

Hillside News

September 2024 Cedarbrook Fountain Hill Senior Care & Rehab



Hillside News

September 2024

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 question or concern, or 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 - Asst. 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

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





SEPTEMBER SPECIAL PROGRAMS

ALL PROGRAMS ARE IN THE MAIN DINING ROOM UNLESS OTHERWISE STATED

PROGRAMS ARE SUBJECT TO CHANGE

- 9/2 MORNING MOVEMENT - 10:00 AM
- 9/2 MOVIE MATINEE: "NEWSIES" - 2:00 PM
- 9/3 LOTTERY TICKET BINGO - 10:30 AM
- 9/3 LE GAMES - 2:30 PM
- 9/4 SEPTEMBER BIRTHDAY PARTY WITH JOHNNY K. - 2:30 PM
- 9/5 MEN'S PROGRAM: WHERE IN THE WORLD: EUROPEAN LANDMARKS - 10:30 AM
- 9/5 JEOPARDY - 2:30 PM
- 9/6 MUSIC BY JOHN BAUER - 2:30 PM
- 9/9 CRANIUM CRUNCHES - 2:30 PM
- 9/10 LE GAMES & CHICKEN BITES WITH DIPPERS - 2:30 PM
- 9/11 WHITEBOARD BOGGLE - 2:30 PM
- 9/12 LEHIGH VALLEY HUMANE SOCIETY VISIT - 2:30 PM (OUTDOORS)
- 9/12 RESIDENTS' COUNCIL - 2:30 PM
- 9/13 MUSIC BY LORRI WOODWARD - 2:30 PM
- 9/16 SPANISH CHURCH SERVICE - 10:30 AM
- 9/14 MEXICAN HERITAGE MONTH: CHAT & COLOR - 2:30 PM
- 9/17 MORNING MOVEMENT - 10:30 AM
- 9/18 MEMORIAL SERVICE - 2:30 PM
- 9/19 CARING COOKIES: BAKING GROUP WITH VOLUNTEERS - 1:30 PM
- 9/20 MUSIC BY KRISTEN MORGENSTERN - 2:30 PM
- 9/23 THROUGH 9/27 "DISNEY WEEK"**
- 9/23 DISNEY FLOWER FEST WITH THE BETHLEHEM GARDEN CLUB - 2:30 PM
- 9/24 DISNEY BINGO - 10:30AM
- 9/24 LE GAMES & DISNEY CUPCAKES - 2:30 PM
- 9/25 DISNEY CRAFT: CHARACTER PLATES - 10:30 AM
- 9/25 DISNEY MOVIE MATINEE: "THE MUPPETS"- 2:30 PM
- 9/26 DISNEY WATER COLORS - 10:30 AM
- 9/26 BAKING BONANZA: DISNEY DINING! - 2:30 PM
- 9/27 DISNEY DITTIES WITH TERRY KANE - 2:30 PM
- 9/30 CRAFTY CORNER: MODERN CALLIGRAPHY - 2:30 PM



CAN YOU SPY...
WITH YOUR
LITTLE EYE,



"KERMIT THE FROG"



COUNT HOW MANY YOU SPY.
(Answer on page16)

EMPLOYEE ANNIVERSARIES



EMPLOYEE	DEPARTMENT	YEARS
WILFREDO AGUILA	FACILITIES	37
LORI ANN COVELL	NURSING	21
YVETTE MACK	NURSING	20
EVELYNE FAMAWA	NURSING	6
CHRISTIANA HAGAN	NURSING	6
KAITLYN NAGY	NURSING	2
WANDA FIGUEROA	NURSING	1
JENNA FELICES	ENVIRONMENTAL	1



Kiss The Pig



FUNDRAISER



HOSTED BY

Cedarbrook Auxiliary

Will it be Jason Cumello or Phil Armstrong?
Whoever raises the **LEAST AMOUNT** of money will have to
PUCKER UP!

Donations can be made in the main lobby at the front entrance,
or you can use **CASH APP!!**

Just specify **Jason** or **Phil** for your donation on the APP.
We will be Goin' Hog Wild on **Friday September 20th, 2024 at 2:15 PM**
in Cedarbrook Allentown's auditorium, or tune in to our
Facebook Live page.

Tune in to watch the fun and see who will be Kissin' The Pig!
All proceeds benefit our residents!





Disney Movies #1



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

Princess and the Frog

Lady and the Tramp

Finding Dory

Cinderella

Tangled

Moana

Mulan



Beauty and the Beast

The Little Mermaid

Finding Nemo

Peter Pan

Aladdin

Dumbo

Brave



Alice in Wonderland

Sleeping Beauty

Snow White

Pinocchio

Frozen

Bambi



JOKE OF THE MONTH...

There once was a man and woman who had been married for more than 60 years. They talked about everything. They kept no secrets from each other... except that the old woman had a shoe box in the top of the closet that she cautioned her husband never to open it or ask her about it.

For all these years he had never thought about the box, but one day the little old woman got very sick and the doctor said she would never recover. In trying to sort out their affairs, the little old man took down the shoe box and took it to his wife's bedside. She agreed it was time that he should know what was in the box.

When he opened it he found 2 beautiful crocheted doilies and a stack of money totaling over \$25,000. He asked her about the unusual contents.

"When we were married," she said, "my grandmother told me the secret of a happy marriage was to never argue. She told me that if I got angry with you, I should just keep quiet and crochet a doily."

The little old man was so moved he had to fight back tears. Only two precious doilies were in the box. She had only been angry with him two times in all those years of living and loving. He almost burst with joy and happiness.

"Sweetheart," he said, "That explains the doilies, but what about all this money? Where did it come from?" "Oh," she said, "that's the money I made from selling the doilies."



Happy Birthday

ADOLPH MAJERICH	3RD
PAULETTE CRAWFORD	3RD
ALTHEA BEIL	6TH
ALICE LEAR	13TH
SANDRA BOLDUC	13TH
JACQUELINE STREET	14TH
GLENN FATZINGER	14TH
MARIA RUIZ	16TH
MARYANN GALUCY	17TH
ALICE UHL	19TH
CANDIE GIMBAR	20TH
JORGE ORTIZ	20TH
RENEE LORENZ	20TH
LEONA SNYDER	25TH
DELIA GARCIA	25TH
MARIA MOLINA	30TH

Happy Birthday!



Faith That Cannot Be Shaken

V26 When God spoke from Mount Sinai His voice shook the earth, but now He makes another promise: “Once again I will shake not only the earth but the heavens also.” V27 This means that all of creation will be shaken and removed, so that only unshakable things will remain, V28 Since we are receiving a Kingdom that is unshakable, let us be thankful and please God by worshiping Him with holy fear and awe. V29 For our God is a devouring (or) consuming fire” Hebrews 12:26-29 (NLT)

It is my mission to build the faith of the people here at Cedarbrook, but in order to build the people's faith there are some questions we all must ask ourselves, questions like:

1. What is faith? 2. How does faith work? 3. What does faith look like? 4. How is faith used? 5. Do we need faith? And 6. Can we live without faith and still serve God?

As a pastor for over 30 years, I am still learning what is “faith” and I am sure you are too! It is my hope that this news letter encourages many hearts and helps you to understand just a little more about your faith and where you stand in your relationship with Christ Jesus our Lord. There is a quote that says ***“Faith always has trials, and if you take away the trial, then where is your faith, for faith must be tried in order that faith might live.”***

In this life we all must understand the true purpose of our trials and tribulations and that they are not to destroy us or disrupt our lives but only to draw us closer to Christ in these end times. The scriptures tell us in **1 Peter 4:12** “Dear friends, do not be surprised at the fiery ordeal (or) trials that has come on you to test you, as though something strange were happening to you.”

Our trials are to test us, to help us all in understanding the true nature of God's love for each of us. In the epistle of **James 1:2** it also tells us we are to consider or look at our trials and temptations with joy because it is the testing of our faith and that our faith will produce something in our lives that is greater than anything will ever experience, and that is spiritual maturity, the ability to persevere through all the things you will ever suffer in this life. In verse 12 of this same chapter the Apostle James tells us: “Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love him.”

When you can embrace God's love for your life and understand what He has truly provided and given you; you will then possess the ability to see what God sees for your life. So, my question is ***what do you see?***

1. Can you see a massive perceptual shift or change in your heart that invalidates your mortality as the governing paradigm of your life?
2. Can you see a complete alignment between your belief system and your lifestyle, is Christ the plumb line, the [measuring tool] that assesses every aspect of your life?
3. Do you have a clear, unhindered, and direct line of communication to receive God's word?
4. Do you possess the vision, the ability to have clear insight to penetrate into the true nature of your surrounding reality?

God's desire for us all is to possess and live by a faith that only He can give that will withstand the time of great adversity in these end-times days we are living in. Life is very short and soon one day we all will stand before our creator and we all must give an account of what we have done in this body on earth. Are you ready to meet God? Where does your faith stand at this very moment? It is my prayer that you allow God to work in your heart to bring you to a better place in Him for it is from this place you will see live completely different and enjoy the true joy of life here on earth.



Pastor Anthony (Tony) Jones



EMPLOYEE PET OF THE MONTH



Name of employee and department...

Meghan Ramirez, Dietary

Type of animal/ breed...

Domestic cats

Pet's name, how did you come up with it?

Acorn is the black cat. He is 1 year old.

That was name they gave him at the shelter.

Ollie is the orange tabby. He is about 10 months old.

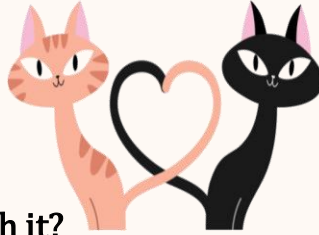
He was also named at the shelter.

Are there any other nicknames you have for your pet?

We call Ollie Sunshine Boy. Acorn gets called Baby Corn.

How and when did you choose your pet?

I saw Acorn's picture on the website for The Sanctuary at Haafsville. I had to go see him. I ended up taking him home. Ollie is also adopted from The Sanctuary.



Does your pet do any special tricks?

Acorn can do roll-overs. Ollie does flips in the air when we are playing with the wand toys.

Funniest memory of your pet.

Too many things to name. Both boys do something funny almost everyday.

Does your pet have a favorite toy or treat?

Ollie will play with any toy. But his favorite is the wand toys. Strangely, Acorn likes to play with zip-ties.



Does your pet have any bad/ naughty habits that drive you crazy?

Any food left on the counter, Ollie goes after. At 5am, Acorn licks my face for his breakfast.

Fun facts about your pet or the breed...

Here are some reasons to adopt from a shelter:

1. There is a great selection of animals. All types of breeds are usually always available.
 2. You adopt a pet who has received good care. They are given vaccinations and go through a behavior screening process. The staff usually knows all the animals personalities, making it easier for you to choose your desired pet.
 3. You help break the cycle of pet overpopulation.
 4. You can take advantage of adopting an adult animal. You can skip the "kitten phase." You can see the personality of the adult animal and not have to wait and see what you get.
- Most of all, you save a life and give an unwanted, abandoned or given up animal a new life in a loving home.



(If you would like to see your pet in the Sunshine News, please stop by the Life Enrichment Department to pick up a pet questionnaire. Please be prepared to email pictures of your pet to: MarnieDistasio@lehighcounty.org.)



RESIDENTS' COUNCIL MEETING MINUTES THURSDAY AUGUST 8, 2024

- Jude Tonzola, President, called Residents' Council meeting to order.
- Minutes from July's Residents' Council meeting were read by Patricia Stuber, Council Secretary.
- Jude Tonzola asked for a motion to accept July's minutes as read. Alice Uhl moved to accept and it was seconded by Betty Lou Hall.
- Patricia Stuber read the list of the New, Deceased and Discharged residents since our last meeting.
- Marvin Kerchner, Vice President, read The Resident's Right for August.

Rights of Incapacitated Residents - If you are found to be incapacitated under the law of the state, a guardian will be appointed under state law to act on your behalf.

Old Business:

- Referrals were read and reviewed by Resident Council Liaison, Heidi Heffelfinger.

New Business:

Resident Concerns/Comments:

- Resident voiced a concern about staff not introducing themselves to the resident for each shift. Residents would like to know who will be providing care to them throughout the day.
A referral will be sent to proper department.
- Resident had a question about receiving insulin during meal times. Resident would like her insulin after her meals. She has a concern about being marked as a refusal for meds.
A referral will be sent to proper department.
- Resident has a concern about ordering extra food on meal tray for a snack later. Resident feels staff does not allow him to do so in fear of over eating. Resident wants extra food as a snack for when ordering is not available.
A referral will be sent to proper department.
- Resident had a concern with staff assisting roommate to get ready for bed while she is still eating her meal. Resident does not want to be disturbed during her meal times.
A referral will be sent to the proper department.
- Resident voiced a concern about how staff does not talk through the bathroom privacy curtain. They come in and open the curtain giving the resident little privacy. Resident can hear through the curtain and staff should respect the privacy curtain.
A referral will be sent to the proper department.

Announcements:

Jason Cumello – Administrator

- Thank you to everyone who completed the surveys. We will be reviewing the surveys this coming week.

Michelle Julian – Asst. Administrator

- A new sample for the residents' privacy curtains is being sent at the end of August. A trial will be conducted.
- Work to the new boiler will begin this week. There will be a short period of time when the hot water will be turned off. We are going to do our best not to interrupt the day to day water usage.

Jessica Kelly – Asst. Director of Life Enrichment

- Jessica went over the activities for the remainder of the month of August.
- **CORRECTION:** Life Enrichment will be cutting back on the number of activities that include snacks. Review activities calendar before attending each activity. There will be two food activities a month, not two food activities a week.
- Life Enrichment trialed a new game, Jeopardy, as a house activity. The results were good, so Jeopardy will be added as a monthly activity.
- Activity calendars are available to all residents on the back of the Hillside News.

Conclusion:

- The next Residents' Council Meeting will be held on September 12, 2024 at 2:30pm in the Main Dining Room.
- Jude Tonzola made a motion to adjourn the meeting. Alice Uhl moved to accept the motion and it was seconded by James Gor.
- Residents were invited to attend the Food Committee Meeting immediately following Residents' Council.



WELCOME

NEW RESIDENTS

BEN PARK
MARIE SMITH
LUCILLE ENGEL
JOHN SULLIVAN
MARIAN DUGAN
MARCY HERTZOG
MICHAEL ZAPACH
ROSEMARIE KEKS
GRACE NONNEMACHER
BARBARA CLARK MCELHANEY

FAMOUS SEPTEMBER BIRTHDAYS



- 1933 - Conway Twitty was born in Mississippi.
1936 - Buddy Holly rock and roll singer was born in Lubbock, Texas.
1940 - Raquel Welch the American actress was born Zanzibar.
1946 - Barry Gibb from the famous trio group The Bee Gees was born in Douglas, Isle of Man.
1947 - Stephen King the master at creepy writing was born in Portland, Maine.
1956 - David Copperfield the famous magician was born in Metuchen, New Jersey.
1965 - Charlie Sheen the infamous "bad boy" actor was born in New York City.
1984 - Prince Harry, Duke of Sussex was born At St. Mary's Hospital Paddington, London.

BACK TO SCHOOL



Do you remember the good old days as off to school we would walk
Now once again we watch our kids & grandkids as they walk & talk

That goofy song we sang with gusto

"Hi ho, hi ho, it's off to school we must go

We learn some junk & then we flunk

Hi ho, hi ho --- --- hi ho, hi ho"

We sure thought that we were pretty funny

Especially in our 'Big Dude' Senior Year

I truly never saw anyone shed a tear

In our young life, it was September that started our daily trouble

Where we had to go to bed early to make us healthy, wealthy & wise on the double

There is talk of all year school

We don't like that because we are not a fool

But as for now, we will start school in September

For that is the month us old folks all remember



Written & submitted by,
Jean Larison
(CBA Resident)

Cedarbrook volunteers are Very Important People

Fall is upon us and hopefully cooler and less humid weather. The leaves will be changing and children will be back in school. Cedarbrook has planned many great activities for the upcoming month. We appreciate all the volunteers who help make these events successful.

On September 19th, we have been fortunate enough to have been chosen by 20 members of our community to come to both Cedarbrook locations to volunteer for the United Way's "Day of Caring." The volunteers always rave about how much they enjoy spending their day with residents and helping with activities. We have planned some great opportunities for them to assist with on that day. We are always excited to have them spend their day at Cedarbrook and help with our programs. Our sincere thanks to everyone who volunteers.

Volunteer!

Just one way to transform your life!



VOLUNTEERS NEEDED:

Bingo Volunteer Needed – Every Saturday 2:00 – 4:00PM. Just a little bit of time each week and you can help provide a great time for our residents. Our residents love playing bingo, but could always use some help making sure they cover all their numbers.

Church Transporters – Every Sunday 2:00–4:00PM.

On-Unit and In-House Activities – Cedarbrook has lots of different activities every afternoon and needs volunteer helpers. We do on-unit crafts, cooking, games, and music, as well as activities in our main dining room 7 days a week 2:00–4:00PM, especially on weekends.

Weekly Menu Helpers – (Time is flexible) We are looking for a volunteer who can come every week to help fill out resident menus.

Pet Visitors – Do you have a well behaved, people friendly furry friend (dog/cat) who would love to visit others and be showered with affection, while bringing smiles and joy to our residents? Some of our folks had pets at home and are really missing the unique and loving comfort of a pet. This would be at your convenience. All animals and their Pet Parent will need to fill out some paperwork and be interviewed. Pet health documents will be required.

Please contact the Life Enrichment Department for further information. 610-336-5681.

“There is nothing more beautiful than someone who goes out of their way to make life beautiful for others.” Mandy Hale, Author

If you would like to help with any of these opportunities or have some other ideas, please feel free to contact me at 610-336-5684 or email,



KERRYMAGLIANE@LEHIGHCOUNTY.ORG

OOEY GOOEY TOFFEE CAKE

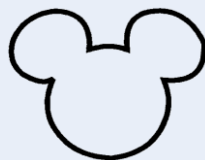


For our Disney week celebration we would like to feature a favorite dessert that is commonly a sweet hit right out of the Magic Kingdom Park!



The ooey gooey toffee cake is the signature dessert served at The Liberty Tree Tavern in Disney's Magic Kingdom.

This Disney dessert lives up to its name, it ooey and gooey but also delicious!



Ingredients

Cake Bottom

- 1 box yellow cake mix
- 1 egg
- 1/2 cup (1 stick) butter

Cake Filling

- 8 ounces cream cheese
- 3 eggs
- 1 teaspoon vanilla extract
- 1/4 cup butter
- 1 cup semi-sweet chocolate chips
- 1 cup Heath Bar pieces
- 1 pound powdered sugar



Instructions

Cake Bottom

1. Mix ingredients.
2. Put in a greased 13" by 9" baking pan.

Cake Filling

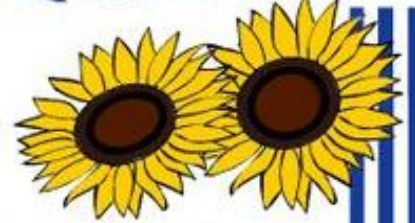
1. Put cream cheese in the mixer.
2. Slowly add eggs and vanilla.
3. Add butter and mix well.
4. Add powdered sugar; then add the chocolate chips and the Heath Bar pieces. Just mix but **DO NOT OVER MIX**.
5. Pour on top of the Ooey Gooey Toffee Cake Bottom in the pan.
6. Bake at 325°F for 35 min. and check for doneness.



For an added treat serve with a scoop of vanilla ice cream and drizzle with caramel sauce!



Labor Day Trivia Quiz



1. Where was the first Labor Day parade?

a.Chicago b. New York City c. Washington DC

2. What year did Labor Day become an official federal holiday in the United States?

a.1894 b. 1884 c.1904

3. What year was the 8-hour work day legally established?

a.1912 b. 1914 c. 1916

4. What percent of Americans plan to barbecue over Labor Day weekend?

a.32% b. 67% c. 83%

5. What day of the week is Labor Day celebrated in the United States?

a.Thursday b. Sunday c. Monday

6. Which month do many countries celebrate their Labor Day?

a.May b. February c. June

7. In which U.S. city was the first trade union formed?

a.New York City b. Philadelphia c. Orlando

8. Congress passed federal laws in 1916 making what illegal in the workforce?

a.Working at mines b. Child labor c. Smoking

9. 160 million children worldwide are engaged in child labor?

a.True b. False

10. What country has the lowest legal working age?

a.Sudan b. Pakistan c. Bolivia

11. Labor Day marks the end of _____.

a.Nacho season b. Pizza season c. Hot dog season

12. Labor Day is said to have been conceived by

a.Gaylord Nelson
b.John McConnell
c.Peter J. McGuire



Answer Key

1.b 2.a 3.c 4.b 5.c 6.a
7.b 8.b 9.a 10.c 11.c 12.c

Weird Holidays: September

- 1: Wear Teal Day
- 2: International Bacon Day 
- 3: National Skyscraper Day
- 4: Eat an Extra Dessert Day
- 5: National Be Late for Something Day
- 6: Read a Book Day 
- 7: National Salami Day
- 8: National Pledge of Allegiance Day
- 9: National Teddy Bear Day 
- 10: Sewing Machine Day
- 11: National Hot Cross Buns Day
- 12: National Chocolate Milkshake Day
- 13: Fortune Cookie Day
- 14: National Coloring Day 
- 15: National Linguine Day
- 16: National Guacamole Day 
- 17: National Women's Friendship Day
- 18: National Cheeseburger Day
- 19: Talk Like a Pirate Day 
- 20: National Gibberish Day
- 21: World Gratitude Day
- 22: Love Note Day 
- 23: Great American Pot Pie Day
- 24: Bluebird of Happiness Day 
- 25: National Cooking Day
- 26: National Pancake Day 
- 27: Crush a Can Day
- 28: National Good Neighbor Day
- 29: Confucius Day
- 30: International Lace Day 

The chemistry BEHIND THE COLORS OF AUTUMN LEAVES



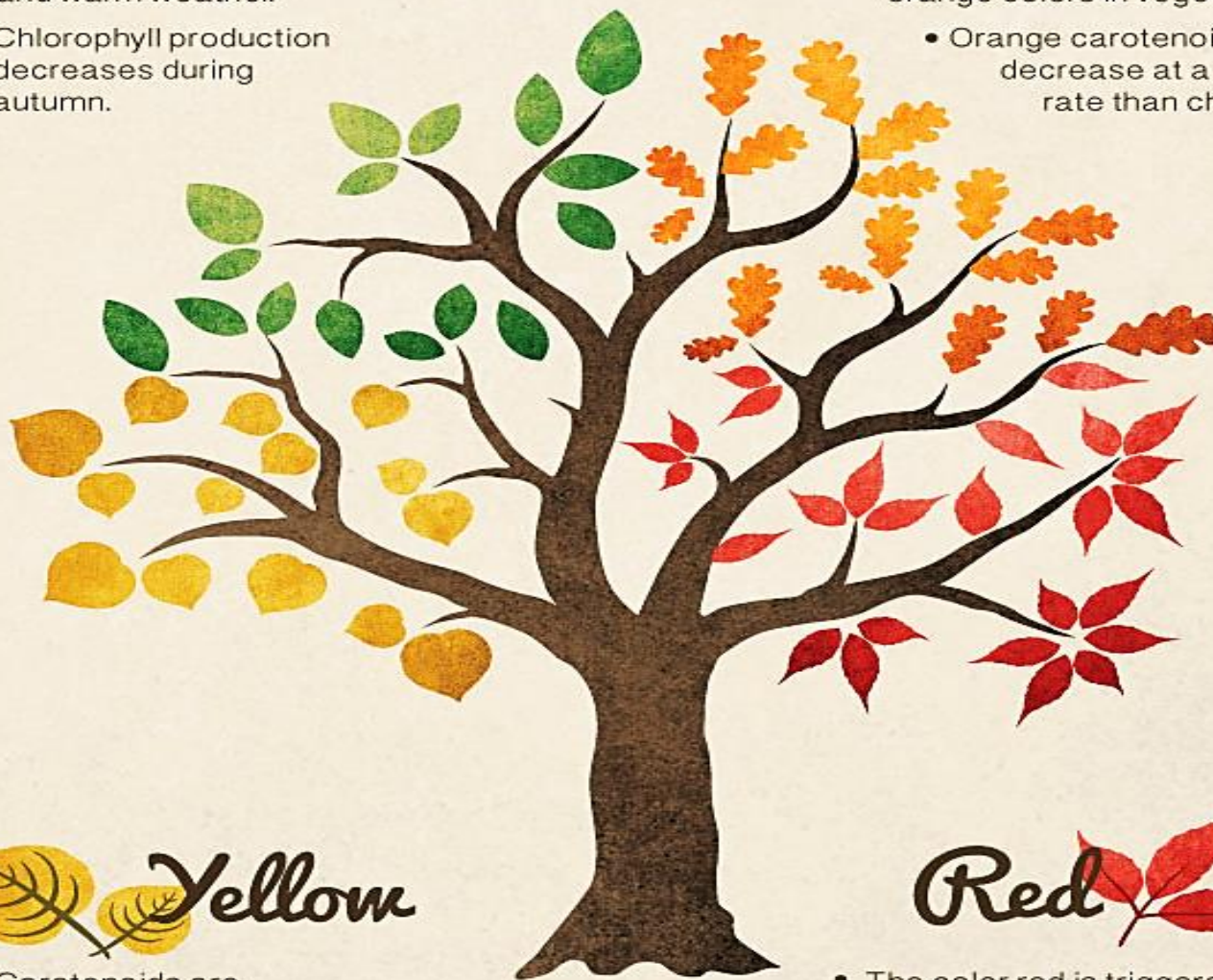
Green

- Chlorophyll gives leaves their green color.
- Plants produce chlorophyll in sunlight and warm weather.
- Chlorophyll production decreases during autumn.



Orange

- Orange leaves contain beta-carotene.
- Beta-carotene contributes to orange colors in vegetables.
- Orange carotenoids decrease at a far slower rate than chlorophyll.



Yellow

- Carotenoids are responsible for yellow leaves.
- Carotenoids are yellow pigments also found in vegetables.
- Yellow colors become dominant when chlorophyll decreases.



Red

- The color red is triggered by anthocyanin synthesis.
- Anthocyanin helps protect leaves from excess light.
- Anthocyanin prolongs the time that leaves fall from trees.

HOW MANY DID YOU SPY?
There are 17
“Kermit The Frog’s”



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.

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 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, 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.





September 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 2:30 PM Church with Chaplain Laura	2 LABOR DAY 10:00 AM Morning Movement 2:00 PM Movie Matinee: "Newsies" 	3 10:30 AM Lottery Ticket BINGO 1:30 PM Bible Study 2:30 PM LE Games	4 10:30 AM Needles & Hooks 2:30 PM September Birthday Party with Johnny K.	5 10:30 AM Men's Program: Where in the World - European Landmarks 2:30 PM Jeopardy	6 10:30 AM Coffee Social & Chat 2:30 PM Music by John Bauer	7 2:30 PM BINGO
8 2:30 PM Church with Chaplain Laura	9 2:30 PM Cranium Crunchers	10 1:30 PM Bible Study 2:30 PM LE Games & Chicken Bites with Dippers	11 10:30 AM Needles & Hooks 2:30 PM Whiteboard Boggle 	12 10:30 AM Visits with LV Humane Society (OUTDOORS) 2:30 PM Resident Council Meeting	13 10:30 AM Coffee Social & Chat 2:30 PM Music by Lorri Woodward	14 2:30 PM BINGO
15 2:30 PM Church with Chaplain Laura	16 10:30 AM Spanish Church Service 2:30 PM Mexican Heritage Month: Chat & Color	17 10:30 AM Morning Movement 1:30 PM Bible Study 2:30 PM LE Games	18 10:30 AM Needles & Hooks 2:30 PM Memorial Service	19 1:30 PM Caring Cookies: Baking Group with LV Day of Caring Volunteers  LV DAY OF CARING	20 10:30 AM Coffee Social & Chat 2:30 PM Music by Kristen Morgenstern	21 2:30 PM BINGO
22 2:30 PM Church with Chaplain Laura FALL BEGINS	23 2:30 PM Disney Flower Fest with Bethlehem Garden Club 	24 10:30 AM DISNEY BINGO 1:30 PM Bible Study 2:30 PM LE Games & Disney Cupcakes	25 10:30 AM Disney Craft: Character Plates 2:00 PM Movie Matinee: "The Muppets" 	26 10:30 AM Disney Water Colors 2:30 PM Baking Bonanza: Disney Dining!	27 10:30 AM Coffee Social & Chat 2:30 PM Music by Disney Ditties with Terry Kane	28 2:30 PM BINGO 
29 2:30 PM Church with Chaplain Laura	30 10:30 AM Morning Movement 2:30 PM Crafty Corner: Modern Calligraphy					*All programs are in the Main Dining Room unless otherwise noted*

D I S N E Y W E E K