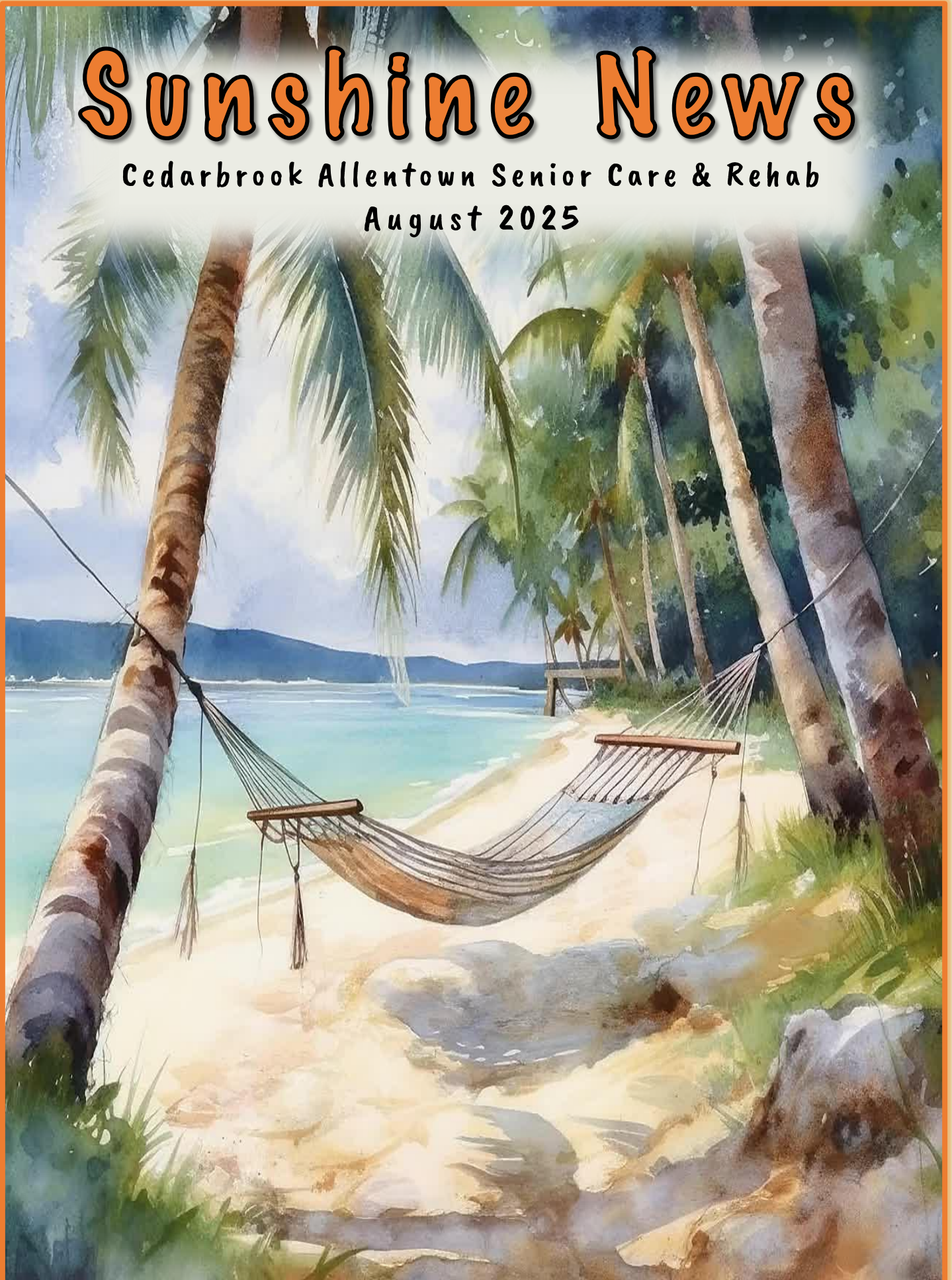


Sunshine News

Cedarbrook Allentown Senior Care & Rehab

August 2025



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August 2025

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CEDARBROOK SENIOR CARE AND REHAB
350 S. CEDARBROOK ROAD ALLENTOWN, PA 18104
(610) 395-3727 Fax: (610) 395-0412 Hotline: (610) 336-9604



Jason Cumello, MBA, NHA
Director/Administrator

Michelle Julian, RN, BSN, MS, NHA
Assistant Administrator

Dr. Gruer, MD
Medical Director

Teresa Samuels, RN, BSN, CNDLTC
Director of Nursing Services

Donna Pendrak, RN
Assistant Director of Nursing Services

Adam Boandl
Financial Services Director

Eduardo Fernandes
Director of Facilities

Ricardo Cintado
Director of Environmental Services

Jessica Brokate
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Admissions Coordinator

Lisa Lasko
Health Information Coordinator

Tim Picerno
Director of Rehab Services

Torie Yackanicz
Clinical Nutrition Manager for Dining Services

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

Pastor Anthony Jones & Chaplain Stephanie Jones
Faith Services

Life Enrichment Department Staff

Jillian Brandis, Marnie Distasio, Maggie Donohue, Sherry Geiger, Lea Hayes, Marisol Irizarry, Elizabeth Joyce,
Benjamin Mathew, Kelly Menichiello, 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
“**C**ommunity with **H**earth **O**ffering **I**ndividualized **C**are and **E**xcellent **S**ervice.”

Visit us on our Facebook page and website for updates and pictures of recent events!

www.facebook.com/cedarbrookseniorcareandrehab

website: <https://www.cedarbrookseniorcare.com>



THE BUZZ...



AROUND CEDARBROOK



Cedarbrook Allentown Auxiliary
is proud to announce our
"Wishes" program!

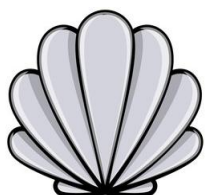
If you or a resident you know
has always dreamed of doing
something special, this is the
perfect program. We offer residents
a chance at a "Wish" upon a star.
Please contact Emily Strohl in the
Life Enrichment Department for more
information on how to set up a wish.
610-336-5686



JUST A QUICK
heads up

**OUR AUXILIARY IS
HAVING A PIZZA SALE!
KEEP YOUR EYES
PEELED FOR THE
DETAILS ON OUR
FLIERS.
THERE WILL BE
PRE-ORDERS TAKEN.
PIZZA SALE IS
AUGUST 28.**

WHOOOP...THERE IT IS!
Can you SNOOP...
Where it is?
Find ALL the "Seashells"



(Answer on page 16)

MONEY!

August 28th...

Ticket sales for the "MONEY TREE"
raffle will begin. Get your tickets
TUESDAYS AND THURSDAYS from our
Auxiliary candy sellers!
(Near entrance by Security)
Look for more details to come...

HAPPY BIRTHDAY

Robin Kotsch	1st
William Gossman Jr.	1st
Terry Berryman	2nd
Frank Bellucci Jr.	4th
George Markert	5th
Nancy Green	7th
Nancy Silfies	8th
Carol Beehrle	10th
Elizabeth West	10th
Milagro Martell Justiniano	11th
Stuart Shore	12th
Anthony White	13th
Sandra Morgan	13th
Lorna Ogilvie	13th
Marilyn Barker	14th
Sandra Kirchner	14th
Marjorie Ryan	14th
Robert Smith Jr.	14th
James Quinn	15th
Sandra Mengle	15th
Mary Lynn	16th
Eleanor Daniels	18th
Florence Heydt	18th
Thomas Shellhammer	20th
Ronald Long	22nd
Michael Giardinelli	23rd
Constance Beam	25th
William Schlener	27th
Francisco Vazquez	28th
James Heil	31st

CHAPLAIN'S CORNER

While the Bible doesn't directly mention the month of August by name, it does contain references to the month of Av on the Hebrew calendar, which generally falls within the months of July and August. Additionally, August is associated with themes of revelation, new beginnings, and God's attributes.

Here's a more detailed look:

HEBREW CALENDAR:

Month of Av: The Hebrew month of Av generally corresponds to late July & August in the Gregorian calendar.

Tisha B'Av: A significant day within the month of Av is Tisha B'Av, a day of mourning that commemorates the destruction of both the First and Second Temples in Jerusalem.

Tu B'Av: In contrast to Tisha B'Av, Tu B'Av is a day of celebration and joy, marking the end of the mourning period.

BIBLICAL THEMES AND INTERPRETATIONS:

Revelation: Some interpret August as a month of revelation, where God unveils mysteries and teachings.

New Beginnings: The number 8, often associated with August, can symbolize resurrection and new beginnings in the Bible.

Attributes of God: Some resources highlight specific attributes of God for each day of August, such as faithfulness, steadfastness, goodness, compassion, and mercy.

Spiritual Gifts: August can be seen as a time for spiritual gifts to multiply and for believers to step into God's plans for them.

Repentance: The Hebrew month of Elul, which falls in August, is sometimes associated with repentance and preparation for the Sabbath rest.

BIBLICAL EVENTS:

Death of Aaron: According to some traditions, the first day of the month of Av (which falls in August) is the day scripture records the death of Aaron, Moses' brother.

Rebellion of the Spies: Some interpretations link the rebellion of spies (Numbers 13-14) to the month of Av.

Destruction of the Temples: The destruction of both the First and Second Temples in Jerusalem is commemorated on Tisha B'Av (the 9th of Av), which falls within the month of Av.

Birth of John the Baptist: While not directly in the Bible, some interpretations place the birth of John the Baptist in the month of August.

In summary, while August is not explicitly mentioned in the Bible, it corresponds to the Hebrew month of Av, which carries significant historical and symbolic weight. August is also associated with themes of revelation, new beginnings, and God's attributes.

Chaplain Stephanie Jones

FIND THE HIDDEN OBJECTS. ANSWERS ON PAGE 16.



funnel



ice-cream cone



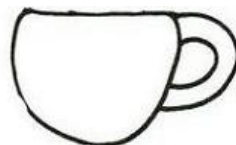
candle



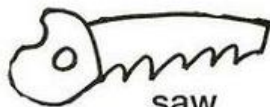
fork



baseball cap



teacup



saw



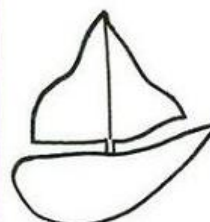
shoe



mushroom



banana



sailing boat



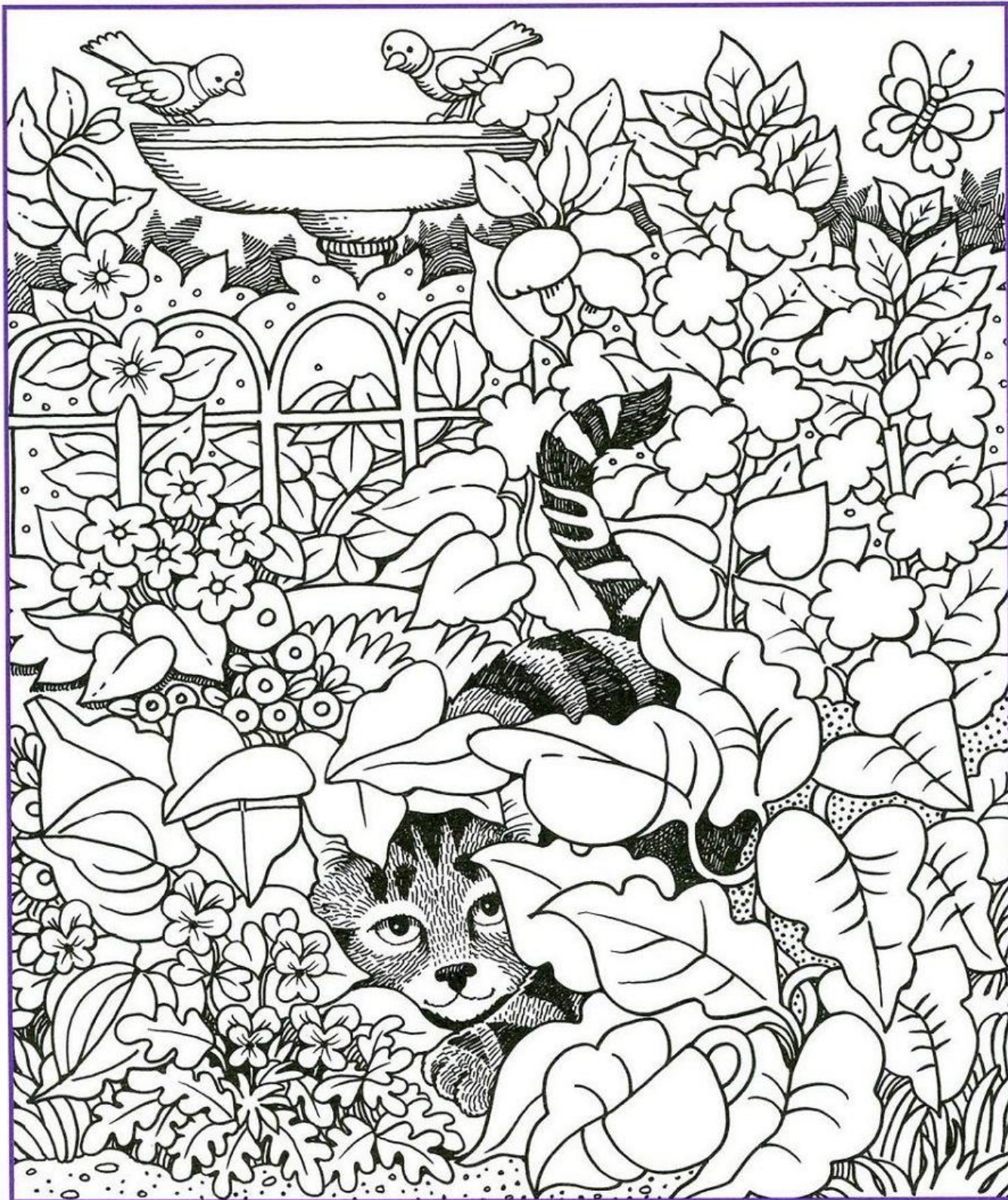
crescent moon



heart



cupcake



EMPLOYEE ANNIVERSARIES

EMPLOYEE	DEPARTMENT	YEARS
Lori Biegly	Environmental	31
Elsa Contreras	Nursing	26
Patrick Leun	Nursing	26
James Leibensperger	Environmental	23
Lisa Heintzelman	Nursing	22
Karen Biggs	Resident Assessment	22
Michelle Hengeveld	Nursing Office	21
Lindsey Ruff	Nursing	18
Bernadine Johnson	Nursing	18
Emmanuela Turnier	Environmental	18
Irina Diaz	Nursing	14
Amy Huber	Educational Services	13
Nicole Azar	Nursing	12
Katheryn Betancourt	Nursing	10
Brooke Best	Nursing	9
Aaron Felker	Nursing	9
Jennifer Sparling	Life Enrichment	9
Jessica Rotz	Human Resources	9
Katie McArdle	Admissions & Marketing	8

EMPLOYEE	DEPARTMENT	YEARS
Melisa Johnson	Nursing	4
Lois Williams – Soriano	Nursing	4
Sarah Dachisen	Nursing	4
Janeice Green	Nursing	4
Sara Gaspar	Nursing	4
Ashley Donner	Administration	4
Viviana Villanueva	Financial	4
Glenn Stuckley	Facilities	3
Melinda Dotts	Administration	2
Nicholas McLean	Facilities	2
Maria Colon	Financial	2
Jean Charles	Nursing	2
Renaldo Shepherd	Nursing	1
Kiondra Carter	Nursing	1
Greta Mulligan	Admissions & Marketing	1
Swapna Mathew	Life Enrichment	1
Elizabeth Joyce	Life Enrichment	1
Amy Beaulieu	Human Resources	1





Great Job!

We appreciate you
SO MUCH



Staff Recognition Spotlight

Karen Biggs – Resident Assessment Department

How many years have you worked at CBA? Karen has been at Cedarbrook for 22 years. She is a registered nurse in the RAD department.

What is your proudest moment? Karen loves to run into family members outside of work. She is proud how they remember her for taking good care of their loved one.

What does leadership look like to you? Providing support and sharing knowledge with your team, Karen believes is a big part of leadership. Always try and take advantage of new learning opportunities is also important.

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

Her household has lots of animals. Alfie her dog, Stinky her cat and for her recent birthday, she was gifted a tortoise. Name is still pending!

Where would you go on a dream vacation? Wanting to travel to many locations, Karen would love to explore the Fiji Islands. Being adventurous and settling in a hut over the ocean is something she would love to try.

What is something most people don't know about you? Most people don't know Karen is an avid reader. She belongs to 2 book clubs. One is a fantasy book club and the other is a banned book club. Sounds like some good reads!

What makes you happy? Karen is happy with good food, good wine, family and friends. Her other happiness comes from growing her own flowers and making her own bouquets.

What have you gained from working at CBA? Working here at Cedarbrook has given Karen the experience of expanding her knowledge of nursing. She has learned so much from all the other nurses that came before her and will pass on her knowledge to those after her. Plus, she has made many good friends.

We thank Karen 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!

#1

YOU'RE
AWESOME

#1



New Residents

Barbara Koch
Gloria Scott
Lori Ransford
John Nemetz
Lucille Kern
Torunn Dottery
Norman Swoyer III
Linda Lichtenwalner



BITS OF WISDOM

*Holy smokes, it's August already!
It's time to go back to school, but I'm still in game mode with Mark, Sam, & Freddy.
We still want to swim, run & have fun.
But Mom says it's time to knuckle down & make school books number one.
So it's off to buy school clothes that are proper & nice,
But they don't make me look or feel any smarter than the little field mice.
Dad says you have to go to bed early as the old saying goes,
"Early to bed, Early to rise makes a man healthy, wealthy, & wise."
This way you will be smart from your head to your toes.*



**Written & Submitted by,
Jean Larison**



EMPLOYEE PET OF THE MONTH

Name of employee and department...

Benjamin Mathew - Life Enrichment

Type of animal/ breed...

Dog- Mini Goldendoodle.

How old is your pet?

5 years old.



Pet's name, how did you come up with it?

Lily, my mom was going through different flower names and we decided on Lily. We based the rest of our pets names off hers.

Are there any nicknames for your pet?

Chili, my late grandpa called her that, and it sort of stuck.



How and when did you choose your pet?

Funny story. Back in 2020, we were getting bored being at home. My sister and I had the idea of getting a pet, but my parents needed convincing. My sister made a 10 minute video skit on why we should get a dog. It totally worked. My parents were convinced.

Does your pet have any special tricks?

We taught her how to give us kisses on command. It's really cute, if you say "Lily kisses" she comes over and licks us.

Funniest memory of your pet...

One time we were playing the card game "UNO." She wanted to be a part of the game, so she sat in the middle of all 5 of us and let us put the cards on her.

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

Sounds strange, but she will starve herself to get the food she wants. In order to break this habit, we pretend to give her food to our cats to make her jealous and eat.

Does your pet have a favorite toy or treat?

She has a lamb doll that's around her size. If she can't get it, she will cry until we get it for her.

Fun facts about your pet or the breed...

This is a weird fact. Lily grew up around our cats, so she has picked up some of their habits. She will sit like them and lick herself like the cats!



Residents' Council Meeting Minutes Monday – July 14, 2025



- Jean Larison, President, called the meeting to order.
- Karen Snyder, Secretary, read the highlights from the June meeting.
- Marilyn Barker, Vice-President, read the Resident's Rights for July.
- Jean Larison, President, welcomed the new residents admitted in June.

ACCOMMODATION OF NEEDS – Sec. 1919(c)(1)

You have the right to have your personal needs and preferences provided for to the extent that they do not interfere with the rights of other residents of the nursing facility. You must have advance notice of any intention to change either your room or your roommate in order that your personal preference may be considered prior to any change being made.

➤ **Old Business:**

- Rhett discussed the old business.
 - Two items of old business from D2
 - One resident requested a lock for their drawer. A key was provided.
 - Concern regarding call bells. Audit was completed and found to be within normal limits. Everything was reviewed with the resident to their satisfaction.

➤ **New Business:**

- Jason Cumello (Administrator)
 - New building is going up rapidly. Left side of the L-shaped building is almost done.
 - Working hard on D7 to keep it as cold as possible on the hotter days. Portable units have been put in to help with keeping it cooler.
 - No updates for the C-wing elevator. We are still working hard to get the right material to get it fixed.
- John Garner (Life Enrichment Director)
 - Activities happening in July
 - Sip N' Paint – Summer themed. It will be held in the Family Room.
 - Cooking show called "The Spice Girls" will be premiered in July.
 - Making special treats for residents.
 - Crafts with Kelly – for the residents who are on the creative side.
 - Will be held once a month. Look for dates on the unit calendar.



Resident Concerns / Comments:

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

- Resident on C3 - Resident requesting to speak to therapy regarding therapy goals.
- Resident on D2 and C3 - Asked why it was so cold in parts of the building.
 - Jason answered: Regulatory responsibilities is to keep the building within 71-81 degrees. Checks are being done to make sure the units are within the range.
- Resident on B3 and D2 - Voiced their appreciation for staff doing everything they can to make all residents comfortable during the summer season.

Announcements:

- The next meeting will be held Monday, August 11th at 2:15 pm in the Auditorium.
- Residents are invited to attend the Food Committee meeting immediately following Residents' Council.
- The meeting was adjourned.

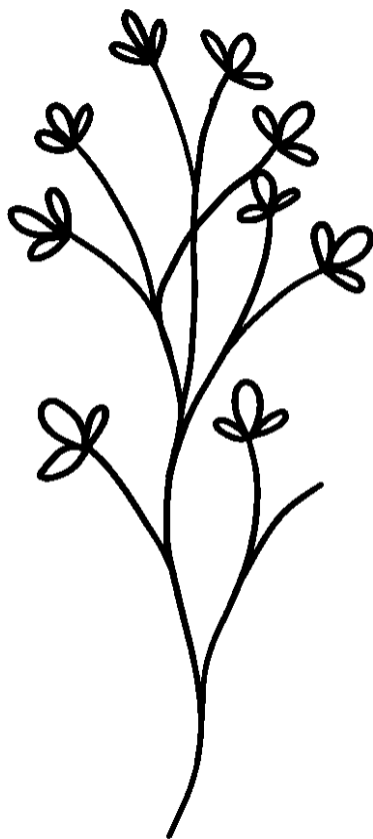


At Rest

*Ki Chong
Robert Koch
Debra Gilbert
Patricia Miller
Dorothy Willenbecher*

**Wherever a beautiful
soul has been there
is a trail of beautiful
memories.**

*There are special people
in our lives
who never leave us...
Even after they are gone.*



What we have
once enjoyed
deeply we can
never lose. All
that we love
deeply becomes
a part of us.

*Forever
in our
Hearts* 



August is National Peach Month



fun facts about peaches

- The peach originated in China and was brought to the US through Persia.
- There are over 700 varieties of peaches.
- According to research, the selenium in peaches has a positive effect in preventing cancer.
- Peaches are known to reduce anxiety and are often referred to as the 'Fruit of Calmness'.
- In some countries, peaches are the symbol of good luck, protection and longevity.
- Because they are rich in vitamins A & C, peaches are a natural cure for refreshing the skin.
- Peach can be used as an aphrodisiac.
- Peaches are great for weight loss as they are low in calorie and give you the feeling of being full.
- Peaches are good for digestion, as well as muscles, bones and the heart.
- Peach season lasts from June to the end of August.





LUAU WORD SEARCH



O	K	J	T	F	S	A	N	D	V	M	C	W	O	S	E	L
M	K	A	V	P	H	L	M	O	O	N	L	I	G	H	T	K
K	O	Y	O	D	C	A	R	G	N	I	C	N	A	D	Y	R
B	Y	I	L	H	R	F	H	H	T	S	E	A	F	O	O	D
T	M	E	L	C	O	G	T	S	L	N	U	P	J	G	H	B
S	A	L	E	A	T	I	O	I	H	Q	J	O	K	B	E	I
K	M	N	Y	E	I	C	M	F	E	P	Y	I	S	L	Z	M
J	W	M	B	B	K	P	E	L	I	C	A	N	L	D	N	F
M	W	O	A	C	I	Q	G	C	N	G	Z	Y	R	T	M	N
I	I	E	L	X	T	E	B	T	I	D	D	U	T	W	P	G
S	R	I	L	J	P	Z	E	C	J	A	M	X	E	C	I	U
L	O	B	V	Q	I	R	M	W	N	C	U	Y	S	E	G	M
I	J	G	B	S	I	J	T	C	I	B	U	U	N	I	R	O
M	N	F	N	F	E	Z	E	R	D	V	B	M	U	W	O	G
B	X	J	N	A	X	R	C	D	V	P	X	G	S	E	A	Z
O	Q	O	E	I	M	L	E	U	Q	E	B	R	A	B	S	S
B	B	S	E	S	E	A	S	H	E	L	L	S	Y	E	T	A



belly dancer
drumcircle
pelican
sunset
boat



volley ball
pig roast
seafood
mangos
fish

sea shells
moonlight
dancing
limbo
sand



tiki torch
barbeque
bonfire
beach
lei



Sandy Beach Pudding Cups



INGREDIENTS

- 4 oz cream cheese softened
- 1/4 cup butter softened
- 1/2 cup powdered sugar
- 8 oz cool whip
- 1 box instant vanilla pudding 3.3 oz box
- 1 1/2 cups milk
- 1 package golden Oreos
- Drink umbrellas
- Small bag of Swedish Fish



INSTRUCTIONS

- Begin by smashing up Oreos. In a Ziplock bag or put cookies in a food processor and blended until they are crumbs. Set aside.
- Mix cream cheese, butter, and powdered sugar with mixer in a medium bowl. Fold in cool whip until well blended. In a separate bowl mix pudding mix and milk with a whisk. Once combined well, add pudding to cream cheese mixture.
- Place a few tablespoons of Oreo crumbs in your cup or small jar. Add some of the creamy mixture (Easier to do this by adding the creamy mixture to a gallon bag and cutting off the corner. Squeeze bag of mixture in to the jar). Bang cup down on a wash cloth on the table to get all bubbles out. Add a few more tablespoons of Oreo crumbs. Top off with some more cream mixture and sprinkle on a few more crumbs.
- Top off with more crumbs and a drink umbrella. You may also add one Swedish fish on top of last layer for a cute effect.
- Refrigerate until ready to serve.



HIDDEN OBJECT ANSWERS

Funnel- Left middle side of page upside down.
Ice cream cone- Middle right side of page.
Candle- Right side middle of page in the leaves.
Fork- Middle of cat's tail.
Saw- Left side of page between fence and cat.
Baseball cap- Leaf on cat's body upside down.
Shoe- Right corner of page.
Tea cup- Bottom center of page
Mushroom- Above cat's tail.
Banana- Left corner of page in leaves.
Sailing boat- Left of the cat's face, upside down.
Crescent moon- Under bird bath.
Heart- To the right of the cat's tail.
Cupcake- Top right, below butterfly, in leaves.



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 **25**
"Seashells"

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.

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.



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.

LOST AND FOUND



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.



AUGUST 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			*Programs Subject To Change*		1 10:30 AM Shabbat Chapel 2:15 PM Card Club Family Room	2 10:15 AM Puzzle Your Mind Family Room 2:15 PM Music by Tanya & Marge
3 2:15 PM Church with Pastor Tony Auditorium & Channel 22	4 2:30 PM Auxiliary Cash BINGO Auditorium	5 10:15 AM Talking Book Family Room 2:30 PM House Bingo Channel 22	6 2:15 PM August Birthday Bash *Invite Only* Family Room 2:15 PM Bible Study with Chaplain Stephanie Aud. & Chan.22	7 11:00 AM Color & Chat Family Room 2:15 PM Card Club Family Room 2:30 PM Rosary - Chapel	8 2:15 PM Card Club Family Room 3:30 PM Happy Hour Family Room	9 10:15 AM Puzzle Your Mind Family Room 2:15 PM Spanish Church Service Aud. & Chan. 22
10 2:15 PM Church with Chaplain Stephanie Auditorium & Channel 22	11 2:15 PM Residents' Council & Food Committee Meeting Aud. & Chan.22 3:30 PM SS Newsletter Meeting - Aud.	12 10:15 AM Talking Book Family Room 2:30 PM House Bingo Channel 22	13 2:15 PM Bible Study with Pastor Tony Aud. & Chan. 22	14 11:00 AM Color & Chat Family Room 2:15 PM Card Club Family Room 2:30 PM Splash of Color Family Room	15 2:15 PM Card Club Family Room 2:15 PM House Movie Aud. & Chan. 22	16 10:15 AM Puzzle Your Mind Family Room 2:15 PM Music by John Bauer Aud. & Chan. 22
17 2:15 PM Church with Pastor Tony Auditorium & Channel 22	18 2:15 PM Kelly's Krafing Korner Family Room	19 10:15 AM Talking Book Family Room 2:30 PM House Bingo Channel 22	20 2:15 PM Memorial Service Aud. & Chan.22	21 11:00 AM Color & Chat Family Room 2:15 PM Card Club Family Room	22 2:15 PM Card Club Family Room 2:15 PM House Games Auditorium	23 10:15 AM Puzzle Your Mind Family Room 2:15 PM Music by Tom Acker Aud. & Chan. 22
24 2:15 PM Church with Chaplain Stephanie Auditorium & Channel 22	25 2:15 PM Summer Luau Party with Kevin Macintire Aud. & Chan. 22	26 10:15 AM Talking Book Family Room 2:30 PM House Bingo Channel 22	27 1:45 PM Summer Bash *Invite Only* Auditorium 2:15 PM Bible Study with Pastor Tony Chapel	28 11:00 AM Color & Chat Family Room 2:15 PM Card Club Family Room 2:15 PM Spice Girls Cooking Family Room	29 2:15 PM Card Club Family Room 2:30 PM Catholic Mass Aud. & Chan.22	30 10:15 AM Puzzle Your Mind Family Room 2:15 PM House Games Auditorium
31 2:15 PM Church with Pastor Tony Auditorium & Channel 22						