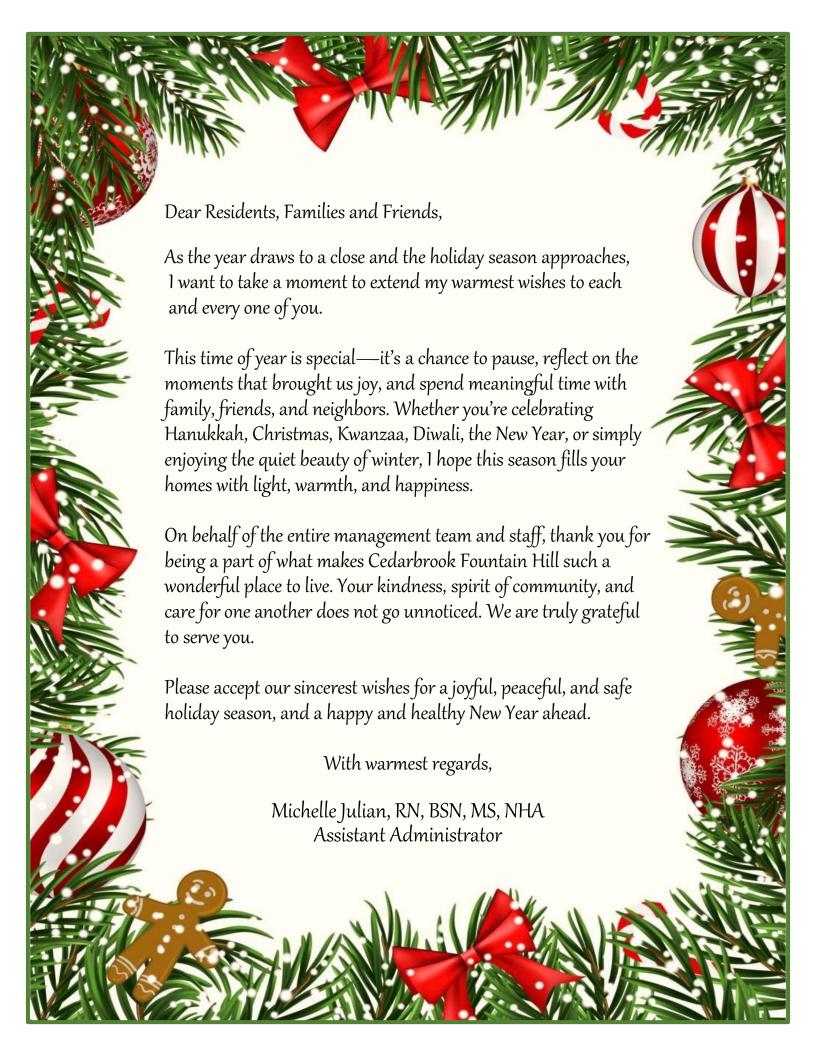
HILLSIDE NEWS

December 2025 Cedarbrook Fountain Hill Senior Care & Rehab







THE HAPPENINGS AT THE HILL...

DECEMBER SPECIAL PROGRAMS

ALL PROGRAMS ARE IN THE MAIN DINING ROOM UNLESS OTHERWISE STATED *PROGRAMS ARE SUBJECT TO CHANGE*

12/1 CHRISTMAS CRAFT: MAKE YOUR OWN SANTA HAT - 10:30 AM

12/1 HOLIDAY WATERCOLORS - 2:30 PM

12/2 LE GAMES & APPLE FRITTERS - 2:30 PM

12/3 DECEMBER BIRTHDAY PARTY- 2:30 PM

12/4 CHRISTMAS CHARADES - 2:30 PM

12/5 CHRISTMAS CLASSIC MOVIE: "ELF" - 2:00 PM

12/6 TV GAMES WITH JENNA - 10:30 AM

12/7 MASS & ROSARY - 2:30 PM

12/8 CHRISTMAS CRAFT: HOLIDAY STOCKINGS - 10:30 AM

12/8 LE GAME: "CAROL CUT-OFF" - 2:30 PM

12/10 CHRISTMAS CUISINES AROUND THE WORLD

(STATION 2/ INVITE ONLY) - 1:30 PM

12/10 BAKING BONANZA: COZY WINTER EGGNOG LOAF - 2:30 PM

12/11 VISITS WITH LV HUMANE SOCIETY - 10:30 AM

12/11 RESIDENTS' COUNCIL - 2:30 PM

12/12 CARIBBEAN MUSIC WITH JEFF ROSS - 2:30 PM

12/13 CREATIVE COLORING WITH LISA - 10:30 AM

12/15 SPANISH CHURCH SERVICE - 10:30 AM

12/15 READING OF "YES VIRGINIA" WITH PHIL ARMSTRONG - 2:00 PM

12/15 CHRISTMAS COOKIE DECORATING - 2:30 PM

12/17 LE GAMES AND PEAR TREATS -2:30 PM

12/18 MEN'S GROUP: GUESS-A-LETTER - 10:30 AM

12/18 CHRISTMAS CRAFT: WHAT – A – GEM HOLIDAY CARDS – 2:30 PM

12/19 CHRISTMAS CLASSIC MOVIE: "IT'S A WONDERFUL LIFE" - 2:00 PM

12/20 WHITEBOARD GAMES WITH BONNY - 10:30 AM

12/22 BAKING BONANZA: CHRISTMAS COOKIES - 10:30AM

12/22 CHRISTMAS COCKTAILS: HOT COCOA & EGGNOG BAR - 2:30 PM

12/24 CHRISTMAS EVE PROGRAM WITH IGLESIA JEHOVAH JIREH CHURCH – 10:30 AM

12/24 CHRISTMAS CONCERT WITH JOHNNY K. - 2:00 PM

12/25 CHRISTMAS MORNING CHURCH SERVICE - 10:30 AM

12/25 NATIVITY BINGO - 2:30 PM

12/26 HOLIDAY MUSIC WITH STEVE WALKER - 2:30 PM

12/27 PUZZLE YOUR MIND WITH MATT & AUBREY - 10:30 AM

12/29 CRAFT WITH GIRL SCOUTS: MAKE YOUR OWN NEW YEAR'S EVE HATS - 2:00 PM

12/31 NYE PARTY WITH MUSIC BY JOHN BAUER - 2:30 PM



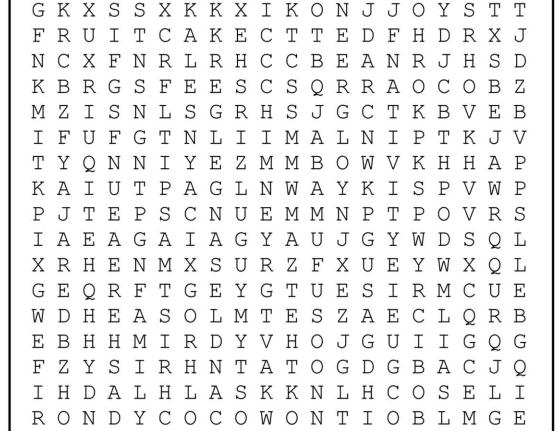




Christmas

Word Search





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ANGEL **EGGNOG** HOLLY **BELLS ELVES ICICLE CANDLES FAMILY JINGLE** CANDY **FROSTY** IOY **CARDS FRUITCAKE** LIGHTS **CAROL GIFT MANGER** CHESTNUT **GREEN MARY GREETINGS CHIMNEY** O NATIVITY **CHRISTMAS HAPPY**

HOLIDAY

O R



Residents' Council Meeting Minutes Thursday, November 13 2025

- Jude Tonzola, President, called the Residents' Council meeting to order.
- Heidi Heffelfinger, Resident Council Liaison, read the list of the new, deceased and discharged residents from September 11th until today.
- Heidi Heffelfinger read The Resident's Right for November.

Advance Directive – You have the right to give advance written instructions to your doctor and others, that in the event you become incapacitated, your nursing facility and your physician will honor your wishes regarding your choice to accept, refuse, or discontinue medical care or surgical treatment.

Old Business:

No old business to share at this time.

New Business:

- Heidi reminded residents that it's that time of the year to recommend nominations for new 2026 Residents' Council Officers. Council officers are President, Vice President, and Secretary.
- Amber Surman, Assistant Director of Social Services, announced Heidi Heffelfinger's Retirement. Heidi
 will be retiring on November 21st but will be coming back as a part time Social Worker after December
 15th. One of our Social Workers, Ashley Merkel, from Allentown will be transferring back to Fountain
 Hill on November 24th to fill the full time position.

Residents Concern/Comments:

- One resident shared his concern about the placement of the linen carts outside of resident's rooms. Resident is concerned about the smell entering through the vents that are outside their rooms.
 - A referral will be sent to the proper department.

Announcements:

Michelle Julian—Asst. Administrator

- We have recently replaced the front automatic door. The repair went smoothly. All work is completed.
- The work that was being done on the dish machine is complete. Machine is up and running great.
- Look for construction to start on the nursing stations during the coming new year. The work will be done station by station. During remodeling, the nursing station will temporarily be moved into the station dining room for about 2 weeks.
- Thank you to everyone who participated in the facility surveys.

Jason Cumello — Administrator

• Update on the E-wing project. Project is going extremely well. We are looking toward a Labor Day opening.

Jessica Kelly—Asst. Director of Life Enrichment

- Jessica went over the activities for the remainder of the month of November.
- Activity calendars are available to all residents on the back of the Hillside News.
- Unfortunately, we no longer have a bus driver. LE will continue to search for a new bus driver.
- Upcoming BAZAAR dates 12/1 and 12/4 in the Main Dining Room from 11:00am until 3:30pm.
- On December 9th there will be no house activities happening in the Main Dining Room. Unit activities will not change. Tuesdays BINGO for 12/9 will move to Wednesday 12/10.
- Cooking around the world will no longer be a house activity. Moving forward this activity will be held on each station. Each station will get a chance to have cooking as one of their unit activities on a monthly rotation.

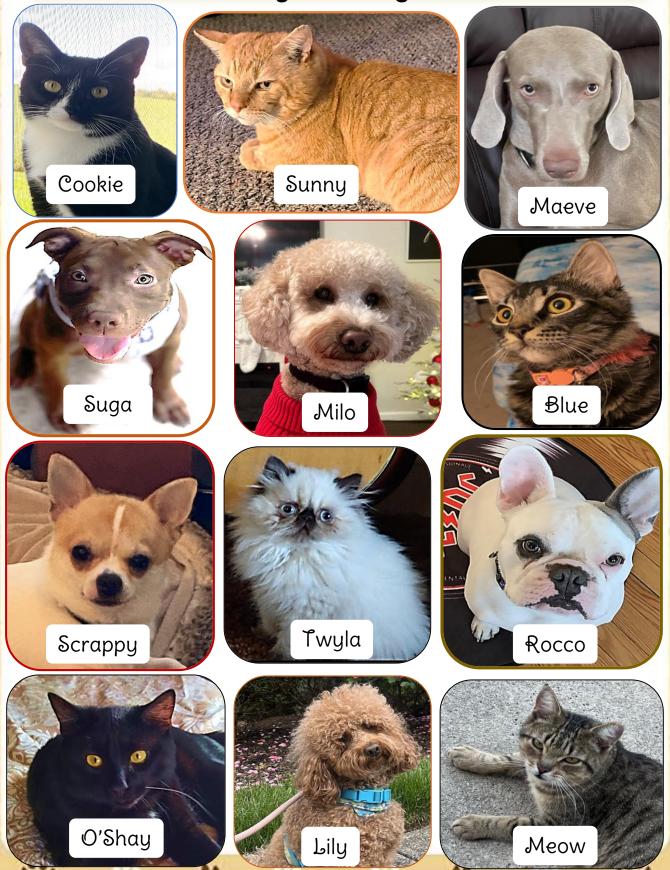
Conclusion:

- The next Residents' Council Meeting will be held on December 11, 2025 at 2:30pm in the Main Dining
- Jude Tonzola made a motion to adjourn the meeting. The move was seconed.
- Residents were invited to attend the Food Committee Meeting immediately following Residents' Council.





Thank you to all the employees who shared
The story of their four legged furry family members
through out the years.



EMPLOYEE ANNIVERSARIES

EMPLOYEE	DEPARTMENT	YEARS
Jennifer Sanchez- Rosario	Nursing	15
Stacey Rodriguez	Nursing	8
Ashley Merkel	Social Services	9
Neelam Kumari	Nursing	8
Rosa Roldan	Central Services	5
Jennifer Stocklas	Nursing	4
Tishwan Fulwood	Environmental	4
Anna Albelice	Nursing	3
Barbara Moersheim	Nursing	3
Marta Barahona	Nursing	2
Charlene Langly	Nursing	2
Eustace Singh	Nursing	1









CHAPLAIN'S CORNER

¹⁸ Now the birth of Jesus Christ took place in this way. When his mother Mary had been betrothed to Joseph, before they came together she was found to be with child from the Holy Spirit. ¹⁹ And her husband Joseph, being a just man and unwilling to put her to shame, resolved to divorce her quietly. ²⁰ But as he considered these things, behold, an angel of the Lord appeared to him in a dream, saying, "Joseph, son of David, do not fear to take Mary as your wife, for that which is conceived in her is from the Holy Spirit. ²¹ She will bear a son, and you shall call his name Jesus, for he will save his people from their sins." ²² All this took place to fulfill what the Lord had spoken by the prophet: ²³ "Behold, the virgin shall conceive and bear a son, and they shall call his name Immanuel" (which means, God with us). ²⁴ When Joseph woke from sleep, he did as the angel of the Lord commanded him: he took his wife, ²⁵ but knew her not until she had given birth to a son. And he called his name Jesus. (Matthew 1:18-25)

As Matthew retells the circumstances around the birth of Jesus, he reveals to us just what kind of man God chose to care for and nurture His Son.

According to the law of Moses in the Old Testament book of Deuteronomy, Mary could have been executed by stoning. At the very least, she faced a lifetime of shame if Joseph publicly divorced her. But even as Joseph agonizes over what appears to be Mary's betrayal, he still has mercy on Mary. He is a righteous man whose desire for justice is tempered with mercy. He balances God's law with God's love.

Can you perceive God's wisdom in choosing Joseph? Joseph obeys God's commands over man-made laws. He is patient and does not act upon anger. He will sacrifice his reputation, and forget his anger, to obey God's command to have mercy on the weak and oppressed. Joseph's obedience to God saves Mary and her unborn child from the threat of shame and death. We can see how Joseph will teach Jesus mercy towards others as the basis of God's law.

Because Joseph is also a humble man before God, he is also ready to listen when God speaks to him through an angel in a dream who tells Joseph to not fear the consequences of taking Mary as his wife, and to take the child as his own, adopting Jesus into the line of David. We naturally fear certain things, and that is unavoidable. It is what we do in response to fear that counts.

I once saw a life-sized sculpture depicting Joseph, working at his carpenter's bench, and his young son Jesus, sitting at the other end. Joseph, his hands on a lathe, stops to listen to Jesus, who gestures as he is talking. That moment, frozen in the bronze sculpture, invites us to imagine how Jesus learned how to live by watching his adoptive father, in the workplace, in the home, in the synagogue and the marketplace. Jesus learned how to tell stories, how to respond to others with love and compassion, how to sacrifice for others, and how to worship God. Joseph taught his son to not fear whatever God calls him to do, and that a righteous man is one who simply and promptly obeys God's word to him.

As we prepare to celebrate the birth of Christ, let us remember that the days in the life of Joseph and Mary leading up to Jesus's birth were days just like ours, filled with anticipation and wondering about what will happen. Like us, they needed to remain focused on God's promise that the child born to Mary would be Immanuel, "God with us," our God of mercy, not judgement; of love, not condemnation. May we come to understand more deeply that Jesus's birth is the love of God we did not earn, and in turn give generously of compassion to others, just as God has shown us.

Chaplain Laura Stone



SANTA HAT CHEESECAKE BITES



Ingredients

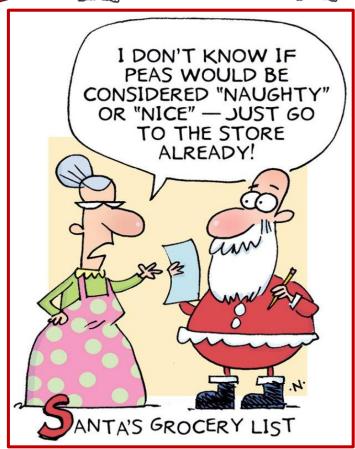
1 plain cheesecake (homemade or store-bought) 1 1/2 cups whipped cream or Cool Whip 12 strawberries, tops sliced off



Directions

- Using a round biscuit cutter, punch holes out of cheesecake. (Depending on size of cheesecake you should be able to get 8 to 12 cheesecake bites.)
- > Transfer whipped cream or Cool Whip to a piping bag and pipe a layer on top of cheesecake.
- > Top with strawberry, sliced side down. Pipe a dot on top of strawberry and serve





WHO WORE IT BES

Lots of wonderful actors have donned Santa's red suit over the years. Match each of them to the movie they starred in:

- _ 1. Edward Asner
- _ 2. Tim Allen
- 4. Tom Hanks
- 5. Paul Giamatti
- _ 6. Danny & Bing F. Fred Claus
- 7. Jim Belushi
- _ 8. Leslie Nielson
- 10. Michael Constantine
- _ 11. Jim Carrey
- _ 12. Hulk Hogan
- 13. James Cosmo
- _ 14. Phyllis Vance
- _ 15. John Call
- 16. John Goodman
- _ 17. Jenny McCarthy
- _ 18. Paul Frees
- _ 19. Ben Kientz
- _ 20. Derry Robinson

- A. All I Want for Christmas
- B. White Christmas
- 3. Edmund Gwenn C. The Lion, the Witch & the Wardrobe
 - D. Frosty the Snowman
 - E. Santa Claus Conquers the Martians

 - G. Santa with Muscles
 - H. How the Grinch Stole Christmas
- 9. Jonathan T. Thomas I. I'll Be Home for Christmas
 - J. Jingle All the Way
 - K The Year without a Santa Claus
 - L. The Santa Clause
 - M. Miracle on 34th Street
 - N. The Santa Suit
 - O. The Polar Express
 - P. Saving Christmas
 - Q. Santa Baby
 - R. The Office
 - S. Prancer
 - T. Elf



T'L 5'F 3'W 4'O 2'E 9'B 1'1 8' Y 6'I 10'2 11'H 15'G 13'C 14'Y 12'E 19'X 11'Ó 18'D 16'b 50'N

CEDARBROOK - FOUNTAIN HILL



OLUNTEERS



New Opportunities

COFFEE SOCIAL & CHAT

We're looking for quality connection with our residents at Coffee Social & Chat every Friday at 10:30am. Spend important time helping to serve coffee and light refreshments to our residents while helping to build relationships.

FESTIVE FEATURES!

Wanting to help create tasty holiday treats? Come and join us on Dec. 17th, 18th or 22nd at 2:30pm for some holiday baking and drink making cheer! Reach out to schedule.

-RISE & SHINE WITH US-

Looking to volunteer in the morning hours? We're in need on Monday Dec. 1st and 22nd. Come and enjoy the morning sun with us! Call to schedule today.







Thank you Cedarbrook Volunteer Team for all of your time, energy, and commitment this year! We cannot say THANK YOU enough for all of your giving efforts.

As volunteers we know if you give a little, you receive so much more! If you know someone who is looking to share an Attitude of Gratitude invite them to become one of our Cedarbrook Volunteer Team Members!

Cedarbrook is Thankful & Grateful for YOU!

Sign up to Volunteer - Join us Today! Reach out to Adrian Bachman 610-336-5684 adrianbachman@lehighcounty.org



Coffee Social Fridays!



Reading - "Yes Virginia" by

Phil Armstrong

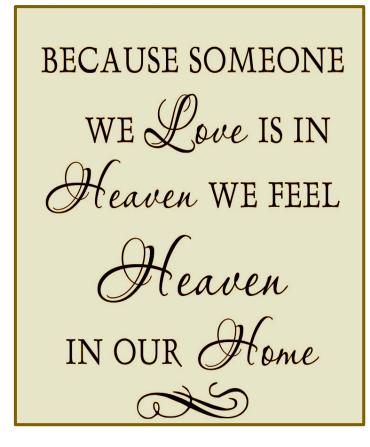
Dec. 18th - 2:00pm

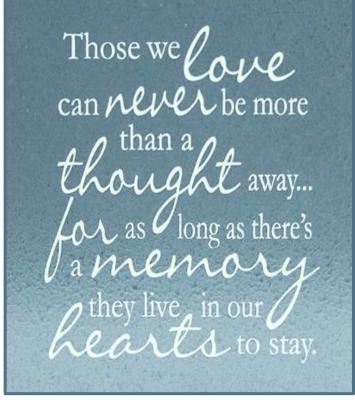
New Years Eve Party!

Dec. 31st - 2:30pm - 4pm











INTERESTING FACTS ABOUT DECEMBER & CHRISTMAS



The Darkness of December:

Exploring the Shortest Days of the Year December is the darkest month on the calendar since it has the fewest daylight hours of the entire year.

In certain areas such as Alaska, Siberia, and the Canadian territories, the sun doesn't rise at all during December, causing many individuals to experience complete darkness for several consecutive days.

Each year, 25-30 million real Christmas trees are sold in the United States alone. There are about 16,000 Christmas tree farms in the United States, and trees usually grow for between four and 15 years before they are sold.

Rudolph "the most famous reindeer of all," was the product of Robert L. May's imagination in 1939. The copywriter wrote a poem about the reindeer to help lure customers into the Montgomery Ward department store

Poinsettia plants are named after Joel R. Poinsett, an American minister from Mexico, who brought the redand-green plant from Mexico to America in 1828.

On December 5th, 1901, a little magic came into the world along with the birth of Walt Disney. Disney released his first cartoon, featuring Mickey Mouse, called Steamboat Willie at the age of 27. By the time he was 54, the Disney empire grew in size with the construction of Disneyland in Anaheim, California. Today Disney is a common word in households around the world thanks to the endless number of books, cartoons, films, and other forms of entertainment created by the Walt Disney Company.

December 21st was a rather painless day in Britain, at least for one man. For the first time in Britain, anesthesia was used on a patient by Dr. Robert Liston at the University College Hospital in London in 1846.

There are many other holidays spread throughout December, some of them are religious holidays, and some are a little less serious. December 6th is St. Nicholas' day, which some may know as the original Santa Claus. December 8th celebrates National Brownie Day, while December 15th is National Cupcake Day. December 21st is the Winter Solstice, which marks the longest night of the year and is astronomically the beginning of winter.





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.

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, TVs, 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 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 (6 I 0) 782-3999.

This information is confidential and caller may remain anonymous.

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



There are <u>19</u> "Christmas Stockings"



DECEMBER 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:30 AM Christmas Craft: Make your own Santa Hat 2:30 PM Holiday Watercolors	10:30 AM BINGO BUCKS BINGO 1:30 PM Bible Study 2:30 PM LE Games & Apple Fritters	3 10:30 AM Needles & Hooks 2:30 PM December Birthday Party	10:30 AM Morning Movement 2:30 PM Christmas Charades	5 10:30 AM Coffee Social & Chat 2:00 PM Christmas Classic Movie: "Elf"	6 10:30 AM TV Games with Jenna 2:30 PM BINGO
7 2:30 PM Mass & Rosary	8 10:30 AM Christmas Craft: Holiday Stockings 2:30 PM LE Game: Carol Cut-OFF	9 10:30 AM BINGO 1:30 PM Bible Study 2:30 PM LE Games	10:30 AM Needles & Hooks 1:30 PM Christmas Cuisines Around the World (Station 2/ Invite Only) 2:30 PM Baking Bonanza: Cozy Winter Eggnog Loaf	11 10:30 AM Visits with LV Humane Society 2:30 PM Resident Council	12 10:30 AM Coffee Social & Chat 2:30 PM Caribbean Music by Jeff Ross	13 10:30 AM Creative Coloring with Lisa 2:30 PM BINGO
2:30 PM Church with Chaplain Laura	15 10:30 AM Spanish Church Service 2:00 PM Reading of "Yes Virginia" by Phil Armstrong 2:30 PM Christmas Cookie Decorating	ON STATION PROGRAMS	17 10:30 AM BINGO 1:30 PM Bible Study 2:30 PM LE Games & Pear Treats	18 10:30 AM Men's Group: Guess-A-Letter 2:30 PM Christmas Craft: What-A-Gem Holiday Cards	19 10:30 AM Coffee Social & Chat 2:00 PM Christmas Classic Movie: "It's A Wonderful Life"	20 10:30 AM Whiteboard Games with Bonny 2:30 PM BINGO
21 2:30 PM Church with Chaplain Laura	10:30AM Baking Bonanza: Christmas Cookies 2:30PM Christmas Cocktails: Hot Coccoa & Eggnog Bar	23 10:30 AM BINGO 1:30 PM Bible Study 2:30 PM LE Games	24 10:30 AM Christmas Eve Program with Jehovah Jireh Church 2:00 PM Christmas Concert with Johnny K.	10:30 AM Christmas Morning Church Service 2:30 PM Nativity BINGO	26 10:30 AM Coffee Social & Chat 2:30 PM Music by Steve Walker	10:30 AM Puzzle Your Mind with Matt & Aubrey 2:30 PM BINGO
28 2:30 PM Church with Chaplain Laura	10:30 AM Cranium Crunchers 2:00 PM Craft with Girl Scout Troop 08475: Make Your Own NYE Hats	30 10:30 AM BINGO 1:30 PM Bible Study 2:30 PM LE Games	10:30 AM Motivational Movement 2:30 PM New Year's Eve Party with John Bauer			*Programs Subject To Change*