

SUNSHINE NEWS

NOVEMBER 2025 CEDARBROOK ALLENTOWN SENIOR CARE & REHAB



Sunshine News

November 2025

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CEDARBROOK SENIOR CARE AND REHAB

350 S. CEDARBROOK ROAD ALLENTOWN, PA 18104

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Assistant Administrator

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Medical Director

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Director of Nursing Services

Donna Pendrak, RN

Assistant Director of Nursing Services

Adam Boandl

Financial Services Director

Eduardo Fernandes

Director of Facilities

Wilfredo Aguila

Building Superintendent

Ricardo Cintado

Director of Environmental Services

Jessica Brokate

Director of Human Resources

Kristen Morstatt

Resident Assessment Coordinator

Katie McArdle

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

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 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>



THE



BUZZ...



AROUND CEDARBROOK



New Residents

Dale Ohl
Rosalie Solt
Janice Neagle
Paula Wessner
Daniel Kimbrough
Walter Zimmerer
Alexandria Lucio
Barbara Youngblood



RESIDENTS... HAVE A CONCERN OR COMMENT?

PLEASE REMEMBER TO JOIN US FOR THE
RESIDENTS' COUNCIL MEETING.
EVERY 2ND MONDAY OF THE MONTH!
LET US KNOW IF WE CAN HELP! WE ARE HERE
JUST FOR YOU!



WHOOOP...THERE IT IS!
Can you SNOOP...
Where it is?
FIND ALL THE
"VETERANS MEDALS"



(Answer on page 16)

50/50 RAFFLE TICKETS WILL BE SOLD
WITH THE AUXILIARY CANDY SALES.
(TUESDAYS & THURSDAYS
AT D-WING ENTRANCE)
COME GET SOME TICKETS
NOVEMBER 13 THROUGH DECEMBER 13
TRY YOUR LUCK TO WIN SOME M\$NEY!



HAPPY BIRTHDAY

Daniel Heil	1st
Ram Dhingra	1st
Jonellen Reightler	5th
Emma Rivera	5th
Tea Hy	6th
Dolores Krause	8th
Barbara Hampton	10th
Joseph Dalint	10th
Frederica Marzec	11th
Constance Mahoney	12th
Dennis Young	12th
Gregory Batman	18th
Antonio Lopez	20th
Robert Reiss	20th
Cecilia Brooks	21st
Dorothy Best	22nd
Carol Kercher	24th
Marion Reimert	24th
Mary Shambo	25th
Rosalie Solt	25th
Peter Yestrumskas	28th



Thanksgiving

SCATTERGORIES GAME

Write down a THANKSGIVING THEMED word
that begins with each letter of the alphabet.
See if you can fill in all the letters.



A

B

C

D

E

F

G

H

I

J

K

L

M

N

O

P

Q

R

S

T

U

V

W

X

Y

Z

CHAPLAIN'S CORNER

A November devotion can refer to the traditional Catholic devotion to the Holy Souls in Purgatory, the practice of giving thanks and praising God during Thanksgiving, or messages of spiritual awakening and trust in God's plan for the month. Many Christians focus on thankfulness, biblical events related to God's promises, and the guidance of the Holy Spirit, with resources like daily broadcasts, podcasts, and scripture-based themes available online.

Catholic Devotion

- **Month of the Holy Souls:** In the Catholic tradition, the entire month of November is dedicated to praying for the souls in Purgatory, those who died in God's grace but still need purification before entering Heaven.
- **Feast of All Souls:** November 2 is the Feast of All Souls, a key day for remembrance and prayer for the suffering faithful.
- **Brotherhood and Prayer:** Catholics are encouraged to offer prayers, good works, and the Holy Sacrifice of the Mass to shorten the time the Holy Souls spend in Purgatory, as St. Paul described, "for them the night has come, when no man can work" (John 9:4).

Protestant & Christian Focus

- **Gratitude and Thanksgiving:** November, especially in the United States, is a time of gratitude for God's blessings, good and bad, with themes of thankfulness and praising God being central.
- **Spiritual Awakening:** Some spiritual messages connect November to faith and spiritual awakening, emphasizing trust in God's plan and seeking spiritual lessons throughout the month.
- **Biblical Events:** The month also serves as a reminder of God's promises and provision through key events in biblical history, such as the subsiding of the Flood and the completion of the First Temple.
- **Trust in God's Promises:** Devotion can involve reflecting on God's love and faithfulness, trusting His plan for the future, and focusing on the joys to come rather than present troubles.



Chaplain Stephanie Jones



At Rest

Juan Roman

David Haffner

Sandra Morgan

Barbara Neiman

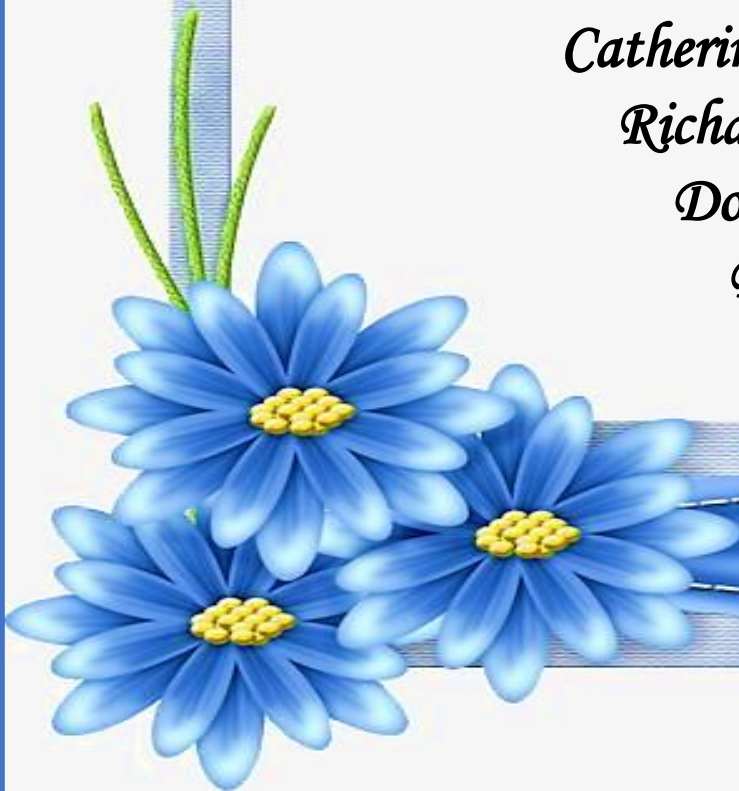
Catherine Bauer

Richard Remaley

Dorothy Leopold

Barbara Keagle

Donna Walters



*Some people shine
too brightly to
ever be forgotten.*

*Nothing can replace them.
But love fills the space
they left behind—
and that stays forever.*

CEDARBROOK- ALLENTOWN VOLUNTEERS

OCTOBER
2025

New Opportunities

GIFT SHOP VOLUNTEERS

Looking to sell sweet treats?
We're looking for Gift Shop
Volunteers! Our residents at
Cedarbrook Allentown love to
see and shop with you in the
Gift Shop every Mondays,
Wednesdays, and Fridays 1:00
PM - 4:00 PM. It's a little sweet
treat in their week to connect
with you. We are looking for
Volunteers to run the Gift
Shop Mondays or Wednesdays
(back up volunteers are always
welcome). Please reach out if
you are willing to help!

BINGO!

Looking to have some fun and
games? Bingo Volunteers
Needed every Tuesday from
2:15pm - 3:15pm. Our residents
enjoy spending quality time
with you at one of their favorite
social games.... BINGO!

Fall Back into Volunteering!

Meet New Volunteer Coordinator
Adrian Bachman!
Stop by the Volunteer Coordinator
Office and say Hello.

Are you looking to connect with us and
Enrich Lives again?
We'd love to have you Fall Back into
Volunteering with us!

Reach out to Adrian Bachman
610-336-5684
adrianbachman@lehighcounty.org



SCAN ME

Upcoming Events

Halloween Party: Friday Oct. 31st
2:15pm - 4pm

Veterans Day: Tuesday Nov. 11th
2:15pm - 4:15pm

Harvest Party: Wed. Nov. 19th
2:15pm - 4pm



Symbols of Sacrifice:

Military Medals and What They Mean

Top 10 Highest-Ranking U.S. Military Medals

1. Medal of Honor

There is no higher decoration in the U.S. military than the Congressional Medal of Honor. This medal has been handed out since the days of the Civil War to military members who “distinguish themselves through conspicuous gallantry and intrepidity at the risk of life and above and beyond the call of duty,” according to the U.S. Department of Defense.



2. Crosses

The Cross is awarded to those who display “extraordinary heroism” amid military operations that involve either a foreign force that opposes the United States of America or in the service of a friendly foreign force “against an opposing armed force in which the U.S. is not a belligerent party.”



3. Distinguished Service Medals

The Distinguished Service Medal is the third of the top 10 military medals. It’s bestowed upon those who “distinguished themselves by exceptionally meritorious service to the government in a duty of great responsibility, in combat or otherwise.”



4. Silver Star

The Silver Star is the first of the top 10 military medals awarded to all military branches. It is awarded to anyone who “is cited for gallantry in action against an enemy of the United States,” either while in military operations which involve conflict with an opposing foreign force or while in service of friendly foreign forces “against an opposing armed force in which the United States is not a belligerent party.”



5. Defense Superior Service Medal

President Gerald Ford established the Defense Superior Service Medal in 1976 to honor officers of the United States military who “perform exceptionally with the Office of the Secretary of Defense, The Joint Chiefs of Staff, special or outstanding command in a defense agency or any other joint activity designated by the secretary.”



6. Legion of Merit Medal

Established in 1942 by President Franklin D.

Roosevelt, the Legion of Merit Medal is awarded to military members and certain foreign allies for “exceptionally meritorious conduct in the performance of outstanding services and achievements.” The award comes in four degrees: Chief Commander, Commander, Officer, and Legionnaire.



7. Distinguished Flying Cross

The DFC is the only one of the top military medals that exclusively involves aerial flight. It is awarded to members of the military but also civilians and foreign allies. The award requires that the recipient display “heroism or extraordinary achievement while participating in an aerial flight.”



8. Non-Conflict Heroism Medals

There are a few different non-combat medals awarded for heroism. Although these top military medals don’t require the recipient to have engaged directly in an active conflict, they are awarded only to those who have risked their own lives in the act of heroism.



9. Bronze Star Medal

The Bronze Star Medal was established in 1944. It honors individuals similar to the Silver Star, even having nearly identical criteria. The only difference is that the standard of heroism for the Bronze Star is slightly less than that for the Silver Star.

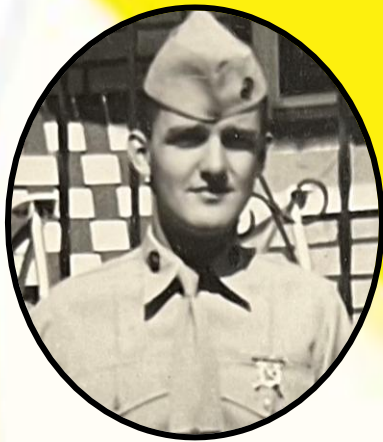


10. Purple Heart Medal

The Purple Heart is awarded to individuals wounded or killed “as result of an act of any opposing armed force, as a result of an international terrorist attack or as a result of military operations while serving as part of a peacekeeping force.”



OUR VETERANS RESIDENT SPOTLIGHT



Marines



Edward Fynes : A Proud Marine with a Taste for Adventure

From the moment Ed joined the United States Marine Corps at just 18 years old, he knew he was embarking on a journey that would shape the rest of his life. Drawn by the challenge and the sense of purpose that came with serving his country, Ed found being a Marine not only rewarding but deeply meaningful.

As a machine gunner, Ed carried one of the most demanding and crucial roles in his unit. His dedication and discipline were matched only by his pride in representing his country wherever duty called. One of the defining chapters of his service came during his two-year station in Japan, where he experienced a culture far different from home.



While being away from family and friends was the hardest part of his military life, Ed found ways to make the most of his time overseas. He spent his free days sightseeing, and exploring Japan's vibrant cities, and its rich traditions. Most memorably, since Ed always had a big appetite, he enjoyed sampling all and any new types of foods.



When reflecting on his time in the Marines, Ed says his proudest moment was simply serving his country—knowing that his work made a difference and contributed to something greater than himself.

Ed still carries that same passion and curiosity now as he did back then. A lifelong sports enthusiast, he loves following baseball, especially his favorite team, the Philadelphia Phillies. Ed's adventurous spirit continues to shine through—a reminder that once a Marine, always a Marine.



Thank you, Ed and all our veterans for your service.
We salute you Ed, and thank you for answering our questions
and enlightening us with your story.



In honor of Veterans Day, some special words are hidden in this puzzle to celebrate our heroes. Can you find them by searching in all directions? Circle each word as you find it and cross it off the list to complete this tribute to those who served.

Veterans Day

Word Search



AIR FORCE	B	V	A	L	O	R	Y	R	A	T	I	L	I	M	S	T	L
AMERICA	R	R	V	S	T	P	V	N	D	L	X	L	R	A	Z	K	M
ARMY	N	E	A	K	T	M	R	K	N	K	J	O	L	R	N	D	O
BRAVERY	M	W	I	V	M	R	D	O	Y	X	F	U	K	I	N	R	D
COAST GUARD	K	G	R	D	E	H	E	J	T	I	T	M	F	N	T	Z	E
COURAGE	K	C	C	D	L	R	X	N	N	E	E	N	A	E	R	T	E
DUTY	B	H	R	G	S	O	Y	U	G	D	C	C	T	S	O	Z	R
FLAG	R	C	T	C	A	W	S	L	A	T	I	T	K	I	P	B	F
FREEDOM	E	X	Q	O	C	L	D	L	O	R	H	C	R	H	P	N	Y
HERO	S	R	E	A	R	F	F	J	E	Y	O	T	B	T	U	W	Y
HONOR	P	E	C	S	I	F	X	M	R	U	A	K	W	Q	S	M	F
LOYALTY	E	B	R	T	F	T	A	K	R	P	O	L	Z	A	R	M	Y
MARINES	C	M	O	G	I	H	V	A	N	R	V	E	T	E	R	A	N
MEDAL	T	E	F	U	C	Y	G	C	E	W	X	Q	V	Y	N	G	W
MILITARY	X	V	R	A	E	E	V	H	F	E	C	I	V	R	E	S	M
NAVY	K	O	I	R	L	B	M	A	Q	W	Y	T	U	D	K	B	P
NOVEMBER	H	N	A	D	X	F	H	O	N	O	R	V	P	E	A	C	E

PATRIOT

PEACE

PROTECT

RESPECT

SACRIFICE



SALUTE

SERVICE

SOLDIER

STRENGTH

SUPPORT

UNIFORM

VALOR

VETERAN



EMPLOYEE PET OF THE MONTH

Name of employee and department...

Maria Colon / Financial

Type of animal/ breed...

Chocolate Lab / Pitbull Mix

How old is your pet?

8 months

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

Suga – my daughter says she looks like Brown Sugar.

Are there any other nicknames you have for your pet?

Mommas – we call her this whenever she does good.

How and when did you choose your pet?

Facebook Post looking for a forever home – her eyes did it for me.

Does your pet do any special tricks?

She can sit, stay, gives paw and dances.

Funniest memory of your pet...

She recently got her paw stuck in her harness and managed to open her cage to come show us and get help.

Does your pet have a favorite toy or treat?

She loves tennis balls.

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

She loves to cuddle but she is too big.

Fun facts about your pet or the breed...

She is often looked at as an aggressive dog because of her breed but she is a big teddy bear.

- The unique Lab Pit mix has various names – Pitador, Bullador, or Labrabull – and may be seen in various colors and unique physical features.
- Lab-pit mixes are known for quickly bonding with their families and are often very affectionate, leading some owners to consider them great watch dogs.



EMPLOYEE ANNIVERSARIES

EMPLOYEE	DEPARTMENT	YEARS	EMPLOYEE	DEPARTMENT	YEARS
Deborah Smitreski	Social Services	38	Pascale Vernet	Nursing	6
Melissa Rodriguez	Nursing	19	Kevin Doyne	Nursing	5
Marianna Kennedy	Nursing	19	Jessica Brokate	Human Resources	4
Tanya Tinor	Nursing	15	Cynthia Cope	Nursing	3
Miguel Cortez	Environmental	11	Allyson Zaterick	Central Services	3
Leann Laros	Nursing	9	Katelyn Lick	Human Resources	3
Esther Joseph	Nursing	7	Bridget Romascavage	Nursing	2
Stephanie Figueroa	Nursing	6	Margaret Donohue	Life Enrichment	1



Residents' Council Meeting Minutes Monday – October 13, 2025



- Because this meeting was for the Annual Review of Residents' Rights, a different format was followed.
- Debbie Smitreski called the meeting to order.
- Jean Larison – read out the Residents' Rights for October, and informed all residents that a copy of Residents' Rights has been given to all residents.
- BINGO was played by all.
- The next meeting will be held on November 10th at 2:15 p.m.



Senior Care & Rehabilitation

Corn Pudding

A delicious and easy side dish for your Thanksgiving table.

Ingredients

- 1/2 cup butter, cut into pieces
- 1 (15.25 ounce) can whole kernel corn, drained
- 1 (15 ounce) can creamed corn
- 1 (8.5 ounce) package cornbread mix
- 1 (8 ounce) container sour cream (Optional)

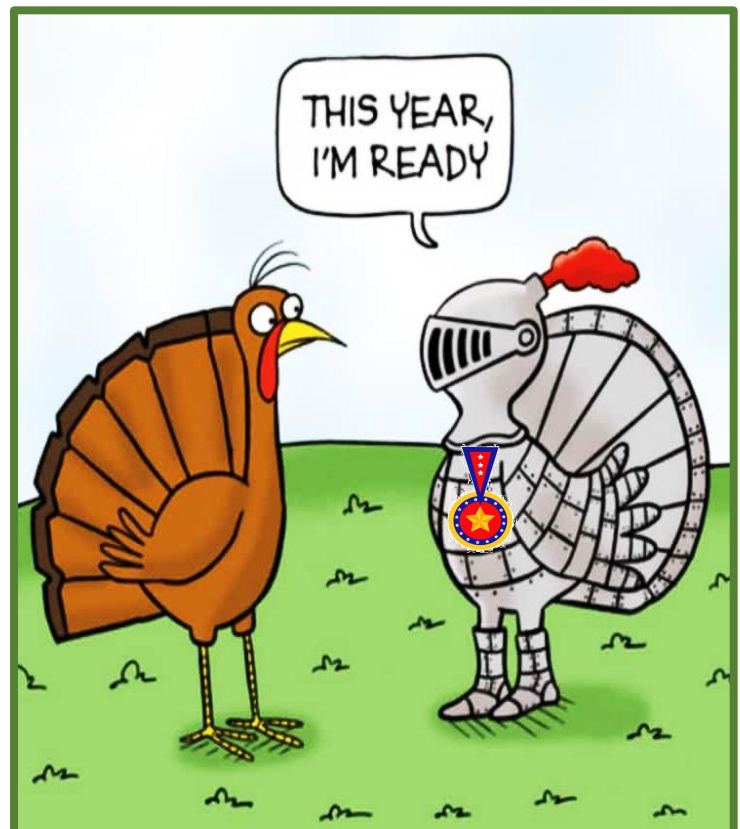


Directions

1. Preheat the oven to 350 degrees F.
2. Put butter into a 2-quart casserole dish and place into the oven to melt while preheating.
3. When butter melts, remove the casserole dish from the oven. Mix both types of corn, cornbread mix, and sour cream into melted butter until well combined.
4. Bake in the preheated oven for about 30 minutes.



“Why doesn’t pumpkin pie count as a vegetable?”



THANKSGIVING FOOD FACTS

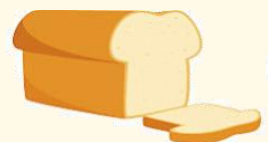
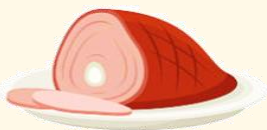
FUN

Thanksgiving is around the corner and you're probably starting to plan your dinner. Food is an important part of the holiday, and boy do we like to pile our plates with delish food.

Check out these 15 Thanksgiving food facts.



1. Americans buy 365 million pounds of turkey the week of Thanksgiving, usually whole turkeys.
2. For those who don't like turkey, ham is usually the substitute. About 77 million pounds of ham is purchased for Thanksgiving.
3. About 250 million pounds of potatoes are purchased for Thanksgiving.
4. More than 50 million pounds of sweet potatoes are typically purchased for the holiday.
5. Over 40.5 million rolls are usually purchased.
6. Don't forget the stuffing. Americans spend about \$96 million on seasoned breadcrumbs.
7. About 80 million pounds of cranberries are consumed during the holiday, which includes over 5 million gallons of jellied cranberry sauce.
8. Over \$42 million is spent on canned cranberry sauce each year. More than 17 million pounds of fresh cranberries are sold.
9. Frozen vegetables are a time-saving dish for Thanksgiving. About \$137 million is spent on frozen vegetables for the holiday dinner.
10. About 40% of Campbell's total sales of Cream of Mushroom Soup leading up to the holiday, mostly going into green bean casserole dishes.
11. Over 480,000 lbs. of fresh pumpkins are purchased each year for Thanksgiving. They are most likely made into pumpkin pie, or some may use them for décor.
12. Speaking of pie, about 19 million pies are purchased for the holiday, while \$50 million are spent on pre-made pie filling.
13. For Thanksgiving, Americans purchase \$87 million worth of pre-packaged mixes for cakes, cookies, and sweet breads.
14. Americans eat between 2,500 and 4,500 calories during the holiday, which is equivalent to eating between 4 and 8 Big Macs for one meal.
15. Even with the extra calories, it's a myth that the average person gains 5 pounds over the holiday. Most people only gain about eight-tenths of a pound. Hmm, I'm not so sure about that!!



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.



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 19
"Veterans Medals"



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 with security at the first floor entrance. Many items await to be claimed. Please stop by to see if any items belong to you.

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.

Attention Visitors And Staff:
For The Safety Of Our Residents,
Please DO NOT Use Push Pins In Resident Rooms.

NOVEMBER 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 10:15 AM Puzzle Your Mind Family Room 2:15 PM Music by Rob Ballonoff Aud. & Chan. 22
2 2:15 PM Church with Chaplain Stephanie Auditorium & Channel 22	3 2:30 PM Auxiliary Cash BINGO Auditorium	4 10:15 AM Talking Book Family Room 2:30 PM House Bingo Channel 22	5 2:15 PM November's Birthday Bash *Invite Only* Family Room 2:15 PM Bible Study Aud. & Chan.22	6 11:00 AM Color & Chat Family Room 2:15 PM Card Club Family Room 2:30 PM Rosary - Chapel	7 2:15 PM Card Club Family Room 2:15 PM Spice Girls Cooking Family Room *Invite Only*	8 10:15 AM Puzzle Your Mind Family Room 2:15 PM Music by John Stanley Aud. & Chan. 22 2:15 PM Spanish Church Service— Chapel
9 2:15 PM Church with Chaplain Stephanie Auditorium & Channel 22	10 2:15 PM Residents' Council & Food Committee Meeting Aud. & Chan.22 3:30 PM SS Newsletter Meeting - Aud.	11 10:15 AM Talking Book Family Room 2:30 PM Veterans Day Celebration Auditorium *Invite Only* 	12 2:15 PM Bible Study Aud. & Chan.22 2:30 PM Splash of Color Family Room	13 11:00 AM Color & Chat Family Room 2:15 PM Card Club Family Room 2:30 PM House BINGO Channel 22	14 2:15 PM Card Club Family Room 2:15 PM House Games Auditorium *Invite Only*	15 10:15 AM Puzzle Your Mind Family Room 2:15 PM Music by Kris Phipany Aud. & Chan. 22
16 2:15 PM Church with Chaplain Stephanie Auditorium & Channel 22	17 2:15 PM Kelly's Krafting Korner Family Room	18 10:15 AM Talking Book Family Room 2:30 PM House Bingo Channel 22	19 2:15 PM Fall Festival Auditorium 	20 11:00 AM Color & Chat Family Room 2:15 PM Card Club Family Room 2:30 PM Catholic Mass Aud. & Chan.22 	21 2:15 PM Card Club Family Room 2:15 PM Dominoes Family Room 3:30 PM Happy Hour Family Room *Invite Only*	22 10:15 AM Puzzle Your Mind Family Room 2:15 PM Music by Music by Tom Acker Aud. & Chan. 22
23 2:15 PM Church with Chaplain Stephanie Auditorium & Channel 22	24 2:15 PM Veterans Program Auditorium *Invite Only* 	25 10:15 AM Talking Book Family Room 2:30 PM House Bingo Channel 22	26 2:15 PM Thanksgiving Vespers Service Aud. & Chan. 22	27 10:15 AM Puzzle Your Mind Family Room 2:15 PM Music by Pete Begley Aud. & Chan. 22	28 2:15 PM House Movie Channel 22 2:15 PM Card Club Family Room	29 10:15 AM Puzzle Your Mind Family Room 2:15 PM Shuffleboard Karaoke Auditorium Aud. & Chan. 22
30 2:15 PM Church with Chaplain Stephanie Auditorium & Channel 22						*Programs Subject To Change*