

HILLSIDE NEWS

January 2026 Cedarbrook Fountain Hill Senior Care & Rehab



Hillside News

January 2026

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

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Chaplain Laura Stone - Faith Services

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Tara Pendrak, RN, BSN, MSN - Assistant Director of Nursing

Lisa Lasko - Health Information Coordinator

Jessica Sanchez - Director of Social Services

Amber Surman - Assistant Director of Social Services

Heidi Heffelfinger - Social Worker

Lynn Emrey - Social Worker

Eduardo Fernandes - Director of Facilities

Michael Herkalo - Building Superintendent

Ricardo Cintado - Director of Environmental Services

Francis Andrews - Asst. Director of Environmental Services

Tim Picerno - Director of Rehab

Edward Lyons - Assistant Director of Rehab

Torie Yackanicz - Clinical Nutrition Manager

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](https://www.cedarbrookseniorcare.com)



THE HAPPENINGS AT THE HILL...

JANUARY SPECIAL PROGRAMS

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

1/1 WHAT'S NEW IN 2026 – 2:30PM
1/4 MASS & ROSARY - 2:30PM
1/5 JANUARY WATERCOLORS - 10:30AM
1/5 DIA DE LOS REIGNA (3 KINGS DAY) CELEBRATION – 2:00PM
1/6 BINGO BUCKS BINGO - 10:30AM
1/7 JANUARY BIRTHDAY PARTY - 2:30PM
1/8 VISITS WITH LV HUMANE SOCIETY - 10:30AM
1/8 RESIDENTS' COUNCIL - 2:30PM
1/9 COTTON CANDY & CRAFTS WITH THE CARE TEAM - 2:00PM
1/10 TV GAMES WITH JENNA – 10:30AM
1/12 SCATTERGORIES: - 10:30AM
1/12 CRAFT CORNER: CRAFT STICK SNOWFLAKES – 2:30PM
1/13 LE GAMES & PEACH MELBA - 2:30PM
1/14 BAKING BONANZA: HAM & SWISS STUFFED CROISSANTS - 2:30PM
1/15 CRANIUM CRUNCHERS – 2:30 PM
1/16 MUSIC BY RICK FOCHT – 2:30PM
1/17 CREATIVE COLORING WITH LISA – 10:30AM
1/19 MLK JR.: THE VOICE HEARD AROUND THE WORLD DISCUSSION & TRIVIA - 10:30AM
1/19 BLIZZARD BOUQUETS WITH THE BGC – 2:30PM
1/21 MEMORIAL SERVICE - 2:30PM
1/22 MEN'S GROUP: THE ICE KING- WAYNE GRETZKY – 10:30AM
1/22 TIC-TAC-TOE CORNHOLE – 2:30 PM
1/23 ICE CREAM SOCIAL– 2:30 PM
1/24 WHITE BOARD GAMES WITH BONNY – 10:30 AM
SUPERHERO WEEK JANUARY 26 THROUGH JANUARY 30
1/26 SUPERHERO TRYOUT - 10:30AM
1/26 COMIC BOOK CRAFT: CREATE YOUR OWN CAPE – 2:30PM
1/27 LE GAMES & COMIC CUPCAKES – 2:30PM
1/28 SUPERHERO SHOOT- OUT – 2:30PM
1/29 NAME THAT SUPERHERO – 10:30AM
1/29 SUPERHERO CINEMA: - 2:00PM
1/30 COMIC BOOK CARICATURES – 2:00PM
1/31 PUZZLE YOUR MIND WITH ENISA – 10:30AM



(ANSWER ON PAGE 16)

HAPPY BIRTHDAY

HARRIET WEHR	5TH
LAVERNE COWLING	7TH
BARABARA GOWER	8TH
JILL SHIVE	12TH
MARGARET KRUPA	12TH
REBECCA TRANSUE	16TH
SHIRLEY PALMIERI	17TH
CELESTE KRIZIN	21ST
CLAUDIA SOLIVAN	22ND
WILLIAM JERMYN	26TH
KATHLEEN ROWE	29TH
SUZANNE TREXLER	30TH

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

Cedarbrook - Fountain Hill

HAPPY
NEW
YEAR!

VOLUNTEERS

JAN.
2026

New Opportunities

COFFEE SOCIAL & CHAT

Join us for some Coffee & Quality Connection every Friday at 10:30am for Coffee Social & Chat! Reach out to Schedule.

BINGO TUESDAYS!

Help us have fun and get our minds moving with Bingo every Tuesday mornings at 10:30am. This is a great way to connect with others while having some fun!

NEW YEAR GAMES

If your looking to add some fun into your New Year check out our Life Enrichment Games with us every Tuesday starting at 2:30pm. Each week will feature a different game for you to help us play! Let us know how to join and get involved.



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

Coffee Social Fridays!

Every Friday - 10:30am

Dia de Los Reigna (3 Kings Day)

Mon. Jan. 5th 2:00pm

Superhero Week!

Mon. Dec. 26th - Create your own Cape:
2:30pm

Wed. Dec. 28th - Superhero Shoot-Out:
2:30pm



EMPLOYEE ANNIVERSARIES



EMPLOYEE	DEPARTMENT	YEARS
Maria Moreno	Nursing	22
Jennifer Dancs	Nursing	21
Keisha Lockley	Environmental	18
Tara Pendrak	Nursing Office	16
Florence Ochieng	Nursing	6
Lyndsay Kemmerer	Nursing	5
Maria Wisk	Central Services	5
Aquila Hudson	Nursing	4
Taneisha Parker	Nursing	1
Cristine Brown	Nursing	1
Molly Pahl	Life Enrichment	1



DIETICIAN CORNER

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"



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



Residents' Council Meeting Minutes December 11th 2025

- Jude Tonzola, President, called the Residents' Council meeting to order.
- Minutes from November's Residents' Council meeting were read by Patricia Stuber, Secretary.
- Jude asked for a motion to accept September's meeting minutes as read. Nancy Savage moved to accept the motion, and it was seconded by Alice Uhl.
- Patricia Stuber read the list of the New, Deceased and Discharged residents since November 14th through today.
- Jude Tonzola read The Resident's Right for December:

Freedom of Choice – You have the right to choose a personal attending physician and to be fully informed in advance about the care and treatment you will receive; to participate in planning your care and treatment; and to be fully informed in advance of any changes in your care plan or treatment.

Old Business:

- Amber Surman went over the referral from the last Resident Council meeting.

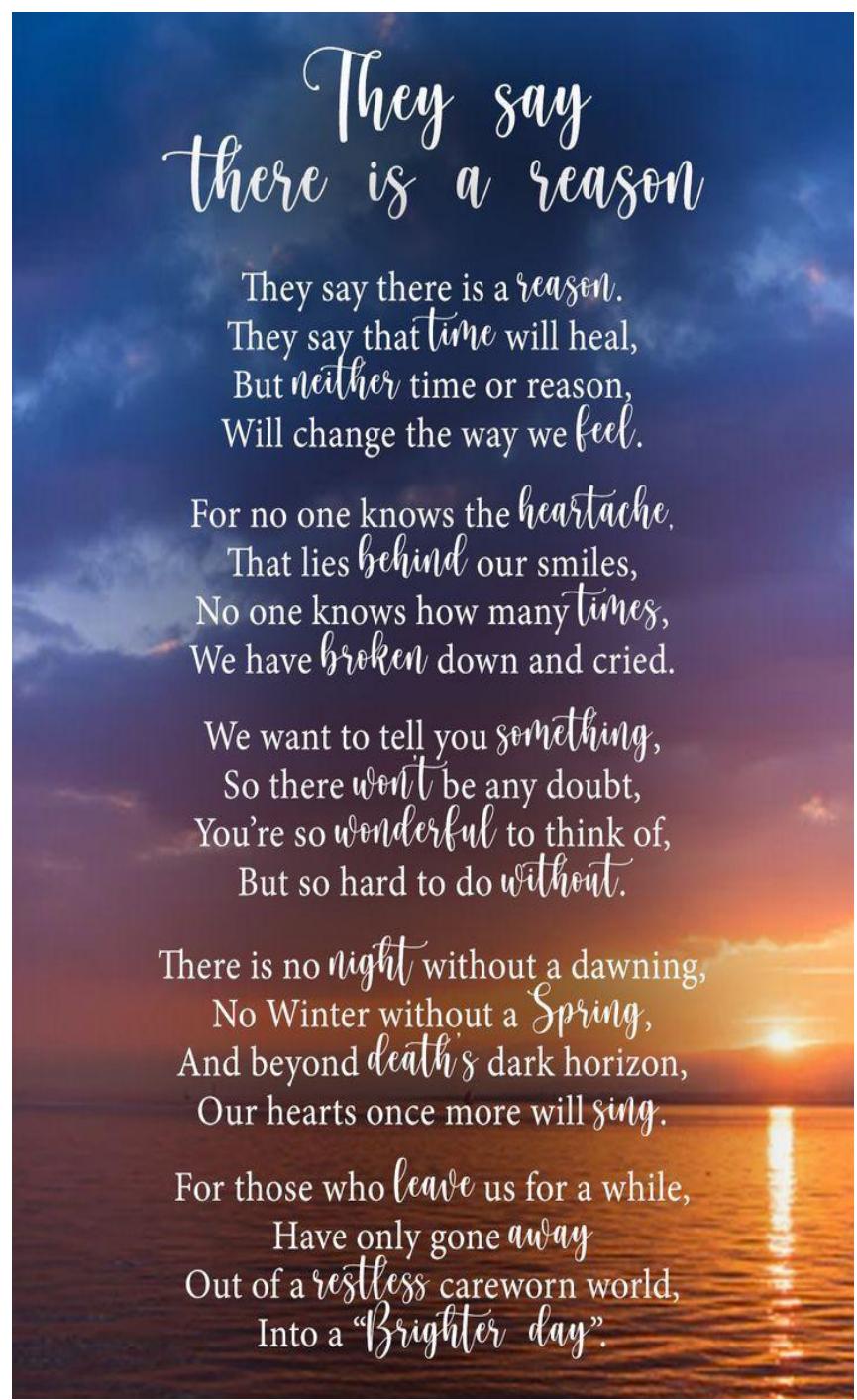
New Business:

- Amber Surman announced who would like to be nominated for new 2026 Residents' Council Officers. The nominations for President are Jude Tonzola and Alice Uhl, Vice President are Patricia Smith and Elizabeth Landis, Secretary is Patricia Stuber. Voting will take place at the next meeting.

Residents Concern/Comments:

- No resident concerns at this time.

The next Residents' Council Meeting will be held on January 8th 2026 at 2:30pm in the Main Dining Room.



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.

Winter WORD SCRAMBLE

WSNO

TNIEWR

CEI

IEDLDGN

FRZENO

OFTSR

ICE SAINGTK

WNDI

OSWN ABLL

LODC

OHT OACOC

CAEPLIFRE

WAOMNNS

OFKLEWNAS

OVSGEL

ATH



Americans drink 360 million glasses of champagne on NYE

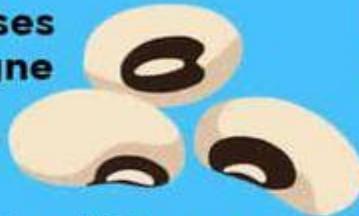


New Years Eve is December 31



New Years Day is January 1

Eating Black Eyed Peas on New Years Day is Good Luck



NEW YEARS FUN FACTS

In Mt. Olive, North Carolina they watch a 3-foot pickle drop



Throwing a bucket of water out the window will drive away evil spirits



The color of your undies could bring you good things that next year



The Tournament of Roses Parade has run since 1890.

Kiss someone at midnight and you will have love over the next 12 mos



Over 1 Million People are at the ball drop in Time Square



Lobster & Chicken are considered Bad Luck to be eaten on New Years



Open Windows & Doors to let out the old





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.



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.

* **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.

LOST AND FOUND

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.

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 SEE?

**There are
12
“Champagne Glasses”**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January 2026						
CEDARBOOK FOUNTAIN HILL						
* ALL PROGRAMS ARE SUBJECT TO CHANGE						
4	2:30pm Mass & Rosary	10:30am January Water Colors	5	10:30am Bingo Bucks	10:30am Motivational Movement	1 NEW YEAR'S DAY
5	2:00pm Dia de Los Re却na (3 Kings Day) Celebration	1:30pm Bible Study	6	10:30am Needles & Hooks	2:30pm What's New in 2026?	2 10:30am Fun Facts with Cat
11	2:30pm Church with Chaplain Laura	10:30am Scattergories	12	10:30am Bingo	10:30am Visits with the LVHS	3 2:30pm Bingo
18	2:30pm Church with Chaplain Laura	1:30pm Bible Study	19	10:30am Bible Study	10:30am What's New in 2026?	10:30am Coffee Social & Chat Matinee: The Princess Bride
25	2:30pm Church with Chaplain Laura	1:30pm Bible Study	26	10:30am Bingo	10:30am Name That Superhero	10:30am Coffee Social & Chat Matinee: The Princess Bride
1	10:30am January Water Colors	2:30pm LE Games	2	10:30am Needles & Hooks	10:30am Name That Superhero	10:30am Coffee Social & Chat Matinee: The Princess Bride
13	2:30pm Craft Corner: Peach Melba for Craft Stick Snowflakes	1:30pm Bible Study	14	10:30am Needles & Hooks	10:30am Morning Movement	10:30am Coffee Social & Chat Matinee: The Princess Bride
20	2:30pm Blizzard Bouquets with the BGC	2:30pm LE Games	21	10:30am Needles & Hooks	2:30pm Baking Bonanza	10:30am Coffee Social & Chat Matinee: The Princess Bride
27	2:30pm Church Try-Outs	1:30pm Bible Study	28	10:30am Needles & Hooks	2:30pm Cranium Ham & Swiss Stuffed Croissants	10:30am Coffee Social & Chat Matinee: The Princess Bride
31	2:30pm Church with Chaplain Laura	1:30pm Bible Study	30	10:30am Needles & Hooks	2:30pm Music by Rick Focht	10:30am Creative Coloring with Lisa
4	2:30pm Mass & Rosary	2:30pm LE Games	5	10:30am Needles & Hooks	2:30pm Bingo	10:30am TV Games with Jenna
11	2:30pm Church with Chaplain Laura	1:30pm Bible Study	12	10:30am Bible Study	2:30pm Bingo	10:30am Coffee Social & Chat Matinee: The Princess Bride
18	2:30pm Church with Chaplain Laura	1:30pm Bible Study	19	10:30am Bingo	2:30pm Memorial Service	10:30am Coffee Social & Chat Matinee: The Princess Bride
25	2:30pm Church with Chaplain Laura	1:30pm Bible Study	26	10:30am Bingo	2:30pm Tic-Tac-Toe	10:30am Coffee Social & Chat Matinee: The Princess Bride
1	10:30am January Water Colors	2:30pm LE Games	2	10:30am Needles & Hooks	2:30pm Cornhole	10:30am White Board Games with Bonny
8	2:30pm Church with Chaplain Laura	1:30pm Bible Study	9	10:30am Needles & Hooks	2:30pm Ice Cream	10:30am Coffee Social & Chat Matinee: The Princess Bride
15	2:30pm Church with Chaplain Laura	1:30pm Bible Study	16	10:30am Morning Movement	2:30pm Tic-Tac-Toe	10:30am Coffee Social & Chat Matinee: The Princess Bride
22	2:30pm Church with Chaplain Laura	1:30pm Bible Study	23	10:30am Needles & Hooks	2:30pm Cornhole	10:30am White Board Games with Bonny
29	2:30pm Church with Chaplain Laura	1:30pm Bible Study	30	10:30am Needles & Hooks	2:30pm Superhero Shoot-Out	10:30am Puzzle Your Mind with Enisa
3	10:30am January Water Colors	2:30pm LE Games	4	10:30am Needles & Hooks	2:30pm Comic Book	2:30pm Bingo
10	2:30pm Church with Chaplain Laura	1:30pm Bible Study	11	10:30am Needles & Hooks	2:30pm Comic Book	2:30pm Bingo
17	2:30pm Church with Chaplain Laura	1:30pm Bible Study	18	10:30am Needles & Hooks	2:30pm Superhero Shoot-Out	2:30pm Bingo
24	2:30pm Church with Chaplain Laura	1:30pm Bible Study	25	10:30am Needles & Hooks	2:30pm Superhero Shoot-Out	2:30pm Bingo
31	2:30pm Church with Chaplain Laura	1:30pm Bible Study	32	10:30am Needles & Hooks	2:30pm Superhero Shoot-Out	2:30pm Bingo
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724 DELAWARE AVENUE, FOUNTAIN HILL, PA, 18015 *ALL PROGRAMS ARE IN THE MDR UNLESS OTHERWISE SPECIFIED

Australia Day (Observed)

Marin Luther King Jr. Day