Hillside News



Cedarbrook Fountain Hill Senior Care & Rehab

<u>Hillside</u> <u>News</u>

October 2025

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Natalia Villamil - Administrative Assistant

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Chaplain Laura Stone - Faith Services

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Lisa Lasko - Health Information Coordinator

Jessica Sanchez - Director of Social Services

Amber Surman - Assistant Director of Social Services

Heidi Heffelfinger - Social Worker

Lynn Emrey - Social Worker

Edvardo Fernandes - Director of Facilities

Michael Herkalo - Building Superintendent

Ricardo Cintado - Director of Environmental Services

Francis Andrews - Asst. Director of Environmental Services

Tim Picerno - Director of Rehab

Edward Lyons – Assistant Director of Rehab

Torie Yackanicz - Clinical Nutrition Manager

Cedarbrook Senior Care & Rehab **Our Mission**



It's all about

C.H.O.I.C.E.S.

at Cedarbrook Nursing Homes

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

PUMPKIN PATCH

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





OCTOBER SPECIAL PROGRAMS

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

10/1 OCTOBER BIRTHDAY PARTY - 2:30 PM

10/2 BAZAAR BONANZA: OUTSTANDING ORNAMENTS - 2:30 PM

10/3 MOVIE MATINEE: "WHAT ABOUT BOB" - 2:00 PM

10/4 CREATIVE COLORING WITH LISA - 10:30

10/5 MASS & ROSARY - 2:30 PM

10/6 GARDEN GROUP - 10:30 AM

10/6 BAZAAR BONANZA: STARFISH SANTAS - 2:30 PM

10/7 BINGO BUCKS BINGO - 10:30 AM

10/8 JAMMIN WITH JENNA - *COURTYARD* - 2:30 PM

10/9 VISITS WITH THE LV HUMANE SOCIETY - 10:30 AM

10/9 RESIDENTS' COUNCIL - 2:30 PM

10/10 MUSIC WITH BRIAN G. - 2:30 PM

10/11 WHITEBOARD GAMES WITH BONNY - 10:30 AM

10/13 HELPING HANDS: HOPE KITS FOR BREAST CANCER AWARENESS - 10:30 AM

10/13 INDIGENOUS PEOPLE'S DAY JEOPARDY - 2:30 PM

10/14 LE GAMES & CHOCOLATE CUPCAKES - 2:30 PM

10/15 BAZAAR BONANZA: TOILET PAPER PUMPKINS - 2:30 PM

10/16 PRETZELS & PINTS PARTY - 2:30 PM

10/17 MUSIC BY JOHNNY K. - 2:30 PM

10/18 PETRIFYING PUZZLES WITH ENISA - 10:30 AM

13 DAYS TIL HALLOWEEN OCTOBER 13TH THROUGH OCTOBER 31ST

10/20 SPANISH CHURCH SERVICE - 10:30 AM

10/20 TRICK- OR-TREAT BAGS - 2:30 PM

PUMPKIN PATCH

10/21 VISIT FROM THE BETHLEHEM MOUNTED PATROL - 1:30 PM

10/22 FRIGHTENING FOODS: GRAVEYARD DIRT CUPS -2:30 PM

10/23 MEN'S GROUP: CLASSIC HORROR MOVIES - 10:30 AM

10/23 CREEPY CRAFT: PUMPKIN PAINTINGS - 2:30 PM

10/24 MONSTER MOVIE: "DEATH BECOMES HER" - 2:00 PM

10/25 FREAKY FACTS WITH CAT - 2:30 PM

10/27 HALLOOWEEN WHITE BOARD GAME - 10:30 AM

10/28 LE GAMES & TERRIFYING TREATS - 2:30 PM

10/29 HALLOWEEN PARADE WITH STEMS OF LEARNING SCHOOL - 10:30 AM

10/29 FRIGHTENING FOOD: PARANORMAL PIZZA - 2:30 PM

10/30 MONSTER MASH MOVEMENT - 10:30 AM

10/30 CREEPY CARICATURES - 2:30 PM

10/31 SPOOKY SONGS WITH KRISTA SMITH - 2:30 PM















NEW RESIDENTS

Candy Enste Rose Favinger Laverne Cowling Jacqueline Fritchman Carol Schock Betty Walter





PATCH



ACORNS

APPLES

AUTUMN

AUTUMNAL EQUINOX

BAKING

BONFIRE

BRISK AIR

CHESTNUTS

CIDER

COLUMBUS DAY

CORN MAZE

COZY

CRANBERRIES

FALL FOLIAGE

FOOTBALL

GOURDS

HALLOWEEN

HARVEST

HAYRIDES

INDIGENOUS PEOPLES DAY



LEAVES

ORNMAZ

OKTOBERFEST

PUMPKINS

RAKING

SCARECROW

PUMPKIN PATCH



SOUP

SPICE

SPOOKY

SQUASH

SWEATERS

CHAPLAIN'S CORNER

In the Catholic tradition, October is the <u>Month of the Holy Rosary</u>, a period dedicated to the prayer and meditation of the Rosary, which focuses on key events in the lives of Jesus and the Virgin Mary. This devotion commemorates the Feast of Our Lady of the Rosary on October 7, which was established by Pope St. Pius V to celebrate the Christian victory at the Battle of Lepanto in 1571, a triumph attributed to the power of the Rosary. People are encouraged to pray the Rosary daily during this month to strengthen their faith and draw closer to Jesus through Mary.

What is the Holy Rosary?

The Rosary is a well-known Catholic devotion involving a series of prayers, <u>meditations on</u> <u>the life of Christ</u>, and the use of a string of beads to keep track of the prayers.

It serves as a way to meditate on the "mysteries," or significant events, in the lives of Jesus and Mary, offering a catechetical and scriptural focus for prayer.

Why October?

Battle of Lepanto:

The month was chosen in honor of the Feast of Our Lady of the Rosary (October 7), which marks the decisive victory of Christian forces over the Ottoman Empire at the Battle of Lepanto in 1571.

<u>Prayer for Victory:</u>

Pope Pius V had called for all Catholics to pray the Holy Rosary for victory in the battle, and the victory was seen as a direct answer to these prayers.

How to observe the October Devotion:

Pray the Rosary:

The most direct way to observe this devotion is to pray the Rosary, particularly on a daily basis throughout October.

Meditate on the Mysteries:

As you pray, meditate on the events of Christ's life and Mary's life that are presented in the Rosary.

The month provides an opportunity to begin, renew, or deepen your devotion to the Rosary and to draw closer to God.





Residents' Council Meeting Minutes Thursday, September 11, 2025

- Jude Tonzola, President, called the Residents' Council meeting to order.
- 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 September.
- Rights of Incapacitated Residents If you are found to be incapacitated under the laws of the state, a guardian will be appointed under state law to act on your behalf.

➢ Old Business:

- Heid Heffelfinger, Resident Council Liaison, went over the referrals from last month's meeting.
- Heidi explained that concerns brought up at Resident Council that may affect others are referred to the appropriate department to be addressed and then reviewed at the Resident Council meeting. Individual concerns will be addressed with that individual resident.

➤ New Business:

- Chaplain Laura shared a moment of silence with a prayer to honor the victims of 9/11.
- Michelle Julian shared what the expectations are for a Residents' Council Meeting:
 - Please don't wait until the meeting to bring up concerns. Please reach out as soon as there is a concern.
- To report a problem or concern: Residents can go to any staff member on their stations, their nurse, social worker, any LE member or any officers of Resident Council.
- Resident Council referrals, once written up, go to Heidi, council liaison, who then reviews it and sends it to the proper department. Lastly, it is then shared at the next Residents' Council meeting.
 - The facility's Code of Conduct has been shared with all residents and families. We need to do our best to follow the facility's Code of Conduct.
- It was shared with all residents that the Resident Council Officers from both facilities will be working together to attend each other's meetings to give feed back and help support each facility.
- Heidi shared that October is Resident's Rights Month. So we will be reviewing all resident rights with a trivia game instead of a traditional meeting in October.
- Heidi also announced we will be looking for new Resident Council Officers, so please start thinking about who you would like to nominate for the year 2026.

> Resident Concerns/Comments:

• A Resident shared how they enjoyed the End – of – Summer Bash and would like more activities like this.

Announcements:

- Michelle Julian—Asst. Administrator
 - We only have one station left for the annual picnic. The original date was moved due to rain. Rain date will be shared at a later time.
- The new Building Superintendent for Cedarbrook—Fountain Hill will be Mike Herkalo. He will be here starting September 15. He will be training with Wilfredo.
- Next week will be Environmental Services week. Please say thank you to the Environmental staff for keeping this facility clean and smelling fresh.
- Jason Cumello Administrator
- Update on the E-wing project. WFMZ will be podcasting our Beam Signing Ceremony for the new E-Wing building at our Allentown location. The beam signing will occur on September 12 at 10:00am.
- Jessica Kelly—Asst. Director of Life Enrichment
- Jessica went over the activities for the remainder of the month of September. Activity calendars are available to all residents on the back of the Hillside News.
 - We have hired a new Activities bus driver. More information to follow at a later time.
 - Life Enrichment reminded everyone to look for information on the bazaar in the upcoming activities calendars.

➤ Conclusion:

- The next Residents' Council Meeting will be held on October 9, 2025 at 2:30pm in the Main Dining Room.
- Jude Tonzola made a motion to adjourn the meeting. Motion was accepted and seconded.
- Residents were invited to attend the Food Committee Meeting immediately following Residents' Council.



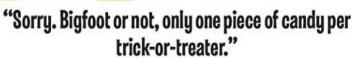
EMPLOYEE ANNIVERSARIES

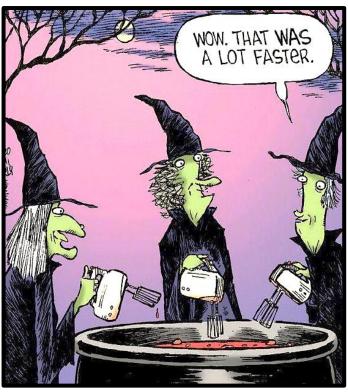
<u>EMPLOYEE</u>	<u>DEPARTMENT</u>	<u>YEARS</u>	
Francis Andrews	Environmental	28	
Marie Altemose	Human Resources	24	
Sandra Shalters	Nursing	22	
Heidi Heffelfinger	Social Services	20	
Lynette Clark	Nursing	15	
Jennifer Bogar	Nursing	7	
Nicole Labady	Nursing	7	
Chandrahas Aralikatti	Nursing	7	
Angelo Torres	Environmental	3	
Barry Gregory	Facilities	2	
James Foose	Nursing	1	
Cheryl Kish	Nursing	1	
Irving Gomez	Facilities	1	













Staff Recognition Spotlight



Rhett Palushock - Social Services CBA

How many years have you worked at CBA? Rhett has been here for 11 years as a social w<mark>orker.</mark>

What is your proudest moment? With Rhett, there is not one specific moment. He is proud of his daily accomplishments with the help and support of his social services team.

What advice would you give to prospective candidates looking to join our team at CBA? He believes you must keep focused on the residents. They should always be your number one priority.

What do you believe leadership looks like to you? Rhett feels in order to be in a leadership role you need to have self-awareness, respect and compassion for others.

Do you have any pets at home? If so what kind and their names. The Palushock home is filled with fur babies. There are three cats and two Border Collies. They are Eli, Lilly, Izzy, Katie, and Kira.

Where would you go on a dream vacation? Rhett would love to travel back to Ireland. He would also like to keep traveling to the states and someday see Wyoming or Montana.

What is something most people don't know about you? Most people don't know Rhett is a Den Leader with the Cub Scouts and an avid watch collector.

What makes you happy? Being outdoors doing family activities is where Rhett is the happiest. He also enjoys his outings with the Cub Scouts. Finding a new watch that he doesn't have also brings him joy.

What have you gained from working at CBA? With our residents being mostly of the aging population, Rhett has gained a new sense of understanding and compassion for the people he sees everyday.

We thank Rhett for his long dedication to his 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!







APPLE PUMPKIN CRISP

INGREDIENTS

Filling

- 3 pounds of crisp apples Honeycrisp, Granny Smith, or any crisp apple variety, peeled, cored, and diced
- ²/₃ cup pure pumpkin purée
- ½ cup brown sugar
- ½ cup granulated sugar
- 1 teaspoon vanilla
- 1 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- ½ teaspoon ground cloves
- ½ teaspoon salt
- ½ cup all-purpose flour



Topping

- ²/₃ cup of all-purpose flour
- ²/₃ cup brown sugar
- 1 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- ½ teaspoon ground cloves
- ½ cup cold butter 1 stick cut into cubes
- 1 cup whole rolled oats









INSTRUCTIONS

- 1. **Preheat Oven:** Preheat your oven to 350°F. Grease a 14x9 rectangle baking dish or similar-sized dish.
- 2. Prepare the Filling: In a large bowl, combine the diced apples with the pumpkin purée, brown sugar, granulated sugar, cinnamon, nutmeg, cloves, and vanilla extract. Toss until the apples are well-coated and evenly mixed with the pumpkin.
- 3. Make the Crisp Topping: In another bowl place the flour, brown sugar, ground cinnamon, ground nutmeg, ground cloves and stir until well combined. Add the cold, cubed butter and use a pastry cutter or your fingers to work the butter into the dry ingredients until the mixture resembles coarse crumbs. Stir in the oats.
- **4. Assemble the Crisp:** Pour the apple and pumpkin mixture into the prepared baking dish, spreading it out evenly. Sprinkle the crisp topping over the apple mixture, ensuring it's evenly distributed.
- 5. Bake: Bake in the preheated oven for 40-45 minutes, or until the topping is golden brown and the filling is bubbly.
- 6. Cool and Serve: Allow the apple crisp to cool for about 10 minutes before serving. It can be served warm or at room temperature. Serve with a scoop of vanilla ice cream or a dollop of whipped cream for an extra indulgent treat.



FROM A HEALTH STANDPOINT, IT'S ACTUALLY BETTER TO EAT MORE CANDY AT ONCE THAN SPREAD IT OUT DURING THE DAY BECAUSE THE ADDED SALIVA CANCELS OUT THE ACIDS THAT CAN RUIN TEETH.

More than twice as much chocolate is sold for Halloween as for Valentine's Day.

76% OF HOUSEHOLDS SERVE HERSHEY'S KISSES AT HALLOWEEN.

Harry Houdini died on Halloween in 1926 from a ruptured appendix.

SPEND \$44 JUST TO PURCHASE HALLOWEEN CANDY.

THE AVERAGE HOUSEHOLD WILL

The Haunted Cave haunted house in Ohio is the longest. It is 3,564 ft. long and 80 ft. below ground.

> 4%, THAT'S THE PERCENTAGE OF CANDY CONSUMPTION THAT OCCURS IN THE US ON THE DAY OF HALLOWEEN.

In the UK, white cats are considered bad luck whereas in the US, it's black cats that are considered bad luck.

THE MOST POPULAR CANDY FOR SEARCH ENGINES: CANDY CORN, WHICH IS 10% OF ALL CANDY-RELATED SEARCHES.

Samhainophobia is the fear of Halloween.











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

Wi Fi

may remain anonymous.

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.

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

ATTENTION

VISITORS AND STAFF:

For The Safety Of Our Residents,
Please DO NOT Use Push Pins In
Resident Rooms.

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.

PUMPKIN PATCH

HOW MANY DID YOU SEE? ©©

THERE ARE 15

"PUMPKIN PATCH SIGNS"

FALL COLORING PAGE





October 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday 🖳	Saturday
ALL PROGRAMS ARE HELD IN THE MAIN DINING ROOM UNLESS OTHERWISE STATED			1 10:30 AM Needles & Hooks 2:30 PM October Birthday Party	2 10:30 AM Morning Movement 2:30 PM Bazaar Bonanza: Outstanding Ornaments	3 10:30 AM Coffee Social & Chat 2:00 PM Movie Matinee: "What about Bob?"	4 10:30 AM Creative Coloring with Lisa 2:30 PM BINGO
5 2:30 PM Mass & Rosary	6 10:30 AM Garden Club 2:30 PM Bazaar Bonanza: Starfish Santa's	7 10:30 AM BINGO Bucks BINGO 1:30 PM Bible Study 2:30 PM LE Games	8 2:30 PM Jammin with Jenna *Courtyard*	9 10:30 AM Visits with LV Humane Society 2:30 PM Resident Council	10:30 AM 10:30 AM Coffee Social & Chat 2:30 PM Music by Brian G.	11 10:30 AM Whiteboard Games with Bonny 2:30 PM BINGO
12 2:30 PM Church with Chaplain Laura	13 10:30 AM Helping Hands: HOPE Kits for Breast Cancer 2:30 PM Indigenous People's Day JEOPARDY	14 10:30 AM BINGO 1:30 PM Bible Study 2:30 PM LE Games & Chocolate Cupcakes	15 10:30 AM Needles & Hooks 2:30 PM Bazaar Bonanza: Toilet Paper Pumpkins	16 10:30 AM Morning Movement 2:30 PM Pretzels & Pints Party	17 10:30 AM Coffee Social & Chat 2:30 PM Music by Johnny K.	18 10:30 AM Petrifying Puzzles with Enisa 2:30 PM BEWITCHING BINGO 13 DAYS TIL HALLOWEEN
19 2:30 PM Church with Chaplain Laura 13 DAYS TIL HALLOWEEN	20 10:30 AM Spanish Church Service 2:30 PM Trick -or -Treat Bags 13 DAYS TIL HALLOWEEN	21 10:30 AM Boogeyman BINGO 1:30 PM Visit from Bethlehem Mounted Patrol 13 DAYS TIL HALLOWEEN	10:30 AM Needles & Hooks 2:30 PM Frightening Food: Graveyard Dirt Cups 13 DAYS TIL HALLOWEEN	10:30 AM Men's Group: Classic Horror Movies 2:30 PM Creepy Craft: Pumpkin Paintings 13 DAYS TIL HALLOWEEN	24 10:30 AM Coffee Social & Chat 2:00 PM Movie Matinee: "Death Becomes Her" 13 DAYS TIL HALLOWEEN	25 10:30 AM Freaky Facts with Cat 2:30 PM BROOMSTICK BINGO 13 DAYS TIL HALLOWEEN
26 2:30 PM Church with Chaplain Laura	27 10:30 AM Halloween White Board Game 2:30 PM Cedarbrook Space Science: Dancing Ghosts & Bats	28 10:30 AM Black Cat BINGO 1:30 PM Bible Study 2:30 PM LE Games & Terrifying Treats	29 10:30 AM Halloween Parade with Stems of Learning School 2:30 PM Frightening Food: Paranormal Pizza	30 10:30 AM Monster Mash Movement 2:00 PM Creepy Caricatures	31 10:30 AM Coffee Social & Chat 2:30 PM Spooky Songs with Krista Smith	*Programs Subject To Change*
13 DAYS TIL HALLOWEEN	13 DAYS TIL HALLOWEEN	13 DAYS TIL HALLOWEEN	13 DAYS TIL HALLOWEEN	13 DAYS TIL HALLOWEEN		PUMPKIN PATCH