

Hillside News

January 2025 Cedarbrook Fountain Hill Senior Care & Rehab



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January 2025

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Michelle Julian, RN, BSN, MS, NHA – Assistant Administrator

Natalia Villamil - Administrative Assistant

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



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>



THE HAPPENINGS... AT THE HILL

JANUARY SPECIAL PROGRAMS

ALL PROGRAMS ARE IN THE MAIN DINING ROOM UNLESS OTHERWISE STATED

PROGRAMS ARE SUBJECT TO CHANGE

- 1/1 MORNING MIMOSA'S & MINI QUICHES - 10:30 AM
- 1/1 NEW YEAR'S BINGO - 2:00 PM
- 1/2 JANUARY WATER COLORS - 2:30 PM
- 1/3 MOVIE MATINEE: "THE HOLIDAY" - 2:00PM
- 1/6 TEA TIME WITH BLONDIES - 10:30 AM
- 1/6 CRANIUM CRUNCHERS - 2:30 PM
- 1/7 BINGO BUCKS BINGO - 10:30 AM
- 1/8 JANUARY BIRTHDAY PARTY WITH MIKE EVANS - 2:30 PM
- 1/9 LV HUMANE SOCIETY VISITS - 10:30 AM
- 1/9 RESIDENT COUNCIL - 2:30 PM
- 1/10 ICE CREAM SOCIAL - 2:30 PM
- 1/13 CRAFTY CORNER: CONFETTI CATCH- ALL - 2:30 PM
- 1/14 LE GAMES & APPLE DUMPLINGS - 2:30 PM
- 1/15 MEMORIAL SERVICE - 2:30 PM
- 1/16 FINISHERS WORD GAME - 2:30 PM
- 1/16 CHARCUTERIE FUN - 2:30 PM
- 1/17 MUSIC BY BRIAN G. - 2:30 PM
- 1/20 SPANISH CHURCH SERVICE - 10:30 AM
- 1/20 MLK DAY CHAT & COLORING - 2:30 PM
- 1/22 BAKING BONANZA: POLAR BEAR DONUTS & PENGUIN PRETZELS - 2:30 PM
- 1/23 MEN'S PROGRAM - "THE GREATEST" MUHAMMAD ALI - 10:30 AM
- 1/24 MOVIE MATINEE: "MR. POPPER'S PENGUINS" - 2:00 PM
- 1/27- 1/31 - "BLIZZARD BASH WEEK"
- 1/27 CRAFTY CORNER: SENSATIONAL SNOW GLOBES - 2:30 PM
- 1/28 LE GAMES & HOT COCOA COOKIES - 2:30 PM
- 1/29 CEDARBROOK SCIENCE: EXPLODING SNOWMEN - 2:30 PM
- 1/30 PAINT- A- SNOWFLAKE: 10:30 AM
- 1/30 FROSTY FUN WITH FULTON BANK - 2:30 PM
- 1/31 WINTER WONDERLAND CARICATURE ARTIST - 2:00 PM



CAN YOU SPY...
WITH YOUR LITTLE EYE



"The Ugly Sweater"



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



Residents' Council Meeting Minutes Thursday December 10, 2024

- Jude Tonzola, President, called the Residents' Council meeting to order.
- Minutes from November's Residents' Council meeting were read by Heidi Heffelfinger, Council Liaison.
- Jude Tonzola asked for a motion to accept November's minutes as read. Kathleen Rowe moved to accept and it was seconded by Elizabeth Landis.
- Heidi Heffelfinger read the list of the New, Deceased and Discharged residents since our last meeting.
- Jude Tonzola read The Resident's Right for December.



Access and Visitation Rights – 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 Department of Health and Human Services, 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.

Old Business:

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

New Business:

- Nominations for new Residents' Council Members will begin now and continue until the Monday before the next meeting, which is January 6th.
- Voting for the 2025 Residents' Council Officers will take place during the January 9th Council meeting.
- As of today the nominees for Residents' Council offers are:
Elizabeth Landis for Vice President, Jude Tonzola for President and Patricia Stuber for Secretary.

Resident Concerns/Comments:

- ✓ No new concerns at this time.

Announcements:

Michelle Julian—Asst. Administrator

- ✓ The remodeling of the new HR office is complete. Everything has been moved back from the chapel area. Thank you for your patience.

Jason Cumello— Administrator

- ✓ Updated residents on status of search for a the Life Enrichment Director. Interviews are currently being conducted. We have interviewed a few promising candidates.
- ✓ The construction of the new building is on its way and moving along smoothly.

Jessica Kelly— Asst. Director of Life Enrichment

- ✓ Jessica went over the activities for the remainder of the month of December.
- ✓ During unit precautions, Life Enrichment will continue to provide activities. During the unit quarantines, if you feel in need of any Life Enrichment services, please feel free to reach out to a Life Enrichment staff member.
- ✓ Activity calendars are available to all residents on the back of the Hillside News.

Conclusion:

- ✓ The next Residents' Council Meeting will be held on January 9, 2025 at 2:30pm in the Main Dining Room.
- ✓ Jude Tonzola made a motion to adjourn the meeting. Mark Polinchock moved to accept the motion and it was seconded by Kathleen Rowe.
- ✓ Residents were invited to attend the Food Committee Meeting immediately following Residents' Council.



Happy Birthday

Harriet Wehr	5th
Barbara Gower	8th
Dorothy Hecker	10th
Jill Shive	12th
Margaret Krupa	12th
Rebecca Transue	16th
Jean Beharry	16th
Cecilia Deturk	17th
Claudia Solivan	22nd
Carmen Suarez	24th
William Jermyn	26th
Kathleen Rowe	29th
Suzanne Trexler	30th

New Year's Eve

WORD SEARCH

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

Noisemaker
 Countdown
 Cheers
 Horns

Resolution
 Calendar
 Party
 Ball



Celebrate
 Midnight
 Cheer
 Kiss

Fireworks
 Bubbles
 Clock
 Time

EMPLOYEE PET OF THE MONTH

Name of employee and department...

Emily Strohl, Life Enrichment.

Type of animal/ breed...

Domestic Tabby Cat



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

Meow, because he does nothing but meow all the time!

How old is your pet?

He is a farm cat, so not sure of his age.

How and when did you choose your pet?

He chose us. He showed up at our farm house one day and never left. Meow is very friendly and social so he has stuck around. We are always happy to see him.

Does your pet do any special tricks?

It may not be a special trick, but when he sees anyone he rolls around on his back meowing constantly.

Funniest memory of your pet...

Finding Meow laying on the hood of my car.

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

Meow has the run of the farm, if he's being naughty we never witness it. He is always a good boy around people.

Does your pet have a favorite toy or treat?

He's an outdoor farm cat so the world is his favorite toy.

Fun facts about your pet or the breed...

At times he's out with the chickens and tries to play with them, but he has never hurt any of them. He wants to be friends.



EMPLOYEE ANNIVERSARIES

EMPLOYEE	DEPARTMENT	YEARS
MARIA MORENO	NURSING	21
JENNIFER DANCS	NURSING	20
KEISHA LOCKLEY	ENVIRONMENTAL	17
TARA PENDRAK	NURSING OFFICE	15
FLORENCE OCHIENG	NURSING	5
LYNDSAY KEMMERER	NURSING	4
MARIA WISK	CENTRAL SERVICES	4
AQUILA HUDSON	NURSING	3
ANGEL ZENO-OQUENDO	NURSING OFFICE	2



**WILLIAM DUTRA
ROSAMARIA DONCHEZ
JENNIFER ENDY**



JUST SO YOU KNOW

Auxiliary would like everyone to know Gertrude Hawk candy bars prices are going up slightly! The new price will be \$1.75 each or 3 for \$5.00. We thank you for supporting Cedarbrook's Auxiliary.



CHAPLAIN'S CORNER

FEAR GOD, AND KEEP YOUR COMMITMENT

“Do not be quick with your mouth, do not be hasty in your heart to utter anything before God . . . so let your words be few. When you make a vow to God, do not delay to fulfill it. He has no pleasure in fools; fulfill your vow. It is better not to make a vow than to make one and not fulfill it. Do not let your mouth lead you into sin. And do not protest to the temple messenger, “My vow was a mistake.” Why should God be angry at what you say and destroy the work of your hands?” *Ecclesiastes 5:2,4-6*

King Solomon wrote this book most likely toward the end of his life, after he had repented of idolatry and his pursuit of foreign wives. Ecclesiastes is both a monument to Solomon's recommitment to the living God and a guide for others through the pitfalls and dangers of life.

- **Searching**—like Solomon who searched for satisfaction almost like it was a scientific experiment. He discovered that life without God was a long and fruitless search for enjoyment, meaning, and fulfillment. True happiness is not in power to accumulate or attain because we always desire more than we can have. Brothers and sisters in Christ Jesus, there are always circumstances beyond our control which can snatch away our possessions or attainments.
- There are people still searching. Yet the more they try to get, the more they realize how little they really have. No pleasure or happiness is possible without God. Above everything we should strive to know and love God.
- **Emptiness**—Solomon shows how empty it is to pursue this life's pleasures rather than a relationship with an eternal God. The search for pleasure, wealth, and success is ultimately disappointing, and nothing in the world can ever satisfy our longing, restless hearts. The cure for emptiness is you must be centered on God. Fear God throughout your life and fill your life with serving God and others rather than selfish pleasures.
- **Works**—Solomon even tried to shake peoples' confidence in their own efforts, abilities, and wisdom, and direct them to faith in God as the only sound basis for living. Without God, there is no lasting reward or benefits in hard work.
 1. Work with the wrong attitude leaves us empty.
 2. Work accepted as an assignment from God can be seen as a gift, so examine what you expect from your efforts.
 3. God gives you and I abilities and opportunities to work so you can use your time well.
- **Death**—Please note that the certainty of death makes all merely human achievements futile. It is God who has the plan for human destiny that goes way beyond life and death. The reality of aging and dying reminds us of the end to come when God will judge each person's life.

Ref. Revelation 20:11-15

- Because life is short, in these last days we need a last day lifestyle that will manifest greater wisdom, divine discernment and understanding of heart of our commitment to serve God and Him only.
- There must be a dismantling, a disconnection of our thinking process from the matrix (world) and rewired, reconfigured, there must be an upgrade in our CPU so God the Holy Spirit can download new programs and processing systems.
- We all must be hard-wire to the main operating system that provides true life to all created things.

In Conclusion: let us not be ignorant but wise as we see the day approaching of the Lord's return for his Bride, the Church of Jesus Christ. Remember ***“Fear God and keep your commitment to serve Him only.”***

Pastor Anthony (Tony) Jones, Cedarbrook Allentown

HAPPY NEW YEAR!



Dear Cedarbrook Volunteers, on behalf of our residents, staff, and family members, we wish to thank you for your many hours of dedication and caring. Cedarbrook is truly blessed in every possible sense of the word by having you as a volunteer. You are the true embodiment of the meaning of the holiday spirit. Your uniqueness lies in your ability to share that spirit all year long and not just during the holidays. You carry messages of love wherever you go and your deeds, no matter how big or small, will never go unnoticed by our Cedarbrook Residents and Staff.

Everyone at Cedarbrook wishes all our devoted volunteers a happy and healthy New Year!

Current Volunteer Opportunities

- Sunday afternoons for church 1:45-4:00, spend some time transporting our residents to our church service.
- Volunteers are needed to transport residents to all our in-house activities. Any day of the week, mornings, 10:00AM - 12:00PM or afternoons 1:45PM - 4:00PM.
- Saturday afternoon volunteers are needed to assist with our wide variety of activities and entertainment 1:45PM - 4:00PM.
- Painting ladies' fingernails – any weekday 10:00AM – 12:00PM or 1:45PM - 4:00PM.
- Volunteer to be a one on one visitor. Personal help is sometimes needed to assist with special tasks or just socialize in the family room. Play cards, help with technology, read the newspaper, etc.
- Become an active Auxiliary Member at either location and help with “fun”raisers that provide many different events for our residents.
- Volunteers who have a well-behaved dog or cat. Animals always bring some much-needed love to our residents. Furry visits sometimes just help to make someone smile. Contact the LE Department for further details. (610) 336-5681.
- Assist with on-unit cooking or competitive games. Any day of the week 10:00AM – 12:00PM or 1:45PM – 3:45PM. Your time and help can be flexible.

Check out our Activities Calendar in the newsletter or at: Cedarbrookseniorcare.com

We welcome volunteers over the age of 13. Contact the volunteer office to schedule an interview. Please remember to call the L.E. Department if you are going to be absent or late. Sign in for your time spent volunteering. You are important to our residents, staff, and programs; we really do need YOU.

**VOLUNTEER
WITH US!**

Kerry Magliane, Volunteer Coordinator, 610-336-5684
kerrymagliane@lehighcounty.org





Bernice Barletta
 Elizabeth Gillespie
 Gloria Hertzog
 Geraldine Weirbach

IN LOVING
Memory

Maria Molina
Eileen Beidler
Marcy Hertzog



THE EMPTY CHAIR

It's very lonely since you've gone.
 Nothing quite compares, to
 The emptiness that fills my heart,
 When I see your empty chair.

I seem to feel your presence;
 I look around and stare, but
 All I see across the room,
 Is that ever empty chair.

It's not the same without you;
 There is sadness everywhere.
 I miss you very, very much, and
 Dread that empty chair.

You left and went to heaven.
 I know you're happy there.
 I wish that you could
 Come back down, to
 Fill that empty chair.

**Written by publisher author,
 Shirley Binkley**

*Missing someone
 is sadness
 wrapped in
 the blessing
 of having
 known them.*

WINTER



WORD SCRAMBLE



WEESART _____

MBERECED _____

TRFSO _____

EPRILEACF _____

WSLOKAFEN _____

ZRLIDBAZ _____

EWTNRI _____

UYNAARJ _____

CICIEL _____

EHYKOC _____

ABTKENL _____

ETMITSN _____

NMSWONA _____

ISSK _____

RABURYEF _____

ANSWERS ON PAGE 14

CHICKEN POT PIE is a great comfort food when it's cold outside! Tender chicken, vegetables, and gravy, baked into a flaky pastry crust. This homemade, easy chicken pot pie recipe is a great way to use up leftover chicken, too! This easy chicken pot pie recipe is sure to make it to your recipe box!

Ingredients

1 box refrigerated pie crusts at room temp (2 crusts)

1/3 cup butter

1/3 cup chopped onion or 1.5 Tb dried onion

1/3 cup flour

1/2 teaspoon salt

1/4 teaspoon pepper

1 teaspoon poultry seasoning

1 3/4 cup chicken broth/stock

1/2 cup milk

2 1/2 cups cooked, shredded chicken

2 cups frozen mixed veggies thawed



Instructions

1. Cook and shred your chicken.
2. Preheat the oven to 425° F. Press one of the pie crusts into a 9" pie plate and set aside.
3. In a medium saucepan, over medium heat, melt the butter. Once melted, add in the chopped onion and cook for about 2 minutes, stirring often, until they're tender.
4. Whisk in the flour and salt, pepper, & poultry seasoning. It will get thick.
5. Gradually add in the milk and broth, while stirring, and continue to cook until it gets thick and bubbly.
6. Stir in the shredded chicken and mixed veggies then remove from the heat.
7. Pour the mixture into your prepared crust and top with the second crust. Seal the edges and cut several slits into the top.
8. Bake for 30-40 minutes, or until the crust is golden brown. During the last 15-20 minutes of baking, cover the crust edges with strips of tin foil to prevent them from burning.
9. Let the pie stand for about 5 minutes before slicing it.



WORD SCRAMBLE ANSWERS

1. Sweater
2. December
3. Frost
4. Fireplace
5. Snowflake
6. Blizzard
7. Winter
8. January
9. Icicle
10. Hockey
11. Blanket
12. Mittens
13. Snowman
14. Skis
15. February



HOW MANY DID YOU SPY?



There are
16
"UGLY
SWEATERS"



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

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.

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.



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.

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.



January 2025



Sunday

Monday








Tuesday

Wednesday

Thursday

Friday

Saturday

 <p>*All Programs are in the Main Dining Room*</p>			<p>1 10:30AM Morning Mimosa's & Mini Quiches 2:30 PM New Year's BINGO</p>	<p>2 2:30 PM January Water Colors</p> 	<p>3 10:30 AM Coffee Social & Chat 2:00 PM Movie Matinee: "The Holiday"</p>	<p>4 2:30 PM BINGO</p> 
<p>5 2:30 PM Mass & Rosary</p> 	<p>6 10:30 AM Tea Time with Blondies 2:30 PM Cranium Crunchers</p>	<p>7 10:30 AM BINGO Bucks BINGO 1:30 PM Bible Study 2:30 PM LE Games</p>	<p>8 10:30AM Needles & Hooks 2:30 PM January Birthday Party with Mike Evans</p>	<p>9 10:30 AM Visits with LV Humane Society 2:30 PM Resident Council Meeting</p>	<p>10 10:30 AM Coffee Social & Chat 2:30 PM Ice Cream Social</p>	<p>11 2:30 PM BINGO</p> 
<p>12 2:30 PM Church with Chaplain Laura</p> 	<p>13 10:30 AM Morning Movement 2:30 PM Crafty Corner: Confetti Catch-All</p>	<p>14 10:30 AM BINGO 1:30 PM Bible Study 2:30 PM LE Games & Apple Dumplings</p>	<p>15 10:30AM Needles & Hooks 2:30 PM Memorial Service</p>	<p>16 10:30 AM Finishers Word Game 2:30 PM Charcuterie Fun</p>	<p>17 10:30 AM Coffee Social & Chat 2:30 PM Music by Brian G.</p>	<p>18 2:30 PM BINGO</p> 
<p>19 2:30 PM Church with Chaplain Laura</p> 	<p>20 10:30 AM Spanish Church Service 2:30 PM MLK Day Chat & Coloring</p>	<p>21 10:30 AM BINGO 1:30 PM Bible Study 2:30 PM LE Games</p>	<p>22 10:30AM Needles & Hooks 2:30 PM Baking Bonanza: Polar Bear Donuts & Penguin Pretzels</p>	<p>23 10:30 AM Men's Program: "The Greatest"- Muhammad Ali 2:30 PM Jeopardy</p>	<p>24 10:30 AM Coffee Social & Chat 2:00 PM Movie Matinee: "Mr. Popper's Penguins"</p>	<p>25 2:30 PM BINGO</p> 
ACTIVITY PROFESSIONALS WEEK						
<p>26 2:30 PM Church with Chaplain Laura</p> 	<p>27 10:30 AM Morning Movement 2:30 PM Crafty Corner: Sensational Snow Globes</p> 	<p>28 10:30 AM Blizzard BINGO 1:30 PM Bible Study 2:30 PM LE Games & Hot Cocoa Cookies</p>	<p>29 10:30AM Needles & Hooks 2:30 PM Cedarbrook Science: Exploding Snowmen</p> 	<p>30 10:30 AM Paint-A-Snowflake 2:30 PM Frosty Fun with Fulton Bank</p> 	<p>31 10:30 AM Coffee Social & Chat 2:00 PM Winter Wonderland Caricature Artist</p>	<p>*All Programs Subject to Change*</p> 
B L I Z Z A R D B A S H W E E K						