Sunshine News

September 2025 Cedarbrook Allentown Senior Care & Rehab



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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

"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





ATTENTION RESIDENTS

Do you have a WISH list?

Cedarbrook's Auxiliary would like to make your WISH come true!

Our amazing CBA Auxiliary team has been saving up –

And now they're ready to grant your WISH!

What's on your WISH list?

Do you WISH to go to a concert or a baseball game?

Maybe a day at Dorney Park or another local attraction?

How about playing a musical instrument, go horseback riding, or having a friend or loved one from out of state come and visit?

Name your WISH, nothing is too small or BIG to make you smile.

To submit your WISH, ask your Unit Manager or Life Enrichment

Let's start making these WISHES come true!

Team for a WISHES PLANNING FORM.

WHOOP...THERE IT IS!

Can you **SNOOP...**Where it is?
Find ALL the "Woodpeckers"



(Answer on page 16)

CHECK IT DUT!

OUR AUXILIARY IS HAVING A PRETZEL SALE WEDNESDAY SEPTEMBER 17, 2025 IN THE FAMILY ROOM!

STARTING AT 11:00 AM UNTIL SOLD OUT.

COME GRAB A YUMMY PRETZEL FROM THE

PHILLY PRETZEL FACTORY1

GET THEM WHILE THEY'RE HOT!





Labor Day word search



Words may be horizontal, vertical and diagonal.

Н	M	G	Е	M	P	L	О	Y	M	Е	N	Т	V
J	K	Т	S	W	Z	M	I	R	V	C	P	I	F
Н	О	L	I	D	A	Y	S	Y	V	Z	R	N	M
В	Z	P	X	C	F	Т	Т	U	N	X	О	В	A
R	F	A	S	Z	C	I	C	A	E	K	F	K	P
E	Y	R	T	Е	N	E	C	Y	Е	P	Е	M	X
A	L	T	Р	U	P	I	L	С	I	V	S	О	Z
K	С	Y	M	T	R	Т	I	Q	R	Q	S	N	W
Z	R	M	S	Е	R	F	Е	О	L	D	I	D	E
U	О	В	M	Y	F	A	В	M	X	A	О	A	E
С	Z	A	K	О	L	A	V	D	В	Y	N	Y	K
D	F	R	Z	M	L	J	U	E	F	E	A	G	E
E	О	V	N	О	X	Z	J	M	L	A	R	R	N
W	Е	В	A	R	В	E	С	U	E	L	K	С	D

WEEKEND COMMUNITY AMERICAN OFFICE LABOR SEPTEMBER TRAVEL WORK BARBECUE DAY PROFESSION MONDAY EMPLOYMENT HOLIDAY BREAK PARTY

† CHAPLAIN'S CORNER †

On a shelf in Pat Stuber's room at Cedarbrook-Fountain Hill stands a statue of Our Lady of La Vang. It depicts the vision of the Blessed Mother holding the Infant Jesus as she appeared to Vietnamese Catholics of La Vang village in 1798. Like so many apparitions, or visions, of Mary over the centuries, she reflects the people to whom she appears. Our Lady of La Vang appears as a young Vietnamese woman holding her child, both with dark hair and eyes, and wearing traditional Vietnamese clothing.

Pat was raised in a devout Catholic family—her parents and seven children—whose faith upheld them in difficult times. When she was a teenager, her mother gave birth to her youngest brother, John Michael. He passed away at age 2 from a heart defect. Pat had cared for him and when he died, she felt as if she had lost her own child.

Better times for Pat came a few years later when she met her husband Danny and eventually moved to California and gave birth to their son, Sean. Then Pat began to have health problems which would lead to her not being able to have any more children. A few years later they returned to this area, found work, and also took up fostering children through the Catholic Social Agency.

When the US government began resettling Vietnamese refugees in the United States, the agency told Pat and Danny of four young Vietnamese brothers who would need foster care in the US. The boys' parents decided to send them to the US to escape being drafted into the Vietnamese Army as teenagers. Without hesitation, Pat and Danny agreed to foster all four. In a matter of months, they gained four Vietnamese "sons": Hanh, Cong, Cuong, and Dung.

The Vietnamese boys were also Catholic, so Pat and Danny drew upon their faith—and especially their devotion to the Holy Family of Jesus, Mary, and Joseph—for strength and guidance. Pat recalls this prayer: "Dear Jesus, Bless our family. Be so kind to give us the unity, peace, and mutual love that you found in your own family." Pat and Danny prayed that the bonds of love in the Holy Family also be within their own.

Their faith in God brought many blessings to their family. Their son Sean and his "brothers" bonded seamlessly, making friends, and playing soccer. Through hard work and guidance from Pat and Danny, the boys adapted to their new life. Pat and Danny took their sons on trips so that they could learn about America's past and see that people from many other lands had come to the US seeking freedom. Pat laughs when she remembers how she seemed to be constantly training the four Vietnamese boys to speak English, and that even today, as adults, she corrects their pronunciation.

Pat's husband Danny passed away in 2014, but not before they were both able to experience the joy of all five of their son's weddings, and to see the beginnings of their families. All the sons have successful careers and live happily with their wives and children around the country, coming together at holidays to visit with their mother, Pat.

The apparition of Mary and the Infant Jesus appeared to the Vietnamese villagers when they were enduring violent persecution for their faith in the late 18th century. The vision of Mary gave them courage and strengthened their Catholic faith. Pat says the choices she and Danny made to take up the refugee boys reflected their devotion to God and to the Holy Family of Jesus, Mary, and Joseph. God and the Holy Family gave them the courage to open their lives and their home to the boys who were suffering under an oppressive regime in Vietnam. Pat's faith story shows us the power of prayer and of trust in God to provide the love we need to nurture our families and each other.



Written by Chaplain Laura Stone and Pat Stuber





Words will not wipe away your tears and hugs may not ease your pain, but hold onto your memories because forever they will remain

"A great soul serves everyone all the time. A great soul never dies. It bring us together again and again."

CROCK POT POTATO SOUP (



Ingredients

- 3 pounds Yukon Gold potatoes washed and cut into approximately 1-inch cubes (do not peel)
- ➤ 4 cups chicken or vegetable stock
- > 1 medium onion minced
- 6 cloves garlic minced
- ➤ 1½ teaspoons Kosher salt
- ➤ ½ teaspoon fresh cracked pepper
- 2 cups whole milk





Instructions

- ➤ To a 7 or 8 quart slow cooker, add potatoes, vegetable stock, onion, garlic, salt, and pepper. Place lid on cooker. Cook on high for 6 hours or low for 8.
- When potatoes are done, use an immersion blender to blend or "cream" the potatoes making sure not to over process. You want to leave some of the potato chunks. If you like it chunky then do not blend. Stir in milk. Let soup warm through about 15 minutes after adding milk.
- If you prefer serve with toppings* of you choice.

*Topping Ideas for Potato Soup

- Grated Sharp Cheddar Cheese or Grated Smoked Gouda Cheese
- Cooked Crumbled Bacon
- Fresh Chives and Fresh Parsley
- Chopped Green Onions



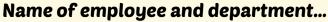


Why did the apple pie go to the dentist?
Because it needed a filling.

Why shouldn't you tell a secret in a cornfield?

Because the corn has ears.

EMPLOYEE PET OF THE MONTH



Maggie Donohue-Life Enrichment

Type of animal/breed...

Dog-Weimaraner

How old is your pet?

Not sure. When I got her they claimed she was 2 years old and just had a litter of puppies. However, in the year that I have had her she has grown and I now think she might be around 2 years old.

Pet's name, how did you come up with it? Maeve, she was originally called "Sage" but I wanted a name that sounded similar.

Are there any nicknames for your pet? I call her Mavis.

How and when did you choose your pet?

Maeve and her sister were posted on Pet Finder, way out in the middle of the state. I fell in love with her sister but the owner said she had cancer and wasn't available any longer. So I drove out with a friend and rescued Maeve from the shack she was living in. It was a sad situation. But she is a love.

Does your pet have any special tricks?

She knows many hand signals and commands for sit, stay, and wait, etc.

Funniest memory of your pet...

Funny now, but not so much at the time. About 3 months ago Maeve got into the cabinet and pulled out a full container of oatmeal. She managed to drag it all the over the house from the kitchen to the living room, up the stairs to the bedroom. What a mess I walked into. Her belly was full but the house was a mess. Looking back it was funny but at the time I was a bit perturbed.

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

As I stated she loves to find food that is not locked up or kept up high. She has gotten into the flour and bit all the heads off of my grandson's play dinosaurs. She found a can of dog food and managed to bite through the can and ate all of the contents. You name it, she has gotten into it. I have learned to keep stuff out of her reach.

Does your pet have a favorite toy or treat?

Maeve has sharp teeth and loves to chew; most of her toys are destroyed in a day. She has one that she has not destroyed and enjoys playing with this green character that so far is indestructible. She also loves treats, she goes around to the neighbors when they sit on their porch and goes right on up to visit them.

Fun facts about your pet or the breed...

Weimaraner's are great hunters, athletic and affectionate dogs. Maeve rarely barks and has very beautiful eyes. She is not a fan of small "yappy" dogs. The hunter in her will point out rabbits and squirrels. She is smart and knows many commands so I need to tell her to "leave it" before she moves on.







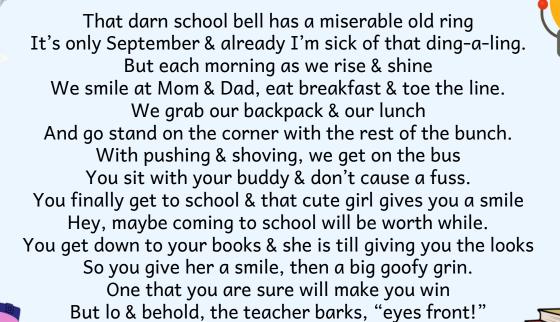






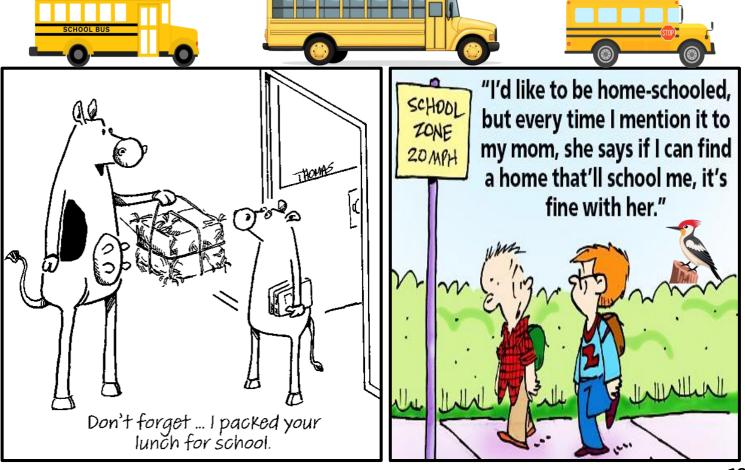


SCHOOL DAYS



Written & submitted by, Jean Larison

Our school years begins with a big muffled grunt!

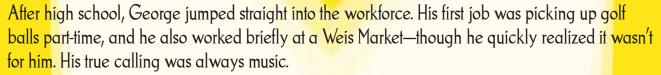




George Molchany- The Music Man



George was born in Northampton, Pennsylvania, but it wasn't long before his family moved to Whitehall, where he grew up and lived for most of his life until his later years. The youngest of three children, with a brother and sister, George recalls the love and support of his wonderful parents and fondly remembers being "their joy."



George's heart has always been with the blues, and as a talented guitarist, he spent most of his career performing. Over the years, he played in several bands, including Jump Street Jibes, and Jekyll and Hyde. In one of his blues bands, he played a six-string guitar while his partner strummed a 12-string. His music took him to many festivals and fun adventures, including performing at Musikfest and taking trips to Las Vegas and lively casino outings. It was through music that George also found love—he met his wife while they were both in bands, and their shared passion for performing drew them together. Together, they raised two sons, Matthew and Nicholas, who live in California and Hawaii. Alongside his music career, George also worked at Martin's Guitar and enjoyed the companionship of his loyal German shepherd, Maggie.

When George finally retired, he celebrated with joy. While he loved his years as a musician, he was happy to embrace a new chapter. Now at Cedarbrook, he continues to share his passion for music. He volunteers as a resident DJ at the monthly Splash of Color watercolor painting program, filling the room with the music he loves. On sunny days, you might even find him outside playing his ukulele, bringing smiles to all who pass by.

For George, music has been more than a job—it has been the soundtrack of his life. And here at Cedarbrook, he continues to let that music play on.

Thank you, George, for taking the time to tell us your life's story. We also thank you for all you continue to do for the Cedarbrook community.







EMPLOYEE ANNIVERSARIES

%		
<u>EMPLOYEE</u>	<u>DEPARTMENT</u>	<u>YEARS</u>
Gwyn Gildner	Nursing	29
Jaime Pagella	Nursing	29
Katie Novicki	Nursing	24
Lisa Joseph	Laundry	22
Tammy Dietrich	Physical Therapy	21
Catherine Silkworth	Nursing	19
Marnie Distasio	Life Enrichment	18
Jason Cumello	Administration	9
Alexis Eberly	Nursing	7
Irina Rabinovich	Nursing	7
Jacob Coyle	Environmental	7
Sun Han	Nursing	6

<u>EMPLOYEE</u>	<u>DEPARTMENT</u>	<u>YEARS</u>
Karen Centeno	Nursing	4
Debra Burns	Nursing	4
Jordan Alleshouse	Financial	4
Marcia Dunn	Nursing	3
Jeanne Kom	Nursing	3
Jessica Sanchez	Social Services	3
Samantha Stetch	Nursing	2
Roxanne Everett	Resident Assessment	2
Zenaida Garner	Environmental	2
Elizabeth Cook	Nursing	1
Tyrese Green	Nursing	1
Mychael Bauer	Environmental	1





Residents' Council Meeting Minutes Monday – August 11, 2025

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



GRIEVANCES – Sec. 1919(c)(1)

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:

- Rhett discussed the old business.
 - o Concerns were regarding temperature in the facility.
 - It was found that temperatures on units and the facility were found to be within Department of Health regulations.

New Business:

- Jason Cumello (Administrator)
 - E-wing Update
 - Instillation of concrete flooring is going in.
 - The skeleton of the connector building which will connect on the 1st and 2nd floor, is being put up.
- Teresa Samuels (DON)
 - Covid symptoms have changed a little bit
 - Sore throat
 - If you are feeling a sore throat or fatigue, report to your nurse on your unit.
 - C-Wing patio Cleaning of that patio will be happening Tuesday-Thursday for a couple of hours. During those hours, the patio will not be available. If you need assistance accessing the other patio on D4, let your staff on your unit know.
- Jennifer (Beauty Salon)
 - o Invites everyone to come get their hair done.
 - Salon open Monday & Thursday 9AM-2PM
 - Every other Tuesday 9AM-2PM
- John Garner (Life Enrichment Director)
 - Activities happening in August
 - Crafting corner with Kelly will be held in the Family Room.
 - 25th Resident Hawaiian Luau in Auditorium
 - Wear bright colors or Hawaiian shirt.
 - Restorative & LE Collaboration
 - Summer Bash August 27th
 - For residents who are on the Restorative Program.

3

Resident Concerns / Comments:

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

• There were no resident concerns or question at this meeting

Announcements:

- The next meeting will be held Monday, September 8th at 2:15 pm in the Auditorium.
- Residents are invited to attend the Food Committee meeting immediately following Residents' Council.
- · The meeting was adjourned.





Welcome

New Residents

Frances Charles
Sandra Ruch
Catherine Bauer
Olive Shand
Marian Boehm
Maria Rojas Tello
Barbara Piha





Since we have many Philadelphia football fans here at CBA, here's a new updated Philadelphia Eagles schedule.

You can keep track of the Birds and be ready for game day!!





Date	0	pponent	Time	Network
Sep. 4 - Thu	\bigstar	Dallas	8:20 PM	NBC
Sep. 14		@ Kansas City	4:25 PM	FOX
Sep. 21		LA Rams	1:00 PM	FOX
Sep. 28		@ Tampa Bay	1:00 PM	FOX
Oct. 5		Denver	1:00 PM	CBS
Oct. 9 - Thu		@ NY Giants	8:15 PM	Prime
Oct. 19		@ Minnesota	1:00 PM	FOX
Oct. 26	Ŋ	NY Giants	1:00 PM	FOX
Nov. 2	BYE			
Nov. 10 - Mon	lacksquare	@ Green Bay	8:15 PM	ABC
Nov. 16	· Per	Detroit	8:20 PM	NBC
Nov. 23	\Rightarrow	@ Dallas	4:25 PM	FOX
Nov. 28 - Fri		Chicago	3:00 PM	Prime
Dec. 8 - Mon		@ LA Chargers	8:15 PM	ABC
Dec. 14		LV Raiders	1:00 PM	CBS
Dec. 20 - Sat	W	@ Washington	TBD	FOX
Dec. 28		@ Buffalo	4:25 PM	FOX
Jan. 4	W	Washington	TBD	FOX

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 Holine**. 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.

Attention Visitors And Staff: For The Safety Of Our Residents,

Please **DO NOT** Use Push Pins In Resident Rooms.





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.

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 concernsRespecting 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 <u>16</u> "Woodpeckers"

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.

Word Scramble Answers

- 1. Teacher
- 2. Classroom
- 3. Students
- 4. Pencil
- 5. Scissors
- 6. Paper
- 7. Classmates
- 8. School desk
- 9. Ruler
- 10. Eraser
- 11. Principal
- 12. Lessons
- 13. Textbook
- 14. Quizzes
- 15. Glue
- 16. Sack lunch
- 17. Carpool
- 18. School bus
- 19. Cafeteria
- 20. Backpack

September 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:15 AM Puzzle Your Mind Family Room 2:15 PM Music by Todd Horn Aud. & Chan. 22	2 10:15 AM Talking Book Family Room 2:30 PM House Bingo Channel 22	2:15 PM September Birthday Bash *Invite Only* Family Room 2:15 PM Bible Study with Chaplain Stephanie Aud. & Chan.22	4 11:00 AM Color & Chat Family Room 2:15 PM Card Club Family Room 2:30 PM Rosary - Chapel	5 10:30 AM Shabbat Chapel 2:15 PM Card Club Family Room	6 10:15 AM Puzzle Your Mind Family Room 2:15 PM Music by Pete Begley Aud. & Chan. 22
7 2:15 PM Church with The Lutheran Bells Auditorium & Channel 22	8 2:15 PM Residents' Council & Food Committee Meeting Aud. & Chan.22 3:30 PM SS Newsletter Meeting - Aud.	9 10:15 AM Talking Book Family Room 2:30 PM House Bingo Channel 22	10 2:15 PM Bible Study with Pastor Tony Aud. & Chan. 22	11 Color & Chat Family Room 2:15 PM Card Club Family Room 2:30 PM Splash of Color Family Room	12 2:15 PM Card Club Family Room 3:30 PM Happy Hour *Invite Only* Family Room	13 10:15 AM Puzzle Your Mind Family Room 2:15 PM Music by Robin & Jim Aud. & Chan. 22
14 2:15 PM Church with Pastor Tony Auditorium & Channel 22	15 2:30 PM Auxiliary Cash BINGO Auditorium	16 10:15 AM Talking Book Family Room 2:15 PM Spanish Heritage Party Auditorium	2:15 PM Bible Study with Chaplain Stephanie Aud. & Chan.22	18 11:00 AM Color & Chat Family Room 2:15 PM Card Club Family Room 2:30 PM Catholic Mass Aud. & Chan.22	19 2:15 PM Card Club Family Room 2:15 PM House Movie Auditorium	20 10:15 AM Puzzle Your Mind Family Room 2:15 PM Music by John Stanley Aud. & Chan. 22
212:15 PM Church with Chaplain Stephanie Auditorium & Channel 22	22 2:15 PM Kelly's Krafting Korner Family Room	23 10:15 AM Talking Book Family Room 2:30 PM House Bingo Channel 22	2:15 PM Bible Study with Pastor Tony Aud. & Chan. 22	25 11:00 AM Color & Chat Family Room 2:15 PM Card Club Family Room 2:15 PM Spice Girls Cooking Family Room	2:15 PM Card Club Family Room 2:15 PM House Games Auditorium	27 10:15 AM Puzzle Your Mind Family Room 2:15 PM Music by Craig Weidner Aud. & Chan. 22
28 2:15 PM Church with Pastor Tony Auditorium & Channel 22	29 2:30 PM Big Birthday Bash Auditorium	30 10:15 AM Talking Book Family Room 2:30 PM House Bingo Channel 22		٥٥٥		*Programs Subject To Change*