

SUNSHINE NEWS

February 2026 Cedarbrook Allentown Senior Care & Rehab

FOR
YOU





Sunshine News

February 2026



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CEDARBROOK SENIOR CARE AND REHAB
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Medical Director

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Director of Nursing Services

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Assistant Director of Nursing Services

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Building Superintendent

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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

Marnie Distasio, Sherry Geiger, Lea Hayes, Marisol Irizarry, Benjamin Mathew,
Kaysi Reyes- Meza, Aimee Schmidt, Becky Schraden, Jen Sparling,
Sharon Starling-Phillips, Emily Strohl, Cathy Yeager

THE MEANING OF C.H.O.I.C.E.S.

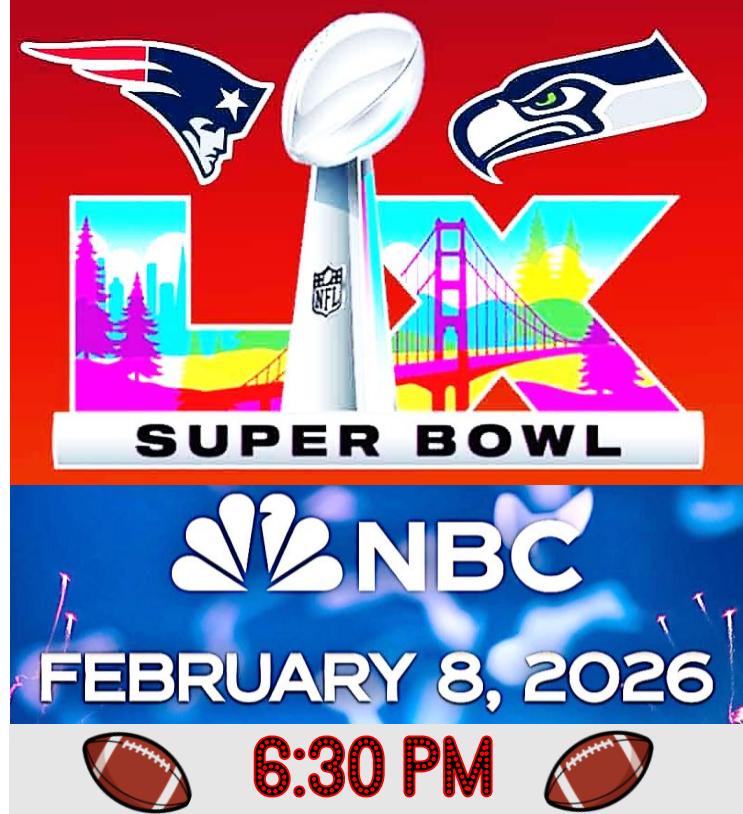
Adopted by Cedarbrook employees in 2006, Cedarbrook's mission proudly states a commitment to residents and relatives who need senior care. When Lehigh County families choose Cedarbrook, they are selecting a

"Community with Heart Offering Individualized Care and Excellent Service."



THE BUZZ... AROUND CEDARBROOK

TUNE IN FOOTBALL FANS



WISHES FOR SENIORS

WE WILL TRY TO ACCOMMODATE

- ❖ If there is something you would like to do but you never did, now is your chance to ask for what you would like to do, *be a kid.*
- ❖ Don't bother to try to wish upon a star, because our WISHES COMMITTEE is much more available by far.
- ❖ Our Life Enrichment Department will even help you fill out the papers you need to do, so your head won't be spinning & feeling like you are in a zoo.



WHOOP...THERE IT IS!

Can you **SNOOP...**

Where it is?

FIND ALL THE

**"Valentine's Day
Cards"**



(Answer on page 16)



Joyce Herbst

Joan Rau

Rosa DeJesus Ortiz

Warren Henritzy

Jacob Hammond

Lucille Kern

Donna Haas

Shirley Henion

Agnes Smith

Richard Barlip

Nancy Bahr

Anneliese Nadler

Dennis Wolf

4th

5th

6th

7th

8th

10th

13th

14th

18th

20th

20th

27th

27th

FEBRUARY'S NATIONAL FUN FOOD DAYS

Feb. 1: National Dark Chocolate Day



Feb. 2: National Tater Tot Day



Feb. 3: National Carrot Cake Day

Feb. 4: National Homemade Soup Day

Feb. 6: National Frozen Yogurt Day



Feb. 9: National Pizza Day

Feb. 11: National Latte Day



Feb. 12: National Biscotti Day



Feb. 13: National Cheddar Day



Feb. 15: National Gumdrop Day



Feb. 17: National Cabbage Day



Feb. 20: National Muffin Day



Feb. 23: National Banana Bread Day



Feb. 24: National Tortilla Chip Day



Feb. 27: National Strawberry Day



Feb. 28: National Chocolate Souffle Day



Feb. 29: National Surf and Turf Day



8 BILLION

Annually, over 8 billion hearts are manufactured.



IN 1866

This year, we first got sweet printed messages on conversation hearts.

VALENTINE'S DAY FACTS

IN 1861

Cadbury introduced the first heart-shaped box of chocolate to commemorate the day of hearts.



145 MILLION

Millions of Valentine's Day cards are sent out by Americans each year. Other countries have not been included yet.

TEACHERS

Of all professions, teachers receive the most Valentine's Day cards each year making them the most loved among all working employees.

IN THE 1300s

Valentine's Day officially became a holiday for couples and lovers.





Valentine's Word Search

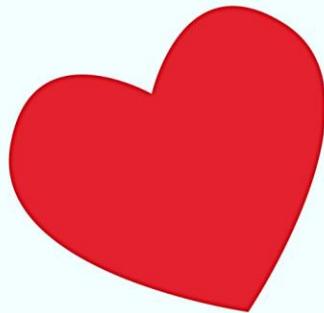


E	O	Z	M	W	A	Y	E	Z	Z	J	D	J	N	U	C	P	L	P	D
Y	I	A	P	S	S	Q	C	P	V	M	Y	U	S	J	U	J	L	N	F
T	O	A	F	R	V	H	A	B	E	R	Z	D	D	M	D	M	E	L	U
Y	E	R	I	S	E	D	R	N	C	C	A	R	N	A	T	O	N	H	
Q	E	A	P	O	E	M	B	P	N	L	R	P	Y	H	R	W	B	V	O
D	I	P	U	C	A	Y	M	L	A	C	C	L	E	F	E	E	A	N	R
B	J	R	G	N	H	D	E	M	M	N	K	A	C	R	M	L	H	Q	J
H	S	O	N	A	T	E	T	V	O	O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

CARNATION
CHARMED
CHERISH
COURTING
COURTSHIP
CRAZY
CRUSH
CUPID
DARLING
DESIRE

DEVOTION
EMBRACE
FLAME
FLIRT
FLOWERS
FRIEND
GIRLFRIEND
HEART
HEARTTHROB
HOLIDAY

HONEY
HUG
KISS
LIKE
LOVE
POEM
ROMANCE
ROSE
SWEETHEART
VALENTINE





EMPLOYEE ANNIVERSARIES



EMPLOYEE	DEPARTMENT	YEARS
Jennifer Bortz	Nursing	31
Ned Borger	Facilities	30
Stacey Diehl	Nursing Office	26
Jessica Torres	Nursing Office	24
Edward Yost	Environmental	16
Clifford Murray	Environmental	14
Diane Berger	Nursing	11
Diane Mack	Environmental	11
Jennifer Wright	Resident Assessment	10
Maria Rivas	Nursing	9
Lucille Campbell	Nursing	8
Lynette Haynes	Laundry	8
Leeann Herbst	Nursing	4
Leecette McLeod	Nursing	2
Bisannie Soto-Velez	Nursing	2
Esther Kimani	Nursing	2
Adrienne Mesics	Financial	2
Courtney Brabham	Environmental	2
Nicole Schmick	Nursing	1
Trevon Crosby	Nursing	1
Lova Gustama	Nursing	1
Amanda Esterly	Nursing	1



great
JOB



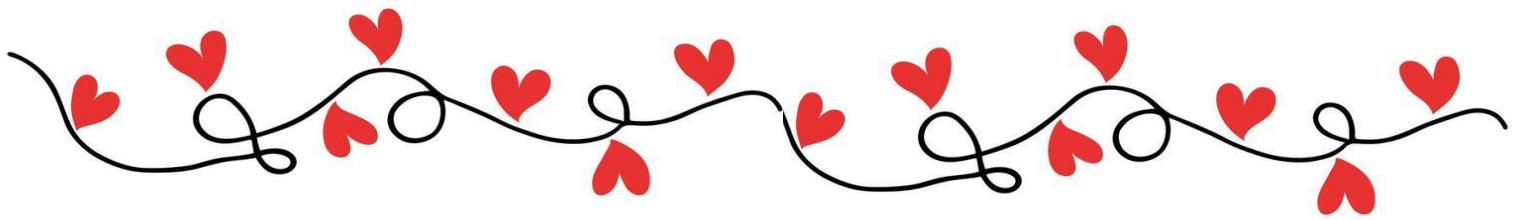
THANK
YOU



We Appreciate you

SO MUCH!





Chocolate-Covered Strawberries

Cook Time:

5 mins

Total Time:

20 mins

Servings:

24

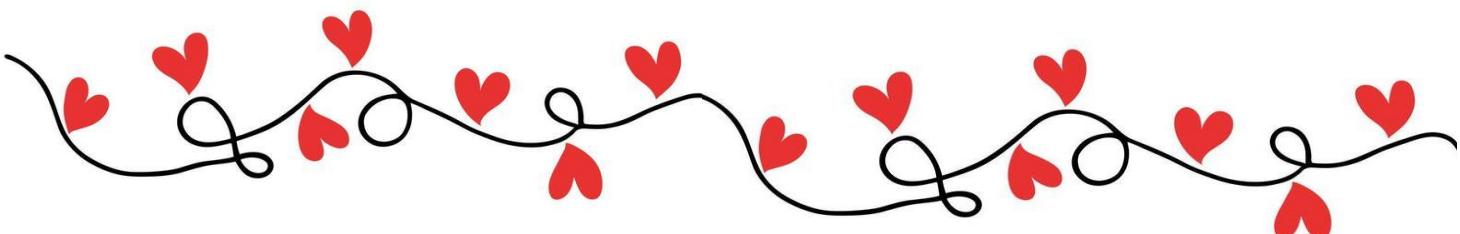
Ingredients

- 16 ounces milk chocolate chips
- 2 tablespoons shortening
- toothpicks (for dipping)
- 1 pound fresh strawberries with leaves



Directions

1. Gather all ingredients.
2. Melt chocolate and shortening in a double boiler, stirring occasionally until smooth.
3. Insert toothpicks into tops (stem ends) of strawberries. Hold a strawberry by the toothpick and dip it into the chocolate mixture.
4. Turn the strawberry upside down and insert the toothpick into a Styrofoam block or place strawberry on a sheet of waxed paper; allow chocolate coating to cool. Repeat with remaining strawberries.
5. Enjoy!





SHARE
THE
LOVE!

CEDARBROOK- ALLEN TOWN VOLUNTEERS

FEB.
2026

New Opportunities

GIFT SHOP VOLUNTEERS

Spread the Love and help to sell some sweet treats this month while volunteering in the Gift Shop with us! You'll connect with other volunteers and get to see new resident faces. Come and join us for some hands-on learning!

NEW PROGRAMS!

Looking for something different and new? We have new Programs coming to our residents and you! Reach out for more information on how to become involved and make hearts happy!

ENTERTAINMENT EXCITEMENT

Help us out on Saturday's for weekend Entertainment! Come and Join us on Saturdays for transport at 1:45pm - 3:45pm. Join in on all of the Excitement!

SPIRITUAL SUNDAY'S

Join us on Sundays for Church from 1:45pm- 3:30pm. We're also looking for Communion Helpers once per month. Reach out if you're interested in joining!



~ A Heartfelt Sentiment ~

Thank you Cedarbrook Volunteer Team for Sharing your Heart with us each and every day! We all look forward to seeing and spending time with you. You keep our hearts going, so we don't skip a beat!

Please Reach out to Schedule Volunteering Today!

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



Upcoming Events

Happy Valentine's Day!

Fri. Feb. 13th Valentine's Party 2:15pm

Mardi Gras!

Tues. Feb. 17th at 2:30pm

Kelly's Krafting Korner

Mon. Feb. 16th at 2:15pm

Spice Girls

Thurs. Feb. 26th at 2:15pm



Valentine's Day

WORD SCRAMBLE

VEOL

ORMECNA

ESRHAT

ENVTAIELN

IUCDP

UHG



SKSI

DFSNRIE

HSEATREWET

CYAND

LOWESFR

AHTRE

DIOYALH

ACTOEOLCH

SFIGT

ARCD



(Answers on page 16)





CHAPLAIN'S CORNER



"I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing." (John 15:5)

I am not quite old enough to remember the times of racial segregation in our country, but I recently read about Ruby Bridges, an African-American girl who was six years old in 1960 when the federal government desegregated public schools in New Orleans.

Ruby had to be escorted to and from school by federal marshals. Hateful mobs gathered every day to intimidate her and to vent their hatred. Ruby walked the gauntlet every day, and never seemed to be bothered by the racial epithets hurled her way. When it became clear that she intended to stay, the parents of the white students pulled their children out of the school, so Ruby ended up as the only student in that school that year. It was just Ruby, the federal marshals, a teacher, and the ugly mobs.

Dr. Robert Coles was a Harvard psychiatrist at the time. He went to New Orleans to talk to Ruby and write a scholarly paper about her experience. Coles expected Ruby to be deeply disturbed by this experience, but when he first interviewed Ruby and her mother, both kept saying they were fine. But Coles assumed that they must have been feeling great turmoil, so he persisted in looking for a way to get them to talk about it. Then Ruby's teacher told Coles that the child is happy and cheerful in school, and that as she walks with the marshals through the ugly crowds, she seems to be talking to herself.

Coles asked Ruby about what her teacher had said, and the little girl explained that she wasn't talking to the people in the street, but rather that she was just saying a prayer for them. Coles asked why, and Ruby said, "Because they need praying for." Then Coles asked her why she thinks she needs to pray for them, and Ruby said, "Because I should." Her mother explained that Ruby has always been taught that it is important that she pray for people, so each day she asks forgiveness for her tormentors.

Ruby's parents taught her about Jesus, encouraging her faith, so that God could prepare her—prune her—to bear abundant fruit. She changed the world more in that year than most of us could in a lifetime. Her faith kept fear at bay. She remained in Jesus—*she abided in him*. Jesus was a part of her life—as real to her as her father and mother.

Jesus said: "If you remain in me, and my words remain in you, you will ask whatever you desire, and it will be done for you" (John 15:7).

That happened for Ruby. Her prayers for the ugly mob had their effect. The mob didn't go away in a day—or a week—or even a month. The mob came every day to shout at her—to try to intimidate her—and she kept praying for them. And eventually the mob went away—and the schools were integrated—and people learned to live in peace.

Let us remember Ruby when we are facing life's challenges, especially now. Remember her faith—her patience—her prayers. Remember that God was helping her. God is helping us too. It might not seem like it at the moment, but God is answering our prayers—if we are abiding in Jesus. And about this, Jesus said, "In this is my Father glorified, that you bear much fruit, and so you will be my disciples" (John 15:8). Indeed, as we abide in Jesus—and bear much fruit—and become his disciples—we glorify the Father. And through us the Father blesses our lives and the lives of others we meet, and all who know us will in turn bless others. In these fearful times, let us pray for others, "because," as Ruby said, "they need praying for."





In Loving Memory

Shirley Bortz
Carol Kercher
James Vanduzer
Andrew Klusaritz
Cecilia Krempasky

faith



Your legacy lives
on in the lives
you touched



Gone from our
sight, but never
from our hearts

MARDI GRAS

The feast before the fast

Fat Tuesday

In French, "Mardi Gras" means "Fat Tuesday." Traditionally, it is the last day for Catholics to indulge before Ash Wednesday, marking the beginning of the sober weeks of fasting that come with Lent.



Masks required



Yes, it's illegal to ride on a float without a mask! The original purpose of the mask was to get rid of social constraints for the day, allowing people to mingle with whomever they chose.

First time in the US



The holiday arrived in North America in the late 17th century with the LeMoyne brothers who had come to defend France's claim on Louisiana.

New Orleans parades



New Orleans has been celebrating Fat Tuesday with parades since 1837. The first floats appeared in the parades in 1857.

Residents' Council Meeting Minutes Monday – January 12th, 2026

- Jean Larison, President, called the meeting to order.
- Eleanor Snyder, Secretary, read the highlights from the December meeting.
- Jean Larison, President, read the Resident's Rights for January.
- Jean Larison, President, welcomes the new residents admitted in December.

Resident's Rights for January

RIGHTS OF INCAPACITATED RESIDENTS – Sec. 1919(c)(1)

If you are judged incapacitated under the laws of the state, a person will be appointed under state law to act on your behalf.



Old Business:

- Rhett discussed the old business from the last meeting in December
 - A resident report of their room being too cold. A new thermostat was installed and temperature was re-checked.
 - D2 – question was brought up about toileting and bed schedules. Nursing Supervisor's met with the resident and the resident did not wish to have any changes be made regarding their care plan.
 - A concern was brought up regarding a resident independently leaving their room. Resident was informed that there were no restrictions placed for them and them not being able to leave independently.
 - Another concern was brought up regarding care on 3rd shift. Review was initiated and completed to the resident's satisfaction.
 - A request to have a small table be placed in the female tub room for placing clothing. An order for a small table has been placed.



New Business:

- Jason Cumello (Administrator)
 - Mentioned that a new County Executive for Lehigh County has been elected and his name is Josh Siegel.
 - E-Wing progress is going well. In route for completion late summer, no later than Labor Day.
- Teresa Samuels (DON)
 - Reminded everyone we are in Flu season.
 - If you're feeling different, whether you have a fever, chills, sweating, headache, or feeling tired please report to your nurses. They will follow-up to make sure you're doing okay.
- Jean Larison – RC President
 - Wanted to let everyone know that there is a committee called "**Wishes**" available to all residents
 - If there is anything you wish to have like a tablet or anything else you would like, residents can see their Life Enrichment staff on their units and they will help with the filling out of paperwork so that your wish could come true.

Resident Concerns / Comments:

The dietary meeting is held after this meeting. Please ask questions concerning dietary at that time.

- There were no concerns or questions from the residents at this meeting.

Announcements:

- The next meeting will be held Monday, February 9th at 2:15 pm in the Auditorium.
- Residents are invited to attend the Food Committee meeting immediately following Residents' Council.
- The meeting was adjourned.

WHO, WHERE, WHEN, WHAT MONTH IS IT?



February is the shortest month of all
But it still is a special month to recall-



Most people think of Groundhog Day on the 2nd when we all talk about Punxsutawney Phil and groan when he sees his shadow.



Valentines Day (14th) is the day for sweethearts to get engaged or even married.



But let's not forget about the Presidents who were born this month. That was part of our history lessons back in our time.

We remember George Washington, the first one, as "Father of our Country" (22nd) and Abraham Lincoln (12th) for freeing the slaves (the Emancipation Proclamation).

In the good old days, we got a day off of school because of their birthdays so that made it special.



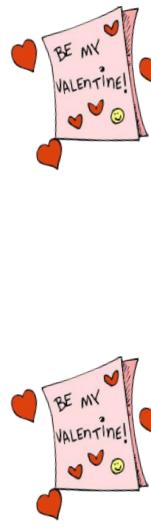
We also have Ronald Reagan (6th) who is remembered mostly as a movie star.

Not many people recall William Henry Harrison (6th) who served only 32 days as President and passed away from pneumonia. He gave his inaugural address in the freezing cold with no coat which lead to his demise.

In comparison, the old time presidents ran the country well, now a days they are leading us to "hedoublehockeysticks"!



Written & submitted by,
Jean Larison





NEW RESIDENTS

Iris Rosa

Linda Breiner

Judith Wisser

Wayne Snyder

Virginia Haas

Nanci Werling

Audrey Lewis

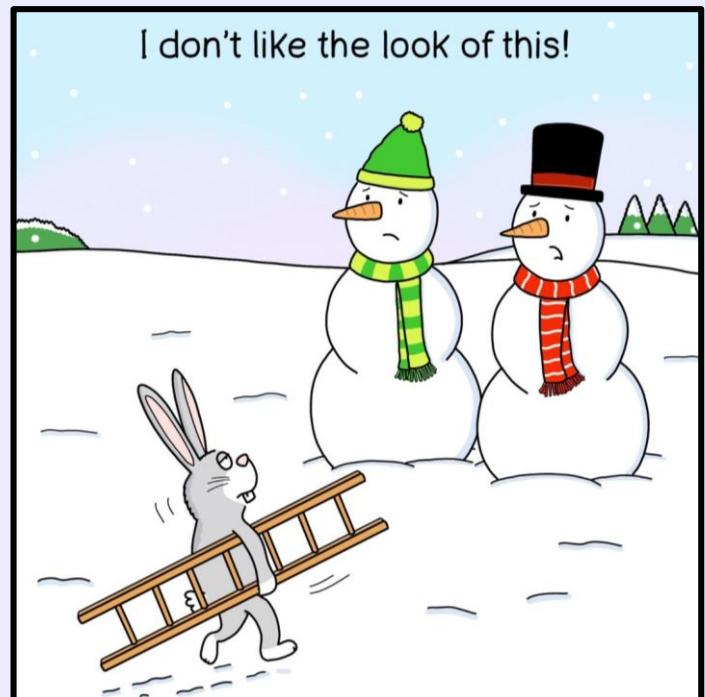
Marcos Rodriguez

Herman Weiss

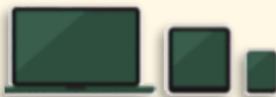
Catherine Macsisak

Suzanne Fonzone

Charlu Schott



HOW MANY DID YOU SNOOP? There are 19 "Valentine's Day Cards"



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.

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.

Attention Visitors And Staff:
For The Safety Of Our Residents,
Please DO NOT Use Push Pins In Resident Rooms.



NEED A REPAIR? SOMETHING FIXED?

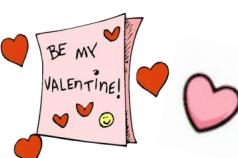


HERE'S HOW TO GET IT DONE...

Any resident having difficulties with equipment such as lights, radios, beds, 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.

Word Scramble Answers

1. Love
2. Romance
3. Hearts
4. Valentine
5. Cupid
6. Hug
7. Kiss
8. Friends
9. Sweetheart
10. Candy
11. Flowers
12. Heart
13. Holiday
14. Chocolate
15. Gifts
16. Cards



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



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.





FEBRUARY 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 2:15 PM Church with Chaplain Ivan Auditorium & Channel 22 	2 2:30 PM Auxiliary Cash BINGO Auditorium 	3 10:15 AM Talking Book Family Room 2:30 PM House Bingo Channel 22	4 2:15 PM February Birthday Bash *Invite Only* Family Room 2:15 PM Bible Study Aud. & Chan.22	5 11:00 AM Color & Chat Family Room 2:15 PM Card Club Family Room 2:30 PM Rosary - Chapel	6 2:15 PM Card Club Family Room 2:15 PM Superbowl Party Auditorium *Invite Only* 	7 10:15 AM Puzzle Your Mind Family Room 2:15 PM Music by Danny Grae Aud. & Chan. 22
8 2:15 PM Church with Chaplain Ivan Auditorium & Channel 22	9 2:15 PM Residents' Council & Food Committee Meeting Aud. & Chan.22 3:30 PM SS Newsletter Meeting Auditorium	10 10:15 AM Talking Book Family Room 2:30 PM House Bingo Channel 22	11 2:15 PM Bible Study Aud. & Chan.22 	12 11:00 AM Color & Chat Family Room 2:15 PM Card Club Family Room 2:30 PM Splash of Color Family Room	13 2:15 PM Card Club Family Room 2:15 PM Valentine's Party with Robin & Jim Aud. & Chan. 22 	14 10:15 AM Puzzle Your Mind Family Room 2:15PM Spanish Church Service Aud. & Chan. 22 
15 2:15 PM Church with Chaplain Ivan Auditorium & Channel 22	16 2:30 PM House Bingo Channel 22 	17 10:15 AM Talking Book Family Room 2:30 PM Mardi Gras Party Auditorium 	18 2:15 PM Ash Wednesday Service Aud. & Chan.22 	19 11:00 AM Color & Chat Family Room 2:15 PM Card Club Family Room 2:30 PM Catholic Mass Family Room	20 2:15 PM Card Club Family Room 2:15 PM House Movie Auditorium 	21 10:15 AM Puzzle Your Mind Family Room 2:15 PM Music by Veronica Aud. & Chan. 22
22 2:15 PM Church with Chaplain Ivan Auditorium & Channel 22	23 10:15 AM Warm Hearts Coffee Social Family Room 2:15 PM Happy Hearts Zumba Auditorium 	24 10:15 AM Talking Book Family Room 2:30 PM House Bingo Channel 22	25 2:15 PM Memorial Service Aud. & Chan.22 	26 11:00 AM Color & Chat Family Room 2:15 PM Card Club Family Room 2:30 PM Spice Girls Cooking Family Room *Invite Only*	27 2:15 PM Card Club Family Room 2:15 PM House Movie Channel 22 2:15 House Games with Cathy Auditorium *Invite Only*	28 10:15 AM Puzzle Your Mind Family Room 2:15 PM Music by Kris Phipany Aud. & Chan. 22