

Sunshine News

October 2025 Cedarbrook Allentown Senior Care & Rehab



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CEDARBROOK SENIOR CARE AND REHAB
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Rhett Palushock, Debbie Smitreski, Mouna Zaghtiti,**
Social Services Department

John Garner
Director of Life Enrichment

Adrian Bachman
Coordinator of Volunteer Services

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, 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

"Community with Hearth 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>





THE

BUZZ...



AROUND CEDARBROOK



**CBA AUXILIARY IS ASKING FOR
CANDY DONATIONS FOR
TRICK- OR- TREATING.
LOOK FOR OUR HALLOWEEN BOX
ON THE FIRST FLOOR ENTRANCE
NEAR SECURITY.**

(New individually wrapped candy please)



CHECK IT OUT!

**Cedarbrook Allentown Auxiliary
is having an "Indoor" Plant Sale
on October 9 & 10th.**

10:00 AM – to 5:00 PM

**In the D- wing hallway by
Security.**

**(Plant donations are welcome by
October 8th.)**



WHOOOP...THERE IT IS!

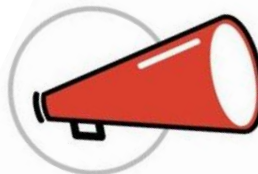
Can you SNOOP...

Where it is?

FIND ALL THE "SPIDERS"



(Answer on page 16)



Hey!



**OUR AUXILIARY
IS HAVING A PAPA JOHN'S
PIZZA SALE!**

**KEEP YOUR EYES PEELED FOR THE DETAILS
ON OUR FLIERS.**

**PIZZA SALE IS OCTOBER 23 AT 11:15 AM
IN THE FAMILY ROOM
UNTIL SOLD OUT.**

HAPPY BIRTHDAY

Kimberly Harris	1st
Doris Sweda	5th
Dolores Novak	5th
Shirley Wentzel	5th
David Wright	5th
Kathleen Henning	6th
Sally Kleppinger	9th
Gregory Skimbo	9th
Patricia Merenda	10th
Caroline Snyder	11th
Esther Meyers	12th
Jodi Oberto	14th
Phillip Bloedoorn Jr.	15th

Rosalie Misera	16th
Janette Loch	16th
Diane Tilton	16th
Dorothy Kern	18th
Thomas Marshman	19th
Cecilia Krempasky	20th
Joseph Pizzutti	22nd
Carlos Garcia	23rd
Frank Bailey	23rd
Veronica Honsel	26th
Marlee Harrison Sr.	26th
James Beisel	28th
Lenora Robertson	30th
Juan Roman	30th



Signing the Beam

I have done so many things at Lehigh County & each time it was something new



I started out as a Nurse Aide at Cedarbrook in 1972.

It was a job that paid two dollars an hour to start



But to me it was fun & I loved my residents with my whole heart.

In the early seventies when the D wing was ready to move & groove,

I was lucky to be a part of the first group to work there & approve.

Then the opportunity came to become a Ward Clerk

And I was one of the first five to learn that work.

But after eighteen years at the "Brook"

I wanted a change so off I went for a new look.



Sure as heck I didn't want to leave the security of the county

So I went to the prison to increase my bounty.

I truly liked working there, Warden Sweeney was the best

I was very comfortable, my hubby couldn't rest.

In time he saw that I was fine so he relaxed a bit

He realized I liked my job, it was the perfect fit.



Fast forward now to 2015 when Cedarbrook became my home

I had no problem coming here, the decision was my own.



As Resident Council President since 2016

Here I am, 88, still doing new things like a teen.

These super construction men are a wonderful bunch

Through the horrible heat or drenching rain, they worked except to eat their lunch.

I have the perfect view from my bed at C3 window

So believe me, I know they are earning their dough.



And now the building is no longer a dream

It really is a structure & we are signing the beam!



*Written & Submitted by
Jean Larison*





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 worker.

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!**



YOU'RE AWESOME



CHAPLAIN'S CORNER

In the Catholic tradition, October is the [Month of the Holy Rosary](#), 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, [meditations on the life of Christ](#), 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.

[Prayer for Victory:](#)

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.



Chaplain Stephanie Jones





At Rest

Mary Lynn

Mary Regec

Bertha Buss

Susan Gilbert

Fred Burns Jr.

Santiago Colon

Margaret Dotter

Cathleen Springer



IT'S HARD TO

*Forget
Someone*

WHO GAVE US
SO MUCH TO

Remember



Gone from our
sight, but never
from our hearts



Spooky Halloween

Word Search



BAT
BLACK CAT
BOO
BROOMSTICK
CANDY
CAULDRON
COBWEB
COSTUME
CREEPY
FRIGHT
GHOST
GRAVEYARD
HAUNTED
HOWL
LANTERN
MASK
MONSTER
MOONLIGHT
MUMMY
POTION
PUMPKIN
SKELETON

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



SPIDER
SPOOKY
TREAT
TRICK



VAMPIRE
WEREWOLF
WITCH
ZOMBIE



Residents' Council Meeting Minutes Monday – September 8th, 2025

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



PARTICIPATION IN RESIDENT AND FAMILY GROUPS – Sec. 1919(c)(1)

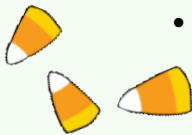
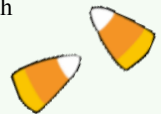
You have the right in your nursing facility to organize and participate in resident groups which may include families and friends.

Old Business:

- No old business to go through

New Business:

- Teresa Samuels (DON)
 - E-wing
 - Sep. 12 – Final Beam Signing Ceremony at 9AM.
- Jean Larison – Introduced the county Ombudsman, Lisa Taylor.
 - She will advocate for residents for any concerns or issues that you need help working out.
- John Garner (LE Director)
 - Activities for September
 - Students from Moravian College to assist with BINGO on Sep. 19th
 - Crafting Corner – Made window dream catchers.
 - Birthday Celebration
 - Next Month – Decorating the auditorium for a haunted house theme. Kids will come from a daycare center to walk around the haunted house and collect candy.
 - If residents would like to dress up for Halloween, let the LE staff member on your unit know and we will get you a costume that you would like.



Resident Concerns / Comments:

- A dietary meeting is held after this meeting. Please ask questions concerning dietary at that time.
- Resident questioned how to recognize people assigned to a room with the same name.
 - Rhett answered
 - In our system we have different identifiers for residents with the same name.
 - Teresa mentioned there are other options.
 - Room change
 - Notify staff to address a resident with the same name followed by a last name.

Announcements:

- The next meeting will be held Monday, October 13th at 2:15 pm in the Auditorium.
- Residents are invited to attend the Food Committee meeting immediately following Residents' Council.
- The meeting was adjourned.



EMPLOYEE ANNIVERSARIES

EMPLOYEE	DEPARTMENT	YEARS
Carol Stewart	Nursing	36
Sharon Starling- Phillips	Life Enrichment	31
Kristine Erney	Nursing	27
Sally Huddleston	Nursing	24
Melissa Swanson	Nursing	20
Geraldine Steckel	Nursing	20
Francine Benton	Environmental	20
Christina Metz	Nursing	18
Christopher Thiele	Nursing	18
Karole Ortiz	Nursing	18
Evan Roth	Nursing Office	17
Lee Lichtenwalner	Facilities	15
Amy Snyder	Nursing	15
Caitlin Mohr	Nursing	13
Nicole Lewis	Nursing Office	13
Maria Martinez- Nunez	Nursing	12
Rhett Palushock	Social Services	11
Craig Remaley	Facilities	11
Kristina McMullen	Nursing	10
Gina Burton	Environmental	10

EMPLOYEE	DEPARTMENT	YEARS
Marie Bordeau	Nursing	7
Joan Hein	Financial	7
Aziza Mukoya- Otiu	Nursing Office	6
Melissa Crysler	Health Information	6
Nyria Jean- Baptiste	Nursing	5
Myriame Joseph	Nursing	4
Laurie Seng	Nursing	4
Abigail Ortiz	Nursing	3
Renata Thomas- Asoh	Nursing	3
Amarilis Sanchez	Nursing	2
Thalia Croal	Nursing	2
Uzoamaka Umeagudosi	Nursing	2
Emmanuel Njamfon	Nursing	2
Tina Owens	Nursing Office	2
Kevin Barrow	Financial	2
Marino Brice	Nursing	1
Lateesha Delk	Nursing	1
Salisha Broomes	Central Services	1
Ana Fontanez	Laundry	1
Jocelyn Walton	Environmental	1

THANK
YOU

We appreciate you
SO MUCH



New Residents



**Diane Tilton
Sarah Gonzalez
Linda Lambert
Barbara Howell**

**Marion Reimert
Dennis Lambert
Patricia Ward
Deborah Moughan**

Trick of the Treats Candy Myths and Mouthfuls



Candy makes children hyper.

Studies have found no link between candy and hyperactivity. Instead, researchers encourage parents to look at the environment and events surrounding the candy, i.e. Halloween, birthday parties, etc...



M&M's



M&M's were named after their inventors, Forrest Mars & Bruce Murray.



Tootsie Rolls

Creator Leo Hirshfield named this candy after his daughter's nickname, "Tootsie", in 1896.



Snickers Bar

This bar was named after a horse owned by the creator of the candy, the Mars family.



Eating lots of Halloween candy in one sitting will cause cavities.

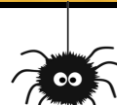
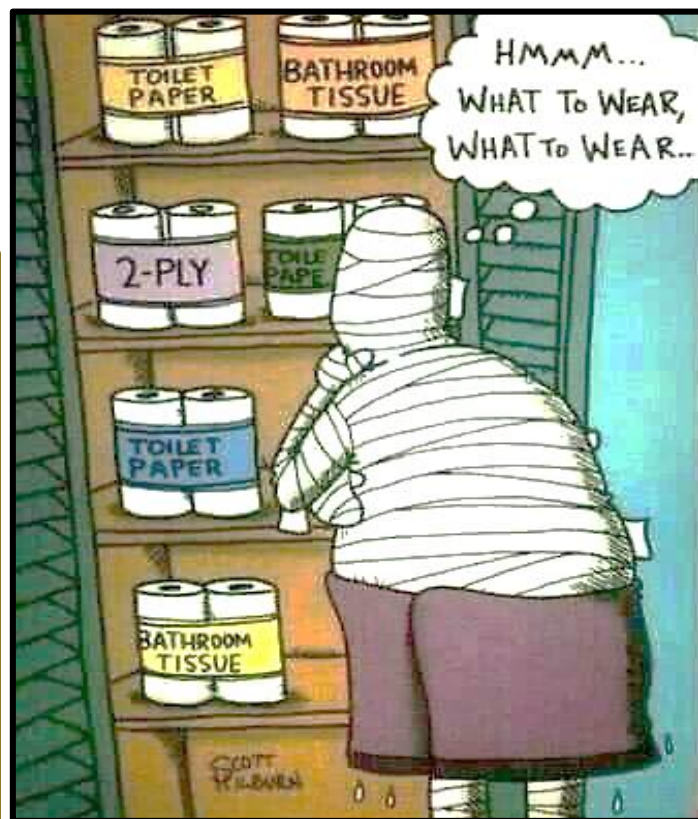


Cavities are caused by bacteria found in our mouths. Eating a large amount of candy in one sitting will not cause cavities; frequent indulging is what causes cavities.

Fall Word Scramble

1. MERBEETSP _____
2. SLAPEP _____
3. OWCSEACRR _____
4. UMNATU _____
5. EESWRAT _____
6. EREST _____
7. REOOTCB _____
8. BEVOMNER _____
9. LEVSAE _____
10. MNSPPKIU _____

(Answers on page 16)





PUMPKIN MUFFINS



INGREDIENTS

- Cooking spray or paper muffin liners
- 3/4 cup granulated sugar
- 1/2 cup vegetable oil
- 2 large eggs
- 1 tablespoon pumpkin pie spice
- 1 teaspoon baking soda
- 1 teaspoon vanilla extract
- 1/2 teaspoon kosher salt
- 1 3/4 cups all-purpose flour
- 1 (15-ounce) can pumpkin purée (not pumpkin pie filling)



INSTRUCTIONS

1. Heat the oven to 375°F. Line a standard 12-well muffin pan with paper liners or coat the wells with cooking spray.
2. Whisk 1 (15-ounce) can pumpkin purée, 3/4 cup granulated sugar, 1/2 cup neutral oil, 2 large eggs, 1 tablespoon pumpkin pie spice, 1 teaspoon baking soda, 1 teaspoon vanilla extract, and 1/2 teaspoon kosher salt together in a large bowl until combined and smooth.
3. Add 1 3/4 cups all-purpose flour and fold it in with a flexible spatula until just incorporated but no dry spots remain. Divide the batter evenly among the muffin wells (about 1/3 cup per well); the wells will be almost full.
4. Bake, rotating the pan halfway through, until the muffins are golden-brown, the tops bounce back when pressed, and a tester inserted into the center of a muffin comes out clean, 25 to 30 minutes total.
5. Let the muffins cool in the pan for 5 minutes, then transfer to a wire rack and let cool completely.



**VOLUNTEER
WITH US!**



Interested in Volunteering?

Please stop in to WELCOME our
new Volunteer Coordinator,
Adrian Bachman.

If you need additional information,
you may also reach her at
610-336-5684 or at
adrianbachman@lehighcounty.org



**COLORING
PAGE**

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



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.



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.

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.



HOW MANY DID YOU SNOOP?
There are 28
"Spiders"



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.

Answer Key:

- | | |
|--------------|--------------|
| 1. September | 6. Trees |
| 2. Apples | 7. October |
| 3. Scarecrow | 8. November |
| 4. Autumn | 9. Leaves |
| 5. Sweater | 10. Pumpkins |

October 2025

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



1
2:15 PM
October
Birthday Bash
Invite Only
Family Room

2
11:00 AM
Color & Chat
Family Room
2:15 PM
Card Club
Family Room
2:30 PM
Rosary - Chapel

3
10:30 AM
Shabbat
Chapel
2:15 PM
Card Club
Family Room

4
10:15 AM
Puzzle Your Mind
Family Room
2:15 PM
Music by
Tanya & Marge
Aud. & Chan. 22

5
2:15 PM
Church with
Chaplain
Stephanie
Auditorium &
Channel 22

6
2:30 PM
Auxiliary Cash
BINGO
Auditorium

7
10:15 AM
Talking Book
Family Room
2:30 PM
House Bingo
Channel 22

8
On Unit
Activities

9
11:00 AM
Color & Chat
Family Room
2:15 PM
Card Club
Family Room
2:30 PM
Splash of Color
Family Room

10
2:15 PM
Card Club
Family Room
3:30 PM
Happy Hour
Invite Only
Family Room

11
10:15 AM
Puzzle Your Mind
Family Room
2:15 PM
Spanish Church
Service
Aud. & Chan. 22

12
2:15 PM
Church with
Chaplain
Stephanie
Auditorium &
Channel 22

13
2:15 PM
Residents'
Council & Food
Committee
Meeting
Aud. & Chan.22
3:30 PM
SS Newsletter
Meeting - Aud.

14
10:15 AM
Talking Book
Family Room
2:30 PM
House Bingo
Channel 22

15
On Unit
Activities

16
11:00 AM
Color & Chat
Family Room
2:15 PM
Card Club
Family Room
2:30 PM
Catholic Mass
Aud. & Chan.22

17
2:15 PM
Card Club
Family Room

18
10:15 AM
Puzzle Your Mind
Family Room
2:15 PM
Music by
Johnny K.
Aud. & Chan. 22

19
2:15 PM
Church with
Chaplain
Stephanie
Auditorium &
Channel 22

20
2:15 PM
Kelly's Krafting
Korner
Family Room

21
10:15 AM
Talking Book
Family Room
2:30 PM
House Bingo
Channel 22

22
2:15 PM
Memorial
Service
Aud. & Chan.22

23
11:00 AM
Color & Chat
Family Room
2:15 PM
Card Club
Family Room
2:15 PM
House Horror
Movie
Auditorium

24
2:15 PM
Card Club
Family Room
2:15 PM
House Games
Auditorium

25
10:15 AM
Puzzle Your Mind
Family Room
2:15 PM
"Guess the
Famous Face"
Game
Auditorium

26
2:15 PM
Church with
Chaplain
Stephanie
Auditorium &
Channel 22

27
2:30 PM
Big Birthday Bash
With
Lorri Woodward
Auditorium

28
10:15 AM
Talking Book
Family Room
2:30 PM
House Bingo
Channel 22

29
2:15 PM
Bible Study with
Chaplain
Stephanie
Aud. & Chan.22

30
11:00 AM
Color & Chat
Family Room
2:15 PM
Card Club
Family Room
2:15 PM
Spice Girls
Cooking
Family Room
Invite Only

31
2:15 PM
Card Club
Family Room
2:15 PM
Halloween Party
Auditorium

*Programs
Subject To
Change*