Sunshine News

Cedarbrook Allentown Senior Care & Rehab November 2026

Sunshine News – November 2026

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CEDARBROOK SENIOR CARE AND REHAB
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John Garner, ADC/ MC
Director of Life Enrichment

Chaplain Stephanie Jones
Faith Services

Life Enrichment Department Staff

Caroline Bailey, Marnie Distasio, Hemali Gandhi, Sherry Geiger, Lea Hayes, Lunna Irizarry, Marisol Irizarry, Aimee Schmidt, Becky Soler, Gabriela Sotamba, Jen Sparling, Sharon Starling-Phillips, Emily Strohl, Mayra Velez

Cedarbrook
Senior Care & Rehab

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 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

CALLING ALL COOKS...

If you are interested in purchasing an authentic resident, staff and family members cookbook, featuring recipes from various cultures, please email Emily Strohl in the Life Enrichment Department.
Each cookbook is $10.00

emilystrohl@lehighcounty.org

This is an Auxiliary fundraiser; all proceeds benefit the residents of both Cedarbrook facilities.

CEDARBROOK ALLENTOWN AUXILIARY

WHOOP...
THERE IT IS!
Can you SNOOP...
Where it is?
FIND ALL THE
"PILGRAM HATS"

(Answer on page 16)

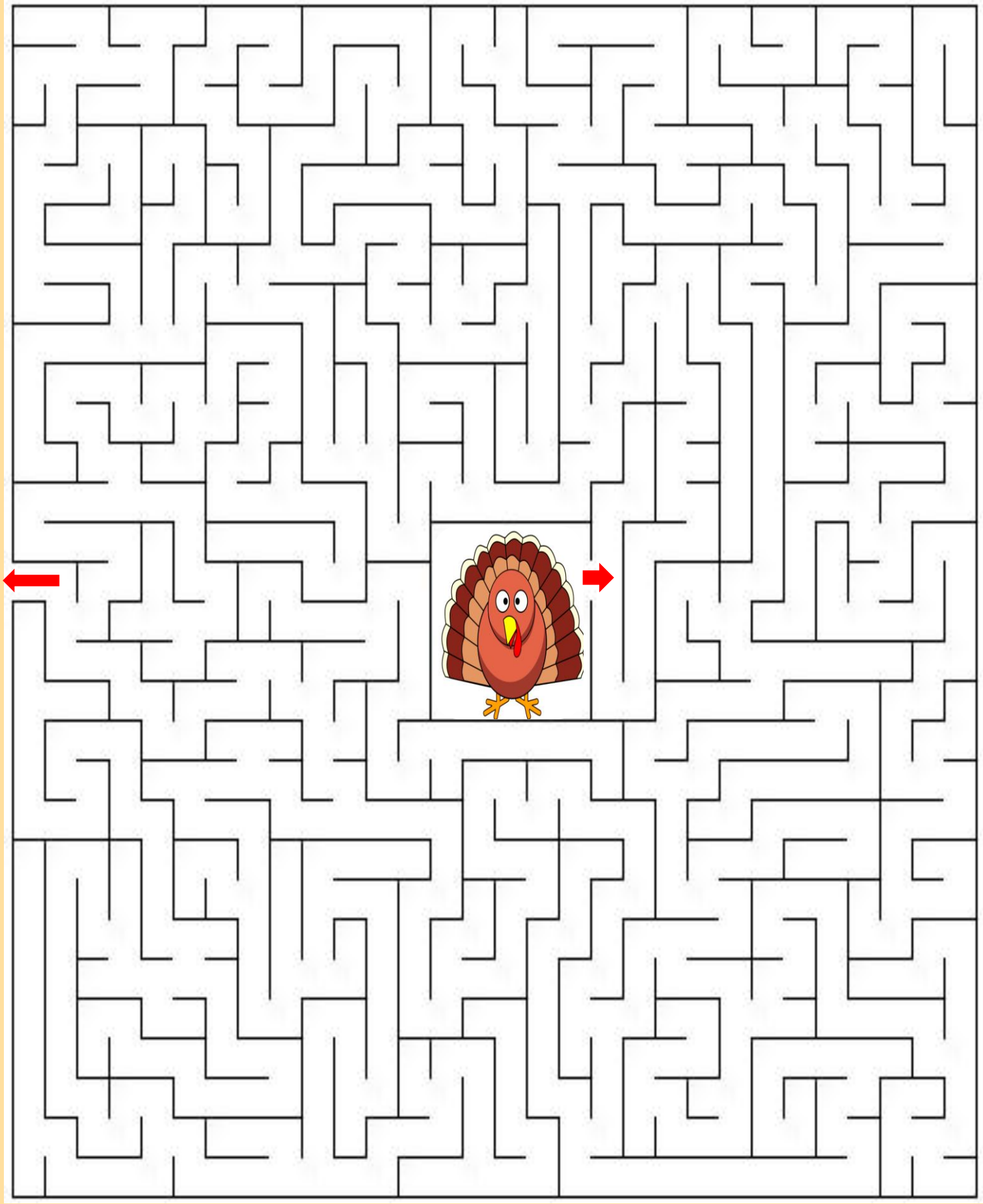
New Residents

Fay Moose
Marion Werley
Jean Bednar
Elizabeth Cerciell
Rollin Krause
Barbara Hall
Dennis Santee
Sharon Braun
Robert Malone
Barbara Beltz
Louise Keck

HAPPY BIRTHDAY

Daniel Heil	1st
Carolyn Gessner	1st
Ram Dhingra	1st
Nancy Guth	1st
Jonellen Reightler	5th
Emma Rivera	5th
Tea Hy	6th
Barbara Hampton	10th
Joseph Dalint	10th
Constance Mahoney	12th
Dennis Young	12th
Joyce Lembach	13th
Linda Peters	17th
Gregory Batman	18th
Jean Bednar	19th
Antonio Lopez	20th
Cecilia Brooks	21st
Dorothy Best	22nd
Rosalie Solt	25th
Rosemary Darcangelo	26th
Peter Yestrumskas	28th

HELP THE TURKEY ESCAPE THE MAZE!



OUR VETERANS RESIDENT SPOTLIGHT

From an unexpected beginning to a lifetime of dedication, Thomas Kaetzel's story is one worth celebrating. For Thomas Kaetzel, a walk down the street with friends led to an opportunity that would shape the next four years of his life. When asked what led him to enlist, Thomas shared a story that brought a little humor to his military beginnings. While walking with his friends, they spotted a "We Need You" recruitment sign. On a whim, Thomas and his friend decided to sign up "just for kicks," as he fondly recalled. With job opportunities limited at the time, joining the Navy offered Thomas a promising path forward.

Thomas began his military journey in 1959 with six weeks of training at Great Lakes, Illinois. Looking back, he fondly remembers the experience as being great for him. During training, he spotted an opportunity to serve as a commander for the graduation ceremony. Eager to take on the challenge, Thomas volunteered and completed additional training at night after his regular daily duties. His dedication paid off, and he earned the role. Among his favorite memories was looking out into the audience on graduation day and seeing his proud mother seated front and center—a moment he remembers as especially meaningful.

Following basic training, Thomas was assigned to the USS Wasp, a ship based in Rhode Island, where he served for the next four years. He spent his first six months in the signal division before transferring to the ship-fitting department. There, he used his hands-on skills to build and repair pipes. He also spent a year teaching others his trade, sharing the knowledge he had gained along the way.

One particularly remarkable chapter of Thomas's service involved the recovery efforts for early space missions. While serving aboard a ship in the Atlantic, he helped build parts needed to recover the space capsules, which he referred to as "moon shots," after they landed in the water. As a Second-Class Ship Fitter, Thomas played a hands-on role in work connected to an exciting era of exploration and discovery.

When his Navy service came to an end in 1963, Thomas successfully passed the certified welding tests. He went on to work as a professional welder, continuing to put his craftsmanship to good use. Another milestone is when Thomas met his wife, Eunice. They were happily married for 62 years before she passed away. Thomas's story shows his dedication and commitment to his many memories.

Thomas, we salute you for your service, your dedication, and your story.
It is our privilege to honor you!

VETERANS DAY

MEMORABLE QUOTES...

"There is a certain enthusiasm in liberty, that makes human nature rise about itself, in acts of bravery and heroism."

ALEXANDER HAMILTON

"Honor to the soldier and sailor everywhere, who bravely bears his country's cause. Honor, also, to the citizen who cares for his brother in the field and serves, as he best can, the same cause."

ABRAHAM LINCOLN

"Some people live an entire lifetime and wonder if they have ever made a difference in the world. A veteran does not have that problem."

RONALD REAGAN

"As we express our gratitude, we must never forget that the highest appreciation is not to utter the words, but to live by them."

—JOHN F. KENNEDY

Those who have long enjoyed such privileges as we enjoy forget in time that men have died to win them.

- Franklin D. Roosevelt

EMPLOYEE PET OF THE MONTH

Name of employee and department...
Marisol Irizarry- Life Enrichment

Type of animal/ breed...
Mackerel Tabby Cat.

How old is your pet?
She is 2 years old.

Pet's name, how did you come up with it?
Butter Pecan, my 6-year-old granddaughter came up with the name due to the coloring of her face.

Are there any other nicknames you have for your pet?
Butter.

How and when did you choose your pet?
The local shelter was showing us two cats. We saw Butter Pecan first. When we saw her face and felt her fast heartbeat we decided she was for us. We didn't even need to see the other kitten; we went right for Butter.

Does your pet do any special tricks?
She is one heck of a climber. She will climb up anything. She also makes plants disappear...she eats them!

Funniest memory of your pet...
When she was running in place in our bathtub. Like a hamster in a wheel.

Does your pet have a favorite toy or treat?
She basically loves food. She will eat anything. She loves to spend her time in card board boxes.

Does your pet have any bad/ naughty habits that drive you crazy?
She throws her water bowl on the ground if the water is not fresh or cold enough. She also likes to claw up the couch and anything else she can sink her claws into.

Fun facts about your pet or the breed...

- Mackerel Tabbies have distinctive markings. The tabby pattern features a narrow continuous stripe down the spine with thin vertical and parallel stripes that branch down the sided like a fish skeleton.
- There is also a "M" pattern of stripes on their foreheads.

Chaplain's Corner

Luke 17:11-19 Now on his way to Jerusalem, Jesus traveled along the border between Samaria and Galilee. As he was going into a village, ten men who had leprosy met him. They stood at a distance and called out in a loud voice, "Jesus, Master, have pity on us!" When he saw them, he said, "Go, show yourselves to the priests." And as they went, they were cleansed. One of them, when he saw he was healed, came back, praising God in a loud voice. He threw himself at Jesus' feet and thanked him—and he was a Samaritan. Jesus asked, "Were not all ten cleansed? Where are the other nine? Has no one returned to give praise to God except this foreigner?" Then he said to him, "Rise and go; your faith has made you well."

In recent years, psychologists have made studies of how gratitude is linked to better emotional health. As we are more aware of the goodness in our lives, we tend to sleep better and to have less anxiety and depression, and we're even nicer to each other. Author Michael McCullough says that "gratitude is what happens when someone does something that causes you to realize that you matter more to that person than you thought you did."

When the ten men with leprosy begged Jesus for healing, he told them to go and show themselves to the priests. In essence, Jesus was telling them to do this in faith, to set out to a place—the temple—and among people where, as lepers, they were forbidden to go. What the lepers did not know was that by the time they would arrive in town to present themselves to the priests; to be certified as clear of leprosy, they would be miraculously cleansed of it. They obeyed Jesus in faith and trusted in God's power through him for their healing.

But Luke adds a second part to the story, about one of the lepers, a Samaritan, someone presumed by the Jews to be outside of God's blessings. This Samaritan, on his way to town, realizing he is clean of leprosy, turns back to meet Jesus on the road. He is filled with gratitude to God and returns to thank Jesus. This man was different than the other men, in that he recognized right away that God cared about him, and he did not delay in praising and acknowledging God for the healing, which restores him not only to health, but also to a normal life with his family and village.

Jesus assures the Samaritan that his faith has healed him. Does this mean that the man did the work of his healing? No, God did that. But even before he approached Jesus, this Samaritan had faith in God for his healing. Yes, like the other nine lepers he did seek Jesus in faith and expectation of healing. But for the Samaritan to return to Jesus and praise God even before he was declared clean by the priests demonstrated that this man had a deep trust in God which caused him to see the blessings even in the process of healing, before the official pronouncement by the temple priests. He knew God cared for him; he waited in faith for the healing, and when he found it, he responded as he did to all God's blessings, with loud praise.

Gratitude has a way of slowing us down to help us realize how we need each other. When you think about how the blessing of each other's presence far outweighs the times we get on each other's nerves, it makes you humble. You notice how much you appreciate the gift of each other, and the gifts of our lives, even in the trials. The Samaritan fell on his face at Jesus' feet in gratitude, and Jesus said to him, "rise and go your way; your faith has made you well." Let us, then, rejoice and humbly give thanks to God, for in doing so we will find God in all things.

Chaplain Laura Stone, Cedarbrook Fountain Hill

At Rest

Joanne Dick
Carl Kopack
Robert Reiss
Agnes Smith
Dorothy Barnes
Bernard Krokus

THANKSGIVING

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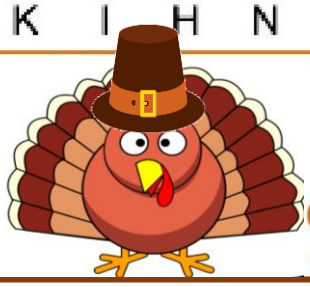
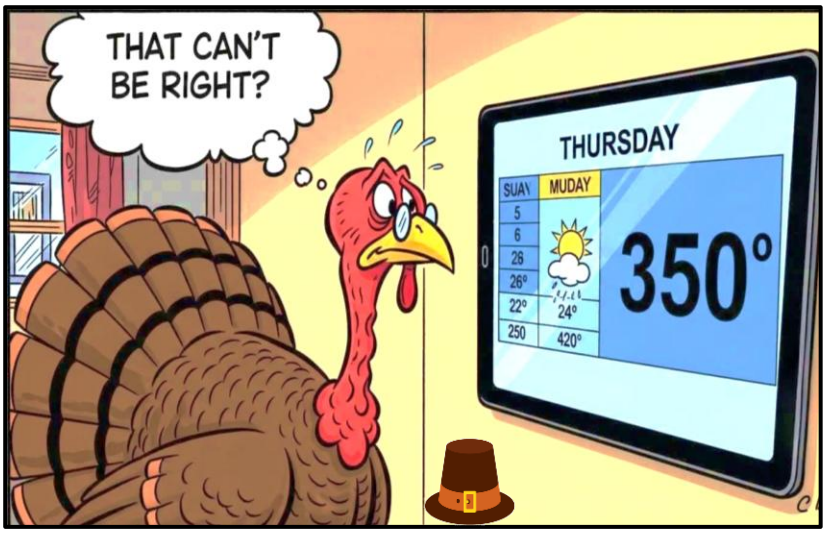
K	I	H	N	B	L	E	S	S	I	N	G	S	E	V	A	E	L



BEANS
BLESSINGS
CORN
CORNUCOPIA
CRANBERRY
DINNER
FALL
FAMILY
FEAST
FOOTBALL
GRATITUDE
HARVEST
LEAVES
MAYFLOWER
NOVEMBER
PILGRIMS
PLYMOUTH ROCK
PUMPKIN
STUFFING
THANKFUL
THURSDAY
TURKEY
TURTLE ISLAND
WAMPANOAG
YAMS

EMPLOYEE ANNIVERSARIES

EMPLOYEE	DEPARTMENT	YEARS
Deborah Smitreski	Social Services	39
Melissa Rodriguez	Nursing	20
Marianna Kennedy	Nursing	20
Tanya Tinor	Nursing	16
Miguel Cortez	Environmental	12
Leann Laros	Nursing	10
Esther Joseph	Nursing	8
Pascale Vernet	Nursing	7
Kevin Doyne	Nursing	6
Jessica Brokate	Human Resources	5
Katelyn Lick	Human Resources	4
Allyson Zaterick	Central Services	4
Joanna McDade	Nursing	1
Clarisa Jorge	Central Services	1
Deanna Dotter	Admissions	1
Patrick Douglas	Facilities	1
Jacob Hellie	Environmental	1



Auxiliary Bake Sale

Come and find a sweet treat in our Family Room
November 19th, 2026
11:00am - 4:00pm.
We will also be having a Gift Card Raffle

Donated Baked Goods Can be Dropped off November 18, 2026 in our Faily Room

Residents' Council Meeting Minutes
Monday - October 12, 2026

- Jean Larison, President, called the meeting to order.
- Jean Larison, President, read the highlights from previous meeting and welcomed new residents that admitted in September.
- Residents will be playing Bingo to review the residents' rights. The game will be hosted by the Social Workers with the assistance of the Life Enrichment department.

Old Business:

- No old business that needed to be discussed.

New Business:

- Jason Cumello (Administrator)
  - Reported that the D-Wing Ambulance entrance will be closed for 2-3 months while they make the connection to the new building. The C-Wing entrance will service as the ambulance entrance/exit.
  - Reported that a new Social Service Manager has been hired.
- BINGO was played by residents who were in attendance.

Resident Concerns / Comments:

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

Announcements:

- The next meeting will be held Monday, November 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.

Dietician Corner

MAKING WAVES WITH BLUE FOODS

What Are Blue Foods?

When you hear ‘blue foods,” you might think of blueberries. In this case, ‘blue” refers to foods that come from water. Blue foods include fish, shellfish, sea vegetables, algae, and other aquatic plants and animals from oceans, rivers, and lakes. Examples include salmon, tuna, shrimp, mussels, crab, and seaweed. These foods provide flavor, nourishment, and a chance to explore ingredients from around the world.

A Catch for Healthy Aging.

For older adults, protein helps support muscle strength, mobility, and independence. Blue foods offer a flavorful way to add protein without making meals feel too heavy. Options like baked fish, salmon, crab cakes, chowders, and seafood salads can be easier to enjoy for those who find some meats difficult to chew. Blue foods also bring variety to the menu, combining familiar favorites with opportunities to try something new.

Small Foods, Big Nutrition

Many blue foods provide a wide range of nutrients, including:
✓High-quality protein to support muscle strength and physical function
✓Omega-3 fatty acids
✓Vitamin B12 for healthy blood and nerve cells
✓Vitamin D for bone and muscle health
✓Key minerals such as selenium, zinc, iron, iodine, and choline
Fish are often lower in saturated fat than many other animal proteins, and eating fish as part of a healthy diet may support heart health. Because different blue foods provide different nutrients, variety is important. Salmon and sardines are known for omega-3 fats, while shellfish and sea vegetables contribute valuable vitamins and minerals.

THANKSGIVING ADVICE

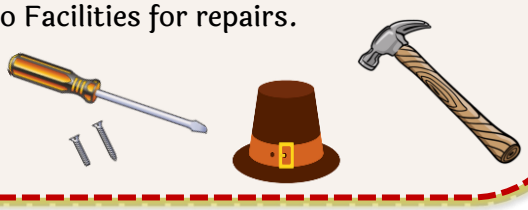
Tom Turkey said, "Son if you want to "live"
Be really smart & keep yourself hid."
November is Thanksgiving & folks like to eat turkey,
They sit around the table looking all 'smirky'
As they talk about all the things they are grateful for.
But all this month we are scared to death,
Because at any moment, we could draw our last breath.
So, take heed to my advice & follow it well
Then we can relax as we have good stories to tell.

Written & submitted by,
Jean Larison

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

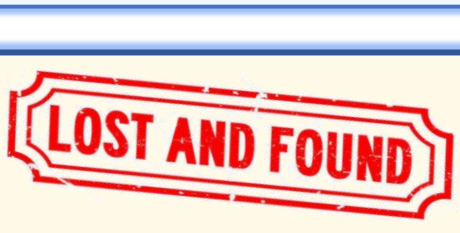
Pennsylvania Department of Aging Office of the Long-Term Care Ombudsman

HOW MANY DID YOU SNOOP?

There are 17

"Pilgram Hats"

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 with security at the first-floor entrance. Many items await to be claimed. Please stop by to see if any items belong to you.

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 **(6 1 0) - 7 8 2 - 3 9 9 9 .**
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.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **2:15** Church with Emily *Aud. & Ch.22* Daylight Saving Time Ends	2 **2:30** Auxiliary Cash Bingo *Auditorium* **3:30** Holiday Club *FR* 	3 **10:15** Talking Book *FR* **2:30** House Bingo *Ch.22* 	4 **2:15** Bible Study *Aud. & Ch.22* **2:15** November Birthday Party *FR* *Invite Only* 	5 **11:00** Color and Chat *FR* **2:15** Card Club *FR* **2:30** Rosary *Auditorium* **3:30** Music Group *FR*	6 **10:00** Shabbat *Auditorium* **2:15** Card Club *FR* **2:15** House Movie *Aud.* 	7 **10:15** Puzzle Your Mind *FR* **2:15** John Stanley *Aud. & Ch.22*
8 **2:15** Church with Chaplain Stephanie *Aud. & Ch.22* Diwali (Hindi)	9 **2:15** Resident Council *Aud. & Ch.22* **3:30** Holiday Club *FR* 	10 **10:15** Talking Book *FR* **2:30** House Bingo *Ch.22*	11 **2:15** Veteran's Day Celebration *Aud.* *Invite Only* Veterans Day Remembrance Day (Canada)	12 **11:00** Color and Chat *FR* **2:15** Card Club *FR* **2:30** Splash of Color *FR* **3:30** Choir Club *Aud.*	13 **2:15** Card Club *FR* **2:15** House Games *Aud.* *Invite Only* 	14 **10:15** Puzzle Your Mind *FR* **2:15** Spanish Church *Auditorium*
15 **2:15** Church Service with Lea *Aud. & Ch. 22*	16 **3:30** Holiday Club *FR* 	17 **10:15** Talking Book *FR* **2:30** House Bingo *Ch.22* 	18 **2:15** Bible Study *Aud. & Ch.22*	19 **11:00** Color and Chat *FR* **2:15** Card Club *FR* **2:30** Catholic Mass *Aud. & Ch.22* **3:30** Choir Club *Aud.*	20 **2:15** Card Club *FR* **2:15** Dominoes *FR* **3:30** Happy Hour *FR* *Invite Only* 	21 **10:15** Puzzle Your Mind *FR* **2:15** Dean Newhard *Aud. & Ch.22*
22 **2:15** Church with Chaplain Stephanie *Aud. & Ch.22* 	23 **2:00** Thankful Tree Craft *Aud.* **3:30** Holiday Club *FR* 	24 **10:15** Talking Book *FR* **2:30** House Bingo *Ch.22* 	25 **2:15** Thanksgiving Vespers Service *Aud. & Ch.22* 	26 **10:15** Puzzle Your Mind *FR* **2:15** Johnny K. *Aud. & Ch.22* Thanksgiving Day (U.S.)	27 **2:15** Card Club *FR* **2:15** Aimee's Art Adventure *FR* 	28 **10:15** Puzzle Your Mind *FR* **2:15** Kevin Macintire *Aud. & Ch.22*
29 **2:15** Church Service with Emily *Aud. & Ch. 22*	30 **3:30** Holiday Club *FR* 					