

Sunshine News

Cedarbrook Allentown Senior Care & Rehab October 2026



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October 2026

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CEDARBROOK SENIOR CARE AND REHAB

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Ivan Velez**
Faith Services

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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

Cedarbrook Auxiliary House Plant Sale

Thursday October 15th
&

Friday October 16th

10am- 5pm or until all plants are sold.
1st Floor D-Wing Hall near Security

CASH APP
&
CASH ACCEPTED

WHOOOP...

THERE IT IS!
CAN YOU SNOOP...
WHERE IT IS?
FIND ALL THE
"WITCH BROOMS"



(ANSWER ON PAGE 16)

CBA AUXILIARY IS ASKING FOR
CANDY DONATIONS FOR OUR
OCTOBER HALLOWEEN
TRICK - OR - TREATING EVENT.
LOOK FOR OUR FRANKENSTEIN
HALLOWEEN BOX ON THE FIRST-
FLOOR ENTRANCE NEAR
SECURITY.

(New individually wrapped
candy please)

YOU TELL HIM
WE'RE OUT
OF CANDY!

Happy Birthday

Linda Bowman	4th
Shirley Wentzel	5th
David Wright	5th
Doris Sweda	5th
Kathleen Henning	6th
Sally Kleppinger	9th
Gregory Skimbo	9th
Patricia Merenda	10th
Caroline Snyder	11th
Esther Meyers	12th
Hui Pan	14th
Phillip Bloedoorn	15th
Rosalie Misera	16th
Janette Loch	16th
Diane Tilton	16th
Dorothy Kern	18th
Thomas Marshman	19th
Joseph Pizzutti	22nd
Frank Bailey	23rd
Diane Weiss	23rd
Carlos Garcia	23rd
Veronica Honsel	26th
Marlee Harrison Sr.	26th
James Beisel	28th
Lenora Robertson	30th
Rachel Fritz	30th



The Tenth Month



Oh boy, October is finally here
That's another fun month of the year
Goblins, bats & even a scary ghost.
Which one of those do you like the most?



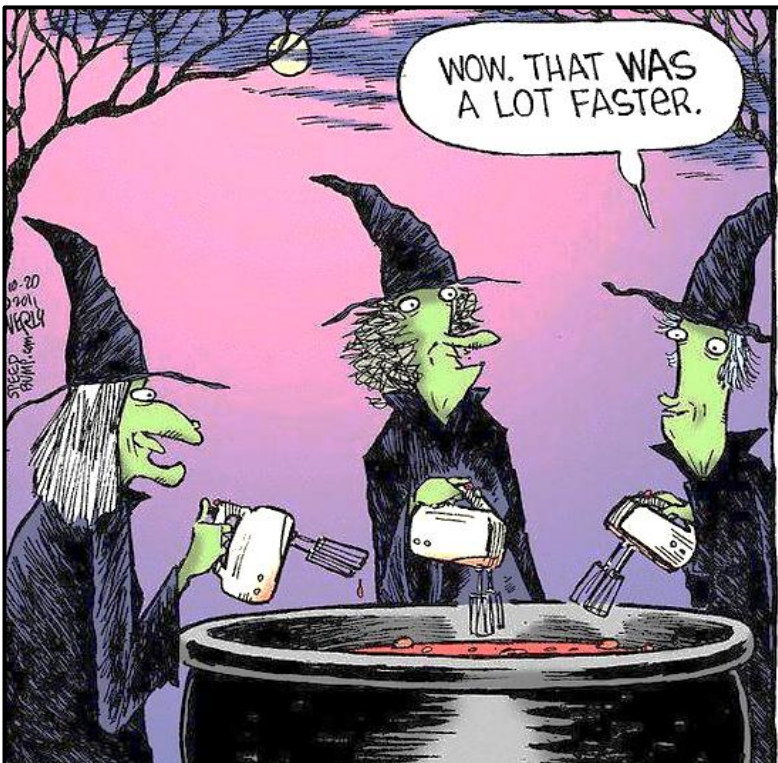
For a lot of us older folk,
The weather change hurts our aches & pains & that's no joke!
But if we are lucky enough to see some trees
We can enjoy the color-change as the leaves fall in the breeze.



Living here at the "Brook"
We lost all our trees with our brand-new look.
The good thing is, they will all be replaced,
But the bad part is they grow at a very slow pace.
Only a few more months until we start a New Year,
The contractors tell Jason we will be living in the
E wing because completion is near.



Written & submitted by Jean Larison





New Residents

Diane Wagner
Boyise Hill
Nancy Blackman
Jack Wagner
Gayle Diehl
Michael Krisukas
Gloria Weller
Gloria Hartzell



RESTAURANT BREWHOUSE



JOIN US FOR A DELICIOUS WAY TO
RAISE MONEY!

Date: Oct 26, 2026 **665 N Krocks Rd.** **Time:** 4:00PM to 10:00PM
Allentown, PA 18106
484-268-2340

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.

In Loving Memory

James Petrilli
Lorna Ogilvie
Richard Barlip
Marjorie Ryan
Charles Flamini
Franklin Zerfass
Maryanne Morgan



"Little by little, we
let go of loss, but
never of love."

- Unknown

*When you least
expect it,
peace will softly
come into
your heart.*



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



FALL

Word Search



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



AUTUMN
HARVEST
CRISP AIR
FOLIAGE
SWEATER WEATHER
COOL BREEZE
RAKE LEAVES

BONFIRE NIGHT
CHANGING COLORS
COZY BLANKET
GOLDEN HUES
FALLING ACORNS
PUMPKIN PATCH
CORN MAZE

HAY BALE
FROSTY MORNINGS
HARVEST MOON
APPLE ORCHARD
CHILLY EVENINGS
SCARECROW



EMPLOYEE ANNIVERSARIES

EMPLOYEE	DEPARTMENT	YEARS	EMPLOYEE	DEPARTMENT	YEARS
Carol Stewart	Nursing	37	Nyria Jean-Baptiste	Nursing	6
Sharon Starling-Phillips	Life Enrichment	32	Myriame Joseph	Nursing	5
Kristine Erney	Nursing	28	Laurie Seng	Nursing	5
Sallyann Huddleston	Nursing	25	Abigail Ortiz	Nursing	4
Melissa Swanson	Nursing	21	Renata Thomas-Asoh	Nursing	4
Geraldine Steckel	Nursing	21	Amarilis Sanchez	Nursing	3
Christina Metz	Nursing	19	Thalia Croal	Nursing	3
Christopher Thiele	Nursing	19	Uzoamaka Umeagudos	Nursing	3
Karole Ortiz	Nursing	19	Emmanuel Njamfon	Nursing	3
Evan Roth	Nursing Office	18	Tina Owens	Nursing Office	3
Amy Snyder	Nursing	16	Kevin Barrow	Financial	3
Lee Lichtenwalner	Facilities	16	Ana Fontanez	Laundry	2
Caitlin Mohr	Nursing	14	Jocelyn Walton	Environmental	2
Nicole Lewis	Nursing Office	14	Marino Brice	Nursing	2
Maria Martinez-Nunez	Nursing	13	Lateesha Delk	Nursing	2
Rhett Palushock	Social Services	12	Divine Muluh	Nursing	1
Craig Remaley	Facilities	12	Shinea Pyle	Nursing	1
Gina Burton	Environmental	11	Fejeran Florence	Nursing Office	1
Kristina McMullen	Nursing	11	Pamela Thompson	Financial	1
Marie Bourdeau	Nursing	8	Roberta Heiney	Laundry	1
Melissa Crysler	Health Information	7	Sally Hoffman	Environmental	1
Aziza Mukoya-Otiu	Nursing Office	7			

THANK
YOU

WE
APPRECIATE
YOU!

OCTOBER

FOOD HOLIDAYS



- 1- World Vegetarian Day
- 1- Homemade Cookies Day 
- 4- National Taco Day 
- 6- National Noodle Day
- 10- National Angel Food Cake Day
- 11- National Sausage Pizza Day 
- 12- National Gumbo Day
- 14- National Chocolate Covered Insects Day
- 14- National Dessert Day 
- 16- World Food Day
- 17- National Pasta Day
- 18- National Chocolate Cupcake Day 
- 21- National Pumpkin Cheesecake Day
- 21- Caramel Apple Day
- 22- National Nut Day 
- 23- National Boston Creme Pie Day 
- 25- National Greasy Foods Day
- 26- Pumpkin Day 
- 27- National Potato Day
- 28- National Chocolate Day 
- 29- National Oatmeal Day
- 30- National Candy Corn Day 
- 31- Trick or Treat Day





FALL RECIPE



Pumpkin Bread Pudding



Ingredients

- 1 16 oz loaf French bread
- 1/2 cup milk
- 1 1/2 cup heavy cream
- 1 15 oz can pumpkin
- 1/2 cup sugar
- 1/2 cup brown sugar
- 5 eggs
- 2 tsp vanilla
- 2 tsp pumpkin pie spice
- 1 tsp cinnamon
- 1/2 tsp nutmeg



Instructions

1. Preheat oven to 350.
2. Spray a 9"x13" baking dish with non-stick cooking spray.
3. Cut bread into 1"-2" squares and add to large bowl.
4. In another bowl whisk together your milk, cream, pumpkin, eggs, sugar, brown sugar vanilla, pumpkin pie spice, cinnamon and nutmeg until combined.
5. Pour over bread and stir gently to coat, let soak for about 20 minutes.
6. Spread into baking dish and bake in oven for about 50-60 minutes until center is set.
7. Cut into pieces and serve with ice cream and caramel sauce if desired.

Fall Word Scramble

Unscramble the words and write the letters in the boxes. Use the letters in the shaded boxes to form a new word that answers the riddle.

ULQIT

--	--	--	--	--

LAVEES

--	--	--	--	--	--

BEEESTRMP

--	--	--	--	--	--	--	--

SVRTAEH

--	--	--	--	--	--	--

TECTHUNS

--	--	--	--	--	--	--	--

AUMUTN

--	--	--	--	--	--

ATOLFLOB

--	--	--	--	--	--	--	--

Q. What do you get when you drop a pumpkin?

--	--	--	--	--	--

QUILT, LEAVES, SEPTEMBER, HARVEST, CHESTNUT, AUTUMN, FOOTBALL
QUESTION ANSWER: SQUASH

Residents' Council Meeting Minutes Monday – September 14, 2026

- Jean Larison, President, called the meeting to order.
- Eleanor Snyder, Secretary, read the highlights from the August meeting.
- Karen Snyder, Vice-President, read the Resident Rights for September.
- Jean Larison, President, welcomed new residents admitted in August.



ADVANCE DIRECTIVE – Sec. 1902(w)

You have the right to give advance written instructions to your doctor and others, that in the event you become incapacitated, your nursing facility and your physician will honor your wishes regarding your choice to accept, refuse, or discontinue medical care or surgical treatments.

Old Business:

- Rhett discussed the old business from the last meeting.

New Business:

- Jason Cumello (Administrator)
 - Still hiring for a Social Work Manager.
 - Re-opening the B2 Unit on Wednesday. 18 residents will be moving to that unit.
 - E-wing project is still moving along.
- Teresa Samuels (DON)
 - Flu season is upon us. Vaccinations will be starting Oct. 1st for Flu.
- John Garner (LE Director)
 - Discussed the rest of the events for September
 - Still hiring for the LE Coordinator to work with Volunteers
 - Bus Driver resigned, will be hiring for this position.
 - Chaplain Ivan has been driving for some of the already planned trips.
 - Planning a big event to live stream a destination via the VR headset.



Resident Concerns / Comments:

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

New Announcements from Jean Larison:

- The Auxiliary will be having a bake sale. Details to be announced soon.
 - Families are welcome to bake for this event
- WISHES
 - Anything you would like to do and didn't get to do (within reason)
 - See Life Enrichment Staff on your unit and ask to fill out the form



Announcements:

- The next meeting will be held Monday, October 12 at 2:15 PM in the Auditorium.
- Residents are invited to attend the Food Committee meeting immediately following Residents' Council.
- The meeting was adjourned.



IT'S THE GREAT PUMPKIN! THINGS YOU DIDN'T KNOW ABOUT FALL'S FAVORITE MASCOT



Botanical & Growth Facts



- * **Fruit status:** Because they grow from flowers and contain seeds inside, pumpkins are scientifically classified as fruits, not vegetables.
- * **Family ties:** They belong to the *Cucurbitaceae* family, making them close cousins to cucumbers, squash, watermelons, and zucchinis.
- * **Water content:** Pumpkins are made of about 90% water.



History & Traditions



- * **Ancient roots:** Pumpkins originated in Central America, and archaeologists have found pumpkin seeds in Mexico dating back roughly 10,000 years.
- * **Original Jack-o'-lanterns:** The tradition of carving glowing faces started in Ireland, but people originally carved scary faces into **turnips, potatoes, and beets** instead of pumpkins during the festival of Samhain.
- * **First pie style:** Early American settlers didn't make traditional pumpkin pie filling inside a pastry crust; instead, they hollowed out a pumpkin, filled it with milk, honey, and spices, and baked it right in the ashes.



Colors & Varieties



- * **Beyond orange:** Pumpkins come in a wide rainbow of colors beyond classic orange, including pure white (like Ghost and Lumina pumpkins), ashy grey (like Jarrahdale), deep blues, and even pitch black (like Black Futsu). **The "warts":** Those bumpy, wart-like bumps on bumpy pumpkin varieties are just extra pockets of sugar that burst through the skin as the fruit grows.



Preservation is key



- * Carving a jack-o'-lantern? Here's how to make it last. Keep your carved melon in a cool place for maximum life span — but don't let it freeze or the pumpkin will rot when it thaws. Heat is bad for pumpkins, too. Using a cool light, such as an LED, instead of a candle inside your pumpkin will make it last longer. You can wash pumpkins in a bleach-water solution to help slow down rotting and applying a thin layer of petroleum jelly around any cut you make in the pumpkin will help reduce evaporation and preserve the life of your creation.

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.



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.



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.



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.

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

Attention Visitors And Staff:

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

HOW MANY DID YOU SNOOP?

There are **16**
"WITCH BROOMS"

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
2:15 Church with Chaplain Stephanie Aud. & Ch.22	4 2:30 Auxiliary Cash Bingo Aud. 3:30 Holiday Club FR	5 10:15 Talking Book FR 2:30 House Bingo Ch.22 3:30 Mahjong Madness FR	6 2:15 Bible Study with Chaplain Ivan Aud. & Ch.22 2:15 October Birthday Party *Invite Only* FR	11 Color and Chat FR 2:15 Card Club FR 2:30 Rosary Chapel 3:30 Music Group FR	1 10 Shabbat Chapel 2:15 Card Club FR 2:15 House Movie Aud. 3:30 Crochet and Knit FR	2 10:15 Puzzle Your Mind FR 2:15 Music with Veronica Aud. & Ch.22

2:15 Church with Chaplain Ivan Aud. & Ch.22	11 2:15 Resident Council Aud. & Ch.22 3:30 Holiday Club FR	12 10:15 Talking Book FR 2:30 House Bingo Ch.22 3:30 Mahjong Madness FR	13 10:30 Devotions Aud. & Ch.22 2:15 Bible Study with Chaplain Stephanie Aud. & Ch.22	14 11 Color and Chat FR 2:30 Fall Bags Craft FR 2:15 Card Club FR 2:30 Catholic Mass Aud. & Ch.22 3:30 Music Group FR	15 2:15 Octoberfest Party Aud. *Invite Only* 2:15 Card Club FR 3:30 Crochet and Knit FR	16 10:15 Puzzle Your Mind FR 2:15 Kris Phipany Aud. & Ch.22
2:15 Church with Chaplain Stephanie Aud. & Ch.22	18 2:30 Pumpkin Painting Craft Aud. 3:30 Holiday Club FR	19 10:15 Talking Book FR 2:30 House Bingo Ch.22 3:30 Mahjong Madness FR	20 2:15 Memorial Service Aud. & Ch.22	21 11 Color and Chat FR 2:15 Card Club FR 3:30 Choir Club Aud.	22 2:15 Card Club FR 2:15 House Games Aud. 2:15 House Movie Ch.22	23 10:15 Puzzle Your Mind FR 2:15 "Game Day Saturday" Aud.
2:15 Church with Chaplain Ivan Aud. & Ch.22	25 2:15 Birthday Bash with Tanya and Marge Aud. & Ch.22 3:30 Holiday Club FR	26 10:15 Talking Book FR 2:30 House Bingo Ch.22 3:30 Mahjong Madness FR	27 10:30 Devotions Aud. & Ch.22 2:15 Bible Study with Chaplain Stephanie Aud. & Ch.22	28 11 Color and Chat FR 2:15 Card Club FR 2:15 Aimee's Art Adventure FR 3:30 Music Group FR	29 10:30 Trick or Treating with Daycare Aud. *Invite Only* 2:15 Card Club FR 2:15 Halloween Party with Loni Woodward Aud. & Ch.22	30 10:15 Puzzle Your Mind FR 2:15 Dolly Parton Tribute Aud.

PROGRAMS SUBJECT TO CHANGE