Hillside News

Cedarbrook Fountain Hill Senior Care & Rehab November 2026

Hillside News - November 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, Ashley Merkel - Social Workers

Torie Yackanicz - Clinical Nutrition Manager

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

Cedarbrook
Senior Care & Rehab

NOVEMBER SPECIAL PROGRAMS

ALL PROGRAMS ARE IN THE MAIN DINING ROOM UNLESS OTHERWISE STATED
PROGRAMS ARE SUBJECT TO CHANGE

11/1 MASS & ROSARY– 2:30 PM
11/2 CRAFTY CORNER: MESSAGE IN THE SKY ALTERED PHOTO – 10:30 AM
11/2 FALL FLOWERS WITH THE BGC – 2:30 PM
11/3 BINGO BUCKS BINGO – 2:30 PM
11/4 NOVEMBER BIRTHDAY WITH LORRI WOODWARD – 2:30 PM
11/5 MOVIE MATINEE: "INSTANT FAMILY" – 2:00 PM
11/6 MAKE YOUR OWN SANDWICH FOR NATIONAL SANDWICH DAY – 2:30 PM
11/7 PUZZLE YOUR MIND WITH ENISA – 2:30 PM
11/9 CRAFTY CORNER: THANKSGIVING CRAFT – 10:30 AM
11/9 PRESENTATION OF COLORS WITH LEHIGH VALLEY RESERVE– BRANCH 115 – 2:00 PM
11/10 LE GAMES – 10:30 AM
11/11 VETERANS DAY PROGRAM WITH CHUCK R. – 2:30 PM
11/12 MEN'S GROUP: GUESS THE AIRCRAFT – 10:30 AM
11/12 RESIDENTS' COUNCIL – 2:30 PM
11/13 MUSIC WITH KRIS PHIPANY – 2:30 PM
11/14 FUN FACTS WITH CAT – 2:30 PM
11/15 BREATH OF PRAISE CHOIR – 2:00 PM
11/16 SPANISH CHURCH SERVICE – 10:30 AM
11/16 MONDAY MATCH-UP: FRIENDS FUN FEUD: AUTUMN THEMED – 2:30 PM
11/17 BIBLE STUDY – 1:30 PM
11/18 MEMORIAL SERVICE – 2:30 PM
11/19 CEDARBROOK SCIENCE: READY FOR TAKE-OFF:PAPER AIRPLANE STABILITY TEST – 2:30 PM
11/20 PUMPKIN PIE SOCIAL – 2:30 PM
11/21 TV GAMES WITH JENNA – 2:30 PM
11/23 CRAFTY CORNER: Q-TIP TREES – 10:30 AM
11/23 MONDAY MATCH-UP: NAME THAT TUNE OF THANKS – 2:30 PM
11/24 BINGO – 2:30 PM
11/25 WHAT'S IN THE BOX? – 10:30 AM
11/25 BAKING BONANZA: PUMPKIN PARFAITS – 2:30 PM
11/26 BOUNTIFUL BINGO – 10:30 AM
11/26 HOLIDAY MOVIE: "HANNAH & HER SISTERS" – 2:00 PM
11/27 THANKFUL TUNES WITH RICK FOCHT – 2:30 PM
11/28 CREATIVE COLORING WITH LISA – 2:30 PM
11/30 CRANIUM CRUNCHERS – 10:30 AM
11/30 MONDAY MATCH-UP: WHAT IN THE WORLD DO YOU MEAN? – 2:30 PM

Can you SPY with your Little EYE...
All of the...
"Turkey Legs"

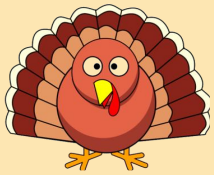
(Answer on page 16)

Happy Birthday

Regina Kardisco	2nd
Larry Neff	4th
Terry Hines	5th
Roberta Bails	5th
Alaida Cruz Perez	11th
Eloina Batista	15th
Jeanne Scheerbaum	16th
Peter Kulik	19th
Madeline Barbosa	19th
Grace Perry	20th
Anna Killo	22nd
June Reitz	27th
Teresa Dominijanni	28th
Marcia Kuehner	30th
Ivellisse Melchiore	30th

THANKSGIVING DAY

WORD SEARCH



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

TRADITION
PIE
PUMPKIN
NOVEMBER

FALL
PARENTS
HOLIDAY
SEASON

DINNER
HARVEST
HOME
PILGRIMS

CORN
GRAVY
TURKEY
COLONIST

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 sides 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

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 WORD SCRAMBLE

1. mrmeialo _____
2. oohrn_____
3. lmtlryai _____
4. emrreebm_____
5. dmael _____
6. abevr_____
7. lorsedl_____
8. afcriesci_____
9. rvneaet_____
10. yutd_____
11. myar_____
12. gacerou_____
13. Mianer _____
14. rwa_____
15. hroe _____

Answers on page 16

Residents' Council Meeting Minutes
Thursday, October 8, 2026

- Jude Tonzola, President, called the Residents' Council meeting to order.
- 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.
- Jude asked for a motion that the minutes from September's and October's Residents' Council meetings will be read during the next meeting due to October being Resident Rights' month.
- All Resident's Rights were reviewed before the Bingo game.

Old Business:

- Referrals were reviewed by Amber Surman, Social Service Assistant Director.

New Business:

- No new business to share at this time.

Residents Concern/Comments:

- No concerns or comments were shared during this meeting.

Announcements:

Michelle Julian- Asst. Administrator

- The facility assessment questionnaire is due by October 16th. You can drop it off in the box in the Administration hallway.

Jessica Kelly- Asst. Director of Life Enrichment

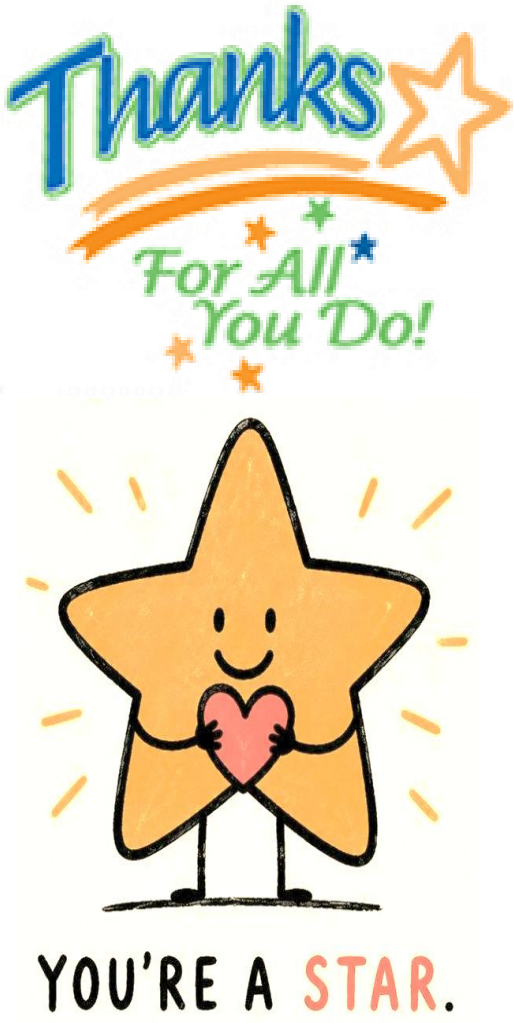
- Jessica went over the activities for the remainder of the month of October.
- Reminded that activity calendars are available to all residents on the back of the Hillside News.

Conclusion:

- The next Residents' Council Meeting will be held on November 12, 2026 at 2:30pm in the Main Dining Room.
- Jude Tonzola made a motion to adjourn the meeting. Kathleen Rowe moved to accept the motion, and it was seconded by Nancy Savage.
- The Food Committee Meeting was held prior to the Residents' Council Committee Bingo game.

EMPLOYEE ANNIVERSARIES

EMPLOYEE	DEPARTMENT	YEARS
Christina Florek	Nursing	38
Yvette Hall	Nursing	23
Heather Bruer	Nursing	23
Jennifer Valdez	Nursing	16
Chinngaihnem Bowen	Nursing	5
Katie Hahn	Nursing	4
Keneisha Daniels	Nursing	3
Malathi Santhanam	Nursing Office	3
Lynn Mount	Nursing Office	1
Michelle Downing	Nursing Office	1



New Residents

Peter Kulik
Minnie Ward
Carlos Rivera
Patricia Mohr
Angela Quinones
Cassandra Opara
Miguel Rodriguez
Sandra Christman

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.

CEDARBROOK ALLENTOWN AUXILIARY

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

FRESH CRANBERRY MUFFINS

These easy one-bowl cranberry muffins bake up light and fluffy with tart bursts of fresh cranberry, a hint of almond, and crisp sparkling sugar tops ~ perfect for fall baking and holiday mornings.

INGREDIENTS

- 2 cups all purpose flour
- 1/2 cup granulated sugar
- 2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1/2 cup vegetable oil
- 3/4 cup milk, or half and half
- 2 large eggs
- 1 tsp almond extract (or substitute vanilla extract)
- 2 cups fresh or frozen cranberries
- 3 Tbsp sparkling sugar, for topping (optional),

INSTRUCTIONS

- Preheat oven to 350 and butter a 12-cup muffin tin, or line with paper muffin liners.
- Whisk together the **2 cups all purpose flour, 1/2 cup granulated sugar, 2 tsp baking powder, 1/2 tsp baking soda,** and **1/2 tsp salt** in a large mixing bowl.
- Add the **1/2 cup vegetable oil, 3/4 cup milk, or half and half, 2 large eggs**, and **1 tsp almond extract (or substitute vanilla extract)**, and whisk everything together until well blended.
- Add the **2 cups fresh or frozen cranberries** and fold to combine.
- Divide the batter into the muffin tins, and top with the **3 Tbsp sparkling sugar, for topping (optional)**. Bake for about 25 minutes until risen and just starting to turn golden on top.
- Allow to cool in the muffin tins before removing.

Fall Coloring Page

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

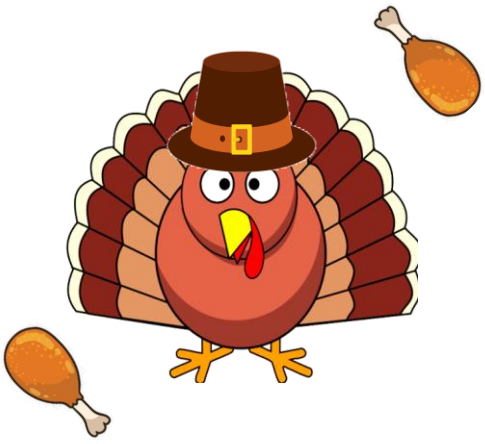
Word Scramble Answers

1. Memorial
2. Honor
3. Military
4. Remember
5. Medal
6. Brave
7. Soldier
8. Sacrifice
9. Veteran
10. Duty
11. Army
12. Courage
13. Marine
14. War
15. Honor
16. Hero

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.

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 SPY?

There are **15** "Turkey Legs"

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 DAYLIGHT SAVINGS TIME ENDS 2:30pm Mass & Rosary Daylight Saving Time Ends	2 10:30am Crafty Corner: Message in the Sky Altered Photo 2:30pm Fall Flowers with the BGC	3 10:30am LE Games 1:30pm Bible Study 2:30pm Bingo Bucks Bingo	4 10:30am Needles & Hooks 2:30pm November Birthday Party with Lorri Woodward	5 10:30am Morning Movement 2:00pm Movie Matinee: Instant Family	6 10:30am Coffee Social & Chat 2:30pm Make Your Own Sandwich Social for National Sandwich Day	7 10:30am Bingo 2:30pm Puzzle Your Mind with Enisa
8 2:30pm Church with Chaplain Laura Diwali (Hindi)	9 10:30am Crafty Corner: Thanksgiving Craft 2:00pm Presentation of Colors with the Lehigh Valley Fleet Reserve-Branch 115	10 10:30am LE Games 1:30pm Bible Study 2:30pm Bingo	VETERANS DAY 11 10:30am Needles & Hooks 2:30pm Veterans Day Program w/Chuck R. Veterans Day Remembrance Day (Canada)	12 10:30am Men's Group: Guess the Aircraft 2:30pm Resident Council	13 10:30am Coffee Social & Chat 2:30pm Music with Kris Phipany	14 10:30am Bingo 2:30pm Fun Facts with Cat
15 2:00pm Breath of Parise Choir 2:30pm Church with Chaplain Laura	16 10:30am Spanish Church Service 2:30pm Monday Match-Up: Friends Fun Feud: Autumn-Themed	17 10:30am LE Games 1:30pm Bible Study 2:30pm Bingo	18 10:30am Needles & Hooks 2:30pm Memorial Service	19 10:30am Morning Movement 2:30pm Cedarbrook Science: Ready for Take-Off - A Paper Airplane Stability Test	20 10:30am Coffee Social & Chat 2:30pm Pumpkin Pie Social	21 10:30am Bingo 2:30pm TV Games with Jenna
22 2:30pm Church with Chaplain Laura	23 10:30am Crafty Corner: Q-Tip Trees 2:30pm Monday Match-Up: Name That Tune of Thanks	24 10:30am LE Games 1:30pm Bible Study 2:30pm Bingo	25 10:30am What's in the Box? 2:30pm Baking Bonanza: Pumpkin Parfaits	THANKSGIVING 26 10:30am Bountiful Bingo 2:00pm Holiday Movie: Hannah & Her Sisters Thanksgiving Day (U.S.)	27 10:30am Coffee Social & Chat 2:30pm Thankful Tunes with Rick Focht	28 10:30am Bingo 2:30pm Creative Coloring with Lisa
29 2:30pm Church with Chaplain Laura	30 10:30am Cranium Crunchers 2:30pm Monday Match-Up: What in the World Do You Mean?					

*ALL PROGRAMS ARE SUBJECT TO CHANGE

November 2026

CEDARBROOK FOUNTAIN HILL

724 DELAWARE AVENUE, FOUNTAIN HILL, PA, 18015 *ALL PROGRAMS ARE IN THE MDR UNLESS OTHERWISE SPECIFIED