Hillside News

May 2025 Cedarbrook Fountain Hill Senior Care & Rehab

Happy Mother's Day



Hillside News

Published monthly. Funded by Lehigh County taxpayer dollars. 724 Delaware Avenue Bethlehem, PA 18015 Phone: 610-691-6700 Fax: 610-867-2332 Hotline: 610-336-9604

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Torie Yackanicz - Clinical Nutrition Manager









C.H.O.I.C.E.S.

at Cedarbrook Nursing Homes

A Community with <u>Heart Offering</u>
Individualized Care and Excellent Service.



Adopted October 2006

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

THE HAPPENINGS AT THE HILL...

MAY SPECIAL PROGRAMS

ALL PROGRAMS ARE IN THE MAIN DINING ROOM UNLESS OTHERWISE STATED

PROGRAMS ARE SUBJECT TO CHANGE

5/1 MOVIE MATINEE: "TROOP BEVERLY HILLS" - 2:00 PM

5/2 MAY BIRTHDAY PARTY - 2:30 PM

5/3 PUZZLE YOUR MIND WITH ENISA - 10:30 AM

5/4 MASS & ROSARY- 2:30 PM

5/5 SPANISH SPELLING BEE - 10:30 AM

5/5 MARACAS, MUSIC, & MARGARITAS - 2:30 PM

5/6 BINGO BUCKS BINGO - 10:30 AM

5/7 MOTHER'S DAY TEA PARTY - 2:30 PM

5/8 VISITS WITH LV HUMANE SOCIETY - 10:30 AM

5/8 RESIDENTS' COUNCIL - 2:30 PM

5/9 MEXICAN FRIED ICE CREAM SOCIAL - 2:30 PM

5/10 MOTHER'S DAY BINGO - 2:30 PM

5/12 THROUGH 5/16 - NATIONAL SKILLED NURSING CARE WEEK

5/12 HANDPRINT MURAL: "HANDS THAT BUILT THE TAPESTRY" - 10:30 AM

5/12 PATIO PLANTING WITH BETHLEHEM GARDEN CLUB - 2:30 PM

5/13 LE GAMES & HUMMUS WITH PITAS - 2:30 PM

5/14 CRAFTY CORNER: TIE-DYED TAPESTRIES - 2:30 PM

5/15 TAPESTRY OF MOVEMENT & WELLNESS - 10:30 AM

5/15 TIME CAPSULE CREATION - 2:30 PM

5/16 PATRIOTIC PARTY WITH STEVE WALKER - 2:30 PM

5/17 TV GAMES WITH JENNA - 10:30 AM

5/19 MAY PAINT- BY- NUMBERS - 2:30 PM

5/21 STATION 2 PICNIC (COURTYARD) - 12:00 PM

5/21 MEMORIAL SERVICE - 2:30 PM

5/22 MEN'S GROUP WITH JASON CUMELLO - 10:30 AM

5/22 BAKING BONANZA: SOFT VANILLA PUDDING COOKIES - 2:30 PM

5/23 MEMORIAL DAY PROGRAM WITH LVMAC - 2:00 PM

5/24 WHITEBOARD GAMES WITH BONNY - 10:30 AM

5/26 BREWS & BRUNCH - 10:30 AM

5/26 RED, WHITE & BLUE BINGO - 2:30 PM

5/27 THROUGH 5/30 - BOARD GAMES WEEK

5/27 LE GAMES & BOARD GAMES WITH CUPCAKES - 2:30 PM

5/28 STATION 4 PICNIC (COURTYARD) - 12:00 PM

5/28 BOARD GAME BONANZA - 2:00 PM

5/29 CRAFTY CORNER: SCRABBLE SENTIMENTS - 10:30 AM

5/29 MOVIE MATINEE: "JUMANJI - WELCOME TO THE JUNGLE" - 2:00 PM

5/30 MEMORIAL DAY MUSIC WITH LORRI WOODWARD - 2:30 PM

5/31 PUZZLE YOUR MIND WITH ENISA - 10:30 AM







CHAPLAIN'S CORNER

HAIL HOLY QUEEN

Hail, holy Queen, Mother of mercy, our life, our sweetness and our hope. To thee do we cry, poor banished children of Eve. To thee do we send up our sighs, mourning and weeping in this valley of tears. Turn, then, most gracious advocate, thine eyes of mercy toward us, and after this, our exile, show unto us the blessed fruit of thy womb, Jesus.



Oh clement, Oh loving, Oh sweet Virgin Mary.
Pray for us, Oh holy Mother of God.
That we may be made worthy of the promises of Christ.



For centuries, the Catholic Church has set aside the entire month of May to honor Mary, Mother of God, Queen of Heaven. Not just a day in May, but the entire month. In medieval times, similar customs abounded, all centering around the practice of expelling winter, as May 1st was considered the start of new growth. The connection between Mary and the month of May can be traced back to ancient times when the Greeks and Romans celebrated spring festivals dedicated to deities who represented fertility and beauty. For the Romans, this was the goddess Flora, celebrated during the Floralia.

Here's a more detailed explanation:

> Month of Mary:

The month of May is often referred to as the Month of Mary, a time for Catholics to focus on Mary, the mother of Jesus, and offer special prayers and devotions to her.

> Historical Significance:

The tradition of dedicating May to Mary can be traced back to the medieval period, when May was seen as the end of winter and the start of a new season of growth.

> Devotions:

During May, Catholics may engage in various Marian devotions, such as praying the rosary, singing Marian hymns, and reading scripture associated with Our Lady.

> May Crowning:

A common tradition during the month of May is the May Crowning, where a statue or image of Mary is adorned with flowers, symbolizing her beauty and honor.

> Official Consecration

The official consecration of May to the Virgin Mary came only on April 29, 1965, with the encyclical Mense Maio by Pope Paul VI.

Chaplain Stephanie Jones-CBA



Goodbye is not forever Goodbye is not the end It simply means I'll miss you Until we meet again ? When your loved one becomes a Membry, Every memory becomes a Treasure.

MEMORIAL DAY PICNIC & PARTY

LSQF FUNAD C ΥP Ν Ι В S S F Ε Η K C Q \mathbf{F} Ι F Q Ε Α Μ L R U S S Η E Α Ν Y В IJ T 7. Е F K R I Τ L R S R Μ \mathbf{T} G R K T G R T Е Ε S L X R Α Т R Ν T \mathbf{T} C Ν X S E В \mathbf{Z} F E R ZWE Τ. T Η X M NG R T L L L A HGJ Η Τ \mathbf{E} O D UG E

BBQ BURGERS CELEBRATION COOKOUT DECORATIONS FAMILY FRIENDS FUN GAMES GRILL

HOT DOGS LAUGHTER OUTDOORS PATRIOTIC PICNIC

POOL
RED WHITE AND BLUE
SUNSHINE
TABLECLOTH
WATERMELON

PLEASE REMEMBER ME

On a cold dewy morning I was born in an old log cabin
The one my grandpa built and my Pa grew up in.
My grandpa was laid to rest on a cold dewy morning in a pine box.
He came home from the war and I will always remember him.

Many years later I was called to duty,
Time to serve my country and keep it free.
As I hugged my mom and dad good bye,
I whispered "Please remember me."
My buddies and I boarded a new gray bus,
We were anxious, yet scared, of what awaited us.

Across the ocean into a world unknown. We were sent to the front, right into the war zone.

As we crouched in fox holes we would pray
For us to get safely home one day.
Finally our tour of duty was done;
WWII was over, our side had won.

We were boarded on a ship that took us to the land of the free. I was hoping friends and family would remember me. But four pine boxes were stacked in the back of an old gray bus. Some were crippled, but many people were there to help us.

They were laid to rest on a cold dewy morning,
In the pine wood box they were sent home in.
Family and friends looked up to the sky,
Crying as they said their good- bye.
In heaven they will always be free;
They turned to God and said, "they remember me."

Written & Submitted by, Lenora Robertson CBA Resident



EMPLOYEE ANNIVERSARIES

EMPLOYEE	DEPARTMENT	<u>YEARS</u>
DIONNE POLLARD	LAUNDRY	32
RYAN COOMBE	NURSING	19
ENISA GASANIN	LIFE ENRICHMENT	19
VALERIE NEWMAN	NURSING	17
JENNIFER PENN	NURSING	15
EVADNE HANCLE	NURSING	7
MARC WOLF	FACILITIES	6
LAURA STONE	FAITH SERVICES	6
TINA BENNER	NURSING	3
BRENDA CAVEY	FINANCIAL	3
JESSICA KELLY	LIFE ENRICHMENT	2
TIFFANY LANE	NURSING	1
MAURICE HYMAN	ENVIRONMENTAL	1







IS A WALK IN THE PARK...



Cedarbrook Volunteers are Very Important People

Volunteers are like flowers that bloom in the garden of our lives, spreading seeds of joy and kindness all over Cedarbrook. Even on the rainy days, they are like a rainbow of colors. Our volunteers have busy lives, but always remember to share their heart with others. They are truly a gift to everyone at Cedarbrook.

We know our residents would miss so much without the support of our volunteers. You are appreciated!

Congratulations!

Cedarbrook Senior Care & Rehab is proud to announce Jose Santiago as the winner of the Society of Volunteer Administrator's Scholarship Award. This award is given to one local student each year through the generosity of the SVA. The SVA is an organization that gives volunteer coordinators an opportunity for education and networking monthly. Jose was chosen for this award to recognize his outstanding service and inspiring commitment to Cedarbrook and our residents. Great job Jose!



Current Volunteer Needs:



Cedarbrook's Annual Plant Sale is looking for volunteers, plant donations, and plant shoppers. The Plant Sale will be at our Allentown location along side of entrance road, May 8th & 9th, RAIN or SHINE, 9:00AM - 4:00PM. All types of perennials, indoor plants, and many kinds of garden plants. * There will also be a plant raffle. *



As many of you know, our residents look forward to our fishing event all year long. Fishing begins Weekdays May 27th to June 13th. We need folks with fishing knowledge or experience. Please sign up to bait hooks, cast rods, and unhook fish. We are in need of someone to filet the fish. If you have this talent, please let us know if you can help! Don't hesitate, call to sign up today – hook, line, and sinker. All fishing is done at our Allentown location. There are 2 shifts daily, 10:00AM-11:30AM and 1:30PM-3:00PM. Any time you can give is greatly appreciated. Call Kerry at 610-336-5684, to let her know what time you are able to assist our residents.



Help with gathering for entertainment, playing games, making crafts, religious programs and appointments. Most volunteer shifts are just two hours long, but your help goes a long way to making it easy for our residents to get to fun events.

Extra help is needed for Saturdays and Sundays 1:45PM-4:00PM, for transporting to our weekend programs.



For more information please call Kerry at 610-336-5684 or email: kerrymagliane@lehighcounty.org to sign up.





EMPLOYEE PET OF THE MONTH

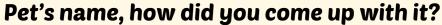


Name of employee and department...

April Clauss, evening shift Nursing.

Type of animal/ breed...

Chocolate Point Himalayan cat.



Her name is Twyla. She was named after a Netflix show character.



We call her "Twizzle."



Twyla was born in September 2022 in Middleborough, MA.

Does your pet have any special tricks?

She knows how to make noise on the guitar using her paw.



Too many to tell about. She is full of laughs all day long.

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

Her worst habit is annoying her sister, Primrose.

Does your pet have a favorite toy or treat?

Twyla loves to chase her balls around. She also loves chasing the red dot around from the laser light.

Fun facts about your pet or the breed...

Twyla is a rare, Chocolate Point Himalayan. She also comes to Cedarbrook to visit the residents and is a fan favorite.

- > Himalayan cats are a hybrid breed, developed by crossing Persian and Siamese cats, and named after the Himalayan rabbit, not the mountain range.
- The Chocolate Point Himalayans are the most difficult breeds to produce and require both the parents to carry the gene for Chocolate as the trait is autosomal recessive.

 Autosomal recessive means two copies of the gene must be

present in both parents in order for the trait to develop and be passed on.



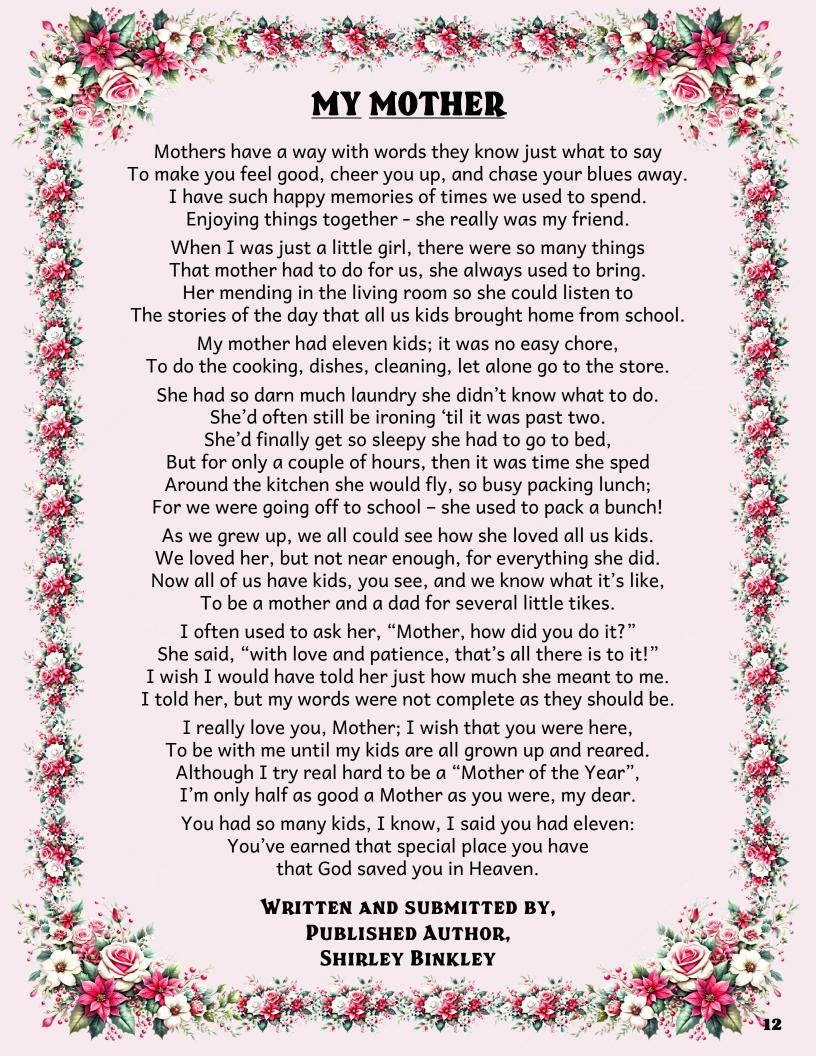














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(ANSWERS ON PAGE 16)						

Residents' Council Meeting Minutes Thursday, March 13, 2025

- Jude Tonzola, President, called the Residents' Council meeting to order.
- Minutes from February's Residents' Council meeting were read by Patricia Stuber, Secretary.
- Jude Tonzola asked for a motion to accept February's minutes as read. Candie Gimbar 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.
 Marvin Kerchner, Vice President read The Resident's Right for March.

Freedom From Restraints – You have the right to be free from physical or mental abuse, corporal punishment, involuntary seclusion, and any physical or chemical restraints unless they are required to treat your medical symptoms and are not used for purpose of discipline or for the convenience of staff. Restraints may only be used to ensure your physical safety or the safety of the other residents. These limitations must be based upon the written order of a physician which specifies the duration and circumstances which require such restraints.

Old Business:

• No Referrals from last meeting to review.

New Business:

• The coffee machine located in the main dining room behind the counter is not to be used by residents or any other staff, except Life Enrichment.

Resident Concerns/Comments:

- Residents have a concern regarding the staff's response Itime with answering the call bells. Residents feel staff are not responding in a timely manner.
 - -A referral will be sent to the proper department.
- Residents voiced concern about when asking for assistance they are told to wait for their assigned
 - -A referral will be sent to the proper department.

Announcements:

Jason Cumello — Administrator

• Jason reviewed any proposed funding cuts to long term care with our advocacy group PACAH. PACAH does not anticipate any funding cuts to long term care.

Jessica Kelly — Asst. Director of Life Enrichment

- Jessica went over the activities for the remainder of the month of March.
- Activity calendars are available to all residents on the back of the Hillside News.

Conclusion:

- The next Residents' Council Meeting will be held on April 10, 2025 at 2:30pm in the Main Dining
- Jude Tonzola made a motion to adjourn the meeting. Candie Gimbar moved to accept the motion and it was seconded by Sandra Bolduc.
- Residents were invited to attend the Food Committee Meeting immediately following Residents' Council.





50 YEARS AGO BACK IN 1975



38TH U.S. PRESIDENTGerald Ford

U.S. POPULATION
216 million

70'S SLANG

Psychel - Just Kidding Far out! - Cool Dream On - Unrealistic Trippin' - Acting Crazy

WOMEN

Polyester, Flared Trousers, Farrah Fawcett Flicks Platform Shoeses

MEN

Mullets Turtlenecks Chest Hair Sideburns

WORLD POPULATION 4.07 Billion

WHAT THINGS COST

Average Cost of New House: \$39,240

Average Car Price: \$4,950

A loaf of Bread: \$0.29 Dozen Eggs: \$0.76

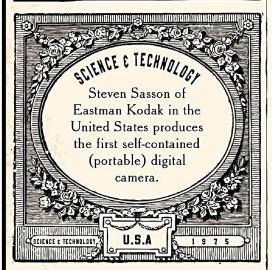
Gallon of Gas: \$0.44

Gallon of Milk: \$1.55 Movie Ticket: \$2.05 Postage Stamp: \$0.13

> AVERAGE YEARLY WAGES

\$14,100





The 47th Academy Awards

BEST ACTOR
Art Carney
Harry and Tonto
BEST ACTRES

BEST ACTRESS
Ellen Burstyn
Alice Voesnt
Give Here Anymore

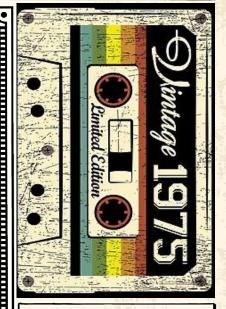
BEST DIRECTOR
Francis Ford Coppola
The Godfather Part W
BEST PICTURE
The Godfather Part W

POPULAR BABY NAMES

Girls: Jennifer, Amy, Michelle, Kimberly Boys: Michael, Jason, James, Christopher

WHAT HAPPENED IN 1975

Elton John's Captain Fantastic and the Brown Dirt Cowboy becomes the first album to enter the US Billboard 200 album chart at Number One.★ The Golden State Warriors win the 1975 NBA basketball championship.★ The first Family Express opens in Valparaiso, Indiana.★ Bill Gates founds Microsoft in Albuquerque, New Mexico. ★The Carousel of Progress moves to Walt Disney World from Disneyland. ★The Louisiana Superdome opens in New Orleans. ★ The Rocky Horror Show opens on Broadway in New York City with 4 performances.





Fun Dip, Mentos, Marathon Bar, Laffy Taffy, Twizzlers, Bottle Caps

ON THE RADIO

"Rhinestone Cowboy"
Glen Campbell

"Philadelphia Freedom"
Elton John

"My Eyes Adored You" Prankie Valli

"Laughter in the Rain" Neil Sedaka

2

POPULAR FILMS

One Flew Over the Cuckoo's Nest, Dog Day Afternoon, Shampoo, The Return of the Pink Panther, Three Days of the Condor, Funny Lady

POPULAR BOOKS

Centennial
Something Happened
The Moneychangers
Looking for Mr. Goodbar
Ragtime
Curtain

The Bermuda Triangle The Palace Guard

ON TELEVISION

All in the Family, Rich Man, Poor Man, Laverne & Shirley, Maude, The Bionic Woman, Phyllis, Sanford and Son, The Six Million Dollar Man, Rhoda

STARS BORN

1975

Dax Shepard, Jeff Suppan, Anne Dudek, Danica McKellar, Big Boi, Jason Marsden, Niki Taylor, Carlton Bost, Natalie Zea, Adam Rodriguez

Sports Highlights

WORLD SERIES:

Cincinnati Reds defeat Boston Red Sox, 4-3

NBA:

Golden State Warriors defeat Washington Bullets, 4-0

SUPER BOWL IX:

Pittsburgh Steelers defeat Minnesota Vikings, 16-6

STANLEY CUP:

Philadelphia Flyers defeat Buffalo Sabres, 4-2

OPULAR_TO

Walkie Talkie Sets, Nerf Ball, Weebles, Cars Racing Set, Curious George, Barbie Dolls, Shrinky Dinks

WORD SCRAMBLE ANSWERS

ANSWERS					
l.	INSPIRING				
2.	CELEBRATE				
3.	SUPPORTIVE				
4.	GIVING				
5.	MAY				
6.	MOTHER				
7.	CARDS				
8.	FLOWERS				
9.	APPRECIATION				
10.	LOVING				
.	MUM				
12.	FAMILY				
13.	ROLE MODEL				
14	HUGS				
15.	CARING				
16. 17.	МОМ				
17. 18.	THOUGHTFUL				
10.	MEMORIES				
20	SUNDAY				
	LOVE				

HOW MANY DID YOU PEEP?



There are <u>16</u>
"Flower Pots"







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.

LOST





DID YOU LOSE SOMETHING?

Lost and Found is located at security in the lobby. Many items await the claim of their rightful owner. Please stop at the Receptionist to see if any items belong to you.

DO YOU HAVE A CONCERN?

If you have a question or concern,
Pennsylvania's Long-term Care
Ombudsman Program can help.
Your local Ombudsman is trained to
advocate for your rights and will work
to resolve your problems by:

- *Listening to your concerns
- •Respecting your choices
- •Offering ideas and options to help you meet your individual needs
- ◆Services are free and confidential Contact your local Ombudsman (484) 619-3337

Pennsylvania
Department of Aging Office
of the Long-Term Care Ombudsman

NEED A REPAIR? SOMETHING FIXED?

Here's how to get it done....

Any resident having difficulties with equipment such as lights, radios, beds, TV's, wheelchairs, etc. Please contact your unit clerk, nursing staff, or charge nurse on unit for a work order to be sent to Facilities for repairs.





May 2025 ***



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Programs Subject to Change		8		1 10:30 AM Morning Movement 2:00 PM Movie Matinee: "Troop Beverly Hills"	2 10:30 AM Coffee Social & Chat 2:30 PM May Birthday Party	3 10:30 AM Puzzle Your Mind with Enisa 2:30 PM BINGO
4 2:30 PM Mass & Rosary	5 10:30 AM Spanish Spelling Bee 2:30 PM Maracas, Music & Margaritas	6 10:30 AM BINGO Bucks BINGO 1:30 PM Bible Study 2:30 PM LE Games	7 10:30 AM Needles & Hooks 2:00 PM Mother's Day Tea Party	8 10:30 AM Visits with LV Humane Society 2:30 PM Resident Council	9 10:30 AM Coffee Social Chat 2:30 PM Mexican Fried Ice Cream Social	10 10:30 AM Creative Coloring with Lisa 2:30 PM BINGO
2:30 PM Church with Chaplain Laura	12 10:30 AM Handprint Mural: "Hands That Built the Tapestry" 2:00 PM Patio Planting with the Bethlehem Garden Club	13 10:30 AM BINGO 1:30 PM Bible Study 2:30 PM LE Games & Hummus with Pitas	14 10:30 AM Needles & Hooks 2:30 PM Crafty Corner: Tie- Dyed Tapestries	15 10:30 AM Tapestry of Movement & Wellness 2:30 PM Time Capsule Creation	16 10:30 AM Coffee Social & Chat 2:30 PM Patriotic Party with Steve Walker Week	17 10:30 AM TV Games with Jenna 2:30 PM BINGO
18 2:30 PM Church with Chaplain Laura	19 10:30 AM Spanish Church Service 2:30 PM May Paint-by- Numbers	20 10:30 AM BINGO 1:30 PM Bible Study 2:30 PM LE Games	21 10:30 AM Needles & Hooks 12:00 PM Station 2 Picnic (Courtyard) 2:30 PM Memorial Service	22 10:30 AM Men's Group with Jason Cumello 2:30 PM Baking Bonanza: Soft Vanilla Pudding Cookies	23 10:30 AM Coffee Social & Chat 2:00 PM Memorial Day Program with LVMAC	24 10:30 AM Whiteboard Games with Bonny 2:30 PM BINGO
25 2:30 PM Church with Chaplain Laura	26 10:30 AM Brews & Brunch 2:30 PM Red, White & Blue BINGO	27 10:30 AM Board Game BINGO 1:30 PM Bible Study 2:30 PM LE Games & Board Game Cupcakes R D G	28 10:30 AM Needles & Hooks 12:00 PM Station 4 Picnic (Courtyard) 2:00 PM Board Game Bonanza A M E	29 10:30 AM Crafty Corner: Scrabble Sentiments 2:00 PM Movie Matinee: "Jumanji - Welcome to the Jungle"	30 10:30 AM Coffee Social & Chat 2:30 PM Memorial Day Music with Lorri Woodward	31 10:30 AM Puzzle Your Mind with Enisa 2:30 PM BINGO