

SUNSHINE NEWS

January 2026 Cedarbrook Allentown Senior Care & Rehab





Sunshine News

January 2026

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

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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>



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

Welcome

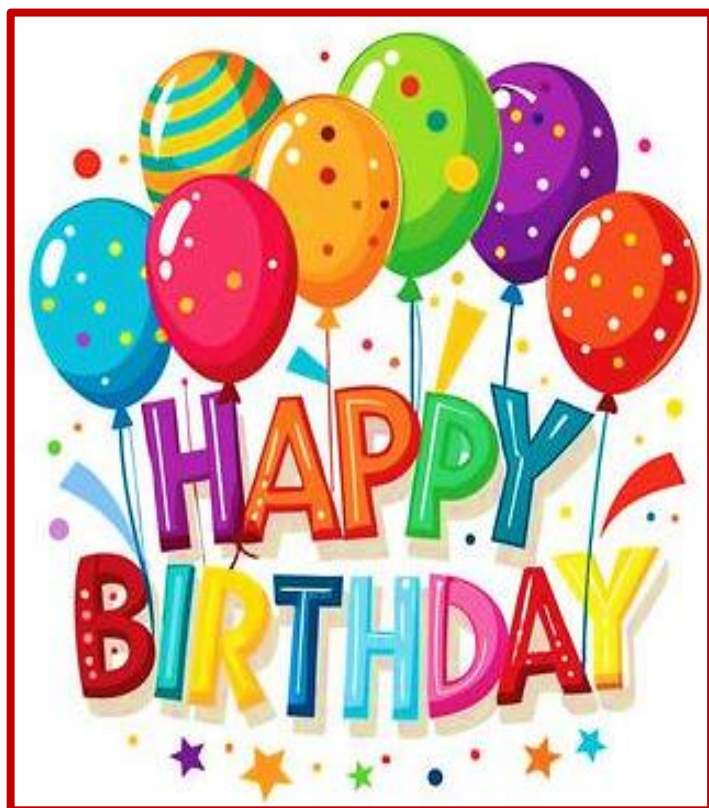
NEW RESIDENTS

Barbara Waltz
Barbara Greene
Nancy Guth
Joan Rau

WHOOOP...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

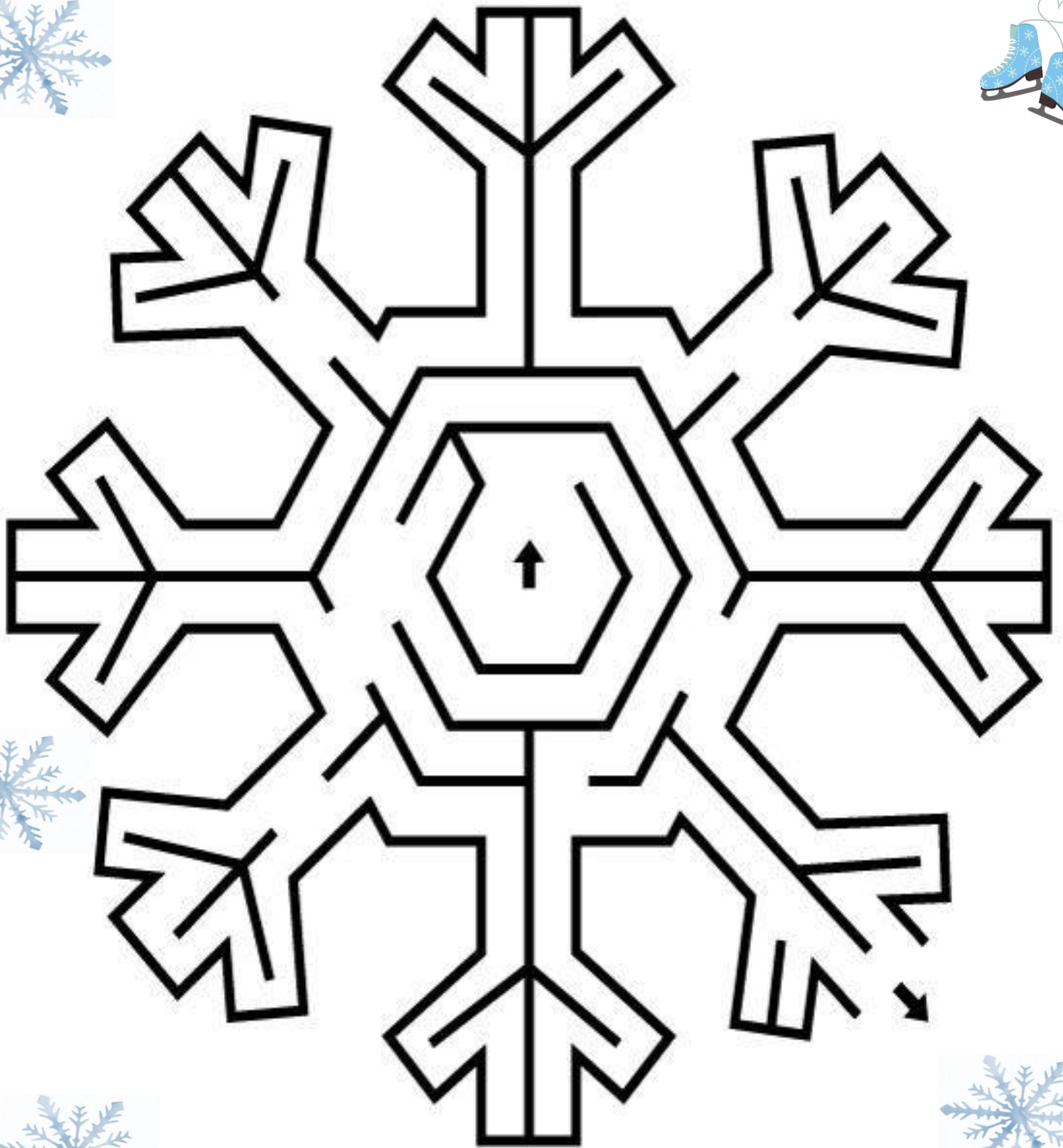


Donald Brandon	16th
Katherine Shumack	18th
Helen Powell	19th
Barbara Oister	20th
Edward Fynes Jr.	20th
Jeffrey Kleinsmith	22nd
Charles Heffentrager	25th
Beatrice Millner	28th
Ruth Johnson	29th
Marlene Saeger	29th
Katarina Zamolyi	29th
Janice James	31st





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.





CHAPLAIN'S CORNER



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.

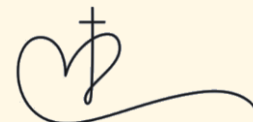
In a Christian view, January signifies new beginnings through the lens of Christ's incarnation and the potential for spiritual renewal, symbolized by the **Epiphany** and the feast of the **Holy Name of Jesus**. January is a time to reflect on and recommit to one's faith life, making resolutions that 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, celebrate 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. 7th 1:30pm

Big Birthday Bash

Mon. Jan. 26th 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	N	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 roll 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.

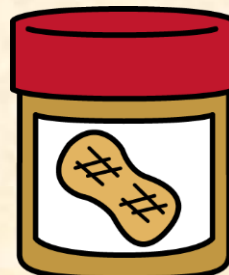
Tips For Protein:

- 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

TNIEWR

CEI

IEDLDSGN

FRZENO

OFTSR

ICE SAINGTK

WNDI

OSWN ABLL

LODC

OHT OACOC

CAEPLIFRE

WAOMNNS

OFKLEWNAS

OVSSEL

ATH



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.



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:

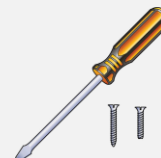
- ♦ *Listening to your concerns*
 - ♦ *Respecting your choices*
 - ♦ *Offering ideas and options to help
you meet your individual needs*
 - ♦ *Services are free and confidential*
- Contact your local Ombudsman
(484) 619-3337**

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



1 10:15 AM
Puzzle Your Mind
Family Room
2:15 PM
Music with Tanya
and Marge
Aud. & Chan.22

2 10:00 AM
Shabbat
Chapel
2:15 PM
Card Club
Family Room

3 10:15 AM
Puzzle Your Mind
Family Room
2:15 PM
Music with John
Bauer
Aud. & Chan.22

4 2:15 PM
Church with
(communion) from
Chaplain Ivan
Auditorium &
Channel 22

5 2:30 PM
Auxiliary Cash
BINGO
Auditorium

6 10:15 AM
Talking Book
Family Room
2:30 PM
House Bingo
Channel 22

7 2:15 PM
Bible Study with
Chaplain Stephanie
Aud. & Chan.22
2:15 PM
Feliz Dia de Los
Reyes
Aud.

8 11:00 AM
Color & Chat
Family Room
2:15 PM
Card Club
Family Room
2:30 PM
Rosary - Chapel

9 2:15 PM
Card Club
Family Room
2:15 PM
Dominoes
Family Room
3:30 PM
Happy Hour
Invite Only
Family Room

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

11 2:15 PM
Church with
Chaplain
Stephanie
Auditorium &
Channel 22

12 2:15 PM
Residents'
Council & Food
Committee
Meeting
Aud. & Chan.22
3:30 PM
SS Newsletter
Meeting - Aud.

13 10:15 AM
Talking Book
Family Room
2:30 PM
House Bingo
Channel 22

14 2:15 PM
Bible Study with
Chaplain Ivan
Aud. & Chan.22



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

16 2:15 PM
Card Club
Family Room
2:15 PM
House Movie:
Snow Dogs
Aud.

17 10:15 AM
Puzzle Your Mind
Family Room
2:15 PM
Music with Johnny
K.
Aud. & Chan. 22

18 2:15 PM
Church with
Chaplain Ivan
Auditorium &
Channel 22

19 2:15 PM
Kelly's Krafting
Korner
Family Room

20 10:15 AM
Talking Book
Family Room
2:30 PM
House Bingo
Channel 22

21 2:15 PM
Bible Study with
Chaplain Stephanie
Aud. & Chan.22
2:15 PM
January Birthday
Party
Family Room

22 11:00 AM
Color & Chat
Family Room
2:15 PM
Card Club
Family Room

23 2:15 PM
Card Club
Family Room
2:15 PM
House Games with
Marisol
Aud.

24 10:15 AM
Puzzle Your Mind
Family Room
2:15 PM
Music with Rob
Ballonoff
Aud. & Ch.22

25 2:15 PM
Church with
Chaplain
Stephanie
Auditorium &
Channel 22

26 2:15 PM
Big Birthday
Bash
With
Kevin Macintire
Auditorium

27 10:15 AM
Talking Book
Family Room
2:30 PM
House Bingo
Channel 22

28 2:15 PM
Bible Study with
Chaplain Ivan
Aud. & Chan.22



29 11:00 AM
Color & Chat
Family Room
2:15 PM
Card Club
Family Room
2:15 PM
Spice Girls
Cooking Show
Invite Only
Family Room

30 2:15 PM
Card Club
Family Room
2:15 PM
Winter Sip and
Paint
Family Room
2:15 PM
House Movie
Chan.22

31 10:15 AM
Puzzle Your Mind
Family Room
2:15 PM
House Games
Aud.