident Council Meeting Minutes Thursday, January 30, 2025

- > Jude Tonzola, President, called the Residents' Council meeting to order.
- Minutes from December's Residents' Council meeting were read by Patricia Stuber, secretary.
- > Jude Tonzola asked for a motion to accept December's minutes as read. Betty Lou Hall moved to accept and it was seconded by Kathleen Rowe.
- > Patricia Stuber read the list of the new, deceased and discharged residents since our last meeting.
- Mavin Kerchner read The Resident's Right for January.

Advance directive – You have the right to give advance written instructions to your doctor and others, that in the event you become incapacitated, your nursing facility and your physician will honor your wishes regarding your choice to accept, refuse, or discontinue medical care or surgical treatments.

Old Business:

Voting for new Residents' Council Officers took place during this meeting New Business:

> The year 2025 new Residents' Council Officers are President, Jude Tonzola; Vice President, Marvin Kerchner; and Secretary, Patricia Stuber.

Resident Concerns/Comments:

- Residents commented that they become low on snacks and paper products because of short stocking. The same happens on the weekends with snacks. Stocking not lasting the full weekend not factoring in for Friday, Saturday, Sunday. Preparing for 3 days of stock.
 - A referral will me sent to the proper departments.

Announcements:

- Michelle Julian—Asst. Administrator Gave a thank you for the opportunity to call BINGO. Also Social Security has increased the \$45 monthly allowance to \$60 a month.
- > Jason Cumello Administrator Thank you for working with us through the Legionnaire's scare. We are now past it and we are hopeful to not have to deal with this again.
- > Update on the new building: Everything is going great. We now have the walls of the foundation going up. Contractors will continue to work through the winter with the appropriate equipment to cure the concrete.
- > Jessica Kelly Asst. Director of Life Enrichment- Went over the activities for the remainder of the month of January.
- The residents were introduced to the new Life Enrichment Director, John Garner.
- Life Enrichment will be working on staring up a new group program. The Garden Club is thinking about a new Garden Club Group.
- Activity calendars are available to all residents on the back of the Hillside News.

Conclusion:

- The next Residents' Council Meeting will be held on February 13, 2024 at 2:30pm in the Main Dining Room.
- > Jude Tonzola made a motion to adjourn the meeting. Kathleen Rowe moved to accept the meeting minutes and was seconded by Betty Lou Hall.
- Residents were invited to attend the Food Committee Meeting immediately following Residents' Council.

Resident Council Meeting Minutes Thursday, February 13, 2025

- Jude Tonzola, President, called the Residents' Council meeting to order.
- Minutes from January's Residents' Council meeting were read by Patricia Stuber, Secretary.
- > Jude Tonzola asked for a motion to accept January's minutes as read. Barbara Gower moved to accept and it was seconded by Elizabeth Landis.
- > Patricia Stuber read the list of the New, Deceased and Discharged residents since our last meeting.
- Marvin Kerchner read The Resident's Rights for February.

Freedom of Choice - You have the right to choose a personal attending physician and to be fully informed in advance about the care and treatment you will receive; to participate in planning your care and treatment; and, to be fully informed in advance of any changes in your care plan or treatment.

Old Business:

Referrals from last meeting were reviewed by Heidi Heffelfinger, Residents' Council Liaison.

New Business:

- Heidi went over the importance of getting all your items coming into the facility labeled. Most importantly having all of your electronic devices documented on your personal property list. Let the staff know when you receive new items to be sure they go on your personal property log. Remember ALL electronic devices must be inspected by the Maintenance Department.
- We will be renaming Club Med here at Cedarbrook Fountain Hill; its current name is Club Med. There will be 5 finalists chosen and at the next Residents' Council meeting, we will vote on a new name.
- > Tara Pendrak Assistant Director of Nursing-Announced new transporting rules for residents
- going out to appointments. Any and all residents that are being transported by the facility or Cetronia must go out in a wheelchair to ensure a safe transport.

Resident Concerns/Comments:

No resident concerns at this time.

Announcements:

- Michelle Julian- Asst. Administrator Michelle congratulated all the Officers on the election.
- Nursing unit renovations are still in the works and being done behind the scenes as of right now.
- We have put together a list of items not allowed in our facility. Moving forward all new admissions will receive this list. If you would like a copy you can ask your social worker for one.
- Jason Cumello Administrator
- Cedarbrook will be introducing a resident's and visitor's Code of Conduct. The document will be available in the March newsletter as well as in the lobby of the facility. We are currently adhering to the Code of Conduct, but now it will be available in written form.
- Jessica Kelly Asst. Director of Life Enrichment –Jessica went over the activities for the remainder of the month of February.
- Activity calendars are available to all residents on the back of the Hillside News.
- If residents are in need of activities to do in their room we can offer coloring sheets, puzzle books, cross word puzzles etc.. Please reach out to the Life Enrichment staff and they can help you.

Conclusion:

- > The next Residents' Council Meeting will be on March 13, 2024 at 2:30pm in the Main Dining Room.
- Jude Tonzola made a motion to adjourn the meeting. Kathleen Rowe moved to accept the motion and it was seconded by Betty Lou Hall.
- Residents were invited to attend the Food Committee Meeting immediately following Residents' Council.

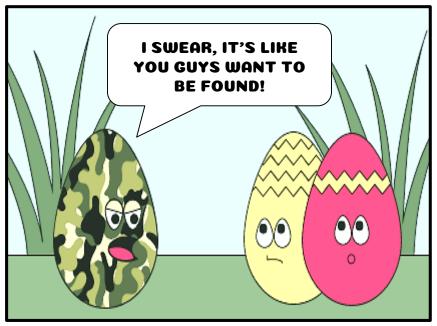


EMPLOYEE ANNIVERSARIES

EMPLOYEE	DEPARTMENT	<u>YEARS</u>
ELIZABETH CRUZ	NURSING	23
TAMMY SCHANKOWITZ	NURSING	21
REBECCA LEWIS	NURSING	20
REBEKAH ADELMAN	NURSING	12
ASHLEY HAAS	NURSING	11
GLORIA DELLANNO	NURSING	4
KELLIE FRICK	NURSING	3
WILLIAM OWENS	NURSING	3
DIANA TIRADO	NURSING	3
MICHELLE DIONNE	FINANCIAL	3
LILLIAN TORRES	ENVIRONMENTAL	3
BRIANNA NIEVES	NURSING	1
KELLEE LITTLE	NURSING	1











EMPLOYEE PET OF THE MONTH



Name of employee and department...

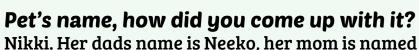
Katie-Nursing Department.

Type of animal/ breed...

Dog-Black Russian Terrier.

How old is your pet?

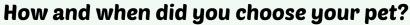
She's 6 years old.



Sasha. We wanted a name that was close to her parents.



Goofy goober. Or goofy floofy because she always makes us laugh.



In 2019 we drove to NYC to pick her up from a breeder. Our other dog needed a friend. She needed to be around other dogs. So we brought Nikki home.

Funniest memory of your pet...

She always makes us laugh. Nikki has a very bossy, sassy, attitude and will let you know exactly what she wants.

Does your pet do any special tricks?

She figured out how to open baby gates! With a nudge of her nose. Nikki is very smart. She also knows all the basic obedience commands.

Does your pet have a favorite toy or treat?

Her favorite "toy" is her sisters! Gemmi, a greyhound and, Daisy, a Brazilian Mastiff, are her play buddies.

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

Nikki loves to chase cats and she enjoys barking A LOT!

Fun facts about your pet or breed...

Black Russian Terriers were created during WWII as a military dog. They were used by the military to guard camps and prisons. The hair that covers their eyes served the purpose so the dog's eyes could not be detected at night by lights so they could capture intruders and prisoners. They came to the USA in the 1980s, and were recognized by The American Kennel Club in 2004.

(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.)







Text: Luke 23:46 and when Jesus had cried out with a loud voice, He said, "Father, into Your hands I commit My spirit" having said this, He breathed His last. "Into Your hands" was Jesus final words taken from Psalm 31:5 which show the prayer of "trust" from a righteous sufferer. With these words "Into Your hands I commend My spirit," David expresses a complete and absolute total dependency on God – his life was in God's hand to do with it as He pleases. This was also spoken by Stephen before his death in [Acts 7:59]. According to the gospel of Luke who was a physician, he speaks from a doctor's viewpoint. He had been in the presence of many people who had died. He knew how they died, and He knew how our Lord died. Our Lord's death was different; it wasn't a normal kind of death. There is what is commonly known as the "death rattle" when one draws his last breath. It is always with a struggle and with great effort. The two criminals on their cross undoubtedly died that way, but not the Lord Jesus. His death was voluntarily, He dismissed His spirit. Did you notice what He said? "Father into thy hands I commend my spirit" with a loud voice; it doesn't sound like a man whose life is wasting away. John adds that his (Jesus) final word was a shout of victory "It is finished!" Jesus Christ, one who was rejected by men, a man of sorrow and acquainted and borne our grief and carried our sorrow. The only one who suffered, died and was resurrected on the third day for your sins and mind is saying: **Do You Trust Me!** Griefs - or pain and sorrows - or sickness.

- 1. Do you trust "Me" when your family falls apart at the seams?
- 2. Do you trust Me when your children stray from the things of God?
- 3. Do you trust Me when you find out that your spouse is cheating on you?
- 4. Do you trust Me if your marriage ends in divorce?
- 5. Do you trust Me when you just found out that your child been diagnosis who some type of mental disorder? [ADHD, ADD, ODD, Autism spectrum]
- 6. Do you trust Me, sisters, when you had a miscarriage?
- 7. Do you trust Me when you have been used and abused, taken advantage of, overlooked when it comes to employment, stepped on, pushed to the side, ignored, slandered, persecuted?
- 8. Do you trust Me when you have been born from a rape incident and do not know who your father or your mother is? Jesus said "I'll be a Father to the Fatherless."
- 9. Do you trust Me when life fails you no matter what direction you're heading in and you seem to hit a dead end?

Words of Jesus:

- Luke 23:34 I can give you strength and My grace is sufficient to forgive those who have hurt you.
- *2. Luke 23:43* I will be with you not just in paradise but right here and now "I will never leave you nor forsake you".
- *3. John 19:26-27* even though your son or daughter doesn't have a Father, the Lord God will be your Father to the fatherless and He will provide you with an earthly male role model for your children.
- 4. Matthew 27:46 though physical darkness of agony may cover the deepest of your soul that no one can ever imagine [the Lord said in Psalm. 139:11-12 "If I say, "Surely the darkness will hide me and the light become night around me," even the darkness will not be dark to you; the night will shine like the day, for darkness is as light to you."
- 5. John 19:28 everything he said about your life has been accomplished [ref. Phil 1:6].

I'll end with this quote by D.L. Moody who once said "Trust in yourself and you are doomed to disappointment...but trust in God and you are never to be confounded in time or eternity."

Pastor Tony Jones





WHEN PEOPLE VOLUNTEER, THEY OFTEN DO IT FOR SELFLESS REASONS.
THEY DO IT OUT OF LOVE AND COMPASSION TO HELP OTHERS.
YOU, TOO, ARE ONE OF THE WONDERFUL PEOPLE WHO VOLUNTEER TO
MAKE A DIFFERENCE. THANK YOU FOR GIVING YOUR TIME AND
TALENTS TO HELP THOSE WHO NEED ASSISTANCE.
YOU'VE SHOWN ALL OF THESE QUALITIES AND SO MUCH MORE. THANK YOU
FOR ALL THAT YOU DO TO HELP THE RESIDENTS AT CEDARBROOK.
YOU ARE IMPORTANT TO US EVERY DAY.

Cedarbrook is pleased to honor our dedicated volunteers during the month of April with a celebratory dinner. We will be hosting our volunteer celebration dinner on Tuesday April 22, 2025 at 5:30 PM in Fountain Hill's Main Dining Room. Please RSVP by April 3, 2025.

Volunteers...if you haven't received your invitation, please

contact the Volunteer Office at 610-336-5684.



CURRENT VOLUNTEER OPPORTUNITIES:

- HELP OUR RESIDENTS EASILY JOIN IN WITH ON-UNIT ACTIVITIES.
 ACTIVITIES ARE 7 DAYS A WEEK. AFTERNOONS HOURS WOULD BE 1:45-3:30 PM.
- ❖ VOLUNTEERS ARE NEEDED EVERY SATURDAY AND EVERY SUNDAY FOR RESIDENT ACTIVITIES AND TRANSPORTING TO CHURCH SERVICE. THE HOURS ARE 1:45-3:30 PM.

FOR MORE INFORMATION OR TO SIGN UP, PLEASE CALL KERRY AT 610-336-5684.

"TOO OFTEN WE UNDERESTIMATE THE POWER OF A TOUCH, A SMILE, A KIND WORD, A LISTENING EAR, AN HONEST COMPLIMENT, OR THE SMALLEST ACT OF CARING, ALL OF WHICH HAVE THE POTENTIAL TO TURN A LIFE AROUND."

— LEO BUSCAGLIA. PHD. AMERICAN AUTHOR



BECOME A MEMBER OF OUR AUXILIARY

This wonderful group raises money to purchase special things for our residents throughout the year. It's easy to join and fun to be a part of this amazing and important group. It takes wonderful people like you to keep it successful.

Meetings are once a month, and fundraising events are also once a month. There are lots of ways you can help this wonderful group.

\$5 yearly dues.

For information, please contact:

Emily Strohl emilystrohl@lehighcounty.org 610-336-5686

> or Jean Larison <u>Debah54@gmail.com</u> 610-740-8281





The World's Alive Again

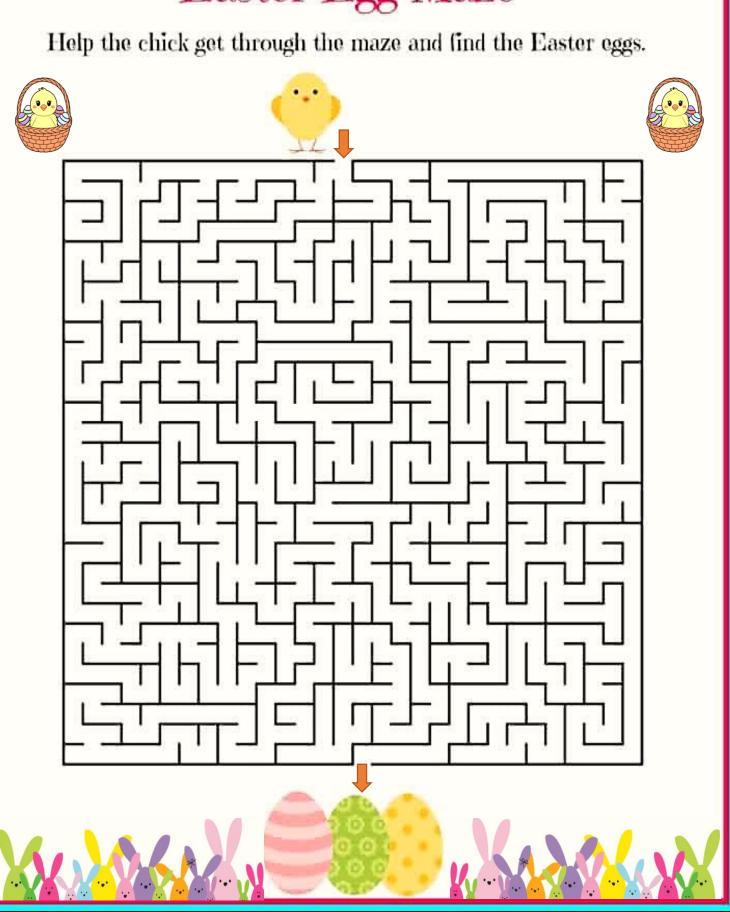
The rabbit hops its gentle step
The lark sings lyric songs
All the world's alive again
Spring rights the winter wrongs.

Mother hen protects her chicks White blossoms are in bloom All the world's alive again No snowy clouds to loom.

A kitten chirps her tiny mew The child blinks his eyes All the world's alive again A new world crystalized.



Easter Egg Maze









Easter Is the Celebration of Jesus' Resurrection for Christians



The White House Hosts an Easter Egg Roll Every Year





Easter Baskets Are Not Random

Eggs Were Thrown During Medieval Times

Easter Eggs Are Not a Modern Tradition



Easter Is Just One Day out of a Period of Important Religious Days

> EASTER CANDY IS MADE YEAR ROUND



NATIONAL DAYS FOR







APRIL FOOLS DAY



PEANUT BUTTER & JELLY DAY



FIND A RAINBOW DAY



HUGA NEWS PERSON DAY



BURRITO DAY



STUDENT ATHLETE DAY



LOVE OUR CHILDREN DAY



8 EMPANADA



UNICORN











GRILLED CHEESE DAY



3 SCRABBLE



4 DOLPHIN



5 TITANIC



WEAR YOUR **PAJAMAS** TO WORK DAY







HIGH **FIVE** DAY



CHEDDAR **FRIES** DAY



PRE-K





PICNIC DAY



PIGS INA BLANKET DAY





26 POEMIN YOUR **POCKET** DAY



BABE **RUTH** DAY



28 SUPER



Q ZIPPER



BUBBLE TEA DAY













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.





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.





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, iPad, 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.

Attention Visitors And Staff:

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

HOW MANY DID YOU PEEP?
There are 20
"CHICKS IN A BASKET"

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 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:30 AM BINGO Bucks BINGO 1:30 PM Bible Study 2:30 PM LE Games & Sunny Side-Up Eggs on Toast	2 10:30 AM Needles & Hooks 2:30 PM April Birthday Party with Johnny K.	3 10:30 AM Chat & Trivia: Cats vs. Dogs 2:30 PM April Paint-by- Numbers	4 10:30 AM Coffee Social & Chat 2:00 PM Movie Matinee: "Peter Rabbit"	5 10:30 AM TV Games with Jenna 2:30 PM BINGO
6 2:30 PM Mass & Rosary	7 10:30 AM Cedarbrook Garden Group 2:30 PM Comedic Charades	8 10:30 AM BINGO 1:30 PM Bible Study 2:30 PM LE Games	9 10:30 AM Needles & Hooks 2:30 PM Baking Bonanza: Easter Dirt Cake Cups	10 10:30 AM Visits with LV Humane Society 2:30 PM Resident Council	11 10:30 AM Coffee Social & Chat 2:30 PM Music by Dan Barrick	12 10:30 AM Creative Coloring with Lisa 2:30 PM BINGO
13 2:30 PM Palm Sunday Service with Chaplain Laura	14 10:30 AM Morning Movement 2:30 PM Crafty Corner: Easter Bunny Lollipops	15 10:30 AM BINGO 1:30 PM Bible Study 2:30 PM LE Games	16 10:30 AM Needles & Hooks 2:30 PM Crafty Corner: Dyeing Easter Eggs	17 10:30 AM Men's Program: Manly Merriment 2:30 PM Cranium Crunchers	18 10:30 AM Coffee Social & Chat 1:30 PM Good Friday Service 2:30 PM Ice Cream Social	19 10:30 AM Whiteboard Games with Bonny 2:30 PM BINGO
20 2:30 PM Easter Sunday Service with Chaplain Laura	21 10:30 AM Spanish Church Service 2:30 PM Cedarbrook Science: Gummi Bear Experiment C L A S	22 10:30 AM Bite-Sized BINGO 1:30 PM Bible Study 2:30 PM LE Games & Burgers & Fries	23 2:00 PM Movie Matinee: "Last Holiday"	24 10:30 AM Country Kitchen Coloring 2:00 PM Chef's Corner: Chicken Pot Pie	25 10:30 AM Coffee Social & Chat 2:30 PM Music with Rick	26 10:30 AM Puzzle Your Mind with Enisa 2:30 PM BINGO
27 2:30 PM Church with Chaplain Laura	28 10:30 AM All-Weather Workout 2:30 PM Crafty Corner: Cat Tree Huggers	29 10:30 AM BINGO 1:30 PM Bible Study 2:30 PM LE Games	30 10:30 AM Needles & Hooks 2:30 PM Booze & Tattoos	¥°°° €	≥°°° ≽	≱°°° ⊭