



Sunshine Nems

July 2025 Published monthly. Funded by Lehigh County taxpayers dollars. CEDARBROOK SENIOR CARE AND REHAB 350 S. CEDARBROOK ROAD ALLENTOWN, PA 18104 (610) 395-3727 Fax: (610) 395-0412 Hotline: (610) 336-9604

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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

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



Visit us on our Facebook page and website for updates and pictures of recent events! www.facebook.com/cedarbrookseniorcareandrehab website: https://www.cedarbrookseniorcare.com

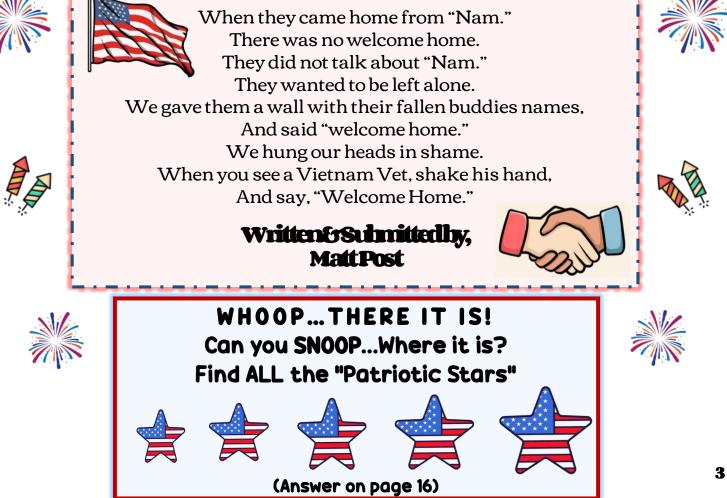






AUXILIARY HOTDOG SALE JULY 29TH! 11AM IN THE FAMILY ROOM UNTIL SOLD- OUT. GET YOURSELF A HOT DIGGITY DOG WITH CHILI OR SAUERKRAUT. THERE WILL ALSO BE A COMBO PACK WITH CHIPS AND A DRINK. (PRE-ORDERS MUST BE IN BY JULY 24TH.) LOOK OUT FOR FLIERS WITH THE EXACT DETAILS OF THIS UP COMING EVENT!

WELCOME HOME



John Schurdak	2nd
Yolanda Honsel	2nd
Arlene Rumble	3rd
Marilyn Bybee	4th
Robert Christman	4th
Robert Snyder	5th
Carol Shipwash	5th
Paula Visnar	5th
Shirley Binkley	6th
Robert Watson	8th
Ronald Hacker	9th
George Borschel	9th
Richard Klinesmith	l3th
Michael Warden	l3th
Donna Walters	l3th





Catharine Shelly	l4th
Diane Dorman	l4th
Ruth Plantholt	l4th
Jeffrey Pugliese	l5th
Joan Bartholomew	l5th
Wendy Amato	l7th
Lenore Scanlon	l8th
Peter Zosky	l8th
Linda Dewalt	19th
Patricia Heckman	2lst
Jerry Minnich	23rd
Nancy Kline	24th
Nancy Adam	24th
Cecile Gardner	26th
Betsy Frank	26th
Kay Mohr	29th
Alverna Erney	29th
Cindy Chernay	3lst

Residents' Council Meeting Minutes Monday – June 9, 2025

- Jean Larison, President, called the meeting to order.
- Karen Snyder, Secretary, read the highlights from the May meeting.
- Marilyn Barker, Vice-President, read the Resident's Rights for June.

• Jean Larison, President, welcomes the new residents admitted in April.

CONFIDENTIALITY - Sec. 1919(c)(1)

Neither your personal nor your clinical record may be released to anyone who is not involved in providing or monitoring the care provided to you under your plan of care, except with your consent. <u>Exception</u> – your records will be released when required by law, or when you are transferred to another health care institution.

Old Business:

• Debbie discussed the old business from the last meeting and the outcomes of the concerns. The concerns were addressed and proper education and follow up was done.

New Business:

- Jason Cumello (Administrator)
 - Mentioned that the survey results we good and the life safety survey was also good.
 - The beams and shell of the new building are being put up
- John Garner (Life Enrichment Director)
 - Friday Las Vegas Theme Father's Day Party in the auditorium
 - Color for Culture fun event for all of our Spanish Residents.
 - Fish Fry will be this month for all the residents that had wanted to participate.

Resident Concerns / Comments:

- Resident on D2
 - Concerns regarding toileting during the night shift.
- Resident on D2
 - Questioned about no door locks on certain doors.
- A dietary meeting is held after this meeting. Please ask questions concerning dietary at that time.

Announcements:

- > The next meeting will be held Monday, July 14th at 2:15 pm in the Auditorium.
- Residents are invited to attend the Food Committee meeting immediately following Residents' Council.
- > The meeting was adjourned.

Senior Care & Rehabilitation



Question: What does it mean to love? What does it mean to love someone when they don't love you back? What does it mean to really love one another?

Hello residents, families, staff and friends of Cedarbrook. It is my hope and prayer that today's letter encourages each of your hearts as you continue to allow God to speak to each of you in his own special way as he sees fit. I'd like to draw your attention to a very special topic called *"Command to Love One Another as Christ Loved us."* Scripture tells us according to the gospel of John 3:16 that "For God so loved the world that He gave His only begotten Son..." Understand that love equals sacrifice and if we want to truly love the way God commands us, then we need to make the ultimate sacrifice and that means we all must die to our mortal flesh. Let me share with you all three types of love that is found in the Bible. The first one is called:

1. *Eros Love* - is the Greek term which actually means desire and longing. This kind of love is associated with lustful love. Eros love is based on the strong feeling we have against one another and it usually develops during the 1st stage of a romantic relationship.

God created physical attraction between a man and a woman, but He never intended for it to be selfish. He created *"desire and longing"* which makes up lustful love which is crucial in any marriage. Since this type of love is mostly based on self-benefit, many people tend to fall out of love if they are not happy with the marriage.

2. *Philos Love* – Now this kind of love is like the one you have for a companion or pal. It refers to loving one another just like your brother or sister. This love is for a pal who is really close and dear to us and it is characterized by various different shared experiences between two people. In fact, this is kind of love that many Christians tend to practice towards one another, and although "philos" love is really wonderful, it is not that reliable, since it can end up souring at times as we have all experienced at some point in our lives.

3. Agape Love – Now this kind of love is a special term which represents the *"divine-love"* of the Lord towards His Son Jesus Christ, the human beings and all believers. This is the best of three types of love in the Bible, in fact Jesus himself showed this type of divine love to His Father in Heaven and humanity.

Agape love is the love that God commanded all believers to have for everyone whether he or she is a believer or not.

<u>Agape love should never be determined by our feelings</u>; it is more of a set of behaviors or actions. With agape love, <u>you do not have to actually feel it for you to give</u>, which means that you can be able to show love without feeling anything at all. At times, feelings can follow after showing this kind of love.
What does this all mean? It means that if we all reevaluate our way of loving one another according to God's way, we would come to a greater understanding that life in which God created and intended it to be will give us all a greater fulfillment in experiencing his 'Agape Love' in every aspect of our life according to His perfect divine will. You will begin to experience the power and transformation like no other. You will come to the Spiritual knowledge that you met with God because you allowed His Son Jesus Christ to touch your heart.
I implore you all *"Do not let your heart be troubled. You believe in God; believe also in me" (John 14:1).*

May God bless you all and may your hearts be filled with great joy and gladness as you put your total trust in your creator.

Pastor Anthony (Tony) Jones



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BASEBALL Word Search

R	S	R	K	J	В	K	А	0	S	K	R	А	Ρ	Е	Х	В	F	Q
Е	Е	Е	L	М	L	Е	А	J	Т	в	Ρ	U	K	S	Т	G	Т	Ν
0	Κ	Η	Ζ	А	С	Α	R	D	Ι	Z	U	U	С	0	Ν	Е	М	А
K	J	С	W	Ρ	Е	G	В	С	Η	S	W	А	Е	L	Х	Е	Y	S
Х	Ρ	Т	А	Ν	0	Ι	Ρ	М	А	Η	С	K	D	Ν	Е	W	L	S
J	Е	I	0	Н	Ν	Ν	D	Ρ	Η	0	Ι	0	W	С	Ι	Q	L	Ι
В	L	Ρ	В	М	Х	М	R	Х	М	D	U	0	R	В	Ν	L	А	S
А	А	G	Η	W	U	М	Ι	Т	Т	В	R	Ι	С	Е	В	Ν	В	Т
H	в	Ν	Ρ	в	Y	Η	S	Х	L	Η	V	I	Т	Q	I	U	D	D
W	Ρ	Ι	Η	В	Х	Α	С	Ε	Т	В	Ζ	D	L	Т	Ρ	Ι	N	Т
L	L	Т	Ρ	S	V	Е	Η	Ν	U	K	Q	U	Ν	Е	Η	U	U	Т
L	Е	R	A	Е	R	Е	W	L	Η	Ρ	N	Z	D	А	G	L	0	С
S	Ι	A	S	М	A	С	С	U	F	Т	Х	Ι	0	G	Ι	W	R	R
U	V	Т	G	D	Q	L	L	Т	U	F	Т	В	Ν	0	Т	В	G	G
V	Г	S	Е	U	U	U	Ζ	0	Ε	Κ	В	S	Т	Ε	Η	L	F	Y
Х	D	R	D	0	Е	J	Η	J	Ν	М	G	F	R	A	J	A	Т	G
U	N	Ι	F	0	R	М	R	М	Т	A	L	Ζ	Е	Ι	В	Ε	A	Ν
W	0	Η	М	S	Η	U	L	Е	Y	A	L	Е	K	Т	F	Т	U	Ζ
I	J	Е	N	А	N	Ρ	С	R	Е	Т	Т	Ι	Η	0	N	S	А	S

ASSIST AT BAT BUNT CARD CHAMPION CLUB DECK DOUBLE HEADER FIRST FOUL GROUND BALL HELMET HITS LEAGUE LINEUP LOSE MITT NINE NO-HITTER OUT

PARK RUN SAVES SCORE STARTING PITCHER STEAL TAG THROW UNIFORM WALK

Cedarbrook volunteers are more exciting than July 4th fireworks! Our residents and staff light up when our amazing volunteers walk in.

I hope everyone is able to take some time to relax and enjoy the beautiful, sunny days and the fireworks in the night sky.



Remember all those who gave their lives for our FREEDOM. Have a happy Independence Day. We are truly grateful for your help and support.



Dear Volunteers,

I retired on June 30, 2025. If I haven't had the chance to say good-bye, please know that I carry you in my heart always. I want to thank every volunteer for all the kindness you share with Cedarbrook residents, staff, and me. I am proud of you. I know you will continue to be excellent volunteers as Cedarbrook moves forward. Fondly, Kerry Magliane



VOLUNTEER OPPORTUNITIES - CEDARBROOK ALLENTOWN

BINGO VOLUNTEERS NEEDED – TUESDAYS 2:00 PM– 3:30 PM. JUST A LITTLE TIME EACH WEEK AND YOU CAN BE THE ONE WHO HELPS RESIDENTS YELL, **BINGO!**

SUNDAY AFTERNOONS – OUR RESIDENTS LOVE TO ATTEND OUR IN–HOUSE CHURCH SERVICE EACH SUNDAY, BUT NEED SOME HELP GETTING THERE. VOLUNTEERS ARE NEEDED TO ESCORT RESIDENTS FROM 1:45 PM– 4:00 PM, EACH SUNDAY.

SATURDAY FOR LIVE ENTERTAINMENT – SATURDAYS 2:00 PM – 3:45 PM. OUR LIVE ENTERTAINMENT IS A SPECIAL WEEKLY EVENT. OUR RESIDENTS ENJOY THE FUN. GETTING TO THESE ACTIVITIES ARE ESSENTIAL FOR REGULAR EXERCISE, BRAIN ACTIVITY, AND SOCIAL CONNECTIONS.

OTHER UPCOMING SPECIAL PROGRAMS -

- ► JULY 2, FOR OUR JULY BIRTHDAY PARTY 2:15 PM 3:30 PM.
- ▶ JULY 7, JOIN US FOR OUR AUXILIARY BINGO 3:30 PM 4:30 PM.
- ▶ JULY 11, THE RETURN OF OUR OWN "HAPPY HOUR" 2:15 PM 3:30 PM.
- ► JULY 21, COME SEE HOW WELL OUR RESIDENTS "PAINT & SIP" 2:15 PM- 3:30 PM.

Check your calendar; see if you have a few hours you could volunteer to help at Cedarbrook. Our residents and staff would love to have your help,

contact the Volunteer Office at 610-336-5684, to sign up.

(All volunteers must complete a tuberculosis test.)

EMPLOYEE PET OF THE MONTH

Name of employee and department...

Kelly Menichiello-Life Enrichment

Type of animal/ breed...

Dog-Frenchie

How old is your pet? Rocco is 7 years old.



Are there any nicknames for your pet? Rock, Bubba, Baby boy, and Panyo.

How and when did you choose your pet?

I found an ad online for puppies. When we went to meet Rocco, we found out they were just going to use him for breeding. We decided to take him home and keep him from just being a stud dog.

Does your pet have any special tricks?

His special trick is saving me from bugs. If I tell Rocco I see a "buggy," he goes after it and eats it! He is also very good at just plain ignoring me.

Funniest memory of your pet...



One day he just jumped in the shower with me, proving that he really has to be with me wherever I am.

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

Jumping on people because he's too excited. Rocco is also not a very good listener. But his worst habit is passing gas. It's something with the breed. But he is known to clear a room!

Does your pet have a favorite toy or treat?

He loves blueberries. He must love all his toys, because he destroys them. Rocco does love his Bully Sticks.

Fun facts about your pet or the breed...

Frenchies have the famous "bat ears", which is funny, because Rocco doesn't listen very well. Also, because of their mushed face they are loud snorers. Finally, it's a known fact that they are a very gassy breed, which we know first hand!







MEMORIES OF PAST FOURTH OF JULY

July the Fourth is a fun filled day All the kids get to jump & play. It's a day that families spend together Catching up on the news of each other, not the weather. The moms all sit together & learn the family gossip While the dads play quoits & every now and then take a sip. Beer was a favorite on a hot sunny day If the kids were at a creek, there they would stay. The older men folk sit in chairs on the grass Spinning tales of when they were young & after a special lass. Pappy winked at Granny with a smile on his face She winked back as they remember what took place. As the daylight began to fade tired kids settled down Only to jump up again when sparklers were passed around. Now it was dark & the first big boom Left everyone know fireworks at the Park would be soon. Kids cuddled in Mom & Dad's laps And Ooed & Aahed & happily clapped. But all too soon after a series of big booms

Meant the big day was over & time to head home to their bedrooms.

Written & Submitted by Jean Larison



EMPLOYEE ANNIVERSARIES

EMPLOYEE	DEPARTMENT	<u>YEARS</u>	EMPLOYEE	DEPARTMENT	<u>YEARS</u>
Sherry Geiger	Life Enrichment	35	Catherine Devatt	Resident Assessment	4
Martha Rhim	Nursing	34	Mary Vandemark	Nursing	4
Dawn Allison	Nursing	32	Racheal Johnston	Nursing	3
Carol Johnson	Nursing	25	Taylor Gicking	Nursing	2
Patricia Lilly	Nursing	25	Ronaisha Rich	Nursing	2
Lillian Pintos	Nursing Office	25	Jan Rumbaugh	Laundry	2
Corinia Crable	Nursing	24	Jessica Nieves	Nursing	1
Josh Yost	Environmental	20	Tami Molder	Nursing	1
Tammy Beidler	Facilities	9	Brenda Anthony	Nursing Office	1
Zachary Cutlip	Environmental	8	Stacy Kiernan	Resident Assessment	1
Melissa Lebeduik	Educational Services	7	Lisa Lasko	Health Information	1
Denise Biegly	Nursing	4	Anna Green	Financial	1
Janae Hood	Nursing	4	Marlange Lafalaise Dauphin	Nursing	1



Independence Day Word Scramble

How fast can you unscramble the letters of the following words, all of which have something to do with the Fourth of July?

- 1. Cameria _____
- 2. Ketums
- 3. Exitglonn _____
- 4. Trybile _____
- 5. Noxitata
- 6. Draape _____
- 7. Toobsn Eat Trypa _____
- 8. Doissler_____
- 9. Noteluviro _____
- 10. Dicendeepenn _____
- 11. Blisidivine _____
- 12. Nowkroyt _____
- 13. Latentcoinn Mary _____
- 14. Dorccon _____
- 15. Skoirfwer
- 16. Rationaldce
- 17. Creastod ______
- 18. Trass & Pisters _____
- 19. Nipicc _____
- 20. Ulap Verree_____

ANSWERS ON PAGE 16

In Loving Memory 7

Martha Lindenmuth Antoinette Kessler Bernice Rabenold Constance Berger James Verholy Thomas Hoch

I thought of you today.

I thought of you today. But that is nothing new. I thought about you yesterday. And days before that too. I think of you in silence. I often speak your name. Now all I have are memories. And your picture in a frame. Your memory is my keepsake. With which I'll never part. God has you in his keeping. I have you in my heart.



RESIDENT SPOTLIGHT







Karen Snyder - A Life of Service and Dedication

Cedarbrook is proud to shine this month's Resident Spotlight on Karen Snyder, whose life has been defined by compassion, hard work, and service to others.

Karen was born in Coplay, Pennsylvania, and raised in a close-knit household with her sister, mother, stepfather, and grandmother. Inspired by a desire to care for others, she pursued her education at Allentown Nursing School and began a fulfilling career as an LPN at Allentown Hospital.

During her time at the hospital, Karen met a patient named William. The two quickly formed a bond, fell in love, and later married. Their shared determination and entrepreneurial spirit led them to start a unique business specializing in sand scaping and painting—using sand to transform outdoor spaces. This successful venture allowed them to purchase a farm, where they raised animals, including pigs and Karen's personal favorite: Clydesdale horses. Together, they built a rich and fulfilling life, including raising their daughter.

Karen has called Cedarbrook home for the past seven years, and her dedication to community service remains as strong as ever. She volunteers countless hours to support the resident community, serving as secretary of the Resident Council and Vice President of the Auxiliary. Twice a week, she helps sell candy bars to raise funds for activities and improvements. She also lends her artistic talents to the cause, creating intricate diamond art pieces and selling them to support the Auxiliary's efforts. Karen's contributions don't stop there - she also tends to the building's plants, adding a touch of life and care wherever she goes. Her generosity, leadership, and kind spirit make her an invaluable part of the Cedarbrook family.

Thank you, Karen, for your lifelong commitment to caring for others and for all you continue to do for the Cedarbrook community!







INGREDIENTS

2 Cups graham cracker crumbs 1 Cup (2 sticks) unsalted butter

- 8 oz. cream cheese, softened
- 2 Cups powered sugar
- pinch salt

4 bananas

1 (20 oz.) can crushed pineapple, well drained

1 (8 oz.) container Cool Whip non-dairy whipped topping

1/3 Cup chopped pecans or peanuts (your preference)

1 (10 oz.) jar maraschino cherries, drained & patted dry with a paper towel Hershey's Chocolate Syrup

INSTRUCTIONS

1. Melt 1/2 cup butter and blend in graham cracker crumbs with a fork until evenly moistened. Press into the bottom of a 9x13" pan.

2. With an electric mixer, blend remaining 1/2 cup melted butter with cream cheese, powered sugar, and salt. Beat 3 to 4 minutes until fluffy. Spread mixture over graham cracker crumbs.

3. Slice bananas and arrange evenly over cream cheese mixture; top with

crushed pineapple. Spread Cool Whip on top of pineapple; sprinkle with

chopped pecans, (or peanuts) drizzle with chocolate syrup and place cherries on top.

4. Cover and refrigerate at least 2 to 3 hours, or overnight, before serving.

HERE ARE SOME FUN FACTS ABOUT BANANA SPLITS

- Inventor: David "Doc" Strickler, a pharmacist's apprentice, is credited with inventing the banana split while working at a drug store in Latrobe, Pennsylvania.
- Early Popularity: The banana split gained popularity among students at St. Vincent College, located near the pharmacy.
- Traditional Toppings: The original banana split featured three scoops of ice cream (vanilla, chocolate, and strawberry), topped with pineapple, strawberry, and chocolate sauce, whipped cream, nuts, and a cherry.
- "Boat" Dish: The banana split is traditionally served in a long dish called a "boat," which was specifically designed for the dessert.
- Declining Popularity: While it was a huge hit in the early 20th century, the banana split's popularity declined after the 1950s, partly due to the rise of soft serve and other desserts.
- World Record: Australia holds the record for the longest banana split, measuring over 8 kilometers. Which is almost 5 miles long.



