

Hillside News

Cedarbrook Fountain Hill Senior Care & Rehab October 2026



Hillside News

October 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

MeAlaa-Eldin A. Mira, M.D.

Medical Director

Teresa Samuels, RN, BSN, CNDLTC

Director of Nursing

Tara Pendrak, RN, BSN, MSN

Assistant Director of Nursing

Eduardo Fernandes

Director of Facilities

Michael Herkalo

Building Superintendent

Ricardo Cintado

Director of Environmental Services

Francis Andrews

Assistant Director of Environmental
Services

Tim Picerno

Director of Rehab

Edward Lyons

Assistant Director of Rehab

Lisa Lasko

Health Information Coordinator

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...

OCTOBER SPECIAL PROGRAMS

ALL PROGRAMS ARE IN THE MAIN DINING ROOM UNLESS OTHERWISE STATED

PROGRAMS ARE SUBJECT TO CHANGE

- 10/1 BEADS FOR BREAST CANCER AWARENESS MONTH – 2:30 PM
- 10/2 OKTOBERFEST CIDER & STRUDEL SOCIAL – 2:30 PM
- 10/3 PUZZLE YOUR MIND WITH ENISA – 2:30 PM
- 10/4 MASS & ROSARY – 2:30 PM
- 10/5 OCTOBER WATER COLORS – 10:30 AM
- 10/5 MONDAY MATCH- UP: NAME THAT ANAGRAM – 2:30 PM
- 10/6 BINGO BUCKS BINGO – 2:30 PM
- 10/7 OCTOBER BIRTHDAY PARTY WITH KRISTEN MORGENSTERN – 2:30 PM
- 10/8 CRAFTY CORNER: FALL DOOR DÉCOR – 10:30 AM
- 10/8 RESIDENTS' COUNCIL – 2:30 PM
- 10/9 PINK OUT ICE CREAM SOCIAL – 2:30 PM
- 10/10 FUN FACTS WITH CAT – 2:30 PM
- 10/12 CRAFTY CORNER: FRIENDSHIP BRACELETS – 10:30 AM
- 10/12 INDIGENOUS PEOPLE'S DAY JEOPARDY – 2:30 PM
- 10/14 BAKING BONANZA: NO BAKE PUMPKIN PIES – 2:30 PM
- 10/15 MOVIE MATINEE: "SON-IN-LAW" – 2:00 PM
- 10/16 POLKA PARTY WITH FRANK & THE ULTIMATE SOUND – 2:30 PM
- 10/17 TV GAMES WITH JENNA – 2:30 PM
- 10/18 BREATH OF PRAISE CHOIR – 2:00 PM
- 10/19 SPANISH CHURCH SERVICE – 10:30 AM
- 10/19 MONDAY MATCH-UP: THAT'S "MAN"- IACAL – 2:30 PM
- 10/21 CRAFTY CORNER: PARCHMENT PAPER PUMPKINS – 2:30 PM
- 10/22 MEN'S GROUP: SURPRISING SPORTS SCOUTING STORIES – 10:30 AM
- 10/22 THIRSTY THURSDAY – 2:30 PM
- 10/23 ICE CREAM SOCIAL – 2:30 PM
- 10/24 CREATIVE COLORING WITH LISA – 2:30 PM
- *OCTOBER 26 THROUGH OCTOBER 30- WHO DONE IT? WEEK***
- 10/26 TABLE TOP SLEUTHS – 10:30 AM
- 10/26 MONDAY MATCH-UP: THROUGH THE WEB TOSS – 2:30 PM
- 10/28 CAPES & CONSPIRACIES – 2:30 PM
- 10/29 CREEPY CUISINE: GRAVEYARD DIRT CUPS – 10:30 AM
- 10/29 MYSTERY MOVIE: "CLUE" – 2:00 PM
- 10/30 HALLOWEEN BASH – 2:30 PM
- 10/31 WICKED WHITEBOARD GAMES WITH BONNY – 2:30 PM

KEEP YOUR EYES
PEELED FOR... 

"The Haunted House"



(Answer on page 16)



Happy Birthday

Timothy McElroy	2nd
Linda Rios	12th
Jeanette Steckroth	12th
Joan Susski	17th
Ruth Mindler	25th
Jeanette Pilolli	25th
Josephine Wietecha	25th
Cecilia Wechsler	25th



Welcome
New
Residents



Anne Killo
John Murphy
Joseph Muhr
Judith Korpics
Evelyn Zayaitz
Richard Stettler
Gloria Stettler
Robert Holland
Cassandra Opara
Guadalupe Anaya Medina





RESTAURANT BREWHOUSE

665 N Krocks Rd.
Allentown, PA 18106
484-268-2340

JOIN US FOR A DELICIOUS WAY TO RAISE MONEY!

Date: Oct 26, 2026 **Time:** 4:00PM to 10:00PM

Enjoy delicious food in a fun atmosphere along with your family
and friends while earning funds in support of:

Cedarbrook Allentown Auxiliary

**WITH EACH FLYER PRESENTED DURING THIS FUNDRAISING EVENT, BJ's WILL DONATE
20% OF FOOD AND SOFT BEVERAGE SALES TO THE DESIGNATED ORGANIZATION!**

VISIT US IN PERSON, ORDER ONLINE OR PLACE A TAKE-OUT ORDER

When dining in: Present this flyer to your server at any time during your meal.

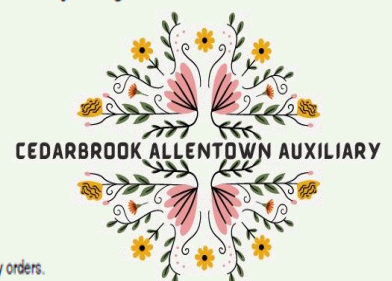
When ordering online: Enter the 6-digit fundraiser code below at the time of checkout.

When placing a take-out order: Present this flyer to a BJ's team member upon your arrival.



0 C T 7 8 2

Valid for dine in, takeout or curbside when applicable. Not valid toward alcoholic beverages, Happy Hour specials or for delivery orders.
Please do not distribute flyers on site during the event.



HALLOWEEN WORD SEARCH

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



APPARITION
 DISGUISE
 HAUNTED HOUSE
 MENACING
 SHUDDERY

CAULDRON
 EERIE
 HORRENDOUS
 OMINOUS
 SKELETON



DIABOLIC
 GHOULISH
 HORRIFIED
 PARANORMAL
 SUPERSTITION

WITCHCRAFT
 WRETCHED
 TREMBLING
 VICIOUS
 WEREWOLF

EMPLOYEE ANNIVERSARIES

EMPLOYEE	DEPARTMENT	YEARS
Francis Andrews	Environmental	29
Marie Altemose	Human Resources	25
Sandra Shalters	Nursing	23
Lynette Clark	Nursing	16
Jennifer Bogar	Nursing	8
Nicole Labady	Nursing	8
Chandahas Aralikatti	Nursing	5
Angelo Torres	Environmental	4
Barry Gregory	Facilities	3
Irving Gomez	Facilities	2
Susan Plantier	Nursing	1
Paul Rhode	Nursing	1
Carmen Oronos-Paraisoq	Nursing	1





 We
 Appreciate
 You!



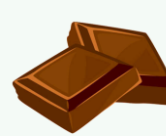
 THANK
 YOU



October's National Food Days

October 1: National Pumpkin Spice Day
 October 3: National Caramel Custard Day
 October 6: National Noodle Day
 October 8: National Fluffernutter Day
 October 10: National Angel Food Cake Day
 October 12: National Pulled Pork Day
 October 14: National Dessert Day
 October 15: National Chicken Cacciatore Day
 October 18: National Chocolate Cupcake Day

October 20: National Chicken and Waffles
 October 21: National Apple Day
 October 22: National Nut Day
 October 25: National Greasy Foods Day
 October 26: National Pumpkin Day
 October 28: National Chocolate Day
 October 29: National Oatmeal Day
 October 30: National Candy Corn Day
 October 31: National Candy Apple Day





Chaplain's Corner

October is a time of harvest for farmers in their fields. In the Spiritual realm to be ready and prepared for the harvest, refers to "The Lord of the Harvest" - a biblical metaphor for God and His supreme control over gathering souls into His kingdom, as found in Matthew 9:37-38. The Meaning of the Harvest refers to:

- **Spiritual Reaping:** The harvest represents people ready to hear the good news of God and receive eternal life. **God's Authority:** God is the "Lord of the Harvest" who owns the field, prepares the human heart, and oversees the entire process from planting to gathering. **The Need for Workers:** Jesus noted that the crop is large, but the number of people sharing the message is small. **Pray for Laborers:** Jesus told His disciples to ask God to send more workers into the field. **Go and Share:** Believers are also called to act as laborers by sharing the Gospel with people around them.

In Matthew 9:37, the "harvest" is a metaphor for people who are in spiritual need and ready to receive the good news of God. The Meaning of the Metaphor and the lesson;

- **The Crowds:** Jesus looked at the large crowds around him and felt deep compassion. He saw them as distressed and helpless, "like sheep without a shepherd".
- **Readiness:** Just like a ripe crop in a field is ready to be gathered, the people were open and waiting for truth, healing, and guidance.
- **The Need:** The problem was not a lack of people to reach (the harvest was plentiful), but a lack of disciples willing to go out and help them (the workers were few).
- **Urgency:** A ripe crop must be gathered quickly before it spoils, showing that sharing the message has immediate importance.
- **Prayer:** Jesus told his disciples to pray to the "Lord of the harvest" to send out more workers into the field.
- **Action:** Immediately after giving this instruction in Matthew 10, Jesus sends out the disciples themselves to do the work, showing that the followers often become the answer to their own prayers.

Chaplain Stephanie Jones



In Loving Memory

Althea Beil
Shirley Palmieri
Catherine Breisch
Glenn Fatzinger



♥
Always
in my heart
Forever
on my mind



♥
A life
that touched
so many hearts
can never
be forgotten.
♥



Cream Cheese Swirled Cinnamon Pumpkin Butter Bread



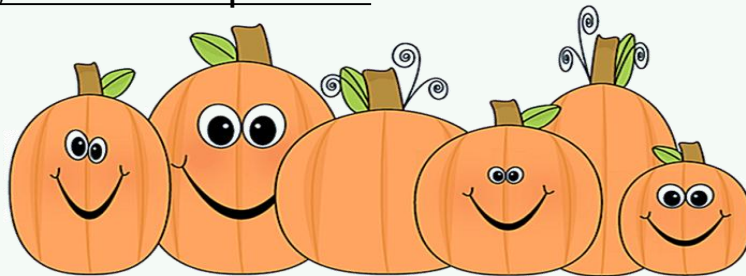
Ingredients

- 1 cup pumpkin butter (homemade or store-bought)
- 1 cup canned pumpkin puree (not pumpkin pie filling)
- $\frac{3}{4}$ cup melted butter
- $\frac{1}{2}$ cup maple syrup (use $\frac{3}{4}$ cup for a sweeter loaf)
- 3 large eggs
- 1 tbsp vanilla extract
- 3 cup all-purpose flour
- 2 tsp baking powder
- $\frac{1}{2}$ tsp baking soda
- 2 tsp pumpkin pie spice
- $\frac{1}{2}$ tsp kosher salt
- 8 oz cream cheese, melted
- $\frac{1}{2}$ cup cinnamon sugar



Honey Butter

- 4 tbsp salted butter, at room temperature
- 2 tbsp honey



Directions

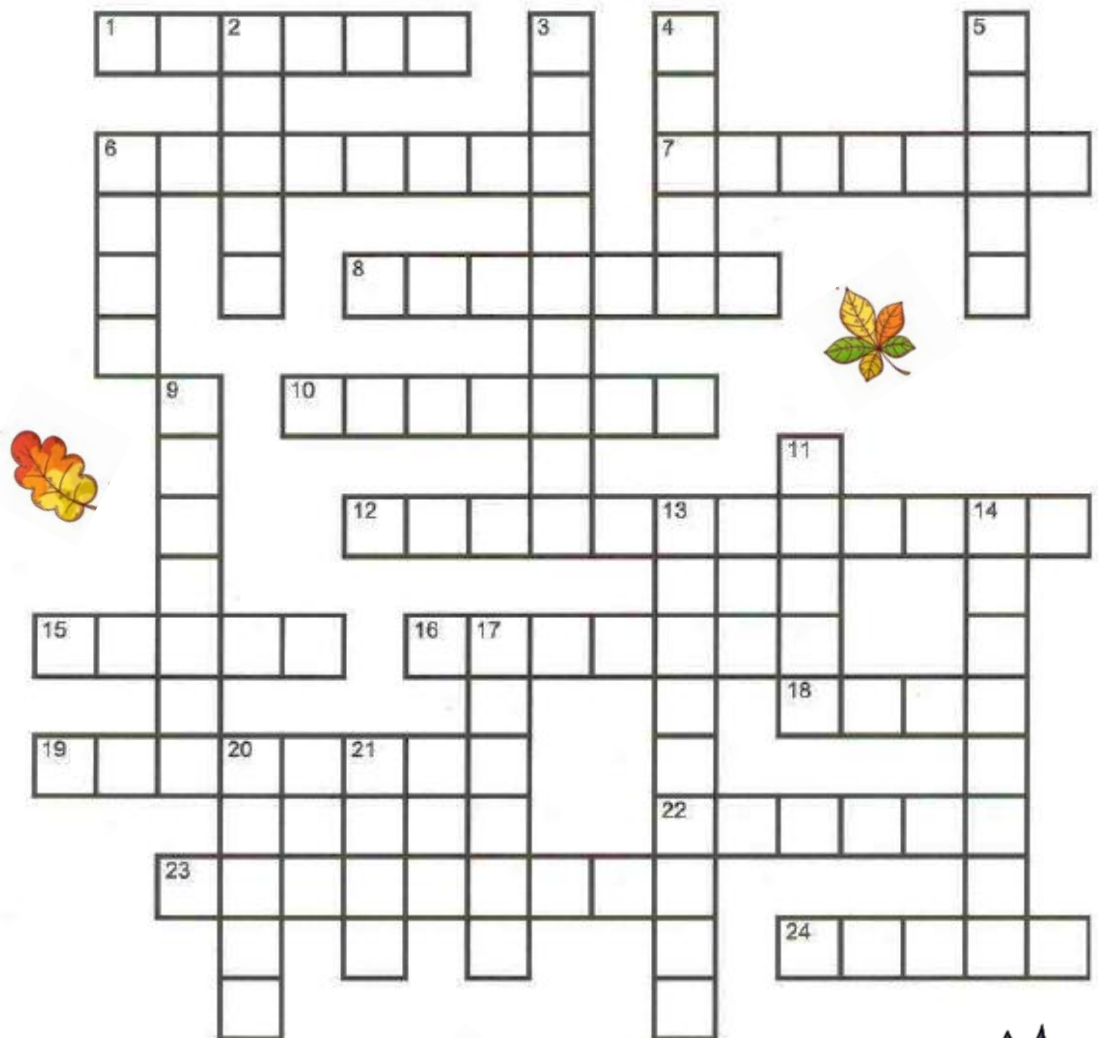
1. Preheat the oven to 350° F. Butter 2 (9x5 inch) bread pans.
2. In a large mixing bowl, stir together the pumpkin butter, pumpkin, melted butter, maple syrup, eggs, and vanilla until combined. Add the flour, baking powder, baking soda, pumpkin pie spice, and salt, mix until just combined. Divide half the batter evenly between the prepared bread pans.
3. Spoon teaspoon size amounts of the cream cheese over the batter, using 4 ounces of cream cheese per bread pan. Gently swirl the cream cheese using a sharp paring knife. Sprinkle 2-4 tablespoon of cinnamon sugar over each pan, then evenly spoon the remaining batter over each bread pan, it's OK if all the cream cheese is not covered. Sprinkle 2-4 tablespoons cinnamon sugar over each pan.
4. Bake for 40-45 minutes, or until the center is just set.
5. Meanwhile, make the honey butter. In a small bowl, combine the butter, honey, and a pinch of salt.
6. Remove the bread and let cool on a rack, or enjoy warm with extra honey butter.



I LOVE FALL



Acorn
Apple
Autumn
Chestnut
Cider
Cobweb
Fall
Football
Gourd
Halloween
Harvest
Hay Bale
Hayride
Leaves
Maize
November
Nuts
October
Pumpkin
Quilt
Rake
Scarecrow
September
Sleet
Thanksgiving



ACROSS

1. They fall from trees.
6. Popular autumn sport.
7. Jack-o-lantern gourd.
8. The 10th month of the year.
10. The gathering of crops.
12. The fourth Thursday in November.
15. Might be patchwork.
16. Seat at a square dance (two words).
18. Leaf gathering yard tool.
19. They are roasted on an open fire.
22. Halloween decoration made by a spider.
23. The 9th month of the year.
24. Decorative squash.

DOWN

2. Oak tree's fruit.
3. October 31st.
4. Honeycrisp.
5. Also known as corn.
6. The season that follows summer.
9. Fun activity on a farm.
11. Drink made from apples.
13. Used to keep birds off of crops.
14. The 11th month of the year.
17. Another word for the fall season.
20. Semi-frozen rain.
21. What squirrels often gather.



(Answers on page 16)

Residents' Council Meeting Minutes Thursday, September 10, 2026

- Jude Tonzola, President, called the Residents' Council meeting to order.
- Minutes from August's Residents' Council meeting were read by Patricia Stuber, Secretary.
- Patricia Stuber read the list of the new, deceased and discharged residents since August 13th through today.
- Elizabeth Landis, Vice President, read The Resident's Right for September.

Use of Psychopharmacological Drugs – These drugs may only be administered to you on the orders of a physician and only as part of your written plan of care. Your plan of care must describe the plan to eliminate or modify the symptoms for which the drugs are prescribed. At least annually, an independent, external consultant must review the appropriateness of your receiving such drugs.

Old Business:

- Referrals were reviewed by Heidi Heffelfinger, Council Liaison.



New Business:

- Heidi reminded residents that October is Resident Rights month and we will be having the resident rights game during the next council meeting. A subcommittee will be held to discuss what format will be used to review the residents' rights prior to October's meeting.

Residents Concern/Comments:

- Resident had a concern about the fastening of the clothing protectors that are used during residents' meal time. Resident said they do not always close or stay closed.
 - A referral will be sent to the proper department.
- Resident had a concern about long waits for call bell to be answered.
 - Tara reminded please do not to wait to report anything. If you experience a problem, please let a staff member know as soon as possible.
 - A referral will be sent to the proper department.



Announcements:

Jason Cumello – Administrator

- E-wing update: Construction on the E-wing continues to progress. We are moving in the right direction.

Michelle Julian–Asst. Administrator

- We will be looking into the HGTV channel to be added to our channel lineup.
- Updates to the Main Dining room will be held off until the new year.
- October is Resident Rights month so watch out for a letter that all residents will receive along with our facility assessment questionnaire.
- Human Resource, IT, Security, and Environmental services departments are celebrating during the month of September, please be sure to thank them for their services.



Jessica Kelly–Asst. Director of Life Enrichment

- Jessica went over the activities for the remainder of the month of September.
- We no longer have a bus driver. We will continue our search for a more permanent driver.
- F.Y.I.- Life Enrichment does have 2 calendars that go out. One is for the residents that shows the activities on their station. The other one is the last page of the Hillside Newsletter that shows all house activities.



Conclusion:

- The next Residents' Council Meeting will be held on October 8th, 2026 at 2:30pm in the Main Dining Room.
- Residents were invited to attend the Food Committee Meeting immediately following Residents' Council.



HALLOWEEN FUN FACTS

Thousands of people suffer from Samhainophobia which is an irrational fear of Halloween.

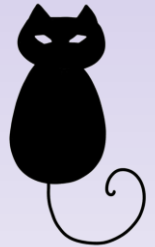


The owl is a popular Halloween image. In Medieval Europe, owls were thought to be witches.



The original meaning of the word “witch” is “wise woman”. In fact, they were highly respected people at one time.

Black cats were once believed to be protecting their master’s dark powers.



IT IS BELIEVED THAT IF YOU SEE A SPIDER ON HALLOWEEN, IT IS THE SPIRIT OF A LOVED ONE WATCHING OVER YOU.



Bobbing for apples started with a Roman harvest festival, honoring Pomona, the goddess of fruit trees.



According to tradition, if people wear their clothes inside out and then walk backwards on Halloween, they will see a witch at midnight.



THE LARGEST HALLOWEEN PARADE IS HELD EVERY HALLOWEEN IN GREENWICH VILLAGE LOCATED IN MANHATTAN, NEW YORK.





October

October's the Month
When the smallest breeze
Gives us a shower
of autumn leaves.

Bonfires and pumpkins,
Leaves sailing down -
October is red
And golden and brown.

October leaves are lovely
They rustle when I run
Sometimes I make a heap
And jump in them for fun.

Autumn leaves float quietly down
And form a carpet on the ground
But when those leaves are stepped upon,
Listen for the crackling sound.

FALL COLORING PAGE



Crossword Answers

ACROSS

1. LEAVES
6. FOOTBALL
7. PUMPKIN
8. OCTOBER
10. HARVEST
12. THANKSGIVING
15. QUILT
16. HAYBALE
18. RAKE
19. CHESTNUT
22. COBWEB
23. SEPTEMBER
24. GOURD

DOWN

2. ACORN
3. HALLOWEEN
4. APPLE
5. MAIZE
6. FALL
9. HAYRIDE
11. CIDER
13. SCARECROW
14. NOVEMBER
17. AUTUMN
20. SLEET
21. NUTS



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.



Attention Visitors And Staff:

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

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.



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.

HOW MANY DID YOU PEEP?

There are **13**
"HAUNTED HOUSES"

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

*ALL PROGRAMS ARE SUBJECT TO CHANGE

October 2026



CEDARBROOK FOUNTAIN HILL

2:30pm Mass & Rosary 	4	4	10:30am October Water Colors 2:30pm Monday Match-Up: Name That Anagram	5	10:30am LE Games 1:30pm Bible Study 2:30pm Bingo Bucks Bingo	6	10:30am Needles & Hooks 2:30pm Monthly Birthday Party with Kristen Morgenstern	7	10:30am Crafty Corner: Fall Door Décor 2:30pm Resident Council 	8	10:30am Coffee Social & Chat 2:30pm Pink Out Ice Cream Social 	9	10:30am Bingo 2:30pm Fun Facts with Cat	10
2:30pm Church with Chaplain Laura	11	11	INDIGENOUS PEOPLES' DAY 10:30am Crafty Corner: Friendship Bracelets 2:30pm Indigenous Peoples' Day Jeopardy Indigenous Peoples' Day Columbus Day (U.S.) Thanksgiving Day (Canada)	12	10:30am LE Games 1:30pm Bible Study 2:30pm Bingo	13	10:30am Needles & Hooks 2:30pm Baking Bonanza: No Bake Pumpkin Pies 	14	10:30am Morning Movement 2:00pm Movie Matinee: Son-in-Law	15	10:30am Coffee Social & Chat 2:30pm Polka Party with Frank & The Ultimate Sound	16	10:30am Bingo 2:30pm TV Games with Jenna	17
2:00pm Breath of Praise Choir 2:30pm Church with Chaplain Laura 	18	18	10:30am Spanish Church Service 2:30pm Monday Match-Up: That's "MAN"-iacal	19	10:30am LE Games 1:30pm Bible Study 2:30pm Bingo 	20	10:30am Needles & Hooks 2:30pm Crafty Corner: Parchment Paper Pumpkins	21	10:30am Men's Group: Surprising Sports Scouting Stories 2:30pm Thirsty Thursday	22	10:30am Coffee Social & Chat 2:30pm Ice Cream Social	23	10:30am Bingo 2:30pm Creative Coloring with Lisa 	24
2:30pm Church with Chaplain Laura	25	25	WHO DONE IT? WEEK 10:30am Tabletop Sleuths 2:30pm Monday Match- Up: Through the Web Toss 	26	WHO DONE IT? WEEK 10:30am LE Games 1:30pm Bible Study 2:30pm Bingo 	27	WHO DONE IT? WEEK 10:30am Needles & Hooks 2:30pm Capes & Conspiracies 	28	WHO DONE IT? WEEK 10:30am Creepy Cuisine: Graveyard Dirt Cups 2:00pm Mystery Movie: Clue 	29	WHO DONE IT? WEEK 10:30am Coffee Social & Chat 2:30pm Halloween Bash 	30	HALLOWEEN 10:30am Boogey Man Bingo 2:30pm Wicked White Board Games with Bonny  Halloween	31