## Sunshine News

December 2025 Cedarbrook Allentown Senior Care & Rehab





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### December 2025

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CEDARBROOK SENIOR CARE AND REHAB

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**Ricardo Cintado**Director of Environmental Services

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Social Services Department

John Garner

Director of Life Enrichment

Adrian Bachman

Coordinator of Volunteer Services

Chaplain Stephanie Jones, Chaplain Ivan Velez

Faith Services

### Life Enrichment Department Staff

Jillian Brandis, Marnie Distasio, 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."

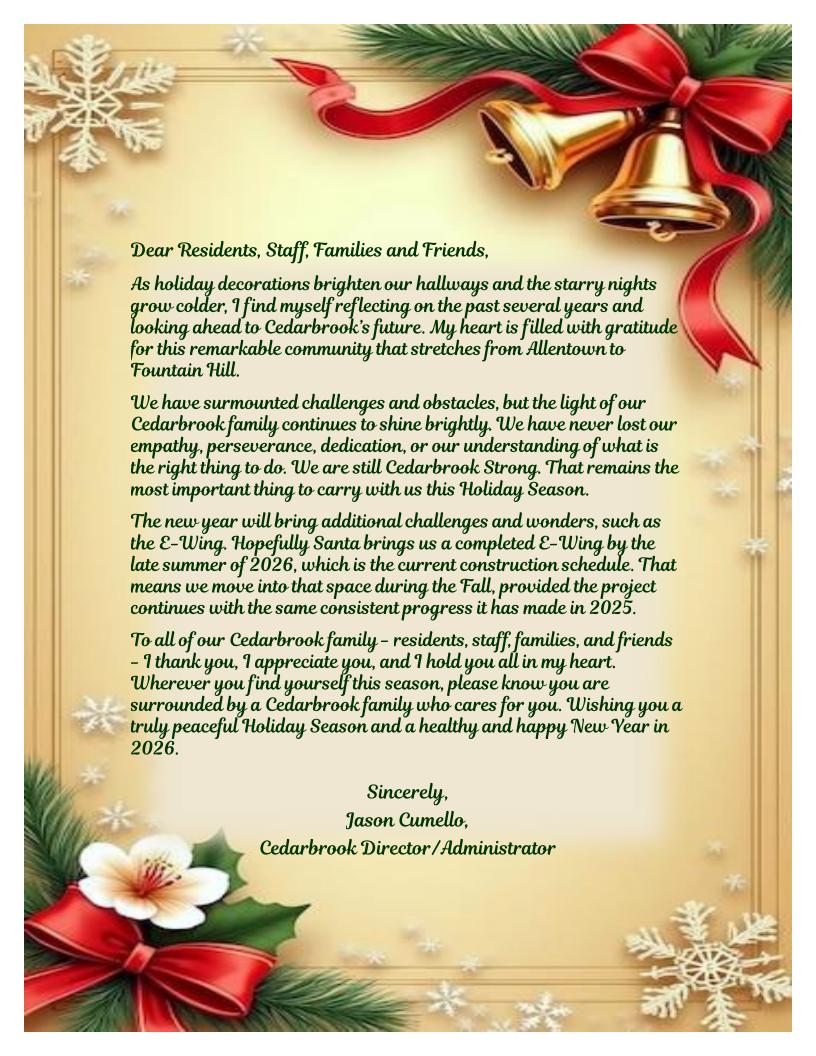
Visit us on our

Facebook page and website for updates and pictures of recent events! www.facebook.com/cedarbrookseniorcareandrehab website: https://www.cedarbrookseniorcare.com









# BUZZ... \$ SAROUND CEDARBROOK

## 50/50 RAFFLE

Get your tickets through December 18th.
Stop by Auxiliary Tuesdays & Thursdays
1:00pm & 4:00pm
by Security entrance.

WHOOP...THERE IT IS!

Can you SNOOP...

Where it is?

FIND ALL THE

"Elves"



(Answer on page 16)



### BECOME A MEMBER OF OUR AUXILIARY

This wonderful group raises money to purchase special things for our residents throughout the year. It's easy to join and fun to be a part of this amazing and important group. It takes wonderful people like you to keep it successful.

Meetings are once a month, and fundraising events are also once a month. Candy sales are every Tuesday and Thursday afternoon 1:00-4:00.

There are lots of ways you can help this wonderful group.

Come on and join in!

\$5 yearly dues.

For information, please contact:

or

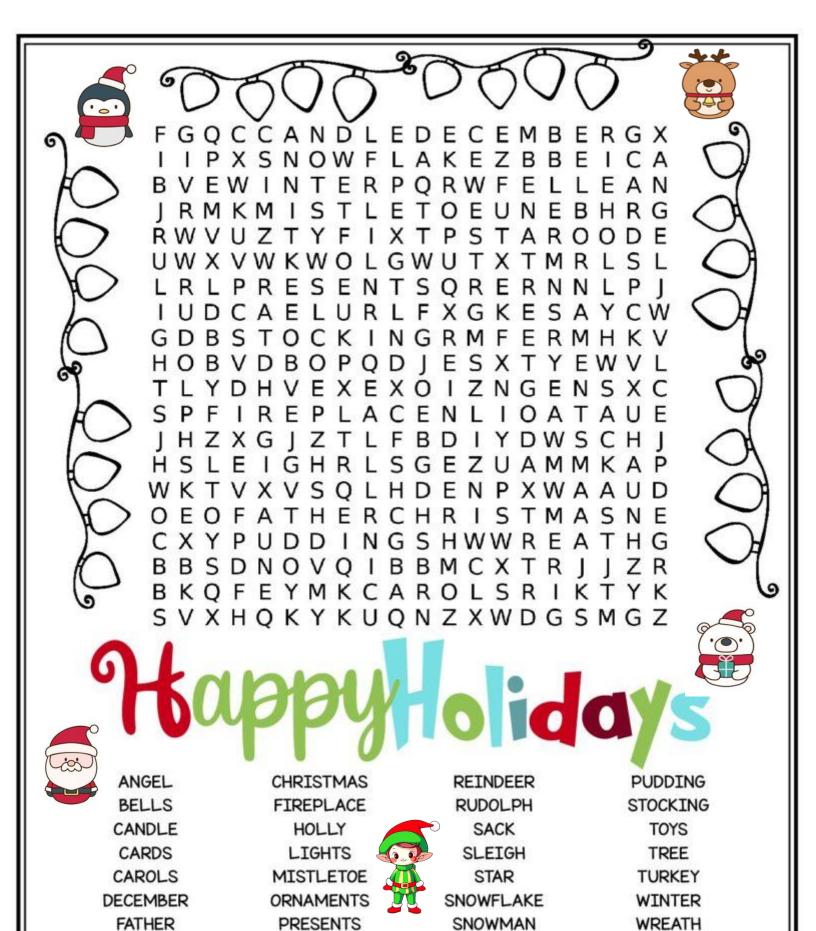
Emily Strohl emilystrohl@lehighcounty.org 610-336-5686 Jean Larison <u>Debah54@gmail.com</u> 610-740-8281



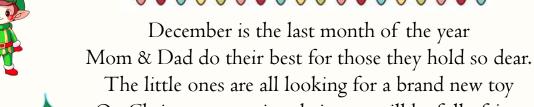
### <u>New</u> <u>Residents</u>

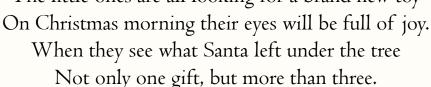
Linda Imlay Mary Shelly Michael Randis Carolyn Melton Ann Raubenhold





### **CHRISTMAS KNOWLEDGE**





But time marches on & as they grow up, they learn so much more The family goes to church & the kids learn the true meaning of the Christmas they adore.

They listened to the story about Jesus's birth

Now they know it's not about presents & mirth.

But the true meaning that they found

Was to come home & all gather around

The pione & airs of Linear Birthder Dear James

The piano & sing **!** Happy Birthday Dear Jesus **!** What a wonderful sound!



### Written & submitted by Jean Larison











<sup>18</sup> 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. <sup>19</sup> And her husband Joseph, being a just man and unwilling to put her to shame, resolved to divorce her quietly. <sup>20</sup> 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. <sup>21</sup> She will bear a son, and you shall call his name Jesus, for he will save his people from their sins." <sup>22</sup> All this took place to fulfill what the Lord had spoken by the prophet: <sup>23</sup> "Behold, the virgin shall conceive and bear a son, and they shall call his name Immanuel" (which means, God with us). <sup>24</sup> When Joseph woke from sleep, he did as the angel of the Lord commanded him: he took his wife, <sup>25</sup> 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.

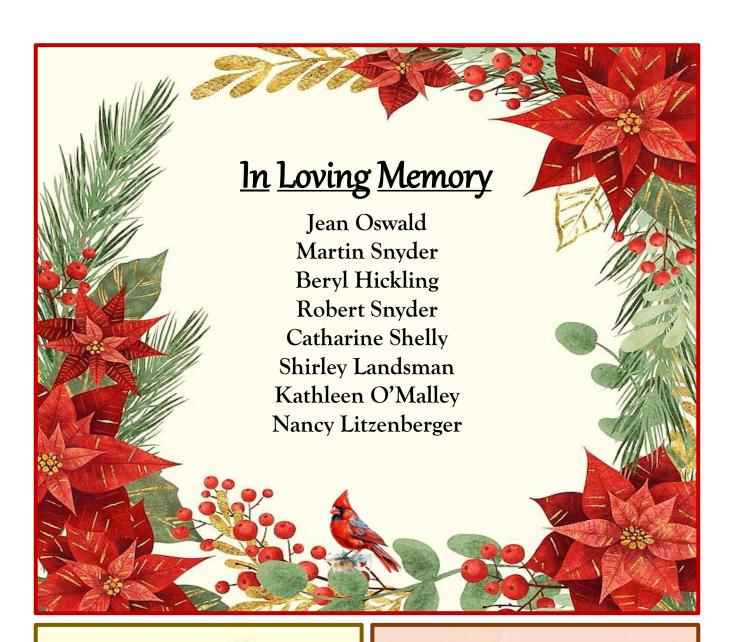
Can you perceive God's wisdom in choosing Joseph? Joseph obeys God's commands over man-made laws. He is patient and does not act upon anger. He will sacrifice his reputation, and forget his anger, to obey God's command to have mercy on the weak and oppressed. Joseph's obedience to God saves Mary and 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

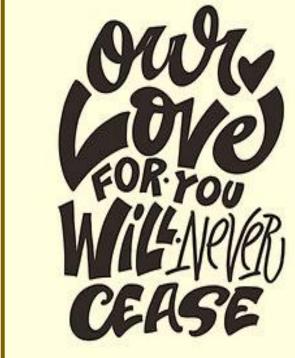
Because Joseph is also a humble man before God, he is also ready to listen when God speaks to him through an angel in a dream who tells Joseph to not fear the consequences of taking Mary as his wife, and to take the child as his own, adopting Jesus into the line of David. We naturally fear certain things,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





Some people shine too brightly to ever be forgotten.

# DID YOU Christmas Facts

St. Nick was more generous than jolly

The original Santa Claus was actually St. Nicholas, a Christian bishop in the 4th century. He didn't wear the red suit that's so famous today, but he did give all of his inheritance to the poor and needy.

In Dutch, his name is Sinter Klaas, which later morphed into Santa Claus.

Spider webs in your tree are good luck
An old Ukrainian folktale tells about a
poor woman who was too poor to
decorate her Christmas tree. As she
slept, spiders wove her hundreds of
intricate webs that served as beautiful
ornaments. When Ukrainians find a
spider web in their Christmas
tree, they consider it good luck.

### The first Christmas card was sent in 1843

The first Christmas card was created and sent by Sir Henry Cole, an English politician. The three-paneled card was embossed with the message "Merry Christmas and a Happy New Year to You." It was later printed and sold as the idea of the Christmas card took off.

### Hanging stockings started by accident

The historic St. Nicholas heard about the plight of a local man who did not have enough dowry money to marry off his three daughters. The generous St. Nick tossed some money down the chimney that landed in the ladies' stockings that were drying by the fire. After that, the tradition stuck!

### The eight tiny reindeer have had lots of names

Rudolph was almost named Rollo or Reginald and his crew also had lots of other names. They've previously been called Flossie, Glossie, Racer, Pacer, Scratcher, Feckless, Ready, Steady and Fireball.

### Candy canes originated in Germany The National Confectioners

Association says a choirmaster originally gave the red-and-white-striped candies to young children to keep them quiet during marathon church services back in 1670. It wasn't until a German-Swedish immigrant decorated his tree with candy canes in 1847 that they became popular as a Christmas candy.

### Fruits were the first ornaments

In the late 17th century, people used <u>fruits</u> like apples, pears, and oranges to decorate Christmas trees. In fact, edible ornaments were so popular that many began to call Christmas trees "sugar trees."

But Mistletoe isn't as sweet as it sounds
Mistle thrush birds eat the plant's berries,
digest the seed and then help the plant
germinate with their droppings. The
Germanic word for mistletoe literally
means "dung on a twig." Really
makes you want to pucker up, doesn't it?

### Tinsel has a storied history

Tinsel was invented in 1610 in Germany. It was spun from real silver and then hammered out and was more of a luxury decoration than the cheap tree trimming it is today. The U.S. government once banned tinsel because it used to contain poisonous lead, but no need to worry now — it's just plastic.

# CEDARBROOK-ALLENTOWN VOLUNTEERS 2025



### **New Opportunities**

### **GIFT SHOP VOLUNTEERS**

We're on the lookout to build up our Gift Shop Team!
If you're interested in meeting new people, having conversations, and helping residents and families find some delicious goodies... give us a call and we can help train you in the gift shop!

Every Mon. - Wed. - Fri. from 1pm - 4pm.



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!

### **WEEKEND HELP WANTED**

We're looking for some extra hands on the weekend. Come & Join us during our weekend fun from 10am - 12pm or 1:45pm - 2:15pm!







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

### **Upcoming Events**

Helping Holiday Hands Needed!
-Holiday Season Week-

Dec. 22nd - Dec. 26th 10am - 12pm & 1:45pm - 3:30pm <u>Holiday Party's</u>

Purple Heart - Fri. Dec. 5th Hartford - Thurs. Dec. 11th Red & Green - Fri. Dec. 19th

# Christmas THINK FAST GAME



Write down 3 words that fit the themes below.

I. CHRISTMAS SONGS		
2. REINDEER NAMES	 	
3. HOT BEVERAGES	 	
4. WORDS AFTER 'ICE'	 	
5. CHRISTMAS DRINKS	 ·	
6. FOOD FOR SANTA	 	
7. CHRISTMAS CANDIES	 	
8. WINTER SPORTS	 21 <del></del> 22	
9. CHRISTMAS COLORS	 ·	
IO. CHRISTMAS TREE DECORATIONS		
II. FESTIVE COOKIES		
12. WORDS AFTER 'SNOW'		



### Gingerbread Cheesecake Dip



### Ingredients

- -1 (8-oz.) pkg. cream cheese, softened
- -3/4 cup packed dark brown sugar
- -2 Tbsp. whole milk
- -3/4 tsp. ground cinnamon
- -1/2 tsp. pure vanilla extract
- -1/4 tsp. ground ginger
- -1/8 tsp. ground nutmeg
- -1/8 tsp. kosher salt
- -Pinch of ground cloves
- -Colored sprinkles



-Gingerbread cookies, pretzels rods, Nilla wafers or graham crackers for serving







### **Directions**

1.In a large bowl, using a handheld mixer on medium-high speed, beat cream cheese until smooth and fluffy. Add brown sugar, milk, cinnamon, vanilla, ginger, nutmeg, salt, and cloves and beat until smooth and combined. Add whipped cream and gently fold to combine.

2. Transfer dip to a serving bowl. Top with sprinkles (if using). Serve with gingerbread cookies alongside. Can also use graham crackers or Nilla Wafers for dipping. Or for a sweet and salty taste use pretzel rods for dipping.



### Residents' Council Meeting Minutes Monday - November 10, 2025

- Jean Larison, President, was not in attendance at this meeting.
- Marilyn Barker, Vice President, called the meeting to order.
- Karen Snyder, Secretary, read the highlights from the October meeting.
- Marilyn Barker, Vice President, read the Residents' Rights for November.
- Marilyn Barker, Vice President, welcomed the new residents admitted in October.



### Residents' Rights for November

### EXAMINATION OF SURVEY RESULTS - Sec. 1919(c)(1)

You have the right to examine the results of the most recent survey of the nursing facility as conducted by state or federal authorities and any plan of correction in effect with respect to your nursing facility. The survey results must be made available for your examination by the facility in a place readily accessible to you.

### Old Business:

• There was no old business to discuss

### **New Business:**

- Rhett (Social Services) -
  - Informed everyone that after New Business is discussed we will nominate the 2026 Resident Council Board Members
- Jason (Administrator) -
  - Discussed the progression with the E-Wing, and that the completion date is expected to be around late summer of next year.
- John Garner (LE Director)
  - o Introduced the New Part-Time Chaplain Ivan Velez Jr.
    - He is here for anyone who needs his assistance, feel free to reach out if you would like to have a visit from the Chaplain.

### 2026 Resident Council Nominations:

- D. Young nominates Jean Larison for president
- M. Barker 2<sup>nd</sup>'s Jean Larison for President
- E. Snyder nominates self for Secretary
- D. Young nominates Karen Snyder for Vice President





President	Vice-President	Secretary
Jean Larison	Karen Snyder	Eleanor Snyder

#### Resident Concerns / Comments:

- B3 Resident
  - Asked if the cleanliness of the men's bathroom can be looked into.
  - Pleased with the entertainment on the weekends and was wondering if more music events could be done during the week.
    - John Garner stated he will look into scheduling more entertainment.

### **Announcements:**

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







### EMPLOYEE ANNIVERSARIES

EMPLOYEE	<u>DEPARTMENT</u>	<u>YEARS</u>
Michele Bear	Environmental	28
Julie Sarson	Nursing	25
Geraldine Squires	Nursing	15
Paulette Bachert	Nursing	14
Belinda Miranda	Nursing	9
Vanessa Tuyen	Nursing	7
Emily Strohl	Life Enrichment	8
Ghazwan Abujunb	Laundry	7
Taryn Zeiner	Nursing Office	6

EMPLOYEE	<u>DEPARTMENT</u>	<u>YEARS</u>
Shanda Navedo	Environmental	6
Malissa Heckman	Nursing	4
Vanessa Cantave	Nursing Office	3
Yana Leytman	Nursing Office	3
Lea Hayes	Life Enrichment	3
Garrett Hessler- Widdop	Central Services	2
Aimee Schmidt	Life Enrichment	2
Ashley Duckworth	Nursing	1
Chasity Boyd- McDowell	Nursing	1









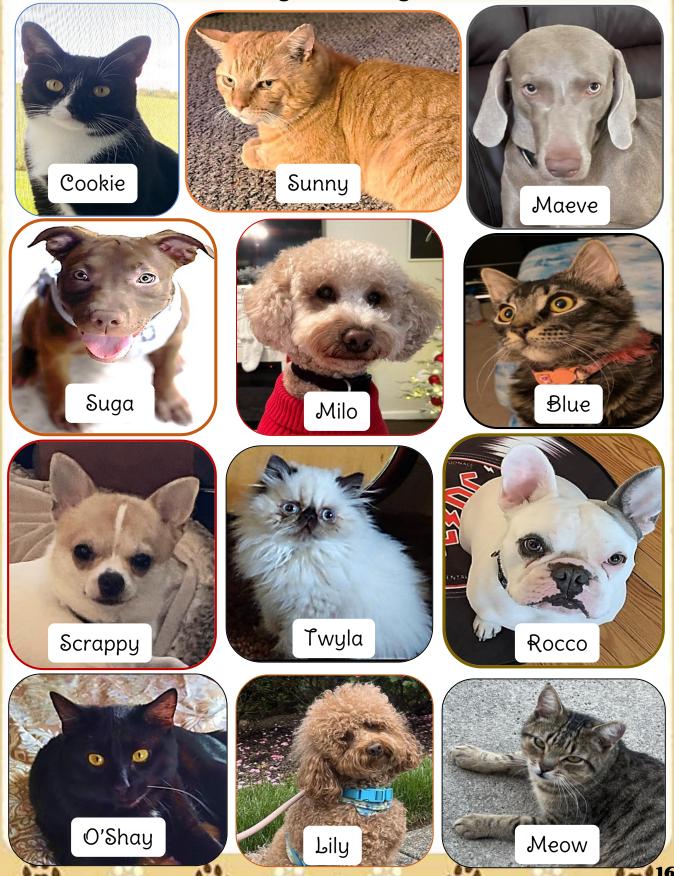








Thank you to all the employees who shared
The story of their four legged furry family members
through out the years.



### HOLIDAY COLORING PAGE



## HOW MANY DID YOU SNOOP? There are 14 "Elves"

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.

### 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.











### **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.

### 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 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.



Auditorium &

Channel 22

\*Invite Only\*

House Bingo

Channel 22

# December 2025



Change\*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 2:30 PM Auxiliary Cash BINGO Auditorium	2 10:15 AM Talking Book Family Room 2:30 PM House Bingo Channel 22	2:15 PM December's Birthday Bash *Invite Only* Family Room 2:15 PM Bible Study with Chaplain Ivan Aud. & Chan.22	4 11:00 AM Color & Chat Family Room 2:15 PM Card Club Family Room 2:30 PM Rosary - Chapel	5 2:15 PM Card Club Family Room 2:15 PM Purple Heart Party Auditorium *Invite Only*	6 10:15 AM The Boy Scouts Christmas Caroling Auditorium 2:15 PM Music by John Bauer Aud. & Chan. 22
7 2:15 PM Church with (communion) from Chaplain Ivan 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	2:15 PM Pictures with Santa Auditorium	11:00 AM Color & Chat Family Room 2:15 PM Card Club Family Room 2:30 PM Hartford Party Auditorium *Invite Only*	12 2:15 PM Card Club Family Room 2:15 PM Dominoes Family Room 3:30 PM Happy Hour Family Room *Invite Only*	13 10:15 AM Puzzle Your Mind Family Room 2:15 PM Anita's Christmas Party *Invite Only* Auditorium
14 2:15 PM Church with Chaplain Stephanie Auditorium & Channel 22	15 2:15 PM Kelly's Kristmas Krafting Korner Family Room	16 10:15 AM Talking Book Family Room 2:30 PM House Bingo Channel 22	17 2:15 PM Memorial Service 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 Green & Red Party Auditorium *Invite Only*	20 10:15 AM L.V. Chinese Church Christmas Program Auditorium 2:15 PM Music by Robin & Jim Aud. & Chan. 22
2:15 PM Church with Chaplain Ivan Auditorium & Channel 22	2:15 PM Holiday House Movie: "Miracle on 34th Street" Channel 22	23 10:15 AM Talking Book Family Room 2:30 PM House Bingo Channel 22	2:15 PM Christmas Eve Service with Chaplain Stephanie Aud. & Chan.22	25 10:15 AM Puzzle Your Mind Family Room 2:15 PM Music by Johnny K. Aud. & Chan. 22	2:15 PM Card Club Family Room 2:30 PM Splash of Color Family Room	27 10:15 AM Shayna Grohman Performance Auditorium 2:15 PM Music by Lorri Woodward Aud. & Chan. 22
28 2:15 PM Church with Chaplain Stephanie	29 2:15 PM Spice Girls Cooking Family Room	30 10:15 AM Talking Book Family Room 2:30 PM	31 2:15 PM NYE Party Auditorium			*Programs Subject To