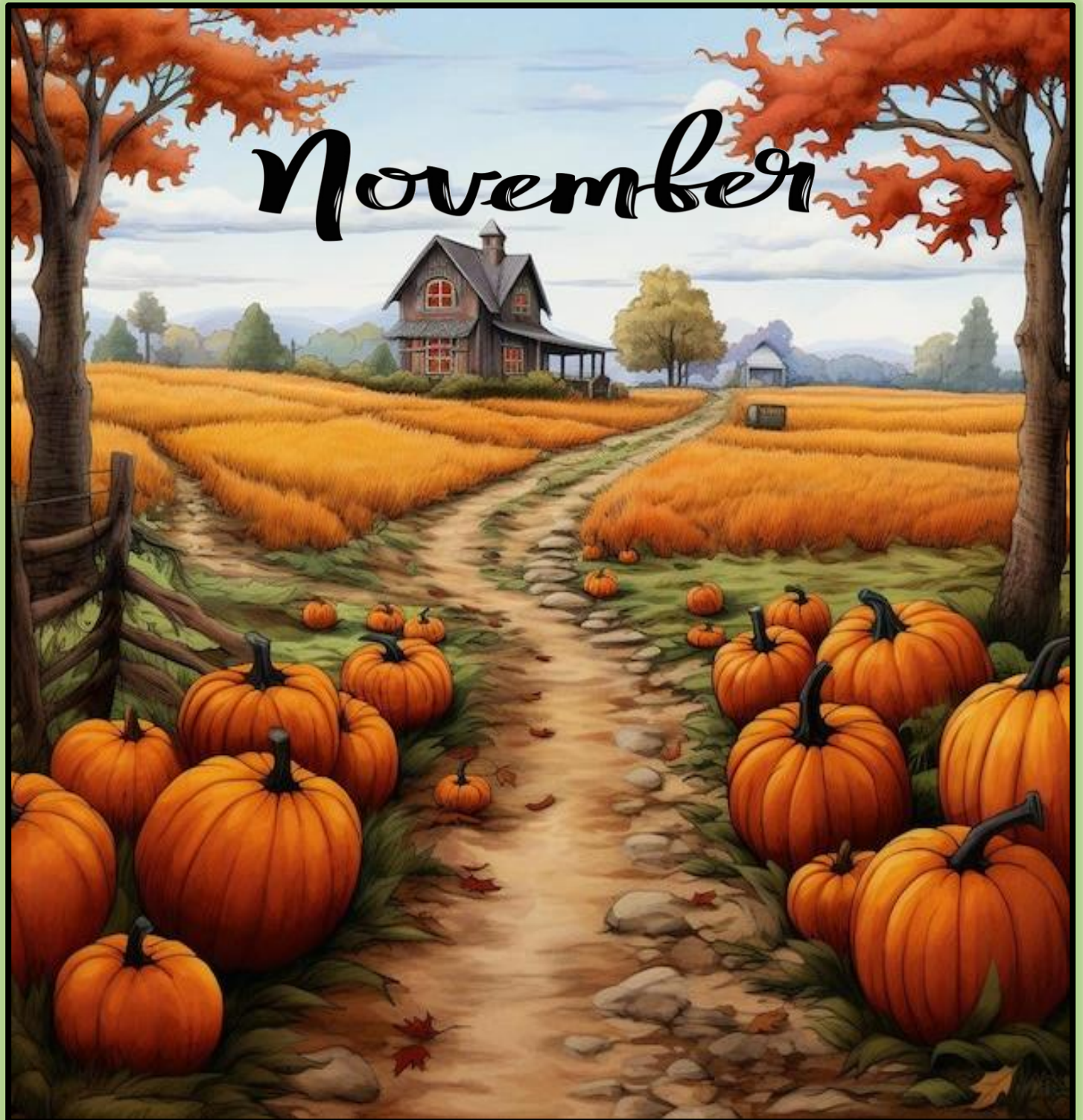


Hillside News

November 2024 Cedarbrook Fountain Hill Senior Care & Rehab



Hillside News

November 2024

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THE MEANING OF C.H.O.I.C.E.S.

Adopted by Cedarbrook employees in 2006, Cedarbrook's mission proudly states a commitment to residents and relatives who need senior care. When Lehigh County families choose Cedarbrook, they are selecting a

“Community with Heart Offering Individualized Care and Excellent Service.”

Visit us on our Facebook page and website for updates and pictures of recent events!

www.facebook.com/cedarbrookseniorcareandrehab

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



WHAT'S HAPPENING AT THE HILL

NOVEMBER SPECIAL PROGRAMS

ALL PROGRAMS ARE IN THE MAIN DINING ROOM UNLESS OTHERWISE STATED

- 11/1 VICTORIAN VANITIES: PECULIAR PA - 2:30 PM
- 11/3 MASS & ROSARY - 2:30 PM
- 11/4 CRAFTY CORNER: 6 - STEP FUNNY TURKEY DRAWINGS - 2:30 PM
- 11/5 LE GAMES & BREAD PUDDING - 2:30 PM
- 11/6 NOVEMBER BIRTHDAY PARTY WITH KRISTA SMITH - 2:30 PM
- 11/7 NOVEMBER PAINT BY NUMBERS WITH A TWIST - 2:30 PM
- 11/8 MUSIC BY JOHN BAUER - 2:30 PM
- 11/11 VETERANS DAY COLORING & COOKIES - 10:30 AM
- 11/11 FALL FLOWERS WITH BETHLEHEM GARDEN CLUB - 2:30 PM
- 11/13 PERFECTLY PUMPKIN ICE CREAM SOCIAL - 2:30 PM
- 11/14 LEHIGH VALLEY HUMANE SOCIETY VISIT - 10:30 AM
- 11/14 RESIDENTS' COUNCIL - 2:30 PM
- 11/15 COFFEE SOCIAL & CHAT WITH PHIL - 10:30 AM
- 11/15 MUSIC BY JOHNNY K - 2:30 PM
- 11/18 MAKE YOUR OWN PARFAIT - 2:30 PM
- 11/19 LE GAMES & PEANUT BUTTER CUPCAKES - 2:30 PM
- 11/20 MEMORIAL SERVICE - 2:30 PM
- 11/21 MEN'S PROGRAM: TED WILLIAMS: AMERICAN HERO - 10:30 AM
- 11/21 JEOPARDY - 2:30 PM
- 11/22 THANKFUL TUNES WITH RICK WEAVER - 2:30 PM
- 11/25 CRAFTY CORNER: TABLE TURKEY NAPKIN RINGS - 2:30 PM
- 11/27 BAKING BONANZA: SWEET POTATO CASSEROLE - 10:30 AM
- 11/27 MUSIC BY RANDY SCHMIDT - 2:30 PM
- 11/28 THANKSGIVING BINGO - 10:30 AM
- 11/28 CORNUCOPIA OF CROSSWORDS - 2:30 PM
- 11/29 MUSIC BY DANIEL BARRICK - 2:30 PM



HAPPY THANKSGIVING



CAN YOU SPY...
WITH YOUR LITTLE EYE.

"Boy Pilgrim" 



COUNT HOW MANY YOU SPY.
(Answer on page 14)

We Need
You!

Auxiliary is looking for active NEW members!
Join us for monthly meetings, help with fundraisers and various sales. Meetings are 11am on the fourth Wednesday of every month. If you are interested please contact Emily at emilystrohl@lehighcounty.org



Regina Kardisco	2nd
Roberta Bails	5th
Terry Hines	5th
Aldira Tavares	6th
Alaida Cruz Perez	11th
Elonia Batista	15th
Eileen Beidler	15th
Charles O'Connell	16th
Madeline Barbosa	19th
Grace Parry	20th
Cecilio LaSanta	25th
June Reitz	27th



HAPPY BIRTHDAY



CHAPLAIN'S CORNER



[Jesus said] "Hear then the parable of the sower. When anyone hears the word of the kingdom and does not understand it, the evil one comes and snatches away what is sown in his heart; this is what was sown along the path. As for what was sown on rocky ground, this is he who hears the word and immediately receives it with joy; yet he has no root in himself, but endures for a while, and when tribulation or persecution arises on account of the word, immediately he falls away. As for what was sown among thorns, this is he who hears the word, but the cares of the world and the delight in riches choke the word, and it proves unfruitful. As for what was sown on good soil, this is he who hears the word and understands it; he indeed bears fruit, and yields, in one case a hundredfold, in another sixty, and in another thirty." (Matt 13: 18-23)

There's the story of a woman who suddenly stops a man walking down the street and says, "George, I am so happy to see you after all these years! My, how you have changed! You were so tall and now you've grown so short. You were so well built and now you've grown so thin. You had dark hair and now it is so light. Good grief, how you've changed in the last five years! What happened to you, George?" Finally, the man got a chance to get a word in: "But ma'am, my name is not George! My name is Joe." To which the persistent woman calmly replied, "Oh, so you've changed your name too?"

This funny story helps us to imagine how Jesus struggled to be understood, even when he spoke plainly and not in parables. Jesus tells the parable to the people, and then explains it to his disciples. He hopes everyone will listen.

Why does Jesus use this image of a sower who spreads the seed so widely to show how God grows the kingdom in the hearts of others, no matter who or where they are? Imagine Jesus as the sower, scattering the seed all around the plot of land he cultivates, with its combination of deep, rich soil and shallow, rocky soil, its footpaths, and its borders full of weeds and thorns. True, the sower can only plow under the seeds within the soil of the garden, yet he has nonetheless spread the seed to the margins, the edges, the less than hospitable places.

So as Jesus explains later how the four soils represent the various reactions of those who hear the word, he has based this teaching upon the fact that the one who sowed the seed spread it on what we would understand as good and bad soil alike. But to God the Father, it is all good soil, and through his son Jesus, God has spread and given growth to the seed of his kingdom in the least likely places.

In the Bible commentary *Feasting on the Word*, Talitha Arnold writes that we should look beyond what we often see as limitation and frustration in this gospel, of seeing that only a few seeds survive and grow, and instead focus on God's miraculous abundance, that under God's hand those seeds produce a mighty harvest.

In our day, we live so many stresses and challenges and real dangers to our well-being and to the life we once knew. Churches are getting smaller and there is a lessening of Christian influence in our culture. All the years of hard work seems to have fallen on poor soil. But we must remember that God makes good of all circumstances which seem failures to us. God is the one who makes amazing results of something that appears to be dying. We are called to trust God and to be people who persevere in love for God and each other, listening carefully to Jesus' word to us, that all things are in his Father's hands.



Chaplain Laura Stone, Cedarbrook Fountain Hill



EMPLOYEE ANNIVERSARIES

EMPLOYEE	DEPARTMENT	YEARS
CHRISTINA FLOREK	NURSING	36
YVETTE JOHNSON	NURSING	21
HEATHER BRUER	NURSING	21
JENNIFER VALDEZ	NURSING	14
FRANKIE LAZZARO	FACILITIES	4
CHINNGAIHNEM BOWEN	NURSING	3
KATIE HAHN	NURSING	2
DEBORAH REPASH	FINANCIAL	2
KENEISHA DANIELS	NURSING	1
MALATHI SANTHANAM	NURSING OFFICE	1

WELCOME

NEW EMPLOYEES

Alexzandria Frick
Steven Rojas



NOVEMBER NATIONAL FOOD DAYS

1ST – WORLD VEGAN DAY



3RD – NATIONAL SANDWICH DAY

5TH – NATIONAL DONUT DAY



6TH – NATIONAL NACHOS DAY

8TH – NATIONAL CAPPUCCINO DAY



10TH – NATIONAL VANILLA CUPCAKE DAY

11TH – NATIONAL SUNDAE DAY

14TH – NATIONAL PICKLE DAY



16TH – NATIONAL FAST FOOD DAY

17TH – NATIONAL BAKLAVA DAY

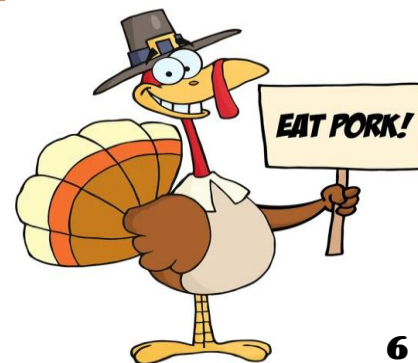


23RD – NATIONAL ESPRESSO DAY

26TH – NATIONAL CAKE DAY



30TH – NATIONAL MOUSSE DAY



IN LOVING
Memory

*Antonia Correa
Margaret Blawn*



November

Comes and
November goes,
With the last red berries
And the first white snows.

With night coming early
and dawn coming late,
And ice in the bucket
and frost by the gate.

The fires burn
and the kettle sings,
And earth sinks to rest
Until next spring.



*"We have always held
to the hope, the belief,
the conviction that
there is a better life, a
better world, beyond
the horizon."*

Franklin D. Roosevelt



EMPLOYEE PET OF THE MONTH

Name of employee and department...

Aimee Schmidt, Life Enrichment

Type of animal/ breed...

Short hair domestic cat.

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

O'Shay. We wanted a girl which we were going to name Shay. When we found out he was a boy we just put an "O" in front of it. Plus we like Irish names.

How old is your pet?

He is 4 years old.

Are there any other nicknames you have for your pet?

Little guy, Bubby, Bubba, little piggy and pain in the butt!

How and when did you choose your pet?

O'Shay was living with his brother and sisters in an abandoned car on a farm. We thought he was so cute so we took him home.

Does your pet do any special tricks?

He's what you'd call "an affectionate eater." He likes to be petted when he's eating.

Funniest memory of your pet.

We have to search for him at times because he's always hiding under a blanket.

Does your pet have a favorite toy or treat?

He loves his water fountain and his catnip mice. Anything from Sheba in salmon flavor is O'Shay's favorite.



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

His habits are very messy! He loves to lay across his water fountain when he's drinking from it plus O'Shay is always knocking his food dish over.

Fun facts about your pet or the breed...

It's very hard to see him in the dark. He sleeps in the funniest positions, his legs are stretched out and spread eagle! He just makes himself at 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)



CEDARBROOK VOLUNTEERS ARE IMPORTANT PEOPLE

“DO WHAT YOU CAN TO SHOW YOU CARE ABOUT OTHER PEOPLE, AND YOU WILL MAKE OUR WORLD A BETTER PLACE”AUTHOR, FORMER FIRST LADY, ROSALYNN CARTER

GIFT SHOP VOLUNTEERS – WE ARE LOOKING FOR A CHEERFUL PERSON WITH SOME CASHIER EXPERIENCE TO RUN OUR ALLENTOWN GIFT SHOP ON MONDAY, WEDNESDAY, OR FRIDAYS FROM 1:00PM – 4:00PM. OUR RESIDENTS LOVE TO COME IN TO OUR SWEET LITTLE GIFT SHOP TO BUY SNACKS, DECOR ITEMS, AND GIFTS. THIS SHOP IS ALSO ENJOYED BY FAMILY MEMBERS, GUESTS, AND STAFF. VOLUNTEERS MAY CHOOSE ONE OR TWO DAYS A WEEK. TRAINING WILL BE PROVIDED.

ACTIVITY VOLUNTEERS – WE ARE ALSO IN GREAT NEED OF VOLUNTEERS TO TRANSPORT RESIDENTS TO VARIOUS ACTIVITIES AND HELP THE RESIDENTS PLAY GAMES, MAKE CRAFTS, ENJOY ENTERTAINMENT OR CHURCH. WE HAVE OPPORTUNITIES 7 DAYS A WEEK, MORNINGS 10:00AM-12:00PM, AND AFTERNOONS 1:45PM-4:00PM.



*** VOLUNTEERS ARE NEEDED AT BOTH LOCATIONS***

BUS TRIP HELPERS – OUR RESIDENTS ARE OUT AND ABOUT! WE RUN MANY BUS TRIPS EVERY MONTH. WE OFTEN NEED A VOLUNTEER TO MEET US AT OUR DESTINATION TO HELP OUR RESIDENTS HAVE A GREAT TIME. WE TAKE TRIPS TO PHANTOMS HOCKEY GAMES, IRON PIGS BASEBALL GAMES, SHOPPING TRIPS, DINNER OUTINGS, PLAYS, MOVIES AND MANY OTHER PLACES. THE VOLUNTEER’S ADMISSION TO ANY OF THESE EVENTS WOULD BE COVERED BY CEDARBROOK. IF YOU WOULD LIKE TO FIND OUT MORE OR SIGN UP, PLEASE CONTACT THE VOLUNTEER DEPARTMENT. STUDENTS THAT NEED COMMUNITY SERVICE HOURS SHOULD CONTACT THE VOLUNTEER OFFICE FOR AN APPOINTMENT. FRIENDS, FAMILY MEMBERS OR ANYONE WHO WOULD LIKE TO VOLUNTEER PLEASE CALL 610-336-5684 MONDAY THRU FRIDAY, 8:00AM TO 4:00PM FOR MORE INFORMATION.



**KERRY MAGLIANE, VOLUNTEER DEPARTMENT CALL 610-336-5684
OR VISIT KERRYMAGLIANE@LEHIGHCOUNTY.ORG**



AT THANKSGIVING AND IN THE SAME SPIRIT AS OUR CARING VOLUNTEERS WHO GIVE SO KINDLY; WE SAY WITH PLEASURE, “THANK YOU” AND EXTEND OUR WARM WISHES AND DEEP GRATITUDE TO YOU AND YOUR FAMILIES FOR A BLESSED AND A WONDERFUL THANKSGIVING!

Residents' Council Meeting Minutes Thursday, October 10, 2024

- Jude Tonzola, President, called Residents' Council meeting to order.
- Minutes from September's and October's Residents' Council meetings will be read during the next meeting due to October being Resident Rights' month.
- Residents will be playing Jeopardy to review the resident rights.
- The game will be hosted by Heidi Heffelfinger, Resident Council Liaison.

Old Business:

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

New Business:

- No new business at this time.

Resident Concerns/Comments:

- Resident had a concern with staff not introducing themselves to resident when coming on shift.
 - A referral will be sent to proper department.
- Residents had a concern with water not being passed on weekends in the morning.
 - A referral will be sent to proper department.
- Resident shared a concern with the response time on call bells. Resident asked about getting more staff to help with call bells.
 - A referral will be sent to proper department.

Announcements:

Michelle Julian—Asst. Administrator

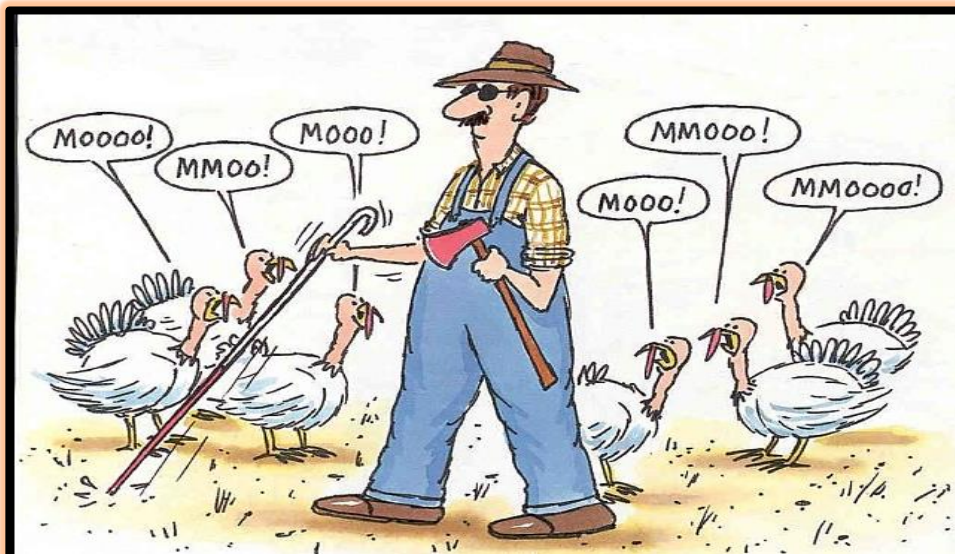
- Food committee meeting will be October 16th at 11:00am. Meeting will be held in the main dining room.

Jessica Kelly — Asst. Director of Life Enrichment

- Activities for the remainder of the month of October were reviewed.
- 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 14, 2024 at 2:30pm in the Main Dining Room.
- Jude Tonzola made a motion to adjourn the meeting. Candie Gimbar moved to accept the motion and it was seconded by Barbara Gower.

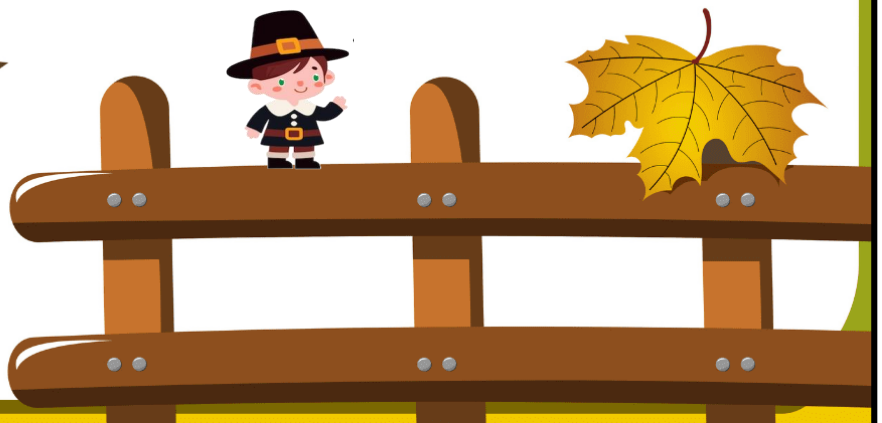



Thanksgiving

WORD SEARCH

cranberries potatoes
stuffing pilgrims
family dinner
rolls gravy
thankful November
friends turkey
autumn dessert
corn pie

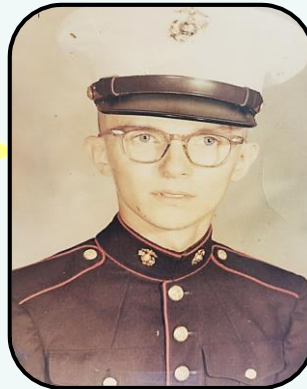
E D H K F H R P I L G R I M S
Y F W Y V O O F F A B T U L D
G K A C M Y L R X U Z H B J E
N Q C M R N L V S T H A C L S
I F D Y I A S Q Y U P N O G S
P A R C F L N N U M M K R G E
I P M I B Z Y B O N E F N R R
N G O S E R D N E V K U W A T
T V V T T N Z I X R E L V V M
U P N P A U D K N I R M A Y S
R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





RESIDENT SPOTLIGHT

Richard Klinesmith



Born in Allentown, Pennsylvania, on July 13, 1949, Richard Klinesmith grew up with a love for tradition, family, and craftsmanship. His childhood was filled with fond memories, including meeting Santa Claus and taking joyful trolley rides with his mother to Kutztown. As one of two children, Richard's early years were shaped by the strong values of family and community.

Richard's love for Christmas was something he carried with him throughout his life, rooted in his deep connection to St. Paul's Lutheran Church, where he sang in the choir. His education at William Allen High School, where he graduated in 1968, was the foundation for his early work as an architecture draftsman.

After a brief period in architecture, Richard answered a higher calling and joined the U.S. Marine Corps. He completed basic training in 1970 and served with distinction as a corporal. During his service, Richard was stationed at Marble Mountain in Vietnam, participating in missions that aimed to spread hope and positive messages to the Vietnamese people through leaflet drops. His service also took him to Okinawa, Japan, where he used his skills as a welder and served as an invocation officer. In this role, he ensured the proper functioning and distribution of equipment, while also leading people safely out of base operations.

Following his military service, Richard returned to his roots as an architecture draftsman, a field that remained close to his heart. When the firm he worked for was taken over, Richard decided to move on and took a job at a local hardware store. After leaving the hardware store Richard went on to work for the Allentown Rose Bowl, which kept him close to his passion for bowling. He served as secretary of the Allentown District Bowling Association for 13 years.

Richard's commitment to his church was equally notable. He found joy in teaching Sunday school to second graders at St. Paul's, instilling in young minds the same values that had shaped his own life. His dedication to faith, family, and service was unwavering.



We wish Richard all the best and thank him for taking the time to be interviewed. Thank you for your very personal and interesting story and telling us how you have lived your best life!

Permission was granted for picture usage





Fall

WORD SCRAMBLE



UNSCRAMBLE THE FALL WORDS, ANSWERS ON PAGE 14

ERFAWLYMO _____

EESWT OPATTO IEP _____

IDRFE TYKUER _____

CLBKA DYFIAR IPHSOPGN _____

NCAAROMI DNA HSEEEC _____

DELDEVI GGSE _____

IPNMUPK PISEC _____

ONEEVBRM _____

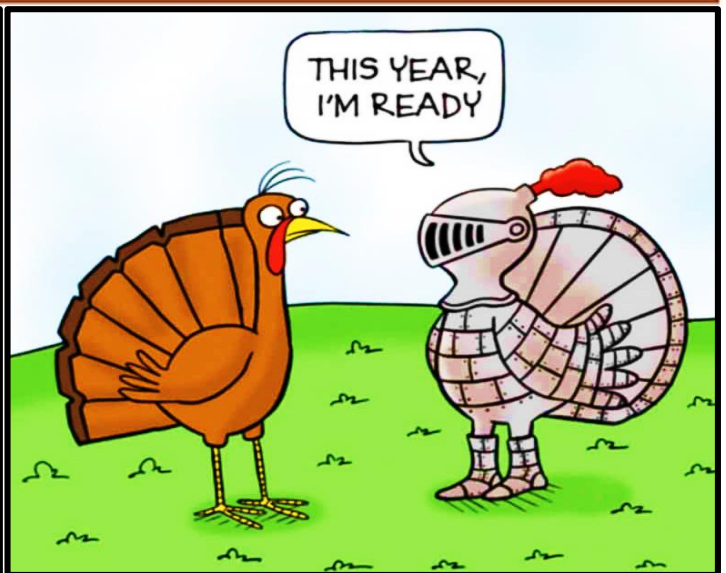
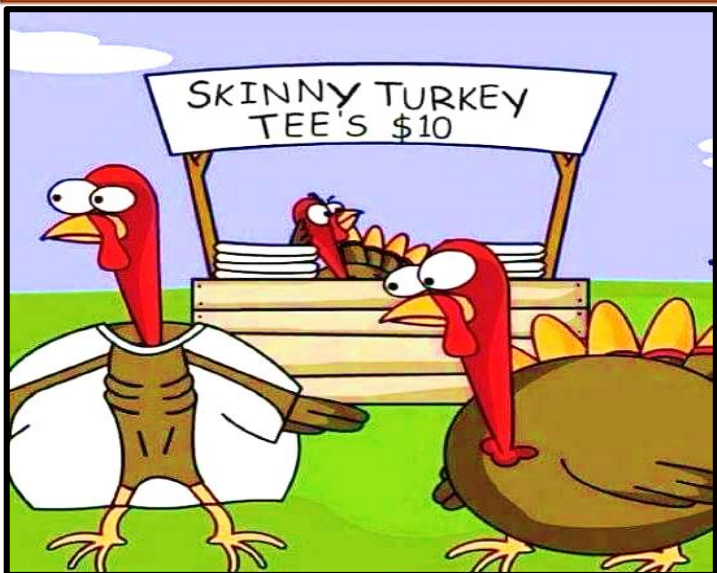
YRHEDAI _____

PPKNMIU TPCAH _____

GIGRFVSNDIENI _____

NEARRRBCY ECASU _____

URYTEK OWLB _____



**FALL WORD
SCRAMBLE ANSWERS**

1. MAYFLOWER
2. SWEET POTATO PIE
3. FRIED TURKEY
4. BLACK FRIDAY SHOPPING
5. MACARONI AND CHEESE
6. DEVEILED EGGS
7. PUMPKIN SPICE
8. NOVEMBER
9. HAYRIDE
10. PUMPKIN PATCH
11. FRIENDSGIVING
12. CRANBERRY SAUCE
13. TURKEY BOWL

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.

HOW MANY DID YOU SPY?

There are **12**



"BOY PILGRIMS"



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.

**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.



November 2024

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



All programs are in the Main Dining Room unless otherwise noted.



1
10:30 AM
Coffee Social & Chat

2:30 PM
Victorian Vanities Peculiar PA

2
2:30 PM
BINGO

3
2:30 PM
Mass & Rosary

4
10:30 AM
Morning Movement

2:30 PM
Crafty Corner: Six Step Funny Turkey Drawing

5
10:30 AM
BINGO Bucks

1:30 PM
Bible Study

2:30 PM
LE Games & Bread Pudding

6
10:30AM
Needles & Hooks

2:30 PM
November Birthday Party with Krista Smith

7
2:30 PM
November Paint by Numbers with a Twist

8
10:30 AM
Coffee Social & Chat

2:30 PM
Music by John Bauer

9
2:30 PM
BINGO

10
2:30 PM
Church with Chaplain Laura

11
10:30 AM
Veterans Day Coloring & Cookies

2:30 PM
Fall Flowers with Bethlehem Garden Club

12
10:30 AM
BINGO

1:30 PM
Bible Study

2:30 PM
LE Games

13
10:30 AM
Needles & Hooks

2:30 PM
Perfectly Pumpkin Ice Cream Social



14
10:30 AM
Visits with LV Humane Society

2:30 PM
Resident Council Meeting

15
10:30 AM
Coffee Social & Chat

2:30 PM
Music by Johnny K.

16
2:30 PM
BINGO

17
2:30 PM
Church with Chaplain Laura

18
10:30 AM
Spanish Church Service

2:30 PM
Make your own Parfait

19
10:30 AM
BINGO

1:30 PM
Bible Study

2:30 PM
LE Games & Chocolate Peanut Butter Cupcakes

20
10:30 AM
Needles & Hooks

2:30 PM
Memorial Service

21
10:30 AM
Men's Program: Ted Williams: American Hero

2:30 PM
Jeopardy

22
10:30 AM
Coffee Social & Chat

2:30 PM
Thankful Tunes with Rick Weaver

23
2:30 PM
BINGO

24
2:30 PM
Church with Chaplain Laura

25
10:30 AM
Crafty Corner: Table Turkey Napkin Rings

2:30 PM
Cranium Crunchers

26
10:30 AM
BINGO

1:30 PM
Bible Study

2:30 PM
LE Games

27
10:30 AM
Baking Bonanza: Sweet Potato Pie

2:30 PM
Music by Randy Schmidt

28
10:30 AM
Thanksgiving BINGO

2:30 PM
Cornucopia of Crosswords



29
10:30 AM
Coffee Social & Chat

2:30 PM
Music by Daniel Barrick

30
2:30 PM
BINGO