

SUNSHINE NEWS

December 2024 Cedarbrook Senior Care & Rehab



DECEMBER

SUNSHINE NEWS

December 2024

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CEDARBROOK SENIOR CARE AND REHAB
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Marisol Irizarry, Elizabeth Joyce, Annie Mathews, Kayla Medina, Francesca Nevick,
Aimee Schmidt, Becky Schraden, Jen Sparling, Sharon Starling-Phillips, Emily Strohl

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>

THE BUZZ... AROUND CEDARBROOK



**WANT YOUR PICTURE TAKEN
WITH SANTA & THE GRINCH?
COME JOIN US DECEMBER 6 AT
2:15PM IN OUR CBA AUDITORIUM.
GIVE US YOUR BEST SMILE FOR THE HOLIDAYS!**

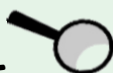


**OUR DECEMBER IS FILLED WITH HOLIDAY JOY!
WE HAVE SPECIAL ENTERTAINMENT EVERY SATURDAY IN DECEMBER
FOR EVERYONE TO ENJOY THE HOLIDAYS!
PROGRAMS WILL BE HELD IN OUR CBA AUDITORIUM AT 2:15PM.
COME ONE, COME ALL! LET'S GET THIS DECEMBER ROCKIN!**



**COMING IN 2025 WE WILL CONTINUE TO HAVE OUR MONTHLY THEMES!
KEEP AN EYE OUT FOR FUN ACTIVITIES AND MONTHLY PARTIES TO
CELEBRATE THE MONTHLY THEMES!**

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



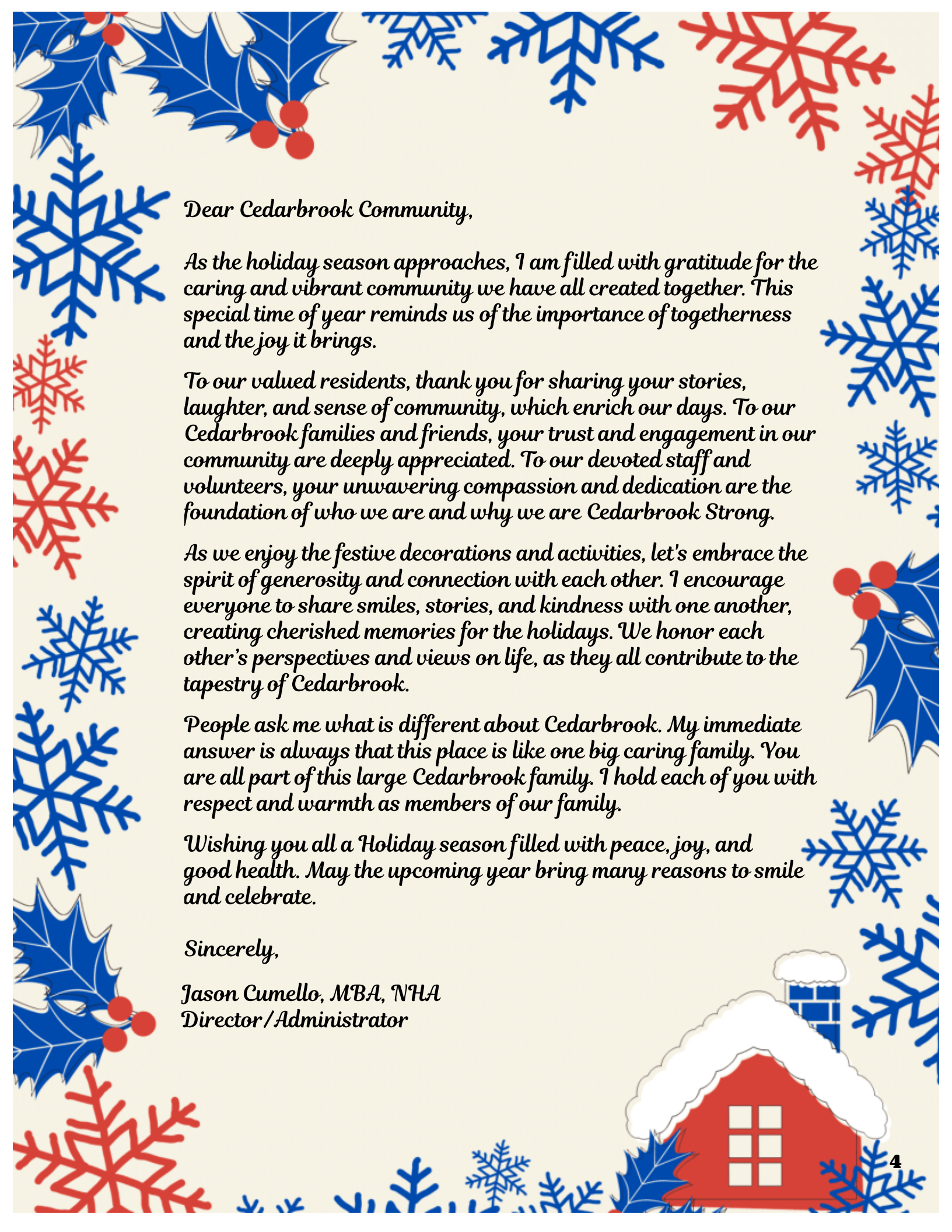
**"GINGERBREAD
MAN"**



**COUNT HOW MANY YOU SPY.
(Answer on page 18)**

**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**



Dear Cedarbrook Community,

As the holiday season approaches, I am filled with gratitude for the caring and vibrant community we have all created together. This special time of year reminds us of the importance of togetherness and the joy it brings.

To our valued residents, thank you for sharing your stories, laughter, and sense of community, which enrich our days. To our Cedarbrook families and friends, your trust and engagement in our community are deeply appreciated. To our devoted staff and volunteers, your unwavering compassion and dedication are the foundation of who we are and why we are Cedarbrook Strong.

As we enjoy the festive decorations and activities, let's embrace the spirit of generosity and connection with each other. I encourage everyone to share smiles, stories, and kindness with one another, creating cherished memories for the holidays. We honor each other's perspectives and views on life, as they all contribute to the tapestry of Cedarbrook.

People ask me what is different about Cedarbrook. My immediate answer is always that this place is like one big caring family. You are all part of this large Cedarbrook family. I hold each of you with respect and warmth as members of our family.

Wishing you all a Holiday season filled with peace, joy, and good health. May the upcoming year bring many reasons to smile and celebrate.

Sincerely,

*Jason Cumello, MBA, NHA
Director/Administrator*

HAPPY BIRTHDAY

BETTY MORAN	1ST
BERNICE RABENOLD	2ND
RUMPUN HELLER	3RD
DOROTHY BARNES	6TH
DAVID MARSH	6TH
FRANCIS HARPER	7TH
ROBERT COLON	7TH
KATHLEEN O'MALLEY	8TH
SALLIE SELTZER	10TH
RICHARD COUKART	11TH
WILLIAM REMALY	12TH
MARGARET BOYLE	13TH
MILDRED KISTLER	14TH
KAY COOKE	16TH
JEAN LARISON	16TH
MARTIN SNYDER	17TH
BETTY SCHANTZ	18TH
ROSE MARIE KISH	19TH
ARTHUR SPENGLER	20TH
YVONNE PREST	20TH
CHARLES PERRY	22ND
OLENE DAUBERT	22ND
GEORGE SHUMACK	23RD
DAVID REPPERT	26TH
KAREN WILLIAMS	26TH
JENNIE VONSTEUBEN	28TH
FLOYD BITLER JR.	31ST





CHAPLAIN'S CORNER



Having Peace in The Midst of Your Storm

"Peace, I leave with you, my peace I give to you; not as the world give do I give to you. Let not your heart be troubled, neither let it be afraid."



St. John 14:27



Have you ever been in a real-life storm where you thought that your life would come to an end? Well, if not, I certainly have and let me tell you, it is the most frightening experience one can ever have. At one time or another we all have had some real-life storm experience in our life, like a financial storm, or a relationship or employment storm. Whatever life challenge you may be encountering, I assure you that you are not alone in this world. In fact, I don't know anyone who has not been tested in one way or another. Being in a storm means you really have no control over your situation and as the storm continues to build up momentum and become more intense, your body and emotions begin to react with great force and counterattack your present situation with the attempt to regain complete control over one's life. Yes! We all have been there and done that and we all know what the outcome was; complete disaster and chaos. Broken families and relationships, death of a loved, or financial lost just to name a few, you can fill in the blank of your own life.

This brings me to what Jesus said in the holy scriptures. That is the peace that Christ give to the believer is not the same as the world gives. God's peace is a peace that can sustain you in whatever storm you might find yourself in life. President Ronald Reagan once said and I quote: **"Peace is not the absence of conflict; it is the ability to handle conflict by peaceful means."** Jesus is not saying he will completely remove the problem you are facing. What he is saying is that he will give you his grace of peace, which means he will carry you through your storm. **Psalms 23:1** tells us that Jesus Christ is the Lord Our Shepherd; I shall not want. When you find yourself in the eye of the storm, just know Jesus has you in the palm of his hand. He will comfort you and bring peace to your heart. The scripture also says **"let not your heart be troubled, neither be afraid."** God tells us that we are to rejoice in the Lord always (ref. 4:4-7). We all need to trust more in our Creator for he knows what's best for our lives. In **Psalms 46:10** it says **"Be still and know I am God."** Life will continue to challenge us all but I want to encourage you all to remain faithful to God's great love He has for you. Never doubt yourself but keep believing that God loves you and sent his Son Jesus Christ to die for your sins that you may have eternal life. Just "Only" believe and confess He is Lord over all, Amen.

*Pastor Anthony (Tony) Jones
Cedarbrook - Allentown*



Name of employee and department...

Allen Meck, Rehab Department

Type of animal/ breed...

Dog. German Shepherd / Schnauzer mix.

How old is your pet?

She was born June 4, 2020, so 4 years old.



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

We named her Hershey because she is always giving kisses.

How and when did you choose your pet?

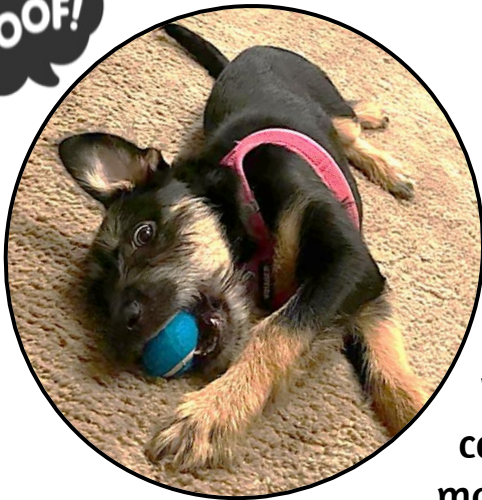
We went to a pet adoption event at Macungie Park.

From there, we took Hershey home.



Does your pet do any special tricks?

Yes, she knows how to roll over. Hershey also does what we call the "Hershey" crawl on the grass when she is tired.



Funniest memory of your pet...

Playing with all the leaves that are on the ground. Plus she makes these grunting noises when she wants attention.

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

When we take her for her walk she constantly pulls on her leash. This makes us have to run to keep up with her.

Does your pet have a favorite toy or treat?

She loves her Mr. Penguin toy.



Fun facts about your pet or the breed...

With her being half shepherd, we never have to be afraid. She is always on alert to protect our family.

Soft & Thick Snickerdoodles

Ingredients

- 3 cups **all-purpose flour** (spooned & leveled)
- 2 teaspoons **cream of tartar*** *Cream of tartar adds a unique tangy flavor to the cookie, which sets it apart from sugar cookies and makes it a classic snickerdoodle.*
- 1 teaspoon **baking soda**
- 1 and 1/2 teaspoons ground **cinnamon**
- 1/2 teaspoon **salt**
- 1 cup **unsalted butter**, softened to room temperature
- 1 and 1/3 cup **granulated sugar**
- 1 large **egg** + 1 large **egg yolk**, at room temperature
- 2 teaspoons **pure vanilla extract**

Topping

- 1/3 cup **granulated sugar**
- 1 teaspoon **ground cinnamon**



Instructions

1. Preheat oven to 375°F. Line two large cookie sheets with parchment paper or silicone baking mats (always recommended for cookies). Set aside.
2. **Make the topping:** Combine the granulated sugar and cinnamon together in a small bowl.
3. **Make the cookies:** Whisk the flour, cream of tartar, baking soda, cinnamon, and salt together in a medium bowl.
4. In a large bowl using a hand mixer or stand mixer fitted with a paddle attachment, beat the butter and granulated sugar together on high speed until smooth and creamy, about 2 minutes. Add the egg, egg yolk, and vanilla extract. Beat on medium-high speed until combined. Scrape down the sides and up the bottom of the bowl with a rubber spatula as needed. With the mixer running on low speed, slowly add the dry ingredients to the wet ingredients in 3 different parts. The dough will be thick.
5. Roll cookie dough into balls, about 1.5 Tablespoons of cookie dough each. Roll the dough balls in cinnamon-sugar topping. Sprinkle extra cinnamon-sugar on top if desired. Arrange 3 inches apart on the baking sheets.
6. Bake cookies for 10 minutes. The cookies will be very puffy and soft. When they are still very warm, lightly press down on them with the back of a spoon or fork to help flatten them out. Allow cookies to cool on the baking sheet for 10 minutes and transfer to a wire rack to cool completely.
7. Cookies remain soft & fresh for 7 days in an airtight container at room temperature.



HOLIDAY WORD FIND



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

Candles
Season
Cold
Twinkle
Pine



Bows
Angel
Friends
Music
Ice Skate



Carol
Ribbon
Candy
Love
Gingerbread



Calling All Volunteers!

Come join us for a few hours a day. We appreciate YOU and your TIME!

Current Volunteer Needs:

- ❖ Transporting residents to in-house activities, entertainment, and church. Any day of the week, mornings, 10AM - 12PM or afternoons 1:45PM - 4:00PM.
- ❖ Cashier needed to assist shoppers in our sweet little gift shop. Every Monday 1:00PM-4:00PM. Additional volunteers needed for fill ins. Training provided.
- ❖ Resident Photos with Santa - December 6, 1:45PM- 4:00PM.
- ❖ Saturday afternoons we have a wide variety of activities and entertainment 1:45PM - 4:00PM.
- ❖ Sunday afternoons for church 1:45PM - 4:00PM.
- ❖ **Special In-House parties/activities – December 2, December 4, December 12, December 16, and December 24 1:45PM - 4:00PM.**
- ❖ We would love your help with delivering the “Angel” gifts to residents between December 20 - 25. Please ask any LE staff member for specific times.

Reminder:

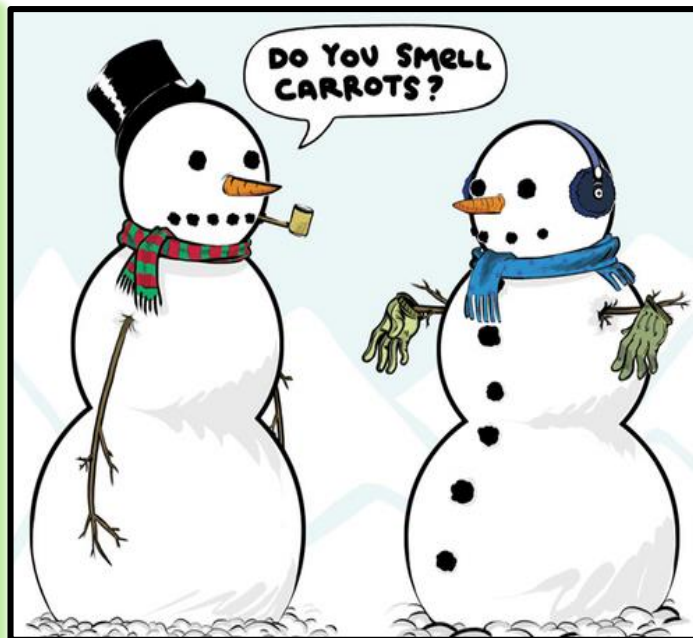
Please remember to call the Life Enrichment department if you are going to be absent or late. You are important to our residents, staff, and programs; we really do need YOU.

Call Kerry to sign up at 610-336-5684 Or email

kerrymagliane@lehighcounty.org



We wish you all a wonderful holiday season.





IN LOVING Memory

*Eleanor Funk
Theresa Markert
Kiwako Schlicher
Ray Crofford
Marie Gaspar
Jean Dreisbach*

*Ronald Roy
Robert Collier
Burton Swayze
Jane Di Giacomo
Catherine Young
Rita Fontaine*

IT'S HARD TO

*Forget
Someone*

WHO GAVE US
SO MUCH TO

remember

those we
LOVE

DON'T GO AWAY

they walk beside us

EVERY DAY

UNSEEN, UNHEARD

but always near.

STILL LOVED

STILL MISSED

and very dear.



*You
may be gone
from my sight*

**BUT YOU ARE NEVER
GONE FROM MY HEART**



DIETICIAN NUTRITION



Mindfulness & Gratitude

“Mindful eating is a practice used to help bring awareness to our eating habits, give us space to slow down, and help us focus all five senses on the experience of eating. By eating in this way, we can develop gratitude towards our bodies, food choices and develop an appreciation for what they do for us. This practice has very little to do with the calories, fat or sugar within a meal, instead the focus is more on building good, lasting habits. Research has shown that eating in a mindful way can help facilitate improved mood, weight loss & help us connect to our bodies and food in a positive way. To begin this journey, it is important to limit distractions – turn off the TV and cellphone – and have plenty of time to savor a meal. This may be best enjoyed alone or in the presence of others who are also open to this approach to eating. This way you are able to take in the aromas, flavors and feelings that may arise.

Mindful Eating Practice: 1. Pick a food item (chocolate, cracker, etc.). 2. Hold it in your hand and notice how it looks. Feel the weight of it. 3. Examine its surface/packaging. Look at it as if it’s the first time you have seen it. 4. Touch it - feel the textures of the food with your hand. 5. Open the wrapper and smell, how does it make you feel? 6. Move the food between your fingers, notice it’s texture. Is it sticky? Rough? Smooth? 7. Place the item in your mouth but don’t chew it yet. Hold it there. Do you notice how you feel? 8. Roll the food around in your mouth. Notice what is happening. Is there a taste? Are you salivating? 9. Slowly begin to chew. Notice what each bite brings. 10. Chew until it is liquified before you swallow. 11. After you swallow, close your eyes and take in what you just experienced.

The Health Benefits of Mindfulness: 1. Eat with Gratitude. Connecting with our food helps us slow down and appreciate our food, where it came from, who made or harvested it & also helps us have more positive emotions with food. 2. Healthier food choices. Studies have shown that when we are intentional about our food choices, we tend to select healthier foods and have better regulation of what we eat. 3. Support weight loss. This may not be the reason most start to practice mindful eating, but those that do tend to see weight loss as an added benefit as we tend to have less impulsive eating and decreased calorie consumption. Eating slowly also helps us digest food thoroughly, resulting in more effective digestion. Remember it takes 20 minutes for your brain to register fullness cues. 4. Less Mindless Eating. Shifting our focus to mindful eating lessens the emotional association with food and helps us listen to our internal cues. This has been shown to help us select healthier food and decrease negative emotions around our food choices. Studies have found that those with a history of disordered eating have found marked improvement in their symptoms when taking a more mindful approach to food.”



EMPLOYEE ANNIVERSARIES

EMPLOYEE	DEPARTMENT	YEARS
Michele Bear	Environmental	27
Julie Sarson	Nursing	24
Geraldine Squires	Nursing	14
Paulette Bachert	Nursing	13
Belinda Miranda	Nursing	8
Emily Strohl	Life Enrichment	7
Vanessa Tuyen	Nursing	6
Ghazwan Abujunb	Laundry	6
Taryn Zeiner	Nursing Office	5
Shanda Navedo	Environmental	5
Malissa Heckman	Nursing	3
Khadijah Mcpherson	Social Services	2
Vanessa Cantave	Nursing Office	2
Yana Leytman	Nursing Office	2
Leamarie Hayes	Life Enrichment	2
Garrett Hessler-Widdop	Central Services	1
Anthony Jones	Faith Services	1
Sherri Abruzzese	Nursing Office	1
Aimee Schmidt	Life Enrichment	1



LET IT SNOW FUN FACTS

- ❖ Snow isn't actually white- it's translucent, reflected light makes it look white.
- ❖ Contrary to what you have been told, some snowflakes are shaped the same.
- ❖ It has snowed as far south as San Diego, Miami and Hawaii.
- ❖ Snowflakes always have 6 sides.
- ❖ Silver Lake, Colorado received 75.8 inches of snow in a 24 hour period back in 1921.
- ❖ We get a lot every year. At least 1,000,000,000,000,000,000,000 (1 septillion) ice crystals fall from the sky in the U.S. alone.



RESIDENTS' COUNCIL MEETING MINUTES MONDAY, NOVEMBER 11, 2024



- Jean Larison, President, called the meeting to order.
- Karen Snyder, Secretary, read the highlights from the October meeting.
- Marilyn Barker, Vice-President, read the Resident Right for November.

ACCESS AND VISITATION RIGHTS – Sec. 1919(c)(3)

You have the right to say who may or may not have access to your nursing facility for the purpose of visiting with you. This includes your family, relatives, or others. Also, you have the right to immediate access by your attending physician or any representative of the federal Department of Health and Human Services, the state Departments of Public Welfare and Health, and the Department of Aging Ombudsman Program. Organizations or individuals providing health, social, legal, or other services may, with your consent, have reasonable visits with you.

- Jean welcomed new residents for October.

Old Business:

- To recap from last month, we had Resident Right's Bingo, therefore, we do not have any old business to discuss.

New Business:

- After the new business we will have nominations for Officers for the upcoming year.

Jason Cumello: Administrator (Not in attendance)

Jessica Sanchez: Director of Social Services (Not in attendance)

Emily Strohl: In attendance for LE department

- Want to thank all of our Veterans for their service.
- We will continue entertainment every Saturday.
- We will continue Auxiliary bingo the first Monday of every month.
- Birthday Parties are on the first Wednesday of every month.
- Remember that you can always stop by LE to ask any questions.

Nominations for Officers for Next Year

- Nominated Jean for President
 - ✓ Decision seconded.
- Vice president
 - ✓ Marilyn Barker – nominated herself for vice president. Decision was seconded.
- Secretary
 - ✓ Karen Snyder nominated. Karen accepted nomination.
- Official Voting will be in December.

Resident Concerns / Comments:

- Jean mentioned that she has been working since 2022 to get the residents a raise in their monthly MA money which is \$45 dollars.
- A dietary meeting is held after this meeting. Please ask questions concerning dietary at that time.
- Resident on C3– can the nurses stay in the room at all times? After lunch they all seem to disappear.
 - ✓ Teresa Samuels (DON) stated that she will follow up and do check ins during lunches.
- Resident on D2 – asked why we are having a meeting on a Holiday (referring to Veterans Day).
 - ✓ Rhett mentioned that Residents' Council is scheduled on the second Monday of every month.
- Resident on D7 – mentioned that the washer and dryer has been broken for 2 weeks on the first floor.
 - ✓ Rhett stated that we are waiting for a belt for the dryer and a timer for the washer.
- Resident on C3 – wondering if there is anyway we can get more aides/staff to help residents go to the bathroom. She calls and is told that she has to wait. By the time they are ready to take her she is already wet.
 - ✓ Theresa Samuels (DON) we are above the staff average for staffing. Check ins will be made on the unit.
- Resident on D2 - Stated that when he was in 216B, a nurse came into his room and tried to throw urine into the sink from his roommate's urine bag. He also stated that he is well aware of the meds that he takes and when they need to be taken. He says that the nurse will hand him pills and when he questions it, he gets told that he has to take them. He doesn't argue with the nurse and takes the pills. Same thing happens at night when he is being given pills that are meant for mornings.
 - ✓ Theresa Samuels (DON) – when issues like this happen, please report it to the proper staff immediately.
- Resident on C3 –Asked if she can get a fan she was told "no". Went out and got her own and it broke. Mentioned that she needs a cooler room. One other complaint about the temperature being too hot.
 - ✓ Rhett – we can put a work order in to lower the temperature. We will have facilities follow up.

Announcements:

The next meeting will be held Monday, December 9th at 2:15 pm in the Auditorium.



Senior Care & Rehabilitation



CHRISTMAS WORD SCRAMBLE

(Answers on page 18)



1. NTIAITVY
2. EEVIFTS
3. ONAILCRG
4. NISTLE
5. ORHLPDU
6. RAUICFETK
7. EIYMNHC
8. MLIFYA
9. OEENNICP
10. ITNDIGS
11. ONRTATIID
12. RTONNEMSA
13. OYHAIDL
14. GESROCO
15. CTNISGOK



A HAPPY CHRISTMAS



Snowflakes falling, people calling, just to say hello;
 People hurry-scurry almost everywhere they go.
 Church bells ringing, children singing, neighbors come to hear,
 All the wonders of the season, Christmas time is near.

Mothers baking, kids behaving, being good because,
 They can't wait until tomorrow to see Santa Clause.
 They all know that he will bring to all good girls and boys.
 Lots of presents by the tree, with all their favorite toys.

Old toy trains, and candy canes and reindeer on a sleigh,
 Dance around in children's heads, 'cause Santa's on his way.
 Christmas morning hearts are warming, presents on the floor.
 What a happy day it is, because it's Christmas time once more.



Written by published author,
 Shirley Binkley



NATIONAL FUN FOOD DAYS IN DECEMBER

1st National Pie Day

2nd National Fritters Day

3rd National Apple Pie Day

4th National Cookie Day

5th National Sacher Torte Day

6th National Gazpacho Day

7th National Cotton Candy Day

8th National Chocolate Brownie Day

9th National Pastry Day

10th National Lager Day

11th National Noodle Ring Day

12th National Ambrosia Day

13th National Cocoa Day

14th National Bouillabaisse Day

15th National Cupcake Day

16th National Chocolate Covered
Anything Day



17th National Maple Syrup Day

18th National Roast Pig Day

19th National Hard Candy Day

20th National Sangria Day

21st National Fried Shrimp Day

22nd National Date Nut Bread Day

23rd National Pfeffernuesse Day

24th National Eggnog Day

25th National Pumpkin Pie Day

26th National Candy Cane Day

27th National Fruit Cake Day

28th National Chocolate Candy Day

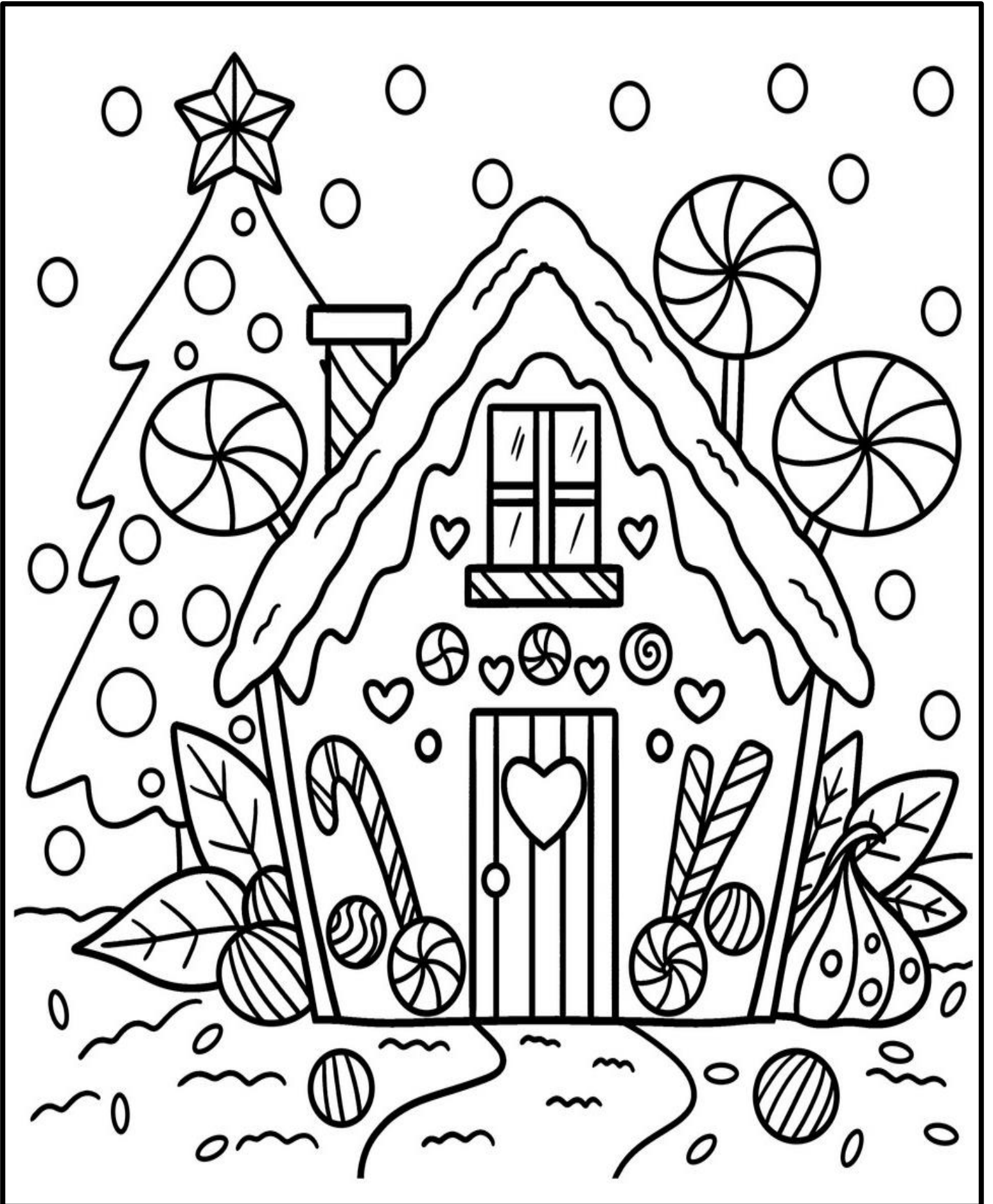
29th National Pepper Pot Day

30th National Bacon Day

31st National Champagne Day



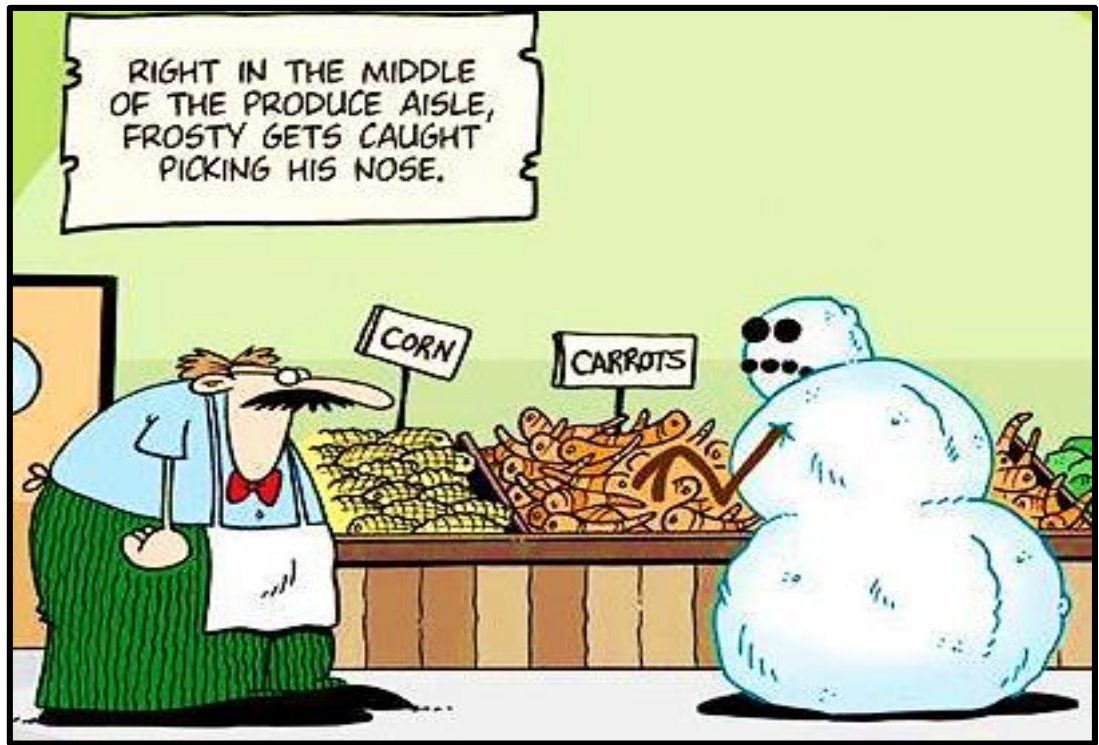
HOLIDAY COLORING PAGE



WORD SEARCH

ANSWERS

1. Nativity
2. Festive
3. Caroling
4. Tinsel
5. Rudolph
6. Fruitcake
7. Chimney
8. Family
9. Pinecone
10. Tidings
11. Traditions
12. Ornaments
13. Holiday
14. Scrooge
15. Stocking



HOW MANY DID YOU SPY?

There are **20**
"Gingerbread Men"



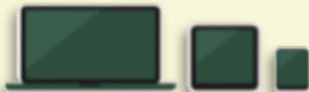
LOST AND FOUND

DID YOU LOSE
SOMETHING?



Lost and Found is located at security on first floor entrance. Many items await to be claimed. Please stop by to see if any items belong to you.

Wi Fi



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.

NEED A REPAIR? SOMETHING FIXED?



Here's how to get it done...

Any resident having difficulties with equipment such as lights, radios, beds, TV's, wheelchairs, ETC. Please contact your unit clerk, nursing staff, or charge nurse on unit for a work order to be sent to Facilities for repairs.

DO YOU HAVE A CONCERN?

If you have a question or concern, Pennsylvania's Long-term Care Ombudsman Program can help. Your local Ombudsman is trained to advocate for your rights and will work to resolve your problems by:

- ◆ *Listening to your concerns*
- ◆ *Respecting your choices*
- ◆ *Offering ideas and options to help you meet your individual needs*
- ◆ *Services are free and confidential*



Contact your local Ombudsman
(484) 619-3337

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



DECEMBER 2024

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1
2:15 PM
Church with
Chaplain
Stephanie
Auditorium &
Channel 22

2
2:15 PM
Christmas Cash
BINGO
Auditorium



3
10:15 AM
Talking Book
Family Room
2:30PM
House Bingo
Channel 22

4
2:15 PM
December
Birthday Bash
Invite Only
Family Room
2:15 PM
Bible Study
with
Pastor Tony
Aud. & Chan.22

5
11:00 AM
Color & Chat
Family Room
2:15 PM
Card Club
Family Room
2:30 PM
Rosary - Chapel

6 2:15 PM
Card Club
Family Room
2:15 PM
House Movie
"The Grinch"
Channel 22
2:15 PM
Pictures with Santa
& The Grinch
Auditorium



7
10:15 AM
Boy Scout's
Christmas
Caroling
Aud.& Chan. 22
2:15 PM
Holiday
Sing-Along with
Rob Ballonoff
Aud. & Chan.22



8
2:15 PM
Church with
Pastor Tony
Auditorium &
Channel 22

9
2:30 PM
Residents'
Council
Aud. & Chan.22
3:45 PM
SSN Meeting
Family Room

10
10:15 AM
Talking Book
Family Room
2:30PM
Nativity Bingo
Channel 22



11
2:15 PM
Bible Study
with Chaplain
Stephanie
Aud. & Chan. 22

12
11:00 AM
Color & Chat
Family Room
2:15 PM
Card Club
Family Room
2:30 PM
Xmas Painting
Splash of Color
Family Room

13 2:15 PM
Card Club
Family Room
2:15 PM
House Movie
"A Christmas
Story" Chan. 22
2:15 PM-Hartford
Xmas Party
Invite Only
Auditorium



14
10:15 AM
Christmas Concert
with Brinton School
of Music
Aud. & Chan. 22
2:15 PM
Ms. Anita's
Xmas Party
Aud. & Chan.22



15
2:15 PM
Church with
Chaplain
Stephanie
Auditorium &
Channel 22

16
2:15 PM
Holiday Hijinks
with Tanya &
Marge
Aud.& Chan. 22



17
10:15 AM
Talking Book
Family Room
2:30PM
Candy Cane
Bingo
Channel 22



18
2:15 PM
Memorial
Service
Aud. & Chan.22



19 11:00 AM
Christmas
Color & Chat
Family Room
2:15 PM
Card Club
Family Room
2:15 PM
Christmas
Catholic Mass
Aud. & Chan. 22

20
2:15 PM
Card Club
Family Room
2:15 PM
Holiday Movie
"Christmas
Chronicles"
Channel 22



21
10:15 AM
L.V. Chinese Church
Xmas Program
Aud. & Chan.22
2:15 PM
Xmas Carols
with
Scott Erickson
Aud. & Chan.22

22
2:15 PM
Church with
Pastor Tony
Auditorium &
Channel 22

23
2:15 PM
Holiday Feature
Movie: "Rudolph
the Red -Nosed
Reindeer"
Channel 22



24
10:15 AM
Talking Book
"Mistletoe
Memories"
Family Room
2:15PM
Xmas Eve Church
Service
Aud. & Chan. 22

25
10:15 AM
Holiday Puzzle
Your Mind
Family Room
2:15 PM
Cookies, Cocoa
& Carols with
Johnny K.
Aud. & Chan. 22

26
11:00 AM
Color & Chat
Family Room
2:15 PM
Card Club
Family Room
2:15 PM -
Veterans Xmas
Party
Invite Only
Auditorium

27
2:15 PM
Card Club
Family Room
2:30 PM
House BINGO
Channel 22

28
10:15 AM
Puzzle Your Mind
Family Room
2:15 PM
Music by
Kris Phipany
Aud. & Chan.22



29
2:15 PM
Church with
Chaplain
Stephanie
Auditorium &
Channel 22

30
2:15 PM
Holiday Feature
Movie: "When
Harry Met Sally"
Channel 22

31
10:15 AM
Talking Book
Family Room
2:30PM
New Year's Eve
Bingo
Channel 22



Programs
subject
to change