## Sunshine News

June 2025 Cedarbrook Allentown Senior Care & Rehab



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CEDARBROOK SENIOR CARE AND REHAB
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Faith Services

Life Enrichment Department Staff

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#### 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 Heart 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 website: https://www.cedarbrookseniorcare.com



# WHAT'S BUZZING....

## Happy Father's Day

to every Pop, Papa, Papi, Old Man, Daddy, and Dad out there!

> Whatever name you go by, I'll just call you **AUVESOME**

June is also known for the perfect month for a Wedding. Join us for the "Reception" as we Celebrate Wedding month. Monday June 30th In the Auditorium at 2:15 PM. \*See your L.E. Staff for more information.\* WHOOP...THERE IT IS!
Can you
SNOOP...Where it is?
Find ALL the
"Pink Flamingo
Rafts"



(Answer on page 16)

#### NEED AN AFTERNOON SNACK?

Please come visit our
Cedarbrook
Allentown Gift Shop!
Located on
the 2<sup>nd</sup> Floor.
The Gift Shop is open
Monday, Wednesday,
and Friday.
Hours are 1PM- 4PM.
(Days and times are
subject to change)



10

STOP ON IN!



# OUR CEDARBROOK VOLUNTEERS ARE VERY MPORTANT 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.



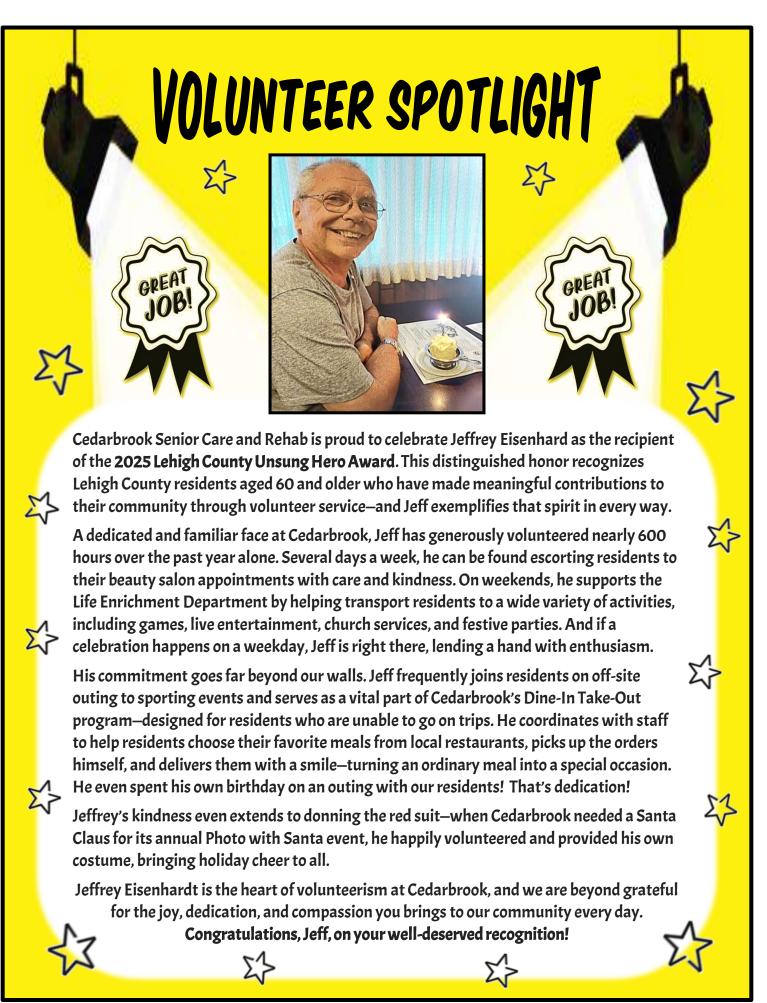
# WE VOLUNTEERS!

#### **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 <u>will</u> 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 2:00-4:00.
- > 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!\*





#### **KUDOS TO KERRY**

Being a brownie with so many leaders caused trouble and strife As the ladies came but quickly went.

Our time seemed wasted, certainly not well spent,

I decided I would become a volunteer like no other.

I would be loyal just like my mother.

Becoming a Brownie leader was my first Volunteer pleasure,

And my devotion to those kiddos is a time I will always treasure.

Fast forward to now that I'm eighty eight,

Being a volunteer all those years was a fun filled thing I'm happy to state

Now we have Kerry to lead the group

She works hard at her job heading the troops

She even arranges for us to have a delicious meal

She also searches for the "bestest" gifts each year, outdoing the previous deal.

I should have said "Kudos to Kerry" a long time ago,

But with all that I do, time flies, that I know.

Kerry, I've said it the best way I could,

Sometimes I swear that my head is made of wood.

But these words I've said now come straight from the heart,

And I'm sure that ALL the volunteers do agree with me from the start.



Written & Submitted by Jean Larison

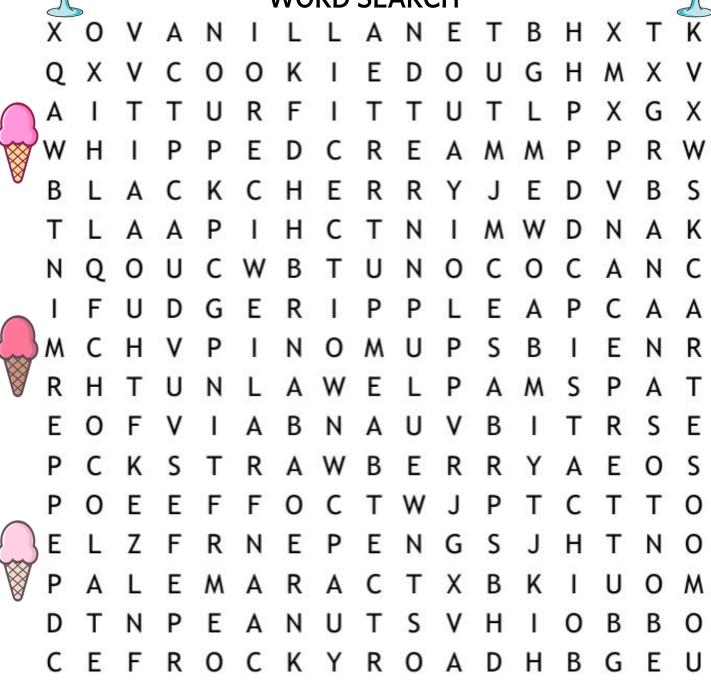


# Leon Haak Nancy Silfies Janice James Joyce Herbst Barbara Hampton



## **ICE CREAM SUNDAES**





WHIPPED CREAM
FUDGE RIPPLE
PEPPERMINT
MINT CHIP
COCONUT
COFFEE

BLACK CHERRY
MAPLE WALNUT
ROCKY ROAD
PISTACHIO
PEANUTS

BUTTER PECAN MOOSE TRACKS STRAWBERRY BANANAS SPUMONI COOKIE DOUGH TUTTI FRUTTI CHOCOLATE CARAMEL VANILLA

#### EMPLOYEE ANNIVERSARIES

***************************************			
<u>EMPLOYEE</u>	DEPARTMENT	<u>YEARS</u>	
Annette Gonzalez	Nursing Office	36	
Donna Pendrak	Nursing Office	36	
Marcy Howard	Nursing	22	
Louise Krum	Nursing	21	
Sharon Nichols	Nursing	21	
Sheila Andrew	Nursing	13	
Ashley LaFrankie	Nursing	12	
Danielle DiCarne	Nursing	10	
Nicole Cernek	Nursing	9	
Nancy Hoffman	Nursing	9	
Cynthia Washington	Nursing	9	
Jamal Hanna	Facilities	9	
Tyra Burton	Environmental	9	
Nardita Cotto	Environmental	8	
Lateema Bey	Nursing	7	

EMPLOYEE	<u>DEPARTMENT</u>	<u>YEARS</u>
Teresa Samuels	Administration	6
Alberto Ramirez	Facilities	6
Toi Moll	Nursing	5
Angelica Gonzalez	Nursing	5
Fabiola Leonville	Nursing	4
Janine Williams	Nursing Office	4
Maria Nunez	Nursing	3
Jewel Kravetz	Nursing	3
Carol Miklos	Nursing	3
Jordy Vargas	Environmental	3
Corinna Lawson	Laundry	2
Lauren Julian	Nursing	1
Melissa Strong	Nursing	1
Jessica Mariner	Nursing	1
Elaine Mitchell	Financial	1
Christina Morales	Financial	1





#### CHAPLAIN'S CORNER



[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





Average Age of First-Time Fathers is 30!



Roses are the official flower of Father's Day. Red rose for living fathers and white for those that have passed



## **FATHER'S DAY**

29 million Fathers in the US

The male seahorse are Grandfathers carries the eggs and birth the babies.







The word Dad is believed to come from baby talk

> Cards are the most popular item given.

In 1972 President **Richard Nixon made** Father's Day a national holiday

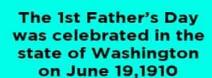


Dodd is the **Dad William** 

Sonora Smart founder of Father's Day in honor of her Jackson Smart

FOR

DAD



It is estimated that around 72 million cards are sent for Father's Day



In Catholic countries. Father's Day is celebrated on Saint Joseph Day - a day in celebration of Jesus' Father



HAPPY FATHER'S DAY



#### 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 gets 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.

#### Residents' Council Meeting Minutes Monday - May 12, 2025

- Jean Larison, President, called the meeting to order.
- Karen Snyder, Secretary, read the highlights from the April meeting.
- Marilyn Barker, Vice-President, was not present at this meeting.
- Jean Larison, President, read the Resident's Rights for May.
- Jean Larison, President, welcomes the new residents admitted in April.

#### PRIVACY - Sec. 1919(c)(1)

You have the right to privacy with regard to accommodations, medical treatment, written and telephone communications, visits and meetings with family and other resident groups. Your right to privacy should not be interpreted as a right to a private room.

#### **Old Business:**

- Rhett discussed the old business from the last meeting.
  - The concern was about staffing assignments on a specific floor. Staff met with the resident that inquired about having more staff in the dayroom when there are no activities.
- Jean Larison wanted to thank everyone for putting together the Mother's Day Tea Party. She said that it came out very nicely.

#### **New Business:**

- Jason Cumello (Administrator)
  - > Discussed the annual survey results from last week
  - This time we got 5 deficiencies
  - Tag on environmental, employee records, care plans, accidents/hazards, test trays.
  - State deficiency shift ratios on specific shifts.
  - ➤ The E-Wing project:
  - Foundation started getting put in.
  - Concrete floor will also be put down soon, as well as the basement floor.
- John Garner (Life Enrichment Director)
  - Discussed all the events we will have for National Skilled Care Nursing week. Including a Hollywood Party and a 70s themed Party.

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

- Resident on D2
  - ➤ When there were Covid Precautions, this resident stated that his room on the other side was not ready for a person to go into.
    - A staff member will discuss his concern with him after the meeting.
- Resident on C3
  - ➤ Heard that there was a Birthday Party celebration and she was not invited.
    - LE will speak with this resident after the meeting.

#### **Announcements:**

- > The next meeting will be held Monday, June 9th at 2:15 pm in the Auditorium.
- Residents are invited to attend the Food Committee meeting immediately following Residents' Council.
- > The meeting was adjourned.





#### ÉCLAIR CAKE

#### **Ingredients**

- •3 cups milk
- •1 (8 ounce) container frozen whipped topping, thawed
- •2 (3.5 ounce) package instant vanilla pudding mix
- •1 (16 ounce) package graham cracker squares
- •1 (16 ounce) package prepared chocolate frosting

#### **Directions**

- 1. Stir milk, whipped topping, and pudding mix together in a medium bowl until well combined.
- 2. Arrange a single layer of graham cracker squares in the bottom of a 9x13-inch baking pan.
- 3. Evenly spread half of the pudding mixture over the crackers; top with another layer of crackers and the remaining pudding mixture. Top with a final layer of graham crackers. Cover and refrigerate for 30 minutes.
- 4. Spread frosting over the chilled cake up to the edges of the pan. Cover again and chill for at least 3 ½ hours before serving.
- 5. Enjoy!







ERHO	
EKSOJ	
ULVESA	
REVBA	
PYHPA	
ADDDY	
PDURO	
TBES	
SPTRCEE	
VOLE	
TRSGNO	
ERRUTNU	
REPNTSE	
NPRAET	
FAMLYI	
SIFGT	
EDIFRN	
DRANAPG	
NCRAGI	
EPICSLA	

#### **NEED A REPAIR? SOMETHING FIXED?**



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.





#### 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.

#### **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 15 "Pink **Flamingo** Rafts"

#### **ANSWER KEY**

- 1. **HERO**
- 2. **JOKES**
- 3. **VALUES**
- 4. **BRAVE**
- **HAPPY** 5.
- 6. **DADDY**
- 7. **PROUD**
- 8. **BEST**
- 9. RESPECT
- 10. LOVE
- **STRONG** 11.
- **NURTURE** 12.
- 13. **PRESENT**
- 14. **PARENT**
- **FAMILY** 15.
- 16. **GIFTS**
- 17. **FRIEND**
- **GRANDPA** 18.
- 19. **CARING**
- 20. SPECIAL

# LOOKING TO SPEND TIME WITH A NEW FRIEND WITHOUT LEAVING THE COMFORT OF YOUR HOME?

Sign up with SENIOR CHAT to receive a weekly call!

You will connect with a friendly volunteer through weekly phone calls. Share your stories. Reminisce. Laugh together. Make a new friend. You can talk about your interests and life experiences.

Stay "connected". Enjoying conversations can lift your spirits. Life is so much better when it is shared! Senior Chat is a safe and secure no-cost program that matches screened Volunteer Callers with older adults who live in Lehigh, Northampton, or Carbon Counties. If you want to receive a weekly call and make a new friend OR if you would like to become a Friendly Caller Volunteer visit:

RSVPofLNC.org/SeniorCHAT EMAIL: SeniorCHATqlv@hotmail.com OR Call: 610-880-3095 to inquire.

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.



# June 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 2:15 PM Church with Chaplain Stephanie Auditorium & Channel 22	2 2:15 PM Auxiliary Cash BINGO Auditorium	3 10:15 AM Talking Book Family Room 2:30 PM House Bingo Channel 22	4 2:15 PM June Birthday Party Auditorium 2:15 PM Bible Study with Pastor Tony- Chapel	5 11:00 AM Color & Chat Family Room 2:15 PM Card Club Family Room 2:30 PM Rosary - Chapel	6 10:00 AM Shabbat Chapel 2:15 PM Card Club Family Room	7 10:15 AM Puzzle Your Mind Family Room 2:15 PM Music by Lorri Woodward Auditorium
8 2:15 PM Church with Pastor Tony Auditorium & Channel 22	9 2:15 PM Residents' Council & Food Committee Meeting Aud. & Chan.22 3:30 PM SS Newsletter Meeting Auditorium	10:15 AM Talking Book Family Room 2:15 PM 'Colores de Cultura" Auditorium	11 2:15 PM Bible Study with Chaplain Stephanie Aud. & Chan. 22 2:30 PM Splash of Color Family Room	12 11:00 AM Color & Chat Family Room 2:15 PM Card Club Family Room	2:15 PM Card Club Family Room 2:15 PM "Your Name in Lights—Father's Day Celebration" Auditorium	14 10:15 AM Puzzle Your Mind Family Room 2:15PM Spanish Church Service Auditorium
2:15 PM Church with Chaplain Stephanie Auditorium & Channel 22	16 On Unit Activities	17 10:15 AM Talking Book Family Room 2:30 PM House Bingo Channel 22	18 2:15 PM Memorial Service Aud. & Chan.22	19 11:00 AM Color & Chat Family Room 2:15 PM Card Club Family Room 2:15 PM Catholic Mass Aud. & Chan.22	2:15 PM Card Club Family Room	21 10:15 AM Puzzle Your Mind Family Room 2:15PM Music by Robin & Jim Auditorium
2:15 PM Church with Pastor Tony Auditorium & Channel 22	23 On Unit Activities	24 10:15 AM Talking Book Family Room 2:30 PM House Bingo Channel 22	2:15 PM Bible Study with Chaplain Stephanie Aud. & Chan. 22	26 11:00 AM Color & Chat Family Room 2:15 PM Card Club Family Room	2:15 PM Card Club Family Room 2:15 PM National Bingo Day BINGO Auditorium	2810:15 AM Puzzle Your Mind Family Room 2:15PM "Scattergories" Auditorium
29 2:15 PM Church with Chaplain Stephanie Auditorium & Channel 22	30 2:15PM Wedding Reception with Johnny K. Aud. & Chan. 22					Programs Subject to Change