Hillside News

June 2025 Cedarbrook Fountain Hill Senior Care & Rehab



Hillside <u>News</u> June 2025

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 Jason Cumello, MBA, NHA – Director/ Administrator Michelle Julian, RN, BSN, MS, NHA - Assistant Administrator Natalia Villamil - Administrative Assistant John Gamer - Director of Life Enrichment Jessica Kelly - Assistant Director of Life Enrichment Chaplain Laura Stone - Faith Services Kerry Magliane - Volunteer Coordinator MeAlaa-Eldin A. Mira, M.D. - Medical Director Teresa Samuels - Director of Nursing Tara Pendrak, RN, BSN, MSN - Assistant Director of Nursing Lisa Lasko - Health Information Coordinator Jessica Sanchez - Director of Social Services Amber Surman - Assistant Director of Social Services Heidi Heffelfinger - Social Worker Lynn Emrey - Social Worker Eduardo Fernandes - Director of Facilities Freddie Aquila - Building Supervisor Ricardo Cintado - Director of Environmental Services Francis Andrews - Asst. Director of Environmental Services Fountain Hill Tim Picerno - Director of Rehab Edward Lyons - Assistant Director of Rehab Torie Yackanicz - Clinical Nutrition Manager







It's all about



A <u>C</u>ommunity with <u>H</u>eart <u>Offering</u> <u>Individualized Care and Excellent Service.</u>

Adopted October 2006



www.facebook.com/cedarbrookseniorcareandrehab Website: <u>https://www.cedarbrookseniorcare.com</u>



SERVER		
ROBERT REMALY	4TH 🧷 🔀	2
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MARGARITA BURGOS FLECHA	ютн 🚬	1
ANNA SCHMOYER	16TH	27
NANCY SAVAGE	18TH	3
CARMEN PAGAN	19TH - 🥂 🤇	
CAROLANN MURPHY	24TH	2
ELENA RAKHMANINA	25TH	
MARTHA LEVERINGTON	26TH 🔁 🤇	
MARK POLINCHOCK	27TH	/
TWILLA FREY	28TH	2

WELCOME NEW RESIDENTS

5

Luisa Costoso Annamarie Hunsberger



EMPLOYEE ANNIVERSARIES

EMPLOYEE	DEPARTMENT	<u>YEARS</u>
Maryann Kacar	Nursing Office	35
Michelle Julian	Administration	18
Amber Surman	Social Services	8
Pia Mercado	Nursing Office	8
Taneesha Byrd	Nursing	7
Sadia Javed- Qureshi	Nursing	3
Raymond Tackash	Laundry	3
Elisa Rodriguez	Financial	2



OUR CEDARBROOK VOLUNTEERS ARE VERY IMPORTANT PEOPLE

As you look forward to summer, take the time to reflect back on your cherished memories of summers gone by. Think about the fun you have had and how you might be able to share those experiences with our residents. Maybe it will be fishing in our well-stocked brook or taking residents outside on the patio to enjoy the nice weather. There are so many ways you can spend an hour or two and make a difference in the life of a resident; while making a new memory for you to cherish.

Current Volunteer Needs:

- We are looking for Fishing Volunteers! We will be holding our Annual Fishing Event weekdays, May 28th June 13th. Experience is required and the desire to have some good old-fashioned fun! Sign up for a 2-hour morning and/or afternoon shift. We also need someone with the talent to filet the fish. Volunteers will be invited to the Fish Fry that will be held later in the month. This is a Fountain Hill and Allentown Event. Fountain Hill residents will be bussed to our Allentown Campus to fish in our well-stocked brook.
- Activity volunteers are needed. There is a great need for volunteers to transport residents to in-house activities at both locations, days and weekends. This can be done for any amount of time you have available to give and will be greatly appreciated. We are in greatest need on Saturdays and Sundays 2:00 PM 4:00 PM.
- Do you know a High School student who would like to volunteer or do community service hours? The summer is a great time to work on getting those service hours done. We offer opportunities for students at both Cedarbrook locations.

Check your calendar; if you have a few hours you could volunteer at Cedarbrook Call 610-336-5684 or email kerrymagliane@lehighcounty.org to sign up. *Our residents and staff would appreciate your help!*

CHAPLAIN'S CORNER

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[Jesus said] "Hear then the parable of the sower. When anyone hears the word of the kingdom and does not understand it, the evil one comes and snatches away what is sown in his heart; this is what was sown along the path. As for what was sown on rocky ground, this is he who hears the word and immediately receives it with joy; yet he has no root in himself, but endures for a while, and when tribulation or persecution arises on account of the word, immediately he falls away. As for what was sown among thorns, this is he who hears the word, but the cares of the world and the delight in riches choke the word, and it proves unfruitful. As for what was sown on good soil, this is he who hears the word and understands it; he indeed bears fruit, and yields, in one case a hundredfold, in another sixty, and in another thirty." (Matt 13:18-23)

There's the story of a woman who suddenly stops a man walking down the street and says, "George, I am so happy to see you after all these years! My, how you have changed! You were so tall and now you've grown so short. You were so well built and now you've grown so thin. You had dark hair and now it is so light. Good grief, how you've changed in the last five years! What happened to you, George?" Finally, the man got a chance to get a word in: "But ma'am, my name is not George! My name is Joe." To which the persistent woman calmly replied, "Oh, so you've changed your name too?"

This funny story helps us to imagine how Jesus struggled to be understood, even when he spoke plainly and not in parables. Jesus tells the parable to the people, and then explains it to his disciples. He hopes everyone will listen.

Why does Jesus use this image of a sower who spreads the seed so widely to show how God grows the kingdom in the hearts of others, no matter who or where they are? Imagine Jesus as the sower, scattering the seed all around the plot of land he cultivates, with its combination of deep, rich soil and shallow, rocky soil, its footpaths, and its borders full of weeds and thorns. True, the sower can only plow under the seeds within the soil of the garden, yet he has nonetheless spread the seed to the margins, the edges, the less than hospitable places.

So, as Jesus explains later how the four soils represent the various reactions of those who hear the word, he has based this teaching upon the fact that the one who sowed the seed spread it on what we would understand as good and bad soil alike. But to God the Father, it is all good soil, and through his son, Jesus, God has spread and given growth to the seed of His kingdom in the least likely places.

In the book *Feasting on the Word*, Talitha Arnold writes that we should look beyond what we often see as limitation and frustration in this gospel, of seeing that only a few seeds survive and grow, and instead focus on God's miraculous abundance, that under God's hand, those seeds produce a mighty harvest.

In our day, we live so many stresses and challenges and real dangers to our well-being and to the life we once knew. Churches are getting smaller and there is a lessening of Christian influence in our culture. All the years of hard work seems to have fallen on poor soil. But we must remember that God makes good of all circumstances which seem failures to us. God is the one who makes amazing results of something that appears to be failing. We are called to trust God and to be people who persevere in love for God and each other, listening carefully to Jesus' word to us, that all things are in His Father's hands.

Chaplain Laura Stone, Cedarbrook Fountain Hill



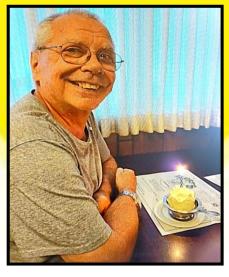


ALONG THE WAY

As you wake up each morning, and go through life each day, You'll face many challenges, try not to go astray, While searching for your destiny, all along the way. Along the way be sure to take the time to smell the roses. Along the way be sure to use your fingers and your "toes's." What do I mean? Well, fingers can extend a helping hand; And "toes's" can enable you to walk throughout the land. Along the way take notice of the joys life has to give. Enjoy it to the fullest; learn what it means to live. Along the way you'll find someone who truly is in need. Extend your fingers out to them, and help them with their deed. If ne should fall, just help him up, and you will quickly find, How "toes's" add the strength you need, and give you peace of mind. We only pass this way but once; it too soon comes to pass. Along the way just breathe each breath as if were your last. Explore the world; see all you can, be all that you can be; For no one knows how long it is 'til we "Abide with Thee."

> Written and Submitted by Published Author, Shirley Binkley

VOLUNTEER SPOTLIGHT



Cedarbrook Senior Care and Rehab is proud to celebrate Jeffrey Eisenhard as the recipient of the **2025 Lehigh County Unsung Hero Award**. This distinguished honor recognizes Lehigh County residents aged 60 and older who have made meaningful contributions to their community through volunteer service—and Jeff exemplifies that spirit in every way.

A dedicated and familiar face at Cedarbrook, Jeff has generously volunteered nearly 600 hours over the past year alone. Several days a week, he can be found escorting residents to their beauty salon appointments with care and kindness. On weekends, he supports the Life Enrichment Department by helping transport residents to a wide variety of activities, including games, live entertainment, church services, and festive parties. And if a celebration happens on a weekday, Jeff is right there, lending a hand with enthusiasm.

His commitment goes far beyond our walls. Jeff frequently joins residents on off-site outing to sporting events and serves as a vital part of Cedarbrook's Dine-In Take-Out program—designed for residents who are unable to go on trips. He coordinates with staff to help residents choose their favorite meals from local restaurants, picks up the orders himself, and delivers them with a smile—turning an ordinary meal into a special occasion. He even spent his own birthday on an outing with our residents! That's dedication!

Jeffrey's kindness even extends to donning the red suit—when Cedarbrook needed a Santa Claus for its annual Photo with Santa event, he happily volunteered and provided his own costume, bringing holiday cheer to all.

Jeffrey Eisenhardt is the heart of volunteerism at Cedarbrook, and we are beyond grateful for the joy, dedication, and compassion you brings to our community every day.
Congratulations, Jeff, on your well-deserved recognition!

11 Summer Solstice Facts

 The Latin words 'Sol' and 'Stice' literally mean 'sun' and 'to stand still'
 The Summer Solstice equates to the longest day and shortest night of the year. There will usually be around 14 hours of Sunlight on this day.

3. Summer Solstice is a Pagan festival called Litha a day of celebration. Many Pagans gather at Stonehenge to give thanks to the Sun. Last year more than 37,000 Pagans gathered at the ancient stones to watch the Sunrise.

4. At Stonehenge, the Heel Stone and Slaughter Stone align with the rising sun.

5. The ancient Celts celebrated the day with dancing, feasts, parties and bonfires to increase the sun's energy for good harvests and prosperity.

6. While the Northern Hemisphere will be celebrating Summer Solstice the Southern Hemisphere they will be celebrating the Winter Solstice.

7. Shakespeare alluded to the Midsummer (the solstice) and magic in at least three of his plays – Midsummer Night's Dream, Macbeth and The Tempest.

 8. If you jump over a solstice fire, luck will come your way for the rest of the year.
 9. Summer Solstice is the height of Summer and longest day, but after this day the days will become shorter and nights longer.

10. When Christians were converting Pagans they changed the name of the day to 'The feast of St John the Baptist'.

11. Over 70 countries around the world celebrate Summer Solstice, from Europe to Africa to Australia to the United States to Asia.

NATIONAL FUN FOOD DAYS

June 1: National Olive Day June 3: National Egg Day June 4: National Frozen Yogurt Day June 5: National Gingerbread Day June 6: National Applesauce Cake Day June 10: National Iced Tea Day June 11: National Corn on the Cob Day June 12: National Jerky Day June 13: National Cucumber Day June 17: National Root Beer Day June 18: National Sushi Day June 21: National Smoothie Day June 25: National Catfish Day June 26: National Coconut Day June 27: National Ice Cream Cake Day June 28: National Tapioca Day

		Fath		Day T	rivia	Quiz			
	Sunday in	Day celebra June b		nday in Jun	e c. Firs	st Sunday tl	hat falls afte	er 20th .	June
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3.What is a. Coffee r		gifted pres b. Neck tie		thers rece					
4.Which c a. North K	-	ebrates F a b. Brunai	t her's Day c. Thaila		ng's birtho	day?			
5.What is a. Rose		considered tion c. S			s Day flow	er?	ſ		
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MILK 'N' COOKIES ICEBOX CAKE

INGREDIENTS

- > 2 (13-oz.) boxes store-bought chocolate chip cookies
- 3 cups heavy cream
- > 1 (8 oz) block cream cheese, softened
- 2 Tbsp. powdered sugar

DIRECTIONS



1. In a large resealable bag, crush 15 chocolate chip cookies with a rolling pin. Transfer most of the crushed cookies to a large liquid measuring cup (save some for decorating at the end!) and add heavy cream. Let sit 10 minutes.

2. Pour heavy cream over strainer into a large bowl; discard crushed cookies.

3. Add cream cheese to another large bowl, then, using a handheld electric mixer, beat cream cheese until smooth, then add cookie-infused cream and beat until soft peaks form.

4. Spread a thin layer of whipped cream mixture on a cake plate. Arrange 8 cookies side by side in a circle, placing 3 cookies in the center. Spread a layer of whipped cream on top, and top with another layer of cookies (alternating so the cookies aren't placed directly on top of the ones in the layer below). Repeat until you have six layers, ending with whipped cream.

5. Top with crushed cookies, then wrap loosely with plastic wrap and transfer to the fridge until very soft, about 6 hours.









EMPLOYEE PET OF THE MONTH

Name of employee and department... Chaplain Stephanie Jones- Faith Services

Type of animal/ breed... Dog-mixed breed "mutt."

How old is your pet? Our handsome boy is 6 years old.

Pet's name, how did you come up with it? The first day we brought him home, he perked up as soon as he heard a motorcycle going down the street; thus we picked Harley.

Are there any nicknames for your pet?

We call him "Handsome Harley" and "Harley Underfoot" because he's always under our feet!

How and when did you choose your pet?

Harley is a rescue. I would say he chose me and my son. We saw him in the shelter and it was love at first sight.

Does your pet have any special tricks?

Harley does all the regular tricks, sit, shake, laydown and roll over. He is not good at "stay" – he get's too excited and needs to be at your side at all times.

Funniest memory of your pet...

I love to garden. When Harley first came to our home, he ate 4 Cayenne pepper plants right down to the roots! He had no side effects and sat there happy as a clam!

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

If we leave any food out, Harley will take it. He also begs too much.

Does your pet have a favorite toy or treat? His favorite treats are fresh veggies. Peppers are actually his favorite, go figure!

Fun facts about your pet or the breed...

Harley loves children. He sits in the window and cries at the kids getting off the school bus. He just wants to love them.





History of Father's Day

The idea of Father's Day was conceived more than a century ago by Sonora Dodd of Spokane, Washington. Dodd wanted a special day to honor her father, William Smart, a widowed Civil War veteran who was left to raise his six children on a farm.

In 1966, then-President Lyndon Johnson issued a proclamation setting aside the third Sunday in June to honor fathers. Father's Day has been celebrated annually since 1972, when then-President Richard Nixon signed a law making it a permanent national holiday.

Gift Ideas for Dad

- 20,000 The number of sporting goods stores in 2021. These stores are good places to purchase traditional gifts for dad, such as fishing rods and golf clubs.
- 15,000 The number of hardware stores in 2021, a place to buy hammers, wrenches, screwdrivers, and other items high on the list of Father's Day gifts. Additionally, there were 5,969 home centers across the country in 2021.
- 6,000 The number of men's clothing stores in 2021, a good place to buy dad a tie or shirt.

Fathers by the Numbers

72 million*

The estimated number of fathers across the nation.

29 million*

The number of fathers who were grandfathers.

2 million

Of the about 10 million parents living with their children under 18 (with no other parent living with them), 20 percent (2 million) were fathers.





The estimated number of stay-at-home dads in 2023.





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.

If you have a question, concern, or complaint, which you believe has not been satisfactorily addressed by our staff, feel free to call our **Administrative Hotline**. Our Hotline can also be used to report suspected fraud, waste and abuse in accordance with the federal Deficit Reduction Act of 2005.

The Hotline number is posted throughout the facility. An Administrative Assistant will take calls, or you can record a message when no one is available. Please follow the instructions when leaving a recorded message. Your call is confidential, but you do need to provide your name and telephone number, in case we need to contact you for more information, and to inform you of the action taken. You can report Fraud, Waste and Abuse to the Lehigh County Ethics Hotline at **(610)782-3999**. This information is confidential and caller may remain

anonymous.

HOW MANY DID YOU PEEP? THERE ARE <u>17</u> "LIGHTHOUSES"



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

Attention Visitors and Staff

For the safety of our residents, Please DO NOT use push pins in resident room. Thank You

COLORING PAGE



June 2025

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 2:30 PM Mass & Rosary	2 10:30 AM Garden Group 2:30 PM Baking Bonanza: Fresh Lemonade Five Ways	3 10:00AM St. 1 Fishing (Sign ups Only) 10:30 AM BINGO 1:00PM St. 3 Fishing (Sign ups Only) 1:30 PM Bible Study 2:30 PM LE Games	4 10:30 AM Needles & Hooks 12:00 PM St. 3 Picnic (Courtyard) 2:30 PM June Birthday Party	5 10:00AM St. 2 Fishing (Sign ups Only) 1:00PM St.4 & 5 Fishing (Sign ups Only) 2:30 PM June Paint-by- Numbers	6 10:30 AM Coffee Social & Chat 2:00 PM Movie Matinee: The Parent Trap	7 10:30 AM Fun Facts with Cat 2:30 PM BINGO
8 2:30 PM Church with Chaplain Laura	9 10:30 AM Morning Movement 2:30 PM Crafty Corner: Patriotic Pride	10 10:30 AM BINGO Bucks BINGO 1:30 PM Bible Study 2:30 PM LE Games & Lemon Bars	11 10:30 AM Needles & Hooks 12:00 PM St. 1 Picnic (Courtyard) 2:00 PM Colores de Cultura ((Invite Only) 2:30 PM Flag Day Folding Ceremony	12 10:30 AM Visits with LV Humane Society 2:30 PM Resident Council	13 10:30 AM Coffee Social & Chat 2:00 PM Father's Day Fun: Hot Rods & Hot Dogs (Courtyard)	14 10:30 AM TV Games with Jenna 2:30 PM Father's Day BINGO
15 2:30 PM Church with Chaplain Laura	16 10:30 AM Spanish Church Service(St. 1 Dining Room) 10:30 AM Father's Day Donuts & Irish Coffee 2:30 PM Father's Day Flowers with BGC	17 10:30 AM BINGO 1:30 PM Bible Study 2:30 PM LE Games	18 10:30 AM Needles & Hooks 12:00 PM St. 5 Picnic (Courtyard) 2:30 PM Booze & Tattoos (Courtyard)	19 10:30 AM Who Am I? : Famous Black Americans 2:30 PM Juneteenth: Trivia & Treats	20 10:30 AM Coffee Social & Chat 2:30 PM Summer Treat Social (Courtyard)	21 10:30 AM Creative Coloring with Lisa 2:30 PM BINGO
22 2:30 PM Church with Chaplain Laura	23 10:30 AM Western Workout 2:30 PM Saloon Shootout (Courtyard)	24 10:30 AM Band Wagon BINGO 1:30 PM Bible Study 2:30 PM LE Games & Cowboy Baked Beans L D	25 10:30 AM Needles & Hooks 2:00 PM Wild West Photo Booth WES	26 10:30 AM Men's Group: Famous Cowboys 2:00 PM Movie Matinee: Wild, Wild West T W	27 10:30 AM Coffee Social & Chat 2:30 PM Music by Dan Barrick E E K	28 10:30 AM Whiteboard Games with Bonny 2:30 PM BINGO
29 2:30 PM Church with Chaplain Laura	30 10:30 AM Crafty Corner: Firework Frames 2:30 PM Cranium Crunchers	4		Ĩ		*Programs Subject To Change*