

Hillside News

November 2023 Cedarbrook Fountain Hill Senior Care & Rehab



HAPPY
THANKSGIVING

Hillside News

NOVEMBER 2023

Published monthly. Funded by Lehigh County taxpayer dollars.

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

Jennifer Szakacs Strohl - Director of Life Enrichment

Jessica Kelly - Assistant Director of Life Enrichment

Chaplain Laura Stone - Faith Services

Kerry Magliane - Volunteer Coordinator

MeAlaa-Eldin A. Mira, M.D. - Medical Director

Teresa Samuels - Director of Nursing

Tara Pendrak, RN, BSN, MSN - Assistant Director of Nursing

Jessica Sanchez - Director of Social Services

Amber Surman - Assistant Director of Social Services

Heidi Heffelfinger - Social Worker

Ashley Merkel - Social Worker

Eduardo Fernandes - Director of Facilities

Freddie Aquila - Building Supervisor

Ricardo Cintado - Director of Environmental Services

Francis Andrews - Assistant Director of Environmental Services Fountain Hill

Tim Picerno - Director of Rehab

Lisa Shuttle - Assistant Director of Rehab

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

You can follow us on
our Cedarbrook
Senior Care & Rehab
Facebook Page!

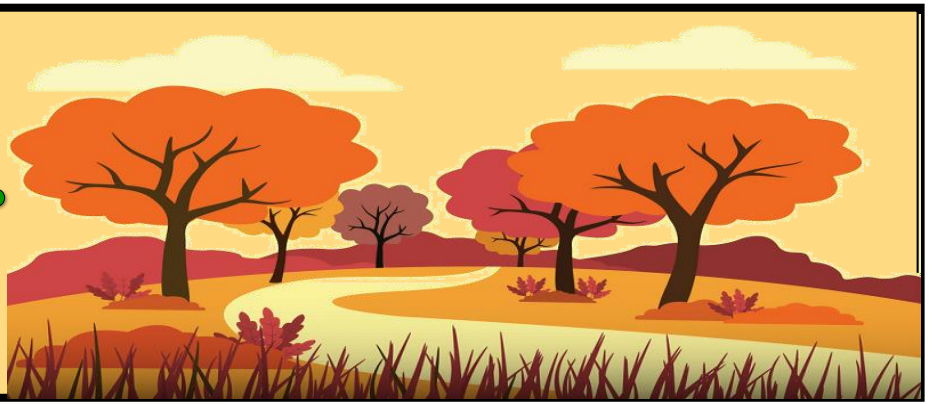
We are
Thankful for
YOU!



www.facebook.com/cedarbrookseniorcareandrehab

Website: <https://www.cedarbrookseniorcare.com>

THE HAPPENINGS... AT THE HILL



NOVEMBER ENTERTAINMENT

- 11/3 KRIS PHIPANY
- 11/6 BILL FRYE
- 11/10 JOHN COSENTINI
- 11/13 LESTER HIRSH
- 11/17 JOHN BAUER
- 11/24 RICK FOCHT
- 11/27 JAY SMAR
- 11/29 THE SCHMIDT'S

COME JOIN US IN THE MAIN DINING ROOM



NOVEMBER SPECIAL PROGRAMS

- Helping Hands: Making Mounted Patrol Packages 11/2 at 10:30 AM in MDR
 Men's Military Program: Battles that Changed History 11/9 at 10:30AM in MDR
 Veterans Day Program 11/10 at 1:30 PM in the MDR
 Memorial Service 11/15 at 2:30 PM in the MDR
 Visits with the Lehigh Valley Humane Society 11/16 at 10:30 AM in MDR
 Cedarbrook Science: Magic Milk 11/16 2:30 PM in MDR
 Spanish Church Service 11/20 at 10:30 AM in MDR
 Garden Club: 11/20 at 2:30PM in MDR
 Thanksgiving BINGO: 11/21 10:30 AM in MDR
 Thanksgiving Day: 11/23 Music by Mitchell Hendricks at 2:30 PM in MDR
 BINGO & Friends 11/30 at 10:30 AM in MDR
 Crafty Corner: Decoupage Dessert Plates 11/30 at 2:30 PM in MDR



**CAN YOU SPY...
WITH YOUR LITTLE
EYE..**



**"Slice of
Pumpkin Pie"**

**Count how many
you spy.**

(Answer on page 5)

SAVE A TURKEY



EAT PIZZA



NOVEMBER

NANCY VANHORN	1 ST
REGINA KARDISCO	2 ND
HIRAM CRUZ MARTINEZ	4 TH
TERRY HINES	5 TH
MYRTLE KEHS	11 TH
THERESA MEIXNER	13 TH
EILEEN BEIDLER	15 TH
ELOINA BATISTA	15 TH
CHARLES OCONNELL	16 TH
BERENICE KALE	17 TH
CECILIO LASANTA	25 TH
ROBERT BARTHOLOMEW	26 TH




NEW RESIDENTS

MARIA MONTEIRO
RUTH DEFRAIN
BARBARA GOWER
ALICE STEBELSKI

NOVEMBER NATIONAL FUN FOOD DAYS

- 3RD- National Sandwich Day 
- 5th- National Doughnut Day 
- 6th- National Nachos Day
- 8th- National Cappuccino Day 
- 10th- National Vanilla Cupcake Day
- 11th- National Sundae Day
- 14th- National Pickle Day 
- 17th- National Baklava Day
- 23rd- National Espresso Day
- 26th- National Cake Day 
- 30th- National Mousse Day 

Celebrating a Birthday or Special Occasion? Contact Natalia Villamil in Administration at Ext. 2341 to reserve a room.



EMPLOYEE ANNIVERSARIES

EMPLOYEE	DEPARTMENT	YEARS
CHRISTINA FLOREK	NURSING	35
YVETTE JOHNSON	NURSING	20
HEATHER BRUER	NURSING	20
JENNIFER VALDEZ	NURSING	13
FRANKIE LAZZARO	FACILITIES	3
CHINNGAIHNEM BOWEN	NURSING	2
KATIE HAHN	NURSING	1
DEBORAH REPASH	FINANCIAL SERVICES	1

Welcome Aboard

NEW HIRES

RITA JIMENEZ
YORAISA MINAYA

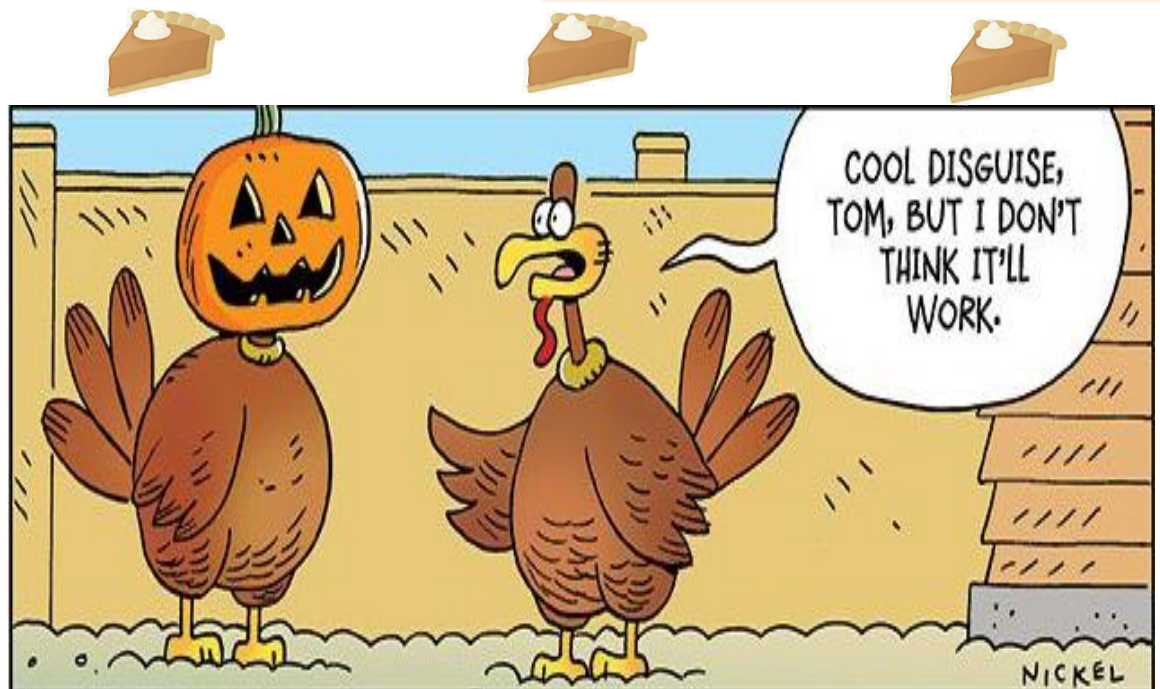
HOW MANY DID YOU SPY?

There are 15
"Slices of Pie"

Thank you Thank you Thank you

WORD SCRAMBLE ANSWERS

1. September
2. Apple
3. Haystack
4. November
5. Acorn
6. Chestnut
7. Autumn
8. Harvest
9. Jacket
10. October
11. Fall
12. Sweater
13. Pumpkin
14. Quilt
15. Leaves



CHAPLAIN'S CORNER

Throughout the New Testament, we gain wonderful insights into Jesus' knowledge of Scripture. Luke paints for us two pictures of Jesus as a person who loved Scripture and what it revealed to him about his Father in heaven. We see Jesus at twelve years of age, so absorbed in listening to the teachers and asking questions that he forgets to go home with his family! Luke later reveals Jesus as one who has done the hard work of learning the Word of God, when he preaches in his hometown synagogue, quoting from the scroll of Isaiah:

"The Spirit of the Lord is upon me, because he has anointed me to preach good news to the poor. He has sent me to proclaim release to the captives and recovering of sight to the blind, to set at liberty those who are oppressed, to proclaim the acceptable year of the Lord." (Lk 4:18-19)

The Spirit of the Lord is indeed upon Jesus, who has prepared himself with a deep knowledge of Scripture to be led by the Spirit to understand and apply it, using these verses to announce his ministry.

Jesus, the Word of God himself, chooses a verse that embodies the love of God and the mission of the Son. This tells us that action on God's Word is as much a part of our worship of God as is prayer, singing, sacraments, and Scripture. Jesus acted on the verse from Isaiah throughout his ministry. Call to mind the Scriptures that have meant so much to you—a verse, story, proverb, a psalm—and consider how these words of God have guided you to live as a follower of Christ, to strengthen and inspire faith in actions throughout your life.

Growing up, I remember that my mother kept on her nightstand a worn red leather bible stuffed with bookmarks, clippings, and notes. When mom and dad and I moved to Florida, her bible kept its place at her bedside. One day, after she had passed away, I was looking through it and found a yellowed notecard, and on it in her handwriting a verse from Joel 2:25, which reads, "*I will repay you for the years the locusts have eaten...*". I recognized this verse as the one she quoted to me throughout the years, as if prompting me to remember it throughout my life.

I sat on her bed holding the card in my hand and remembered the times in her life as a wife and a mother when the "locusts" of this life came upon her, threatening to take everything away—struggles with alcoholism, financial problems, fighting legal battles against people who cheated our family business, and finally my father's injury and disability. It was then that I understood how this verse strengthened her faith, as weak as it must have been sometimes in the face of her fears. Just in bringing this one verse to my attention over the years she taught me that it is vital not only to know Scripture but also to act upon it, to live it, to let it sustain my faith by remembering God's promise that losses of this life will be restored—in God's way and in God's time—and to live each day with faith in that promise.

The verse which Jesus spoke through Luke is likewise meant to be shared and lived. My mother's verse from Joel reminds me that God is at the end of all suffering and will restore all that was lost. Jesus himself sought out a chapter and verse while preaching in his hometown synagogue. Even today this verse is manifested in our hearing: that God's promise is fulfilled in him. We know this is true, and that God's inspired and authoritative Word to us in Scripture will stand for eternity. And for now, in our present lives, we are challenged to read and remember that God's words to us strengthen us just as the words of Isaiah did for Jesus. In knowing the Word, we, like him, can share the promise—and the present reality—of God's kingdom with others.

Chaplain Laura Stone, Cedarbrook Fountain Hill

DIETICIAN CORNER

Nutrition for Joint Health

Adopting an anti-inflammatory diet, such as the Mediterranean Diet or DASH Diet, can help relieve and prevent inflammation causing joint pain. It has added benefits of preventing arthritis, heart disease, type 2 diabetes, and other chronic conditions. An anti-inflammatory diet can help turn off the inflammatory process that is triggered during chronic stress, obesity, autoimmune disorders, and many other conditions. For a joint-healthy diet, eat lots of fruits and vegetables, healthy fats, whole grains, lean meats, and fish.

Healthy joints must be supported by healthy bones and muscles!

Aid your bone health by:

- Getting enough calcium and vitamin D
- Increasing physical activity
- Reducing alcohol intake
- Knowing medication side effects

Some factors influencing the risk of bone conditions are out of our control:

- Older age
- Female sex
- White or Asian descent
- Too low caloric intake
- Irregular hormone levels

These foods particularly help inflammation and other chronic conditions:

- Omega 3 fatty acids in fish, flax seeds, chia seeds, soybeans
- Antioxidants in berries, oranges, cruciferous vegetables (broccoli, cauliflower, brussels sprouts, kale)
- Spices and herbs especially turmeric and ginger
- Green tea and coffee



➤ Protein is important to build strong muscles and healthy bones to support your joints.

Eat a variety of protein sources.

For strong bones, fuel your body with:

- Calcium (dairy products and leafy greens)
- Vitamin D (sunshine, fortified dairy products, fish)
- Vitamin K (leafy greens)
- Magnesium (whole grains, nuts)

Avoid foods that increase inflammation, related chronic diseases, or weight gain:

- Sugars and refined grains (white rice, pasta, white bread, soda, dessert)
- Red and processed meats
- Fried foods, trans fats, partially hydrogenated oils, margarine, shortening, lard
- Processed foods and omega 6 fatty acids (corn oil, sunflower oil, peanut oil, grapeseed oil, vegetable oil, safflower oil).



Remember a healthy outside starts with a healthy inside.



Thanksgiving word search



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

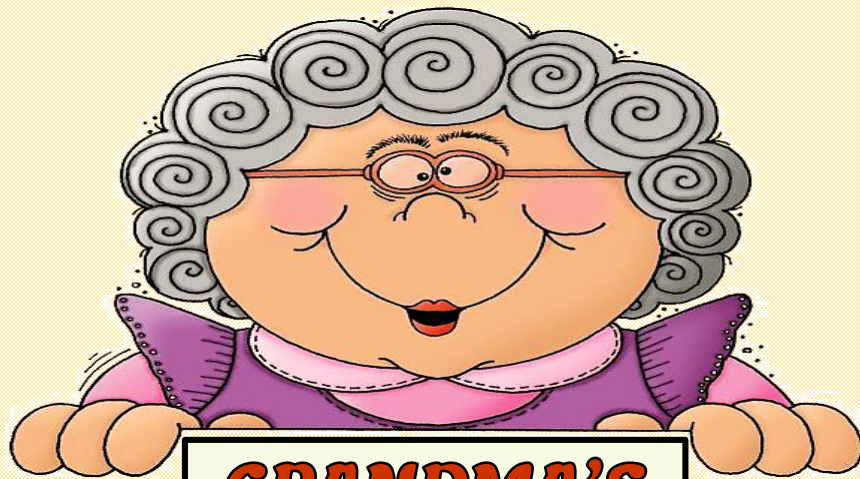
word list

Harvest
 Indians
 Pilgrims
 Thanksgiving
 Pumpkin pie
 November
 Turkey
 Family
 Corn
 Bounty



Ceremony
 Worship
 Tradition
 Holiday
 Gobble
 Yams
 Feast
 Colony
 Sail
 Harvest





GRANDMA'S CORN PUDDING

It's true, you can't have a proper [Thanksgiving feast](#) without [sweet potatoes](#) or stuffing. However, fragrant corn pudding, with its dense luxurious texture, is the dish that makes holiday meals special. Try adding it to your table and see what a hit it will be for everyone.

INGREDIENTS

- ❖ 5 EGGS
- ❖ 1/3 CUP BUTTER, MELTED
- ❖ 1/4 CUP SUGAR
- ❖ 1/2 CUP MILK
- ❖ 4 TBSP CORNSTARCH
- ❖ 1 CAN CORN KERNELS, DRAINED
- ❖ 2 CANS CREAM-STYLE CORN



DIRECTIONS

1. Preheat oven to 400 degrees.
2. In a large bowl, lightly beat the eggs.
3. Add melted butter, sugar and milk. Stir in corn and cream corn. Blend well. Pour mixture into prepared casserole dish.
4. Bake for 1 hour.



ENJOY!





AT REST
OCTOBER 2023

JOHN KRATZER
JANE LECHMAN
WAYNE WOOD

A Silent Tear

Just close your eyes and you will see
All the memories that you have of me
Just sit and relax and you will find
I'm really still there inside your mind

Don't cry for me now I'm gone
For I am in the land of song
There is no pain, there is no fear
So dry away that silent tear

Don't think of me in the dark and cold
For here I am, no longer old
I'm in that place that's filled with love
Known to you all, as "up above"

-Author Unknown

"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough."

"Don't wait until the fourth Thursday in November to sit with family and friends to give thanks. Make every day a day of Thanksgiving!"

- Charmaine J. Forde

“”

**A basic law:
the more you
practice the art
of thankfulness,
the more
you have to be
thankful for.**

NORMAN VINCENT

FALL



WORD SCRAMBLE

Answers on page 5

PREMBESET _____

EPALP _____

YHCATSKA _____

ERBOMENV _____

AROCN _____

CUSENTHT _____

MANUTU _____

EHTVSAR _____

KTAECJ _____

OEBCTOR _____

LAFL _____

RSAEETW _____

NMPUIKP _____

TULIQ _____

SEALEV _____



**Staff
Recognition
Spotlight**

Heidi Heffelfinger- Social Worker

How many years have you worked at CBA? Heidi has been a medical social worker at Fountain Hill for 18 years.

What advice would you give to prospective candidates looking to join our team at CBA? Heidi believes being very caring and treating residents like family is the way to be a team player at Cedarbrook.

What is your proudest job moment? When residents have certain requests or needs and she is able to accomplish getting what they want she feels very proud and satisfied with her work. Of course, Heidi is also proud of being in our spotlight of the month.

Do you have any pets at home? If so what kind and their names.

Heidi has both a cat, Nika which is a Russian Blue breed and a dog, Toby who is a mix cockapoo breed.

What is something most people don't know about you. Since the age of 15 Heidi marched with the Drum & Bugle Corps as a color guard with flags, rifles and sabers.

Where would you go on a dream vacation? Being on her bucket list Heidi wishes to see the Caribbean. She would love to actually live there.

What makes you happy? Being with her family and friends make Heidi the happiest. But also relaying to her residents that she cares and will go to bat for them at any time make her feel happy and fulfilled.

What have you gained from working at CBA? Heidi has enjoyed making her memories here at Cedarbrook. She has gained many friendships with her co-workers and has a deep love for her residents.

We thank Heidi for her long term dedication to her career here at Cedarbrook Fountain Hill and for taking the time to answer our questions.

Keep up the great work, we appreciate you and all you do.

Great Job!

Thanks for All You Do!

Great Job!

HOLIDAYS

Holidays are wonderful:
They put you in the mood;
For fun and family gatherings.
And tons of fattening food.
There's turkey, ham and candied yams,
Cranberry sauce galore.
Cakes and pies and cookies, too,
And always so much more.

The food is very plentiful,
In fact, there's way too much:
But, we keep eating more and more,
'Til everyone is stuffed!
After all have eaten, It's time to clean the
mess The women have to do it, 'cause
The men won't help, I guess.
The men sit down and watch TV,
And even fall asleep.
The women rush around the house
To clean up and to keep
The children quiet so they don't
Disturb our sleeping gents.
To let them sleep 'til we are done
Does make a lot of sense.

**Written by,
Shirley Binkley**

NOVEMBER FUN HISTORY FACTS

November 1, 1800 – President John Adams and his family move into the White House at 1600 Pennsylvania Avenue in Washington, DC, becoming the first president to live there.

November 4, 1842 – Abraham Lincoln married Mary Todd.

November 8, 1889 – Montana became the 41st State.

November 13, 1927 – The Holland Tunnel under the Hudson River opens to the public, connecting New York City and New Jersey.

November 19, 1965 – Kellogg's Pop-Tarts hits supermarket shelves.

November 20, 1959 – Ford quits making the unpopular Edsel.

November 22, 1963 – President John F. Kennedy, the youngest person to become a U.S. president, is assassinated in Dallas, TX.

November 26, 1956 – The television game show "The Price is Right" premieres on NBC.

November 28, 1925 – The "Grande Ole Opry" debuts on the radio.

November 30, 2018 – Our 41st President George H. W. Bush, died in Houston, Texas. He was 94.





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.

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

LOST AND FOUND

Did you lose something?



Lost and Found is located at the Receptionist Desk 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.

HealthDrive

bringing integrated healthcare to you

Attention families and friends:

HealthDrive is our current Dental provider.

Should you receive any information from them, please correspond appropriately.

Thank 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.

** Attention visitors and staff: For the safety of our residents please do not use push pins in resident rooms.*

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.

November 2023

Sunday

Monday






Tuesday

Wednesday

Thursday

Friday

Saturday

 <p>PROGRAMS SUBJECT TO CHANGE</p>			<p>1 10:30AM Needles & Hooks MDR 2:30PM Music by Jett Blaq MDR</p>	<p>2 10:30AM Helping Hands: Mounted Patrol Packages MDR 2:30PM Mass & Rosary MDR</p>	<p>3 10:30AM Coffee Social & Chat MDR 2:30PM Music by Kris Phipany MDR</p>	<p>4 2:30 PM BINGO MDR</p>
<p>5 2:30 PM Church With Chaplain Laura MDR</p>	<p>6 2:30 PM Music by Bill Frye MDR</p>	<p>7 1:30 PM Bible Study MDR 2:30 PM LE Games & Fig Bars MDR</p>	<p>8 10:30AM Needles & Hooks MDR 2:30PM Book Club MDR</p>	<p>9 10:30AM Men's Military Program MDR 2:30PM Resident Council MDR</p>	<p>1010:30AM Coffee Social & Chat MDR 1:30 PM Veterans Day Program MDR 2:30PM John Cosentini MDR</p>	<p>11 2:30 PM BINGO MDR</p> 
<p>12 2:30 PM Church With Chaplain Laura MDR</p>	<p>13 2:30 PM Music by Lester Hirsh MDR</p>	<p>14 1:30 PM Bible Study MDR 2:30 PM LE Games & Chocolate Peanut Butter Cupcakes MDR</p>	<p>15 10:30AM Needles & Hooks MDR 2:30PM Memorial Service MDR</p>	<p>16 10:30AM Humane Society Visit MDR 2:30PM Cedarbrook Science: Magic Milk MDR</p>	<p>17 10:30AM Coffee Social & Chat MDR 2:30PM Music by John Bauer MDR</p>	<p>18 2:30 PM BINGO MDR</p>
<p>19 10:30 AM Puzzle Your Mind MDR 2:30PM Church with Chaplain Laura</p>	<p>20 10:30 AM Spanish Church Service MDR 2:30 PM Garden Club MDR</p>	<p>21 10:30 AM Thanksgiving BINGO MDR 1:30 PM Bible Study MDR 2:30 PM LE Games & Cranberry Muffins MDR</p>	<p>22 2:30PM November Water Colors MDR</p>	<p>23 2:30PM Music by Mitchell Hendricks MDR</p> 	<p>24 2:30PM Music by Rick Focht MDR</p>	<p>25 2:30 PM BINGO MDR</p>
<p>26 2:30 PM Church With Chaplain Laura MDR</p>	<p>27 2:30 PM Music by Jay Smar MDR</p>	<p>28 1:30 PM Bible Study MDR 2:30 PM LE Games & French Toast Sticks MDR</p>	<p>29 10:30AM Needles & Hooks MDR 2:30PM Music by The Schmidt's MDR</p>	<p>3010:30AM BINGO & Friends MDR 2:30PM Crafty Corner: Decoupage Dessert Plates MDR</p>	 <p>Count Your Blessings</p>	