# Sunshine News

May 2025 Cedarbrook Allentown Senior Care & Rehab





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May 2025

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CEDARBROOK SENIOR CARE AND REHAB

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Jason Cumello, MBA, NHA Director/Administrator

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**Donna Pendrak,** RN Assistant Director of Nursing Services

Adam Boandl Financial Services Director

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Director of Facilities

**Ricardo Cintado**Director of Environmental Services

**Jessica Brokate**Director of Human Resources

Lisa Lasko Health Information Coordinator Kristen Morstatt

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Jessica Sanchez

Director of Social Services

Heather Jaeger, Ashley Merkel, Maria Monzon, Rhett Palushock, Debbie Smitreski, Mouna Zaghtiti, Social Services Department

John Garner

Director of Life Enrichment

Kerry Magliane

Coordinator of Volunteer Services

Pastor Anthony Jones & Chaplain Stephanie Jones Faith Services

### <u>Life Enrichment Department Staff</u>

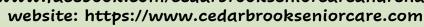
Marnie Distasio, Maggie Donohue, Sherry Geiger, Lea Hayes, Marisol Irizarry, Elizabeth Joyce, Annie Mathews, Francesca Nevick, Aimee Schmidt, Becky Schraden, Jen Sparling, Sharon Starling-Phillips, Emily Strohl, Cathy Yeager

### 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 a

"Community with  $\underline{H}$ eart 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











### RESIDENTS...

HAVE A CONCERN OR COMMENT?

PLEASE REMEMBER TO JOIN US FOR THE RESIDENTS' COUNCIL MEETING.
EVERY 2ND MODAY OF THE MONTH!

LET US KNOW IF WE CAN HELP! WE ARE HERE JUST FOR YOU!



# WHOOP...THERE IT IS! Can you SNOOP...Where it is? Find ALL the "BUTTERFLIES"



(Answer on page 16)

## Spring Cleaning ???

If you happen to come across any old books while cleaning out your closets and would like to donate them, we are in need of

### **LARGE PRINT BOOKS.**

Drop them off at our 1st floor entrance and we will gladly put them in a our library. (At this time, Large Print Books Only) Please call the Life Enrichment Department with any questions. (610)-336-5681



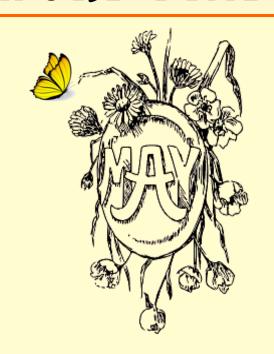






# MAY WORD FIND

tradition celebrate raindrops Gardening festival maypole





ribbons
outside
may day
Flowers
Basket
Spring
bloom
Sunny
buds
fun

May

Z X SS F K Μ Ν 0 В В R L G L F Ι Ν Ι 0  $\mathbf{E}$ Ε В В F В В Ε S  $\mathbf{Z}$ L G C U Z Η Z Η Η O N X B F MCA Ι K Ι F O P S  $\mathbf{Z}$ Ι S Μ L M D F Ι D K Ε P V G N D Ε E S Ε Η P Η Η Z G U H O J OGAYXD R N F



# {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



# Memory

Paul Baatz
Jane Christy
Ruth Snyder
Diane Krause
Nancy Salter
Margaret Wieder

Betty Schantz
Bettyann Ritter
Margaret Boyle
Patricia Reinhard
Kathleen Omara
William "Billy" Roth

## **SWEET BILLY**



There was a man on B3, He was as sweet as can be.

His name was Billy, He was very special to me.

He has gone to heaven now, And has no more pain.

I will miss him very much, And his warm tender touch.

Written & Submitted by, Matt Post CBA Resident



(Matt's remembrance tattoo for his friend, Billy)



## 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.

Are there any nicknames for your pet?

We call her "Twizzle."

How old is your pet?

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.

Funniest memory of your pet...

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







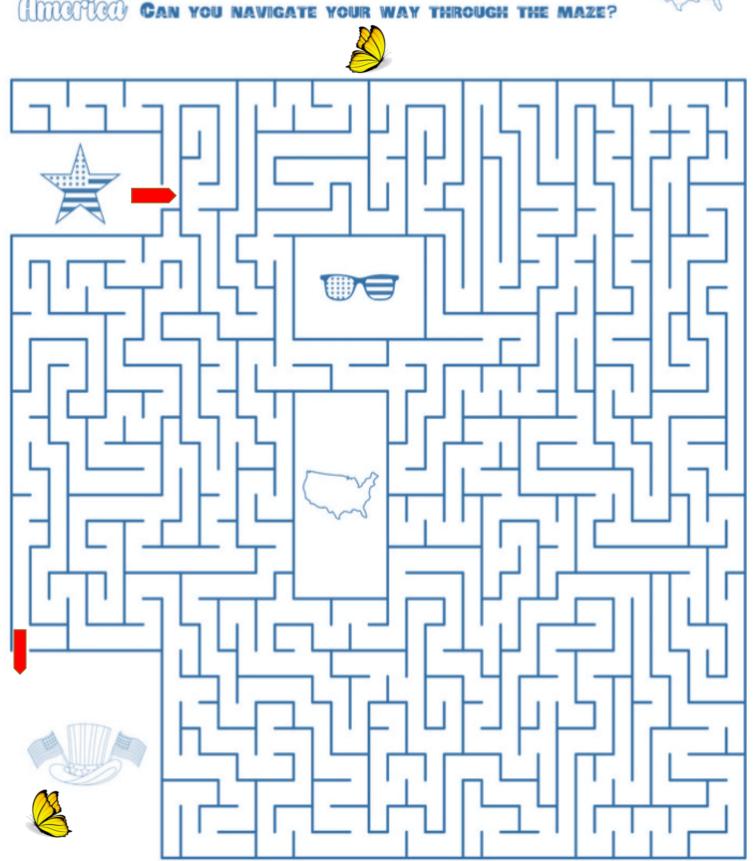






# MEMORIAL DAY MAZE







### **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

As we crouched in fox holes we would pra 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.

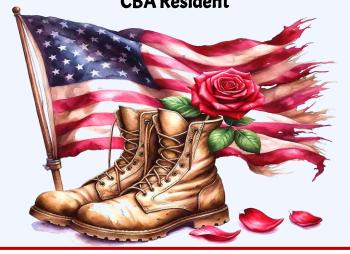
But four pine boxes were stacked in the back of an old gray bus.

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	YEARS	
Donald Bachman	Environmental	37	
Pamela Wirth	Environmental	33	
Kristie Dengler	Nursing	24	
Lisa Grim	Nursing		
Rebecca Hellie	Environmental	23	
Hulda Onyore	Nursing	19	
Kettely Walker	Nursing	19	
Ashley Durfey	Nursing	19	
Kevin Wetzel	Resident Assessment	19	
Addrienne Mertens	Central Services	18	
Holly Grossman	Nursing	15	
Ernest Senefeld	Environmental	15	
Karen Stambaugh	Nursing Office	13	
Carmen Rivera	Nursing	12	

<b>EMPLOYEE</b>	<u>DEPARTMENT</u>	<u>YEARS</u>
James Fry	Nursing	8
Ashley Dowdy	Nursing	7
Ricardo Cintado- Castillo	Administration	7
Gretchen Hummel	Nursing	6
Holly Streat	Nursing	6
Jamie Ciulla	Nursing	3
Nina Cancel	Environmental	3
Michalene Jefferson	Human Resources	2
Shyam Patel	Nursing	2
Brianna Troxell	Nursing	2
Jody Schwartz	Nursing	2
Mirlande Mixi	Nursing	1
Anel Jean- Gilles	Nursing	1
Zuzana Tkacova	Nursing	1
Jean Gustama	Facilities	1





## 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 they 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

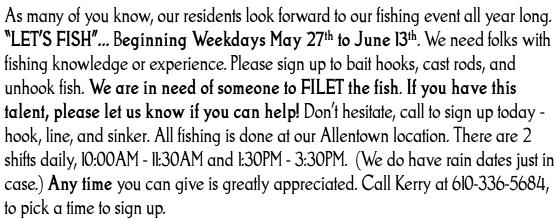
Cedarbrook Senior Care & Rehab is proud to announce Jose Santiago as the winner of the Society of Volunteer Administrator's Scholarship Award. This award is given to one local student each year through the generosity of the SVA. The SVA is an organization that gives volunteer coordinators an opportunity 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:



200



Cedarbrook's Annual Plant Sale is looking for volunteers, plant donations, and plant shoppers. The Plant Sale will be at our Allentown location on the side of the entrance road, May 8<sup>th</sup> & 9<sup>th</sup>, 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.\*

If you are able to spend just a few hours a week we need EXTRA help for special programs from 1:30PM – 3:00PM on May 5, May 6, May 7, May 9, May 14, May 15, and May 16, at our Allentown location. Also, Saturdays and Sundays 1:45PM - 4:00PM, help with transporting to our weekend programs.



For more information please call Kerry at 610-336-5684 or email: <a href="mailto:kerrymagliane@lehighcounty.org">kerrymagliane@lehighcounty.org</a> to sign up.





# Staff Recognition Spotlight



## Kettely Walker- Clinics Department

How many years have you worked at CBA? 19 Years. 9 years on a unit and 10 in the Clinics department.

What advice would you give to prospective candidates looking to join our team at CBA? Pick a career doing something you find enjoyable and always be yourself doing it.

What does leadership at work look like to you? I believe leadership is someone who is inspiring to others. They provide direction and guidance and maybe even be looked at like a role model.

What is your proudest moment? When I purchased my home. That made me feel accomplished.

### Do you have any pets at home? If so what kind and their names.

Oh yes, 3 cats. Winnie, is my 12 year old female Tabby cat. Then there's my 3 year old Gray Tabby which I found in the Cedarbrook parking lot and took home. Finally, there is my boy Rome. He is a handsome 5 year old Tabby who I am fostering.

Where would you go on a dream vacation? A Caribbean cruise would be my perfect way to vacation.

What is something most people don't know about you? I have 5 grandchildren and I am a total kid at heart!

What makes you happy? Simple things in life, like my kids and my grandchildren make me happy.

My pets and good chocolate also make me smile.

What have you gained from working at CBA? Working here at Cedarbrook has given me a purposeful feeling. I know I am needed and it helps me to feel self sufficient.

We thank Kettely for her long 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!



### Residents' Council Meeting Minutes Monday - April 14, 2025

- Jean Larison, President, called the meeting to order.
- Karen Snyder, Secretary, read the highlights from the March meeting.
- Marilyn Barker, Vice-President, read the Resident Right for April.
- Jean Larison, President, welcomes the new residents admitted in March.

### FREEDOM FROM RESTRAINTS - Sec. 1919(c)(1)

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 purposes of discipline or for the convenience of staff. Restraints may only be used to ensure your physical safety or the safety of 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:

- Rhett discussed the old business from the last meeting
  - Both concerns from the last meeting have been addressed and proper education has been provided to the necessary
- Jason discussed the progress on the E-Wing as well as the Standards of Conduct being in April's newsletter.
- John (LE Director) discussed upcoming events for the month of March.
- Lisa Taylor (Ombudsman) came for a visit and discussed that if any residents is needing assistance with filling out the survey that she will be available to assist.

### New Business:

- Jason Cumello (Administrator)
  - The E-Wing project: Stairwells and elevator shafts are being put in. Concrete floor will also be put down soon and well as the basement floor.
  - Wished everyone a wonderful day and a wonderful Easter.
- Jessica Sanchez (SS Director)
  - New evening social worker (Maria Monzon) will be starting end of April 2025.
  - Voting for primaries will be happening next month, if you need assistance reach out to your social worker.
- John Garner (Life Enrichment Director)
  - Sip and Paint in a week in the Auditorium
  - In beginning of May there will be a Mother's Day tea for all the mother's.

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

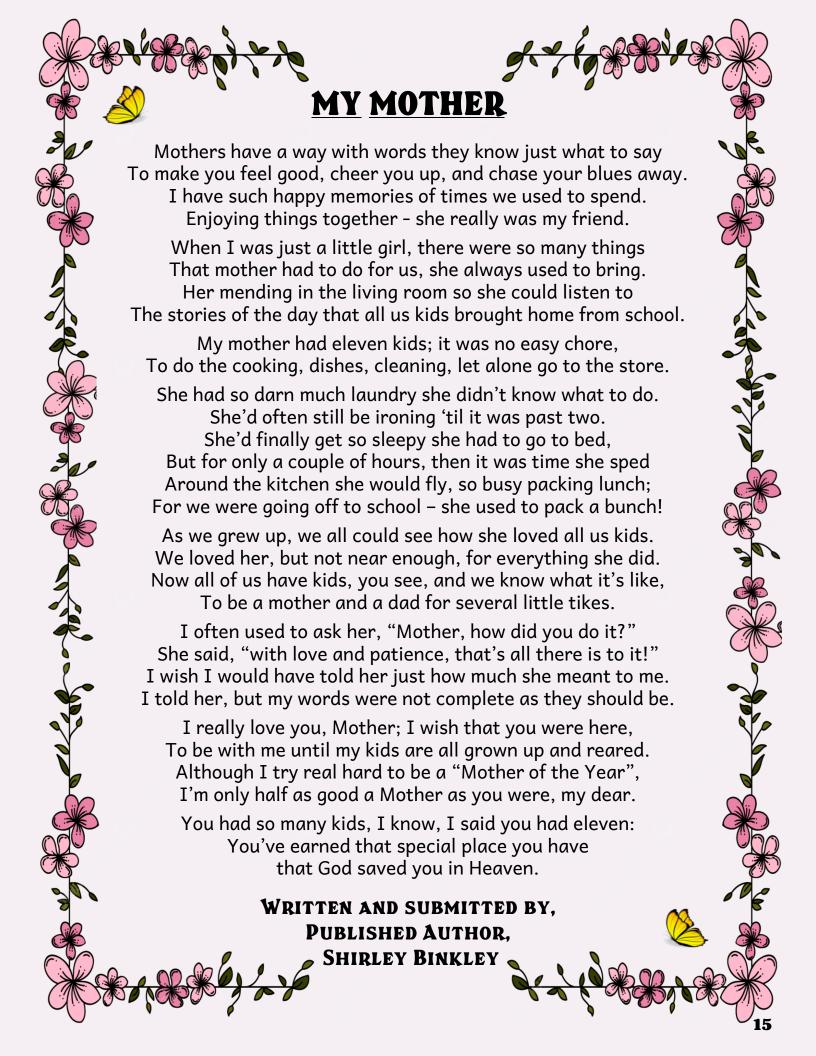
A dietary meeting is held after this meeting. Please ask questions concerning dietary at that time.

- Why have the prices in the gift shop gone up?
  - Rhett: prices have gone up (last year) in an effort to combat the rise in cost in general of the candy.
- Resident on D2
  - Have another person (Aide) in the family room
    - Someone will speak to this resident after the meeting
- Resident on D2
  - Voiced that she has a pair of pants that she would like to get sewn and if we have any services available to residents.
  - SS will speak to the resident after the meeting.
- Resident on B3
  - When will we get a new Bus Driver
  - John: We had a bus driver but unfortunately, he has resigned. We are working with Ashley in recruitment to post the job.

### Announcements:

- The next meeting will be held Monday, May 12<sup>th</sup> at 2:15 pm in the Auditorium.
- Residents are invited to attend the Food Committee meeting immediately following Residents' Council.
- The meeting was adjourned.







# 🗳 SPRING FLOWERS FUN FACTS 🌭



### **Daffodils**

"Rebirth & New Beginnings"

•Bulb flowers are native to fields and woods in Southern Europe and North Africa.

•There are 13 different classifications of Daffodils - Trumpet, Large Cup, Small Cup, Double, Triandrus, Cyclamineus, Jonquilla, Split Corona, Poeticus, and Tazetta.

•Daffodils are one of the first perennials to bloom after the winter frost.





### Hyacinth

"Sincerity, Sport & Play"

•Hyacinth bloom in the Spring, once per year.

•They are bulb Flowers that are very fragrant.

•Used in celebration of the Persian New Year.



### Heather

"Good Luck, Independence & Protection"

•Originates from Europe and South Asia.

•Characterized by their fragrance and small flower buds that are usually pink, purple, or white.

•These flowers have been used to make aromatic brooms.







### Tulips

"Fame, Love & Passion"

•Tulips come in over 3,000 varieties within 14 different types.

•Red tulips are the most popular kind due to their romantic symbolism.

 These Spring blooms are bulb flowers and originate from Iran.

# IN MEMORY OF MANY

# IN HONOR OF ALL



ON MEMORIAL DAY, WE
KEEP ALIVE THE
MEMORY OF THOSE
WHO DIED FOR OUR
COUNTRY.

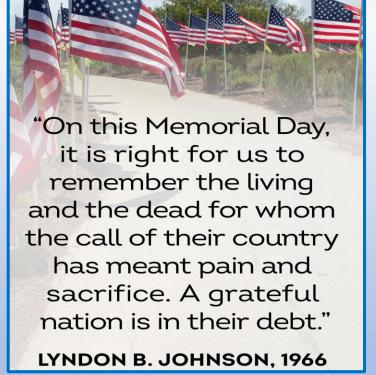
It doesn't take a hero to order men into battle. It takes a hero to be one of those men who goes into battle.

- Norman Schwarzkopf -

"Our debt to the heroic men and valiant women in the service of our country can never be repaid. They have earned our undying gratitude.

America will never forget their sacrifices."

-Harry S. Truman



### 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.







# 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

HOW MANY DID YOU SNOOP?
There are 30
"Butterflies"



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.



### DID YOU LOSE SOMETHING?

Lost and Found is located at security on first floor entrance. Many items await to be claimed. Please stop by 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 Boline. 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.

Attention Visitors And Staff:
For The Safety Of Our Residents,
Please DO NOT Use Push Pins In
Resident Rooms.



# May 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Programs Subject to Change				1 11:00 AM Color & Chat Family Room 2:15 PM Card Club Family Room 2:30 PM Rosary - Chapel	2 10:00 AM Shabbat Chapel 2:15 PM Card Club Family Room	3 10:15 AM Puzzle Your Mind Family Room 2:15 PM Music by Kris Phipany Aud.& Chan. 22
4 2:15 PM Church with Chaplain Stephanie Auditorium & Channel 22	5 11:00 AM SS Newsletter Meeting Family Room 2:15 PM Cinco de Mayo Party Auditorium	6 10:15 AM Talking Book Family Room 2:15 PM Auxiliary Cash BINGO Auditorium	7 2:15 PM May Birthday Party Auditorium	8 11:00 AM Color & Chat Family Room 2:15 PM Card Club Family Room 2:30 PM Splash of Color Family Room	9 2:15 PM Card Club Family Room 2:15 PM Mother's Day Lilac Tea Celebration Auditorium	10 10:15 AM Puzzle Your Mind Family Room 2:15 PM Spanish Church Service Aud. & Chan. 22
2:15 PM Church with Pastor Tony Auditorium & Channel 22	12 2:15 PM Residents' Council & Food Committee Meeting Aud. & Chan.22	13 10:15 AM Talking Book Family Room 2:30PM House Bingo Channel 22	14 2:15 PM Bible Study with Chaplain Stephanie Chapel	15 11:00 AM Color & Chat Family Room 2:15 PM Card Club Family Room	16 2:15 PM Card Club Family Room	17 10:15 AM Puzzle Your Mind Family Room 2:15 PM Music by Kevin Macintire Auditorium
18 2:15 PM Church with Chaplain Stephanie Auditorium & Channel 22	19 2:30 PM House Bingo Channel 22	20 10:15 AM Talking Book Family Room	21 2:15 PM Bible Study with Pastor Tony Aud. & Chan. 22	22 11:00 AM Color & Chat Family Room 2:15 PM Card Club Family Room 2:15 PM Music for our Veterans Auditorium	23 2:15 PM Card Club Family Room 2:15 PM House Games Auditorium	24 10:15 AM Puzzle Your Mind Family Room 2:15 PM Volleyball Auditorium
25 2:15 PM Church with Pastor Tony Auditorium & Channel 22	26 10:15 AM Puzzle Your Mind Family Room 2:15 PM Music by John Bauer Aud. & Chan. 22	27 10:15 AM Talking Book Family Room 2:30 PM House Bingo Channel 22	28 2:15 PM Bible Study with Chaplain Stephanie Aud. & Chan. 22	29 11:00 AM Color & Chat Family Room 2:15 PM Card Club Family Room 2:15 PM Catholic Mass Aud. & Chan.22	30 2:15 PM Card Club Family Room 2:15 PM House Movie Aud. & Chan. 22	31 10:15 AM Puzzle Your Mind Family Room 2:15 PM Music by Tom Storm Aud. & Chan. 22