

Hillside News

Cedarbrook Fountain Hill Senior Care & Rehab
September 2026



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724 Delaware Avenue Bethlehem, PA 18015
Phone: 610-691-6700 Fax: 610-867-2332 Hotline: 610-336-9604
Do you have a concern, question, is something bothering you?
Come talk to us so that we can help you solve it.

Jason Cumello, MBA, NHA
Director Administrator

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

Natalia Villamil
Administrative Assistant

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Medical Director

Teresa Samuels, RN, BSN, CNDLTC
Director of Nursing

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Assistant Director of Nursing

Eduardo Fernandes
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Michael Herkalo
Building Superintendent

Ricardo Cintado
Director of Environmental Services

Francis Andrews
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Tim Picerno
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Edward Lyons
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Lisa Lasko
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John Garner, ADC/MC
Director of Life Enrichment

Jessica Kelly
Assistant Director of Life Enrichment

Chaplain Laura Stone
Faith Services

Amber Surman
Assistant Director of Social Services

Heidi Heffelfinger
Social Worker

Ashley Merkel
Social Worker

Torie Yackanicz
Clinical Nutrition Manager



Our Mission

It's all about

C.H.O.I.C.E.S.
at Cedarbrook Nursing Homes

*A Community with Heart Offering
Individualized Care and Excellent Service.*

Adopted October 2006



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

THE HAPPENINGS AT THE HILL...

SEPTEMBER SPECIAL PROGRAMS

ALL PROGRAMS ARE IN THE MAIN DINING ROOM UNLESS OTHERWISE STATED

PROGRAMS ARE SUBJECT TO CHANGE

WEATHER PERMITTING FOR OUTDOOR PROGRAMS



- 9/1 BINGO BUCKS BINGO – 2:30 PM
9/2 SEPTEMBER BIRTHDAY PARTY WITH RICK FOCHT – 2:30 PM
9/3 MORNING MOVEMENT – 10:30 AM
9/3 CRAFTY CORNER: CREATE YOUR OWN SWIMSUIT CUT OUT – 2:30 PM
9/4 END OF SUMMER SOCIAL *COURTYARD* – 2:00 PM
9/5 FUN FACTS WITH CAT – 2:30 PM
9/7 WHITEBOARD GAME: OCCUPATIONAL WHEEL OF FORTUNE – 10:30 AM
9/7 PATRIOTIC PROGRAM WITH THE LVMAC – 2:00 PM
9/9 BAKING BONANZA: APPLE PIE PARFAITS – 2:30 PM
9/10 ROSH HASHANAH FACTS & APPLE IN THE ROUND CRAFT – 10:30 AM
9/10 RESIDENTS' COUNCIL – 2:30 PM
9/11 MUSIC WITH DAN BARRICK – 2:30 PM
9/12 TV GAMES WITH JENNA – 2:30 PM
9/14 CREAM FILLED DONUT DAY SOCIAL – 10:30 AM
9/14 MONDAY MATCH – UP: 70s TV CHARACTER GUESS WHO – 2:30 PM
9/16 MEMORIAL SERVICE – 2:30 PM
9/17 MEN'S GROUP: SPORTS LEGENDS OF THE 70s – 10:30 AM
9/17 THIRSTY THURSDAY – 2:30 PM
9/18 ICE CREAM SOCIAL – 2:30 PM
9/19 CREATIVE COLORING WITH LISA – 2:30 PM
9/21 SPANISH CHURCH SERVICE – 10:30 AM
SEPTEMBER 21 THROUGH SEPTEMBER 25: DISNEY WEEK
9/21 "BIBBIDI BOBBIDI BOUQUETS" WITH BGC – 2:30 PM
9/22 "BEAUTY & THE BEAST BINGO" – 2:30 PM
9/23 VIRTUAL VOYAGERS: "MAIN STREET MAGIC" – 2:30 PM
9/24 "DISNEY DECORATING": MAKE YOUR OWN ORNAMENT – 10:30 AM
9/24 "MICKEY MOUSE" MOVIE MATINEE: MULAN – 2:00 PM
9/25 "DISNEY DITTIES" WITH KRISTA SMITH – 2:30 PM
9/26 PUZZLE YOUR MIND WITH ENISA – 2:30 PM
9/28 CRANIUM CRUNCHERS – 10:30 AM
9/28 MONDAY MATCH – UP: "THINK PINK GAME" – 2:30 PM
9/30 CRAFTY CORNER: FALL SUNBURST MIRRORS – 2:30 PM

**KEEP YOUR EYES
PEELED FOR...**



"CHIP & DALE"



*Count Them As A Pair
(Answer on page 16)*





Paulette Crawford	3rd
Marguerite Sandt	7th
Patricia Hair	8th
Alice Lear	13th
Sandra Bolduc	13th
Jacqueline Street	14th
Maria Ruiz	16th
Maryann Galucy	17th
Alice Uhl	19th
Rose Springfield	19th
Candie Gimbar	20th
Leona Snyder	25th

**HAPPY
BIRTHDAY**



hello September

Word Search

Find the September words below.

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

- SEPTEMBER
- AUTUMN
- FALL
- LEAVES
- APPLE
- HARVEST
- PUMPKIN
- SQUASH
- CIDER
- ACORN
- HAYRIDE
- BACK TO SCHOOL
- OUTDOORS
- WEATHER
- JACKET
- TRACTORS
- SUNSET
- FRIENDS



Chaplain's Corner



God's love for humanity is an infinite, unconditional, and everlasting commitment that is clearly shown through creation and the sacrifice of Jesus Christ.

The Source and Purpose of Divine Love

♥ God Is Love

- **The Core Identity:** The Bible teaches that God does not just act with love; God is love itself.
- **The First Cause:** Human love exists only because God loved humanity first.
- **Self-Satisfied and Pure:** God's love is complete within the Trinity of Father, Son, and Holy Spirit. He shares this pure love with people by choice.

♥ Creation as an Act of Care

- **Made with Purpose:** Genesis states that God created human beings in His own image. This gives every person unique value and dignity.
- **Providing Daily Needs:** God watches over the earth and gives food and life to every living creature in its proper season.
- **Intimate Design:** The intricate details of the physical world reflect a Creator who cares deeply about His work.

The Ultimate Sacrifice and Unbreakable Bond

♥ The Gift of Jesus Christ

- **The Greatest Verse:** John 3:16 explains that God loved the world so much He gave His one and only Son, so believers will have eternal life.
- **Initiative, Not Reaction:** God did not wait for humans to love Him back before He cared. He took the first step.
- **Love for the Broken:** Romans 5:8 notes that Christ died for humanity even while people were still acting as sinners.

♥ An Everlasting Connection

Constant Presence: God promises never to leave His people, guiding them through both good times and hard trials.

Nothing Can Separate: Romans 8:38–39 assures believers that death, life, fears, or troubles can never break the bond of God's love in Christ.

A Call to Love Others: Because God loves humanity with this deep passion, people are called to show that same active love to their neighbors.

♥ Key Traits of God's Love

- **Unconditional:** It does not depend on human performance, goodness, or worth. God loves simply because it is His nature.
- **Sacrificial:** The greatest proof of this love is Jesus Christ dying on the cross for human sin.
- **Unchanging:** Human love can fade or fail, but God's love remains constant even when people stumble or fall short.
- **Personal:** It pursues individuals and offers daily mercy, forgiveness, and new beginnings.

When we understand the love that God has for us, His creation, we will come to understand who God truly is, and you will truly know that you are not alone.



Chaplain Ivan Velez



NEVER FORGET
SEPTEMBER 11, 2001



A Day to Remember

Every September 11th
will be a special day to remember.
The people that were lost that day,
will be in our hearts forever.

Firefighters, policemen, and everyday heroes,
came from all around.
That terrible day in 2001,
when the New York Twin Towers came down.

Though September 11, 2001
was an unfortunate point in time,
It brought the country together,
As we all still saw our flag flying.

So even though with time,
Our country started to heal
Our feelings will always be tender,
For every year September 11th,
Will always be a day to remember.

**Written by 4th grader,
Robin Zelaya**



In Loving Memory

*Shirley Palmieri
Vicente Modesti Leon*



Whispered Farewell



In whispers of sorrow
A life we revered,
A soul taken swiftly
With love yet unfurled.
Gone from our sight
Though memories won't fade,
A presence cherished
In each tribute we've made.
But though you've departed,
Our love will remain,
In hearts heavy with loss
Your light will sustain.
Though tears may be shed
We'll find solace in time,
Knowing your spirit lives on
Like the memories in my mind.

EMPLOYEE ANNIVERSARIES

EMPLOYEE	DEPARTMENT	YEARS
Lori Covell	Nursing	23
Christiana Hagan	Nursing	8
Evelyne Famawa	Nursing	8
Roxanne Everett	Resident Assessment	3
Jenna Felices	Environmental	3
Alexzandria Frick	Nursing	2
Victoria Complitano	Nursing	1
Jesica Almodovar	Central Services	1

THANK
YOU

*for the lives
you touch
we appreciate
you*

SO
MUCH



WELCOME
NEW
RESIDENTS!

Cecilia Wechsler
Maria Dectis
William Brandt
John Vlot
Pauline Becklin
Marcia Kuehner



EMPLOYEE PET OF THE MONTH

NAME OF EMPLOYEE AND DEPARTMENT...

Gabriela Sotamba – Life Enrichment

TYPE OF ANIMAL/ BREED...

Domestic black shorthaired cat.



HOW OLD IS YOUR PET?

She is 5 years old.

PET'S NAME, HOW DID YOU COME UP WITH IT?

Tsuki. My older sister wanted to name her Luna, which is Spanish for moon. I said no because that was the same name as the mom cat. I suggested "Tsuki" because it also means moon in Japanese.



HOW AND WHEN DID YOU CHOOSE YOUR PET?

We adopted Tsuki in August 2021 from a friend. My friend lost her cat for about three months and came back pregnant. The mom had a very large litter. We decided to take one of the kittens.



ARE THERE ANY OTHER NICKNAMES FOR YOUR PET?

No, we just call her Tsuki.

DOES YOUR PET DO ANY SPECIAL TRICKS?

She can jump super high when chasing her laser light. She also catches her mouse if you throw it to her.

FUNNIEST MEMORY OF YOUR PET...

My sister left her plate of chicken and rice unattended for a few minutes. When she came back her drumstick was half eaten.



DOES YOUR PET HAVE A FAVORITE TOY OR TREAT?

Tsuki loves cardboard boxes and is obsessed with chicken.

DOES YOUR PET HAVE ANY BAD/ NAUGHTY HABITS THAT DRIVE YOU CRAZY?

It drives me crazy how much she digs in her litterbox. Half of the litter is out of the box and all over the place.



FUN FACTS ABOUT YOUR PET OR THE BREED...

- Black cats have a better immune system. Science suggests that black cats have a genetic advantage where the mutations responsible for their dark fur are linked to a stronger resistance against certain viral infections.



RESIDENT SPOTLIGHT

Alverna Erney **100** Years Young!



On July 29, 1926, in Coopersburg, Pennsylvania, a little girl named Alverna was born. One hundred years later, she has built a life filled with hard work, love, family, faith, wonderful memories, and countless stories worth telling. Growing up on her parents' farm in Pennsylvania, Alverna developed a deep appreciation for the simple things in life. The farm was more than just a place where she lived—it was home. Those early years helped shape the strong, independent woman she would become. Throughout her life, Alverna was never afraid of hard work. She worked in many different factories over the years, contributing to her family and community in whatever way she could. But one of the most rewarding chapters of her working life was her time as a school bus driver. For more than 30 years, Alverna drove a bus, a job she remembers with great pride. She often says that being a bus driver was very rewarding for her, giving her the opportunity to work, meet people, and be part of the lives of generations of children.



To Alverna, her family is her pride and joy. She treasures the love that exists among them and is especially grateful that everyone looks out for one another. No matter what happens, they have each other's backs. That strong family bond is one of the greatest things she has helped create and one of the things she cherishes most. There is perhaps nothing Alverna enjoys more than having her family together around a table. Family gatherings filled with good food, laughter, stories, and memories are among her favorite times. And when it comes to food, she has a particular fondness for Pennsylvania Dutch cooking. She loves just about any kind of Pennsylvania Dutch food, especially when it is shared with the people she loves.

When Alverna isn't surrounded by family, she enjoys the quieter pleasures of life. She loves reading the newspaper and spiritual books, keeping her mind active while staying connected to the world around her. She also enjoys looking through photo albums filled with pictures of her family. Reaching the age of 100 is an extraordinary milestone, but Alverna approaches it with the same independent spirit she has always had. One of the things she is happiest about is that she can still do things for herself. She enjoys her independence and the freedom that comes with it. At 100, she can do things her own way, go to bed whenever she wants, and, as she happily puts it, she doesn't have to listen to anybody! A century of life is more than a number. It is 100 years of stories, lessons, laughter, hard work, family dinners, photographs, faith, and memories. It is six children, many grandchildren and great-grandchildren, decades of work, more than 30 years behind the wheel of a school bus, and a lifetime of love. As Alverna celebrates her 100th birthday, her greatest legacy may not be the jobs she held or the years she lived, but the family she helped build and the love she continues to give. Her family is her greatest pride and joy—and judging by the love they have for her, she is theirs as well.



Residents' Council Meeting Minutes Thursday, August 13, 2026

- Jude Tonzola, President, called the Residents' Council meeting to order.
- Minutes from July's Residents' Council meeting were read by Patricia Stuber, Secretary.
- Patricia Stuber read the list of the new, deceased and discharged residents since July 9th.
- Elizabeth Landis, Vice President, read The Resident's Right for August.



Rights of incapacitated residents – If you are found to be incapacitated under the laws of the state, a guardian will be appointed under state law to act on your behalf.

Old Business:

- Referrals were reviewed by Heidi Heffelfinger, Council Liaison.

New Business:

- No new business was shared at this meeting.



Residents Concern/Comments:

- Resident had a concern about the size of the slot for the elevator doors. Resident feels the wheelchairs wheels get stuck in the slots.
 - A referral will be sent to the proper department.
- A resident had a question about a shower chair.
 - A referral will be sent to the proper department
- Residents had concerns with the quality of personal care. Some residents feels staff members don't perform care to the same standard as others.
 - A referral will be sent to the proper department



Announcements:

Jason Cumello – Administrator



- E-wing update: Construction is proceeding nicely. They are continuing with the drywall installation.



Michelle Julian – Asst. Administrator

- The renovations of the nursing station desks are complete. We are waiting for the final approval from Department of Health.
- Continuation of the update to the Main Dining Room will resume shortly.



Jessica Kelly – Asst. Director of Life Enrichment

- Jessica went over the activities for the remainder of the month of August. Reminded that activity calendars are available to all residents on the back of the Hillside News.
- The new driver has started and trips have continued. If any resident would like to suggest a trip idea, please reach out to the Life Enrichment staff.

Conclusion:

- The next Residents' Council Meeting will be held on September 10th, 2026 at 2:30pm in the Main Dining Room.
- Jude Tonzola made a motion to adjourn the meeting. Meeting was adjourned.
- Residents were invited to attend the Food Committee Meeting immediately following Residents' Council.



LABOR DAY

BY THE NUMBERS



1,790

**AVERAGE NUMBER
OF HOURS WORKED PER PERSON
PER YEAR IN THE U.S.**

11 **PERCENTAGE OF
U.S. EMPLOYEES
WHO WORK MORE THAN
50 HOURS PER WEEK.**

161



**MINUTES MEN SPEND
EACH DAY DOING UNPAID
DOMESTIC WORK
ON AVERAGE IN THE U.S.**

248



**MINUTES WOMEN SPEND
ON THE SAME WORK.**

\$46,440

**AVERAGE ANNUAL SALARY
IN THE U.S. (\$22.33 PER
HOUR FOR FULL-TIME
WORKERS).**



\$235,070

**HIGHEST MEAN SALARY
IN THE U.S.—EARNED BY
ANESTHESIOLOGISTS
(\$113.01 PER HOUR).**



9/5/1882

**DATE OF THE FIRST LABOR DAY HOLIDAY,
HELD IN NEW YORK CITY BY
THE CENTRAL LABOR UNION
TO EXHIBIT "THE STRENGTH AND
ESPRIT DE CORPS" OF TRADE AND
LABOR ORGANIZATIONS.**

1894

**THE YEAR
PRESIDENT GROVER CLEVELAND
SIGNED LEGISLATION MAKING LABOR
DAY A NATIONAL HOLIDAY.**

25.4



**AVERAGE NUMBER OF
MINUTES IT TAKES U.S. WORKERS
TO GET TO THEIR JOBS.**

4.4 **PERCENTAGE
OF COMMUTERS**

**WHO LEAVE FOR WORK BETWEEN
MIDNIGHT AND 4:59 A.M.**



Cedarbrook - Fountain Hill

VOLUNTEERS

SEPTEMBER 2026

New Opportunities

BINGO DAYS!

Come hang out with us on Tuesday afternoons at 2:30pm or Saturday mornings at 10:30am for some Bingo Game Fun! We're excited to have you join in and help us play!

SEPTEMBER AWAKENINGS

Come and Join our Friday morning Coffee Social & Chat at 10:30am. We love waking to the start of the weekend with you!

DISNEY WEEK

Be a part of our morning or afternoon Disney inspired activities. Join us starting the Week of Sept. 21st through Sept. 25th

WEEKEND AFTERNOONS

Get together with us on the weekends for some trivia, mind games, and relaxing coloring Saturday afternoons at 2:30pm. We'd love to spend more time with you on the weekends and enjoy being together!

As the sun says
goodbye to
summer, we say
hello to the
blessings of
autumn. Have a
wonderful
September.



Reach out and Join.
To Volunteer call
610-395-3727
Ext. 2282



Upcoming Events

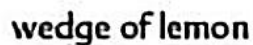
September 2nd 2:30PM
Birthday Party with Rick Focht

September 9th 2:30 PM
Baking Bonanza

September 16th 2:30 PM
Memorial Service

September 30th 2:30 PM
Crafty Corner

(Answers on page 16)



15

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.

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

HIDDEN OBJECT ANSWERS

Comb- Bottom side of entrance turnbuckle.

Book- Under right side of CAP DAY sign.

Artist's Brush- Top left of page, right of SOUVENIR PROGRAMS sign.

Drinking Glass- Bottom middle of page, between 2 boy's arms.

Kite- Bottom left of page, side of hat rack.

Spatula- Middle left, side of SOUVENIR PROGRAMS stand.

Sailboat- Under right hand of man entering with tickets.

Bowl- Right side middle of page, man's hat.

Slice of Pizza- Bottom right corner of page, to the left of the boy with glasses.

Banana- Center of page, side of boy's baseball glove.

Ruler- Under GATE 6 sign.

Toothbrush- Bottom of page, right side of center hat rack.

Sock- Top left of page, man's shirt sleeve.

Fish- Left side of CAP DAY sign.

Wedge of Lemon- Top left corner of page, man's hat.

BONUS ITEMS

Wristwatch- Belt of man with "STARS" shirt on.

Golf Club- To the top left of the CAP DAY sign, birds are on it.

Bell- Man's sleeve, bottom right corner.

Envelope- Bottom middle of page, boy's pant leg.



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.



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, iPad, 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

&

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.

HOW MANY DID YOU PEEP?

There are 10 pairs of
"CHIP & DALE'S"

