

HILLSIDE NEWS

August 2025 Cedarbrook Fountain Hill Senior Care & Rehab

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Hillside News

August 2025

Published monthly. Funded by Lehigh County taxpayer dollars.

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Francis Andrews - Asst. Director of Environmental Services
Tim Picerno - Director of Rehab
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Torie Yackanicz - Clinical Nutrition Manager



Our Mission

It's all about

C.H.O.I.C.E.S.
at Cedarbrook Nursing Homes

*A Community with Hearth Offering
Individualized Care and Excellent Service.*

Adopted October 2006



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 HAPPENINGS AT THE HILL...

AUGUST SPECIAL PROGRAMS

ALL PROGRAMS ARE IN THE MAIN DINING ROOM UNLESS OTHERWISE STATED
PROGRAMS ARE SUBJECT TO CHANGE/ OUTDOOR PROGRAMS ARE WEATHER PERMITTING

8/1 WATER BALLOON FUN – 2:00 PM
 8/2 WHITEBOARD GAMES WITH BONNY – 10:30 AM
 8/3 MASS & ROSARY – 2:30 PM
 8/4 GARDEN CLUB – 10:30 AM
 8/4 WATERMELON & COCKTAILS – 2:30 PM
 8/5 BINGO BUCKS BINGO – 10:30 AM
 8/6 AUGUST BIRTHDAY PARTY – 2:30 PM
 8/7 AUGUST ART: FAUX OIL PAINTINGS – 2:30 PM
 8/8 MOVIE MATINEE: "NATIONAL LAMPOON'S VACATION" – 2:00 PM
 8/9 PUZZLE YOUR MIND WITH ENISA – 10:30 AM
 8/11 BOARD GAME BONANZA – 10:30 AM
 8/11 AUGUST ART: BALLOON ANIMALS – 2:30 PM
 8/12 LE GAMES & PEACH PIE – 2:30 PM
 8/13 BOOZE & TATTOOS – 2:30 PM
 8/14 VISITS WITH L.V. HUMANE SOCIETY – 10:30 AM
 8/14 RESIDENTS' COUNCIL – 2:30 PM
 8/15 MUSIC BY MIKE EVANS – 2:30 PM
 8/16 FUN FACTS WITH CAT – 10:30 AM
 8/18 CRANIUM CRUNCHERS – 2:30 PM
 8/19 LE GAMES – 2:30 PM
 8/20 MORNING MOVEMENT – *COURTYARD* 10:30 AM
 8/21 MEN'S GROUP: LESSONS FROM A COWARDLY LION – 10:30 AM
 8/21 DINING AROUND THE WORLD – ENGLAND *INVITE ONLY* – 12:00 PM
 8/21 SCATTERGORIES – 2:30 PM
 8/22 ICE CREAM SOCIAL – 2:30 PM
 8/23 TV GAMES WITH JENNA – 10:30 AM
AUGUST 25 THROUGH AUGUST 29 – SPACE WEEK
 8/25 COSMIC CRAFT: ROCKET WINDCHIMES – 10:30 AM
 8/25 CEDARBROOK SPACE SCIENCE: MINI BOTTLE ROCKETS – 2:30 PM
 8/26 LE GAMES & COSMIC CUPCAKES – 2:30 PM
 8/27 BAKING BONANZA: SPACE SWEETS – 10:30 AM
 8/27 SPACE SHOOT- OUT – 2:30 PM
 8/28 MORNING MOONWALK MOVEMENT – 10:30 AM
 8/28 SPACE CINEMA: "WALL- E" – 2:00 PM
 8/29 MUSIC BY DAN BARRICK – 2:30 PM
 8/30 CREATIVE COLORING WITH LISA – 10:30 AM

KEEP YOUR EYES
PEELED FOR ...



"SEAGULLS"

(ANSWER ON PAGE 16)

HAPPY BIRTHDAY

Lawrence Hanna	5th
Miguel Berrios	5th
Barbara McKinney	9th
Dominieck Aliquo	12th
Marlene Burkey	12th
Louise Attinello	15th
Joseph Vitale	16th
Joan Cunningham	18th
Geraldine Conover	22nd
Marvin Kerchner	28th
Anna Menegus	29th



COOL AUGUST TRIVIA QUESTIONS

Who penned her last diary entry on August 1, 1944?

Anne Frank

On August 5, 1981, President Ronald Reagan fired 11,359 striking workers from their jobs. What was their job?

Air traffic controller

What lunch staple was created on August 6, 1762, in England?

The sandwich

On August 7, 1959, the Lincoln Memorial replaced what on the back of the penny?

Wheat

What type of cheese is celebrated all month long in August in the U.S.?

Goat cheese - (National Goat Cheese Month)

Good evening. What famous British suspense film director was born on August 13, 1899, in London?

Alfred Hitchcock

Who did the world grieve after her premature death on August 31, 1997?

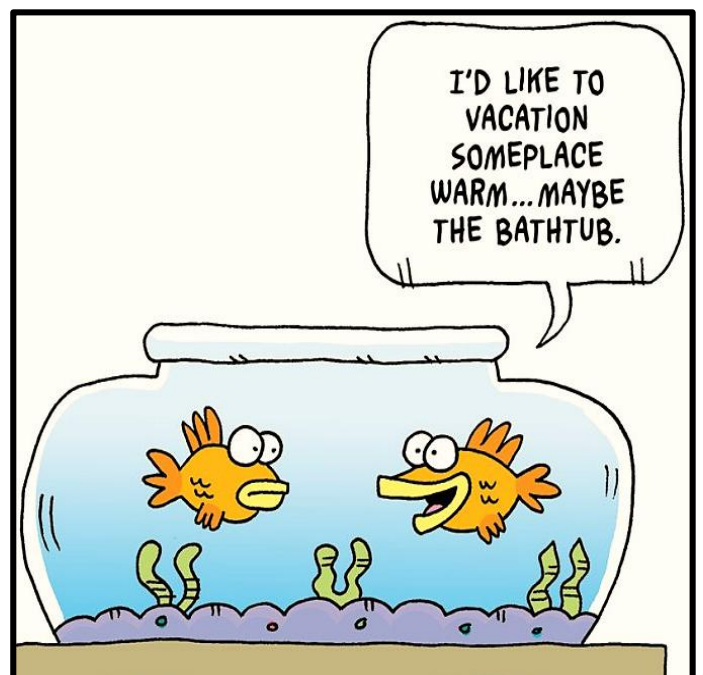
Princess Diana

EMPLOYEE ANNIVERSARIES

EMPLOYEE	DEPARTMENT	YEARS
Keith Golley	Environmental	37
Pamela Durette	Nursing	26
Erica Lopez	Nursing	14
Natalia Villamil	Administration	9
Omara Duran-Gates	Nursing	7
Sharon Smith	Nursing	5
Kimberly Graver	Nursing	4
Pheap Huon	Nursing	4
Moin Qureshi	Nursing	2
Lauren Thomas	Nursing	2
Madison Reiss	Nursing Office	2
Kadian McFarlane	Nursing	1
Kristen Nagy	Nursing	1
Robin Pernier	Financial	1
Michael Pacheco Jr.	Environmental	1



"Don't worry about burning the calories
— that's already been done!"



WELCOME

New Residents

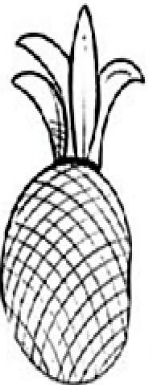
Jack Moro
Nancy Bogert
Naomi Walp
Linda Steigerwalt



baseball bat



heart



pineapple



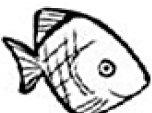
chess piece



slice of pizza

FIND ALL THE HIDDEN OBJECTS

ANSWERS ON PAGE 16



fish



mushroom



butterfly



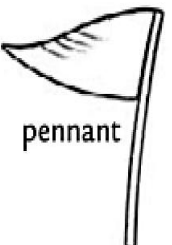
spoon



hammer



bell



pennant



pencil



arrow

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



In Loving Memory

Guadalupe Dominguez

*Your memory we will
always treasure, in
our hearts, you will
stay forever*



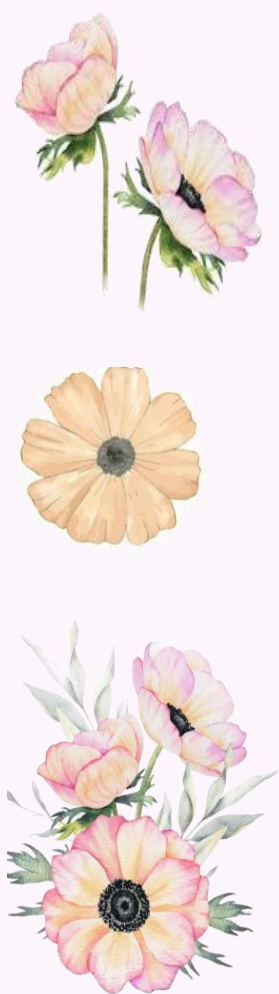
Whispers of Summer

Golden sun in skies so wide,
Warming fields on every side.
Butterflies in gentle flight,
Dancing softly in the light.

Children's laughter fills the air,
With barefoot steps and windswept hair.
Lemonade in glasses tall,
Shadows stretching on the wall.

Ripened fruits on every tree,
Buzzing songs from honeybee.
Waves that kiss the sandy shore,
Calling hearts to dream once more.

Longer days and starry skies,
Crickets' tunes and fireflies.
Summer sings a lullaby,
Beneath the blue and endless sky.





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

Summer Word Search

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

AUGUST

COOKOUT

HIKING

PARK

SANDALS

SUNGLASSES

VACATION

BEACH

FIREFLIES

LEMONADE

PICNIC

SMORES

SUNSHINE

WATERMELON

CAMPING

FIREWORKS

OUTDOORS

POPSICLE

SPRINKLER

SWIMMING

PEACH

fun facts



August is
"National Peach Month"

Peaches originated in **China** and belong to the **Rose Family**

On average a
peach contains

37

calories

3rd most popular



fruit in America

BOOST

Immunity &



digestive system

Categories of Peaches:



Clingstone: The flesh of the fruit clings to the stone



Freestone: The stone readily twists away from the fruit

Helps in maintaining:



vision



nervous system



healthy bones



teeth



skin care



Peaches contain:

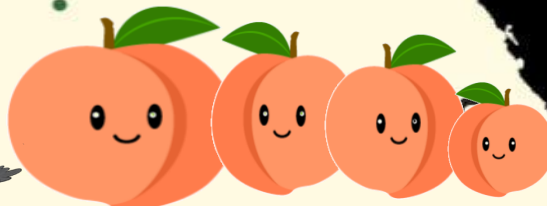
- Vitamin A, B, C
- Magnesium
- Phosphorus
- Calcium
- Potassium



California
produces

60%

of USA
peaches



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 Thursday, July 10, 2025

- Jude Tonzola , President, called the Residents' Council meeting to order.
- Minutes from June's Residents' Council meeting were read by Patricia Stuber, Council Secretary.
- Jude asked for a motion to accept June's minutes as read. Mark Polinchock moved to accept and it was seconded by Nancy Savage.
- Patricia Stuber read the list of the new, deceased and discharged residents since our last meeting.
- Marvin Kerchner, Council Vice President, read The Resident's Right for July.
- **Grievances**– You have the right to object to any treatment or care which has been furnished as well as that which has not been furnished with the assurance that there will be no reprisals for voicing your grievances which must be resolved promptly and fairly. If the need should arise, you may choose to be represented by an attorney.

➤ Old Business:

- Referrals were reviewed by Heidi Heffelfinger, Council Liaison.

➤ New Business:

- No new business to share at this time.

➤ Resident Concerns/Comments:

- No concerns were shared at this meeting.

➤ Announcements:

Michelle Julian–Asst. Administrator

- Residents will be seeing new temporary replacement privacy curtains going up until new permanent ones are ordered.
- Our Building Superintendent, Freddy, will be taking a position at the Cedarbrook – Allentown site. We will be hiring a new Building Superintendent. Details will follow.

Jason Cumello – Administrator

- To reassure Medicaid residents, the new cuts to the Medicare budget that have gone into effect, will not affect Medicare for nursing home residents.
- Update on the E-wing project. The super structure for the new building is up. Construction is moving along and the building is coming along well.

➤ Life Enrichment

- Michelle Julian went over the activities for the remainder of the month of July.
- Activity calendars are available to all residents on the back of the Hillside News.

➤ Conclusion:

- The next Residents' Council Meeting will be held on August 14, 2025 at 2:30 PM in the Main Dining Room.
- Marvin Kerchner made a motion to adjourn the meeting. Alice Uhl moved to accept the motion and it was seconded by Nancy Savage .
- Residents were invited to attend the Food Committee Meeting immediately following Residents' Council.





PEACHES & CREAM POUND CAKE



Ingredients

2 sticks butter
2 cups sugar
1/4 cup plain Greek yogurt
3 large eggs
1 1/2 tsp. pure vanilla extract
3 cups flour
1 tsp. baking powder
1 tsp. kosher salt
2 cups diced fresh peaches

Directions

1. Preheat oven to 325°. In a large mixing bowl, cream butter and sugar until it's light and fluffy, 4 to 5 minutes. Add Greek yogurt, eggs and vanilla, beating on low until combined. Stir in flour, baking powder and salt.
2. Fold in diced peaches. Pour into a greased loaf pan and bake until a toothpick inserted into the center comes out with just a few crumbs, 68 to 70 minutes.



August Food Holidays

August 1: National Raspberry Pie Day
August 6: National Root Beer Float Day
August 9: National Rice Pudding Day
August 14: National Creamsicle Day
August 18: National Fajita Day
August 20: National Lemonade Day
August 24: National Waffle Day
August 26: National Cherry Popsicle Day
August 31: National Trail Mix Day



OUT OF THIS WORLD COLORING PAGE



HIDDEN OBJECTS ANSWERS

Fish - Monkey's tie, upside down.
Mushroom - Right side of kangaroos mom's bonnet upside down.
Pencil - Bottom left corner, shirt sleeve.
Butterfly - Kangaroo mom's bonnet knot, upside down.
Spoon - Monkey's top hat brim.
Arrow - Left side in straw holder.
Hammer - Middle of page in milkshake glass, upside down.
Bell - Bottom of page upside down in milkshake glass.
Pennant - Left side of panda's top hat, upside down.
Slice of Pizza - Left side of page, giraffe's shirt sleeve.
Chess Piece - Top of dessert topping dispenser, upside down.
Pineapple - Bottom of dessert topping dispenser.
Heart - Spot on giraffe's neck, upside down.
Baseball Bat - Upside down inside of right dessert topping dispenser.



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

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, 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.



DID YOU LOSE SOMETHING?



















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.

HOW MANY DID YOU SEE?



THERE ARE 17 "SEAGULLS"

AUGUST 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Programs Subject To Change					1 10:30 AM Coffee Social & Chat 2:00 PM Water Balloon Fun	2 10:30 AM Whiteboard Games with Bonny 2:30 PM BINGO
3 2:30 PM Mass & Rosary	4 10:30 AM Garden Club 2:30 PM Watermelon & Cocktails 	5 10:30 AM BINGO Bucks BINGO 1:30 PM Bible Study 2:30 PM LE Games	6 10:30 AM Needles & Hooks 2:30 PM August Birthday Party 	7 10:30 AM Morning Movement 2:30 PM August Art: Faux Oil Paintings 	8 10:30 AM Coffee Social & Chat 2:00 PM Movie Matinee: "National Lampoon's Vacation"	9 10:30 AM Puzzle Your Mind with Enisa 2:30 PM BINGO
10 2:30 PM Church with Chaplain Laura	11 10:30 AM Board Game Bonanza 2:30 PM August Art: Balloon Animals	12 10:30 AM BINGO 1:30 PM Bible Study 2:30 PM LE Games & Peach Pie	13 10:30 AM Needles & Hooks 2:30 PM Booze & Tattoos 	14 10:30 AM Visits with LV Humane Society 2:30 PM Resident Council	15 10:30 AM Coffee Social & Chat 2:30 PM Music by Mike Evans	16 10:30 AM Fun Facts with Cat 2:30 PM BINGO
17 2:30 PM Church with Chaplain Laura	18 2:30 PM Cranium Crunchers 	19 10:30 AM BINGO 1:30 PM Bible Study 2:30 PM LE Games	20 10:30 AM Morning Movement *Courtyard* 2:30 PM Water Balloon Fun 	21 10:30 AM Men's Group: Lessons from a Courtyard Lion *Courtyard* 12:00 PM Dining Around the World- England 2:30 PM Scattergories	22 10:30 AM Coffee Social & Chat 2:30 PM Ice Cream Social 	23 10:30 AM TV Games with Jenna 2:30 PM BINGO
24 2:30 PM Church with Chaplain Laura	25 10:30 AM Cosmic Craft: Rocket Windchimes 2:30 PM Cedarbrook Space Science: Mini Bottle Rockets 	26 10:30 AM Blast Off BINGO 1:30 PM Bible Study 2:30 PM LE Games & Cosmic Cupcakes	27 10:30 AM Baking Bonanza: Space Sweets 2:30 PM Space Shoot - Out	28 10:30 AM Morning Moonwalk Movement 2:00 PM Space Cinema: "Wall - E"	29 10:30 AM Coffee Social & Chat 2:30 PM Music by Dan Barrick 	30 10:30 AM Creative Coloring with Lisa 2:30 PM BINGO
31 2:30 PM Church with Chaplain Laura						ALL PROGRAMS ARE HELD IN THE MAIN DINING ROOM UNLESS OTHERWISE STATED.

S P A C E W E E K