

# SUNSHINE NEWS

January 2026 Cedarbrook Allentown Senior Care & Rehab





# Sunshine News

January 2026



Published monthly. Funded by Lehigh County taxpayers dollars.  
CEDARBROOK SENIOR CARE AND REHAB  
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**Jason Cumello, MBA, NHA**  
Director/Administrator

**Michelle Julian, RN, BSN, MS, NHA**  
Assistant Administrator

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**Teresa Samuels, RN, BSN, CNLTC**  
Director of Nursing Services

**Donna Pendrak, RN**  
Assistant Director of Nursing Services

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**Eduardo Fernandes**  
Director of Facilities

**Wilfredo Aguila**  
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Director of Environmental Services

**Jessica Brokate**  
Director of Human Resources

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**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, 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, 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](https://www.facebook.com/cedarbrookseniorcareandrehab)  
[website: https://www.cedarbrookseniorcare.com](http://www.cedarbrookseniorcare.com)



Senior Care & Rehab



# THE BUZZ... AROUND CEDARBROOK

## HAPPY NEW YEAR

Happy New Year everyone  
The old year has ended & 2026 has begun  
It seems that time goes by so fast  
And in the blink of an eye, the old year has passed  
I really don't like the cold & the snow  
Because when I go out in snow or ice  
I'll be sure to fall on my keister once or maybe even twice  
So kids, while you're young, run, jump, & frolic in the snow  
Because winter will be over before you know.

Written & Submitted by  
Jean Larison

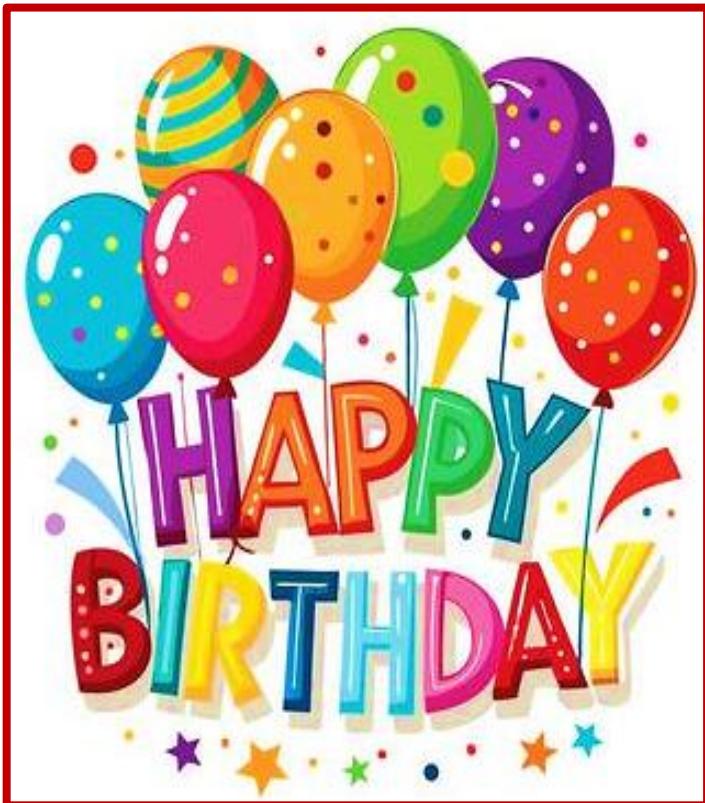
### NEW RESIDENTS

Barbara Waltz  
Barbara Greene  
Nancy Guth  
Joan Rau

WHOOP...THERE IT IS!  
Can you SNOOP...  
Where it is?  
FIND ALL THE  
"Ice Skates"



(Answer on page 16)



Arlene Schappell	1st
Frances Harrington	2nd
William "Matt" Post	3rd
Iris Rosa	4th
Joan Hale	4th
Gregoria Munoz Roman	4th
Brenda Fritz	4th
Jacqueline Peters	7th
Gloria McNamara	9th
Earl Schmoyer	11th
Nanci Werling	13th
Jerome Mazeikas	15th
Angelita Seguinot	15th

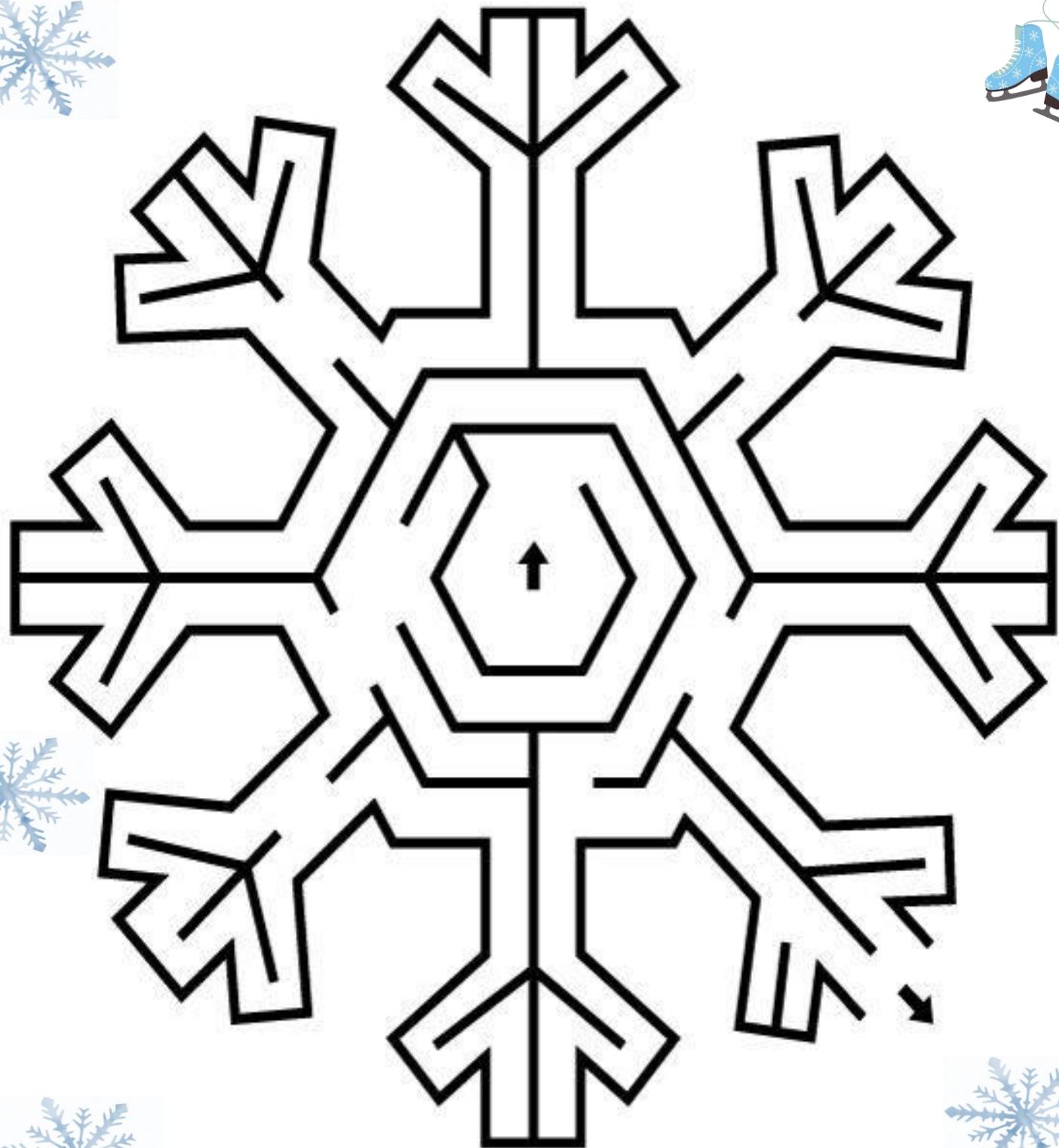


Donald Brandon	16th
Katherine Shumack	18th
Helen Powell	19th
Barbara Oister	20th
Edward Fynes Jr.	20th
Jeffrey Kleinsmith	22nd
Charles Heffentrager	25th
Beatrice Millner	28th
Ruth Johnson	29th
Marlene Saeger	29th
Katarina Zamolyi	29th
Janice James	31st





# Snowflake Maze





## Easy Apple Cider



**Prep Time:**

5 mins

**Cook Time:**

1 hr

**Total Time:**

1 hr 5 mins

**Servings:**

8

### Ingredients

- 1 (64 fluid ounce) bottle apple cider
- 3 cinnamon sticks
- 1 teaspoon whole allspice
- 1 teaspoon whole cloves
- $\frac{1}{3}$  cup brown sugar

### Directions

1. Gather all ingredients.

2. Combine apple cider and cinnamon sticks in a slow cooker.

3. Place allspice and cloves onto the center of an 8-inch square piece of cheesecloth.

4. Gather edges of the cheesecloth together and tie to secure; place in the slow cooker. Stir in brown sugar. Cook on High, covered, until mixture is steaming and sugar has dissolved. Reduce heat to Low and keep warm.



January marks the start of a new year because of the Gregorian calendar, which was adopted from the Roman calendar reform that designated January 1st as the first day. This change was a nod to the Roman god Janus, the god of beginnings, and a way to mark the new year at the beginning of the civil and political year when newly elected Roman consuls took office. While other cultures historically marked their new year on different dates, January 1st is now the most widely recognized day for the new year globally.

In a Christian view, January signifies new beginnings through the lens of Christ's incarnation and the potential for spiritual renewal, symbolized by the **Epiphany** and the feast of the **Holy Name of Jesus**. January is a time to reflect on and recommit to one's faith life, making resolutions that are rooted in a desire for deeper prayer, a closer relationship with God, and living out the "new creation" promised in 2 Corinthians 5:17. (2 Corinthians 5:17 states that "if anyone is in Christ, they are a new creation; the old has gone, the new is here". This verse signifies a complete transformation for a believer, where their old moral and spiritual condition has passed away, and a new life has begun through faith in Jesus.) This spiritual renewal is not just about personal goals, but about allowing Christ to transform one's life and help them fulfill God-appointed duties.

## Spiritual significance of January

- ❖ **Christ's Revelation:** The Feast of the Epiphany (January 6th) commemorates the revelation of Christ to the Gentiles, a new beginning for the world, which reminds believers of new insights and transformation opportunities in their own lives.
- ❖ **Holy Name of Jesus:** January is dedicated to the Holy Name of Jesus, celebrating the name that is above all names and renewing hope for a new year.
- ❖ **Ordinary Time:** As the liturgical season of Christmas gives way to Ordinary Time, the green color of the vestments symbolizes hope and new life, representing the sprouting seed and the hope of a glorious resurrection.
- ❖ **Spiritual Renewal:** January is an ideal time for Catholics to recommit to spiritual practices, such as daily prayer and deeper reflection, making their relationship with Jesus the top priority for the year.
- ❖ **Stewardship of God's Gifts:** The month is also seen as a time for stewardship, which includes focusing on one's spiritual, family, health, and material life to live more fully for Christ.

Chaplain Stephanie Jones



# CEDARBROOK- ALLENTOWN HAPPY NEW YEAR! VOLUNTEERS

JAN.  
2026

## New Opportunities

### GIFT SHOP VOLUNTEERS

Help us to build our Cedarbrook Gift Shop Team!

We're looking for friendly faces who want to spend quality time helping our residents shop around on Mon. Wed. & Fri. from 1pm - 4pm. Let us know if you'd like to be trained!

### CHEERS TO HAPPY HOUR!

Want to spend some social time connecting with our residents? Join us for our Happy Hours throughout the month on Friday's starting at 3:30pm. Reach out to Schedule

### WEEKEND WARRIOR

We're looking for weekend Entertainment & Spiritual Volunteer Help every Saturdays & Sundays from 1:45pm - 3:30pm. Let us know if your looking to be a weekend volunteer warrior!



## HAPPY NEW YEAR!

Welcome your New Year in 2026 through Connection & Community.

We're here to help your New Year begin Healthy & Well. Start out fresh by rejuvenating yourself - finding a purpose that best fits you!

Connect with our Cedarbrook Community through a variety of Volunteer Opportunities.

We're here to help you Shine Brightly this New Year and help to Cultivate more of you!

Join our Cedarbrook Volunteer Team  
Reach out to Adrian Bachman  
610-336-5684  
adrianbachman@lehighcounty.org

## Upcoming Events

### Happy New Year!

Thurs. Tanya & Marge 1:45pm

### Feliz Dia de Reyes

Wed. Jan. 7<sup>th</sup> 1:30pm

### Big Birthday Bash

Mon. Jan. 26<sup>th</sup> 1:45pm

### Weekend Events

Every Sat. & Sun. 1:45pm - 3:30pm

# Residents' Council Meeting Minutes Monday – December 8, 2025

- Marilyn Barker, Vice President called meeting to order.
- Karen Snyder, Secretary, read the highlights from the November meeting.
- Marilyn Barker, Vice President, read the Resident's Rights for December.
- Marilyn Barker, Vice President, welcomed the new residents admitted in November.



## Resident's Rights for December:

### NOTICE OF RIGHTS – Sec. 1919(c)(1)

Your nursing facility must inform you orally and in writing, at the time of your admission to the facility, of your legal rights while you are a resident of the facility. A written statement of your rights must also be provided to you by your nursing facility upon reasonable request.

## Old Business:

- From the last meeting there was a concern brought up regarding cleanliness of the bathroom on B3.
- ES tech deep cleaned the restroom; an inspection was done. Education regarding cleaning bathroom on daily basis was provided.

## New Business:

- Jason Cumello (Administrator)
- Mentioned that the E-Wing continues to progress nicely.
- Wishes everyone a Merry Christmas and Happy Holidays.

## 2026 Resident Council Voting results:



## 2026 Resident Council Board members!

President - Jean Larison  
Vice President - Karen Snyder  
Secretary - Eleanor Snyder



## Resident Concerns / Comments:

- B3 - Asked if the flyers that are posted in the elevators regarding food events/ gifts would be placed around the unit for those who do not use elevator often.
- Rhett answered. He will post flyers around the unit for all residents to see.
- D2 - Spoke on another resident's behalf regarding toileting/ bed schedule .
- D2 - Inquired about why he couldn't independently leave his room after a fall.
- D2 - Inquired about getting a small table in the tub room where clothing can be placed when showering.
- D2 - Brought up concern regarding wait time regarding toileting.



## Announcements:

- The next meeting will be held Monday, January 12th 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	EMPLOYEE	DEPARTMENT	YEARS
Lisa Barachie	Nursing	36	Blama Sheriff	Nursing	4
Rebecca Schraden	Life Enrichment	32	Michelle Persing	Nursing Office	3
Patrice Shafnisky	Nursing	31	Samantha Lovera	Nursing	2
Charity Horn	Nursing	28	Shaquenta Turnquest	Nursing	2
Robin McFetridge	Nursing	28	Jessica Walk	Nursing	2
Karen Strohl	Nursing Office	20	Lora Naratil	Nursing	2
Marisol Irizarry	Life Enrichment	20	Stephanie Jones	Faith Services	2
Allen Meck	Physical Therapy	16	John Czipoth	Facilities	2
George Joseph	Nursing	15	Angel Rotz	Environmental	2
Eduardo Fernandes	Facilities	10	Rita Santiago	Environmental	2
Irena Waskiewicz	Nursing	10	Tshimambu Phanzu	Nursing	1
Jamie Alkhoury	Environmental	9	Delores James	Nursing	1
Brenda Faust	Nursing	9	Amelia Hertzog	Nursing	1
Lori Bione	Nursing	8	Dakota Holder	Nursing	1
Mouna Zaghtiti	Social Services	8	Jolene Corvino	Nursing Office	1
Marie Saintfelix	Nursing	7	John Garner	Life Enrichment	1
Michaelle Charles	Nursing	5			



# Snow Facts



- 1. SNOWFLAKES AREN'T THE ONLY FORM OF SNOW.**
- 2. SYRACUSE TRIED TO MAKE SNOW ILLEGAL.**
- 3. IT IS A MYTH THAT NO TWO SNOWFLAKES ARE EXACTLY THE SAME.**
- 4. THE LARGEST SNOWFLAKE MIGHT HAVE BEEN 15 INCHES WIDE.**
- 5. SNOW IS TRANSLUCENT, NOT WHITE.**





# NEW YEAR WORD SEARCH

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

Ball Drop  
Celebrate  
Confetti  
Countdown  
Eve

Family  
Festive  
Fireworks  
Happy New Year  
Hat  
January

Kiss  
Midnight  
Parade  
Party  
Resolution

# In Loving Memory

Francis Harper

Marian Boehm

Edward Hessinger

Terry Berryman

Walter Zimmerer

Roseanne Wartella

Richard Coukart



REMEMBERING....

GOODBYES ARE NOT FOREVER,  
NOT THE END. THEY SIMPLY  
MEAN I'LL MISS YOU  
UNTIL WE MEET AGAIN



## "The Great Protein Debate: How Much Is Enough?

Protein is one of the three main nutrients that your body needs, along with carbohydrates and fats. It is made up of smaller units, called amino acids, which are used as building blocks to build and repair tissues. Everything from your muscles and bones to skin, hair, and hormones relies on protein to function. Protein helps your body grow, heal, and stay strong.



**Protein supports many vital functions within the body. It...**

- helps to maintain muscle
- supports the immune system
- keeps bones strong
- plays a role in repairing cells and tissues after illness or injury.

If you don't get enough protein, you may feel tired, lose muscle, or heal more slowly from wounds or surgery.

According to the Dietary Guidelines for Americans, protein should make up 10- 35% of your daily calories. For someone eating 2000 calories per day, this would be 50-175 grams of protein, since protein provides 4 calories per gram.

This wide range of protein recommendations allows for flexibility depending on your age, activity level, health goals, and personal dietary needs. People who are more active or looking to build or maintain muscle may benefit from higher protein intake.

Most people are able to meet their protein needs from food sources. Including a variety of protein foods helps to make sure you are getting all of the building blocks your body needs.

It helps to spread your protein foods throughout the day. Protein foods can make you feel full sooner, making it difficult to eat a lot at once. Including a protein with every meal and snack allows you to eat smaller portions throughout the day while still meeting your goals.

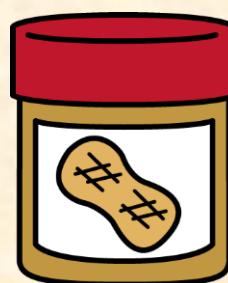
### Tips For Protein:

- Kick off your day with a protein-rich breakfast
- Make protein a priority for lunch, dinner, and snacks
- Keep protein on hand – canned fish or beans are shelf stable options
- Make protein easy on the go – bag up mixed nuts and seeds for homemade trail mix



### Protein Rich Foods:

- 3 oz chicken / turkey breast, pork loin, lean ground beef
- 3 oz fish, shrimp, and other seafood
- 6 oz cottage cheese, Greek yogurt
- 2-3 eggs
- 8 oz milk
- 1 cup beans
- 1 cup oatmeal
- 2 Tbsp nut butter"



# Winter WORD SCRAMBLE

WSNO

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TNIEWR

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CEI

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IEDLDGN

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FRZENO

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OFTSR

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ICE SAINGTK

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WNDI

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OSWN ABLL

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CAEPLIFRE

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WAOMNNS

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OFKLEWNAS

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OVSGEL

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ATH

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## HOW MANY DID YOU SNOOP?

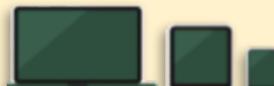


There are **21**  
**"Ice Skates"**

### Attention Visitors And Staff:

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

Wi Fi



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.

## 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

## 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.



## LOST AND FOUND



## 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.

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.



# JANUARY 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> 10:15 AM Puzzle Your Mind Family Room <b>2:15 PM</b> Music with Tanya and Marge Aud. & Chan.22	<b>2</b> 10:00 AM Shabbat Chapel <b>2:15 PM</b> Card Club Family Room	<b>3</b> 10:15 AM Puzzle Your Mind Family Room <b>2:15 PM</b> Music with John Bauer Aud. & Chan.22
<b>4</b> 2:15 PM Church with (communion) from Chaplain Ivan Auditorium & Channel 22	<b>5</b> 2:30 PM Auxiliary Cash BINGO Auditorium	<b>6</b> 10:15 AM Talking Book Family Room <b>2:30 PM</b> House Bingo Channel 22	<b>7</b> 2:15 PM Bible Study with Chaplain Stephanie Aud. & Chan.22 <b>2:15 PM</b> Feliz Dia de Los Reyes Aud.	<b>8</b> 11:00 AM Color & Chat Family Room <b>2:15 PM</b> Card Club Family Room <b>2:30 PM</b> Rosary - Chapel	<b>9</b> 2:15 PM Card Club Family Room <b>2:15 PM</b> Dominos Family Room <b>3:30 PM</b> Happy Hour *Invite Only* Family Room	<b>10</b> 10:15 AM Puzzle Your Mind Family Room <b>2:15 PM</b> Spanish Church Service Aud.
<b>11</b> 2:15 PM Church with Chaplain Stephanie Auditorium & Channel 22	<b>12</b> 2:15 PM Residents' Council & Food Committee Meeting Aud. & Chan.22 <b>3:30 PM</b> SS Newsletter Meeting - Aud.	<b>13</b> 10:15 AM Talking Book Family Room <b>2:30 PM</b> House Bingo Channel 22	<b>14</b> 2:15 PM Bible Study with Chaplain Ivan Aud. & Chan.22	<b>15</b> 11:00 AM Color & Chat Family Room <b>2:15 PM</b> Card Club Family Room <b>2:30 PM</b> Catholic Mass Aud. & Chan.22	<b>16</b> 2:15 PM Card Club Family Room <b>2:15 PM</b> House Movie: Snow Dogs Aud.	<b>17</b> 10:15 AM Puzzle Your Mind Family Room <b>2:15 PM</b> Music with Johnny K. Aud. & Chan. 22
<b>18</b> 2:15 PM Church with Chaplain Ivan Auditorium & Channel 22	<b>19</b> 2:15 PM Kelly's Crafting Korner Family Room	<b>20</b> 10:15 AM Talking Book Family Room <b>2:30 PM</b> House Bingo Channel 22	<b>21</b> 2:15 PM Bible Study with Chaplain Stephanie Aud. & Chan.22 <b>2:15 PM</b> January Birthday Party Family Room	<b>22</b> 11:00 AM Color & Chat Family Room <b>2:15 PM</b> Card Club Family Room	<b>23</b> 2:15 PM Card Club Family Room <b>2:15 PM</b> House Games with Marisol Aud.	<b>24</b> 10:15 AM Puzzle Your Mind Family Room <b>2:15 PM</b> Music with Rob Ballonoff Aud. & Ch.22
<b>25</b> 2:15 PM Church with Chaplain Stephanie Auditorium & Channel 22	<b>26</b> 2:15 PM Big Birthday Bash With Kevin Macintire Auditorium	<b>27</b> 10:15 AM Talking Book Family Room <b>2:30 PM</b> House Bingo Channel 22	<b>28</b> 2:15 PM Bible Study with Chaplain Ivan Aud. & Chan.22	<b>29</b> 11:00 AM Color & Chat Family Room <b>2:15 PM</b> Card Club Family Room <b>2:15 PM</b> Spice Girls Cooking Show *Invite Only* Family Room	<b>30</b> 2:15 PM Card Club Family Room <b>2:15 PM</b> Winter Sip and Paint Family Room <b>2:15 PM</b> House Movie Chan.22	<b>31</b> 10:15 AM Puzzle Your Mind Family Room <b>2:15 PM</b> House Games Aud.