Hillside News

February 2025 Cedarbrook Fountain Hill Senior Care & Rehab



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February 2025

Published monthly. Funded by Lehigh County taxpayer dollars. 724 Delaware Avenue Bethlehem, PA 18015
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Amber Surman - Assistant Director of Social Services
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Ricardo Cintado - Director of Environmental Services

Francis Andrews - Asst. Director of Environmental Services Fountain Hill

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Lisa Shuttle - Assistant Director of Rehab

Torie Yackanicz - Clinical Nutrition Manager



Our Mission





at Cedarbrook Nursing Homes

A <u>C</u>ommunity with <u>H</u>eart <u>O</u>ffering <u>O</u>ndividualized <u>C</u>are and <u>E</u>xcellent <u>S</u>ervice.





Adopted October 2006

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



FEBRUARY SPECIAL PROGRAMS

ALL PROGRAMS ARE IN THE MAIN DINING ROOM UNLESS OTHERWISE STATED

PROGRAMS ARE SUBJECT TO CHANGE

2/2 MASS & ROSARY- 2:30 PM

2/3 CREATIVE CROSSWORDS - 2:30 PM

2/4 BINGO BUCKS BINGO - 10:30 AM

2/5 FEBRUARY BIRTHDAY PARTY WITH KRISTA SMITH - 2:30 PM

2/6 FEBRUARY FLOWERS WITH BETHLEHEM GARDEN CLUB- 2:30 PM

2/7 MOVIE MATINEE: "YOU'VE GOT MAIL" - 2:00 PM

2/10 CRAFTY CORNER: VALENTINE'S DAY PAPER HEART WREATHS - 2:30 PM

2/11 LE GAMES & BANANA BREAD - 2:30 PM

2/12 JEWELRY BAZAAR - 10:30 AM

2/12 CRANIUM CRUNCHERS - 2:30 PM

2/13 VISIT WITH LV HUMANE SOCIETY - 10:30 AM

2/13 RESIDENTS' COUNCIL - 2:30 PM

2/14 LOVE SONGS WITH JOHNNY K - 2:30 PM *HAPPY VALENTINE'S DAY*

2/17 SPANISH CHURCH SERVICE - 10:30 AM

2/17 PRESIDENTS WHO SERVED IN THE MILITARY WITH LVMAC - 2:00 PM

2/18 LE GAMES - 2:30 PM

2/19 "BOOZE & TATTOOS" - 2:30 PM

2/20 MEN'S PROGRAM – JOURNALISM & THE MORNING CALL WITH DAN HARTZELL – 10:30 AM

2/20 CHEF'S CORNER: PASTA ACTION STATIONS - 2:30 PM

2/21 ICE CREAM SOCIAL - 2:30 PM

2/24 THROUGH 2/28: AWESOME ANIMALS WEEK

2/24 WILD WATERCOLORS - 2:30 PM

2/25 LE GAMES & MINI PANCAKES - 2:30 PM

2/26 BAKING BONANZA: ANIMAL TOAST - 2:30 PM

2/27 CRAFTY CORNER: SOCK STUFFED ANIMALS - 10:30 AM

2/27 JEOPARDY: AMAZING ANIMALS EDITION - 2:30 PM

2/28 MUSIC WITH STEVE WALKER - 2:30 PM

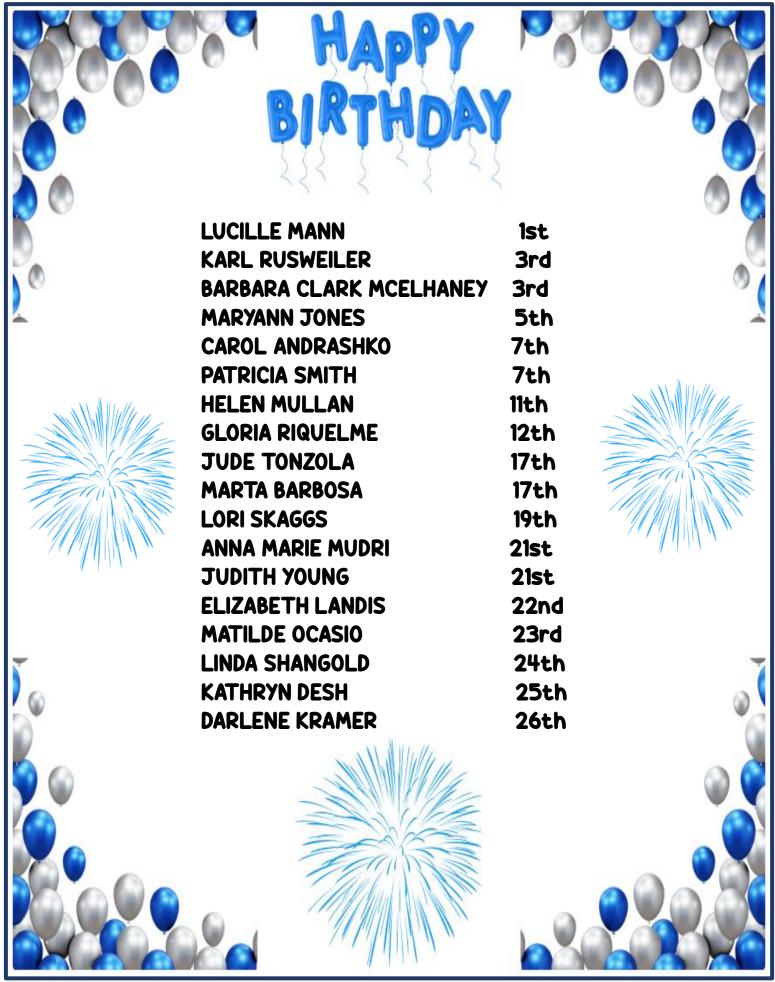






NEW RESIDENTS

JEANETTE STECKROTH
MARGARET LORIO
FRANCES SANDERS





The day was originally estblished in honor George Washington's Birthday, Feb 22nd



Three different presidents have died on the 4th of the July.



FEBRUARY

RESIDENT'S DA

The federal holiday is 3rd Monday in **February**



The White House president to is the official residence of the U.S. president.

Franklin D. Roosevelt was the first appear on television

Teddy Roosevelt achieved a world record by shaking over 8,100 hands in a single day



Calvin Coolidge had a pet raccoon named Rebecca who lived in the White House

> The 3rd Monday in February is because it fell between George Washinton's and Abraham Lincoln's Birthday

Lincoln signed the **Emancipation Proclamation** declaring all slaves in Confederate-held territory to be free.

James Polk was the president that aquired 🗾 California

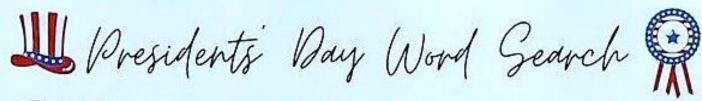
CALIFORNIA





Thomas Jefferson wrote the **Declaration** of Independence





Find and circle each of the words from the list below. Words may appear forwards or backwards, horizontally, vertically or diagonally in the grid.

0 S В C S

Crafted Living

colonists election patriot Virginia Lincoln February general military America Liberty Bell constitution president congress democracy Revolution forefather White House government Washington thirteen colonies leadership Bill of Rights flag nation politics oath history states war vote



Saint Valentine, officially known as Saint Valentine of Rome, is a third-century Roman saint widely celebrated on February 14 and commonly associated with "courtly love."

In 1969, the Roman Catholic Church removed St. Valentine from the General Roman Calendar, because so little is known about him. However, the church still recognizes him as a saint, listing him in the February 14 spot of Roman Martyrolgy.

One common story about St. Valentine is at one point of his life, as the former Bishop of Terni, Narnia and Amelia, he was on house arrest with Judge Asterius. While discussing religion and faith with the judge, Valentine pledged the validity of Jesus. The judge immediately put Valentine and his faith to the test. St. Valentine was presented with the judge's blind daughter and told to restore her sight. If he succeeded, the judge vowed to do anything for Valentine. Placing his hands onto her eyes, Valentine restored the child's vision. Judge Asterius was humbled and obeyed Valentine's requests. Asterius broke all the idols around his house, fasted for three days and became baptized, along with his family and entire 44 member household. The now faithful judge then freed all of his Christian inmates.

St. Valentine was later arrested again for continuing to try to convert people to Christianity. He was sent to Rome under the emperor Claudius Gothicus (Claudius II). According to the popular hagiographical identity, and what is believed to be the first representation of St. Valentine, the Nuremberg Chronicle, St. Valentine was a Roman priest martyred during Claudius' reign. The story tells that St. Valentine was imprisoned for marrying Christian couples and aiding Christians being persecuted by Claudius in Rome. Both acts were considered serious crimes. A relationship between the saint and emperor began to grow, until Valentine attempted to convince Claudius of Christianity. Claudius became raged and sentenced Valentine to death, commanding him to renounce his faith or be beaten with clubs and beheaded.

St. Valentine refused to renounce his faith and Christianity and was executed outside the Flaminian Gate on February 14, 269. However, other tales of St. Valentine's life claim he was executed either in the year 269, 270, 273 or 280. Other depictions of St. Valentine's arrests tell that he secretly married couples so husbands wouldn't have to go to war. Another variation of the legend of St. Valentine says he refused to sacrifice to pagan gods, was imprisoned and while imprisoned he healed the jailer's blind daughter. On the day of his execution, he left the girl a note signed, "Your Valentine."

Pope Julius I is said to have built a church near Ponte Mole in his memory, which for a long time gave name to the gate now called Porta del Popolo, formerly, Porta Valetini.

The romantic nature of Valentine's Day may have derived during the Middle Ages, when it was believed that birds paired couples in mid-February. According to English 18th-century antiquarians Alban Butler and Francis Douce, Valentine's Day was most likely created to overpower the pagan holiday, Lupercalia.

Although the exact origin of the holiday is not widely agreed upon, it is widely recognized as a day for love, devotion and romance. Whoever he was, Valentine did really exist, because archaeologists have unearthed a Roman catacomb and an ancient church dedicated to St. Valentine. In 496 AD, Pope Gelasius marked February 14th as a celebration in honor of his martyrdom.

Chaplain Stephanie Jones

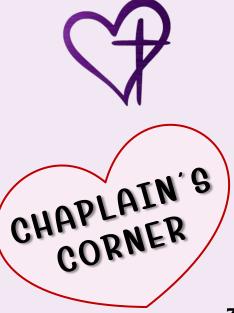




I said a Valentine prayer for you and asked the Lord above to fill your heart and bless your soul With the precious gift of love.

I asked Him for sincere love
The kind that's meant to stay
Just like the generous love
You give to those you touch each day.

I prayed for love from family
And from every cherished friend
Then I asked the Lord to give you
His love that knows no end.





EMPLOYEE PET OF THE MONTH



Name of employee and department...

Chaplain Stephanie - Faith Services

Type of animal/breed...

Dog. Beagle

Pet's name, how did you come up with it? Her name is Kali.

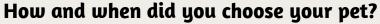
She is a rescue and came with the name.

Are there any nicknames for your pet?

My Lil ol' Lady and Lil momma.

How old is your pet?

She is a senior dog at 13.



Kali was my youngest son's girlfriend's dog. She came upon a tough time and brought Kali over and she (the pup) never left!

Does your pet do any special tricks?

Kali is very talented. She shakes paws, dances and if you pretend to shoot her and go "BANG" she will fall over and play dead.



Funniest memory of your pet...

Being a senior dog, Kali has lost most of her hearing. If you knock at the back door, she will run and bark at the front door!

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

Well, Kali is a Beagle. So she does her "barking at the wind" thing whenever we take her out.

Does your pet have a favorite toy or treat?

She absolutely loves her stuffed skunk! And she loves to snack on fresh veggies.

Fun facts about your pet or the breed...

Kali may be an older gal, but she has a huge heart in that little body. I believe she has selective hearing, when she does hear! Sometimes she has seizures but that doesn't stop her from loving our little unit- me, my son, our dog Harley and our kitty, O'Malley.





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(C)

33°-35°

Flowers are kept between 33 and 35 degrees to help preserve their short shelf life.



500 TRUCKLOADS

In the seven weeks
leading up to
Valentine's Day, an
average of 500
truckloads per day
will head north out
of Miami, where
80% of all flora
volume is handled



50°-65°

Chocolate candy
must be kept
between 50 and 65
degrees during
shipment and cannot
always be moved
with other candy.

EMPLOYEE ANNIVERSARIES

EMPLOYEE	DEPARTMENT	YEARS
SUSAN PLANTIER	NURSING	32
MORELIA GIRALDO	ENVIRONMENTAL	20
PETRA RIVERA- DURAN	NURSING	17
SHARON CRANDON	NURSING	16
STACEY CENCHITZ	NURSING	12
CHRISTINE RODRIGUEZ	LAUNDRY	12
LISA TAUBER	NURSING OFFICE	9
SUBENYI DIAZ	NURSING	8
MARILYN TINOR	NURSING	7
BELLINDA SURMAN	NURSING	5
MELANIE PEREZ	NURSING	3
MARCHELL DESHONG	NURSING	2
LISA NOBLE	LIFE ENRICHMENT	2
DENNIS STOLL	ENVIRONMENTAL	2





A SILENT TEAR

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

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

Don't think of me in the dark and cold

For here I am, no longer old

I'm in that place that's filled with love

Known to you all, as "up above"

- Author Unknown





SO I WROTE YOUR
NAME IN MY HEART,
AND THAT'S WHERE
IT WILL STAY,
ALWAYS.

JESSICA BLADE



VOLUNTEERS NEEDED



In February we often think about Valentine's Day. This is a great time to show your love for others and for your community by volunteering. Just a few hours each month means so very much to those you help. Our current volunteers show a dedication to the Cedarbrook residents and staff that warms my heart. Thank you for selflessly giving your time and talents to make a difference in the lives of so many of our residents. Your kindness has made an immeasurable impact on Cedarbrook. We can't thank you enough for all your dedication. It never ceases to amaze me when I see all the love our volunteers show Cedarbrook's residents and staff. The kind word, touch, soft voice, and sweet smiles truly mean so much to those around us. If you haven't begun to volunteer, but would like some information, feel free to contact the Volunteer Office at 610–336–5684. There are so many types of opportunities available. We welcome student volunteers who are over 13 years old.

"The greatest moments in life are not concerned with selfish achievements, but rather with the things we do for the people we love." Walt Disney, film maker, cartoonist, entrepreneur.

Current Volunteer Needs:

- Are you able to spend just a few hours helping our residents get to in-house programs, entertainment, crafts, games, and appointments? Most volunteer shifts are just two hours long, but your help goes a long way.
- **❖** Volunteers are greatly needed for Sunday afternoons, to help transport residents to church services from 2:00PM − 3:30PM.
- Help out at our special programs held during the last full week of each month. Activities are at 10:30AM and 2:30PM, M-F typically, reach out for more details. Check out the activity schedule in this newsletter to see what type of adventures we are having.
- Would you like to be called to help when we take some of our residents on an occasional trip to hockey games, baseball games. Walmart or Boscov's shopping? You would meet our transport bus at a specified location and assist the residents and staff during this outing.
- Do you have a friend or family member who is retired? Encourage them to become a volunteer. Volunteering helps keep our residents actively engaged in social events.
- Check out our monthly newsletter at: Cedarbrookseniorcare.com to see the list of current needs and the calendar of events: contact the Volunteer Coordinator to discuss your ideas at 610-336-5684 or kerrymagliane@lehighcounty.org

Thank you so much for your time and assistance. We look forward to hearing from you soon.

Don't forget to check out our Facebook Page.

CEDARBROOK'S COUPLES SPOTLIGHT



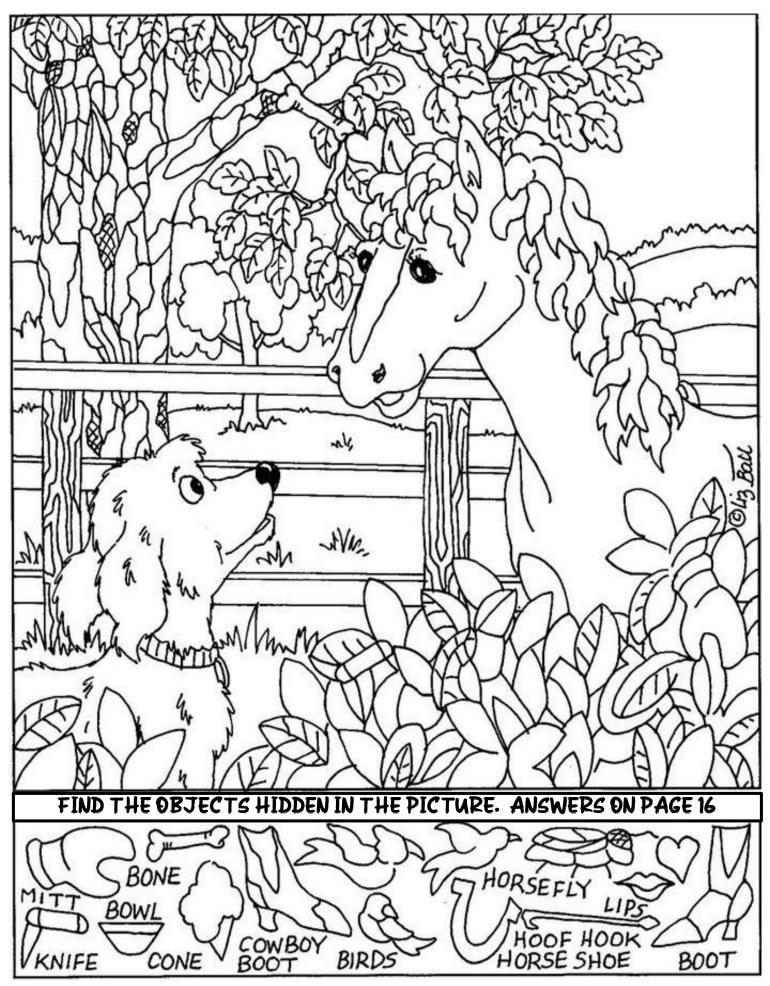
George and Katherine Shumack, residents of Cedarbrook Allentown, have shared a life filled with love, adventure, and mutual support for the past 47 years. Their story began in 1977 when Katherine, working as a bartender, met George at a local bar. Their connection was immediate, and the couple married that September.

George's journey serving others started when he was an Eagle Scout in grade school, and right after high school he joined the United States Navy. During his service, George traveled the world, visiting destinations like Guam, the Dominican Republic, St. Thomas, and Jamaica. After his Navy years, he worked on railroads and in college security, showcasing his adaptability and strong work ethic.

Katherine, a compassionate and dedicated worker, balanced her role as a bartender with a meaningful career as a nurse's aide at Good Shepherd. Together, the couple has shared countless memories and a love for simple joys like polka music and their favorite film, Titanic.

Living together at Cedarbrook, George and Katherine remain an inspiring pair. Last year, the staff at Cedarbrook celebrated their enduring bond with a special date night, complete with dinner and a movie. Their story is a testament to love's ability to endure and flourish through the years.

Thank you George and Katherine for sharing your story. We all wish you many more years of happiness.



THE HISTORY OF GROUNDHOG DAY



Groundhog Day is a holiday that is celebrated in the United States and Canada on February 2nd. According to tradition, if a groundhog emerges from its burrow on this day and sees its shadow, there will be six more weeks of winter. If the groundhog does not see its shadow, it is said to predict an early spring.



The origins of Groundhog Day can be traced back to a pagan festival called Imbolc, which was celebrated by ancient Celts in Europe. Imbolc marked the beginning of spring and was celebrated on February 1st or 2nd. As Christianity spread throughout Europe, the Church sought to replace these pagan celebrations with Christian ones. One way they did this was by associating pagan festivals with Christian saints, and in this case, Imbolc was associated with St. Brigid.

The tradition of Groundhog Day as we know it today, however, can be traced back to German immigrants who arrived in Pennsylvania in the 18th and 19th centuries. They brought with them a similar holiday called Candlemas, which was celebrated on February 2nd. According to German legend, if the sun made an appearance on Candlemas, there would be six more weeks of winter, but if it was cloudy, spring would arrive early. The German immigrants in Pennsylvania adapted this tradition to their new home by using the groundhog, a native animal, as the predictor of spring's arrival.



According to modern legend, much like Candlemas, if the groundhog sees its shadow on February 2nd, there will be six more weeks of winter weather. If it does not see its shadow, spring will come early.



PLEASE, EARLY SPRING!! EARLY SPRING!!



Cherry-Streaked Gelatin Cake



INGREDIENTS

CAKE

- •1 pkg. white cake mix
- •1 1/4 cups water
- •1/4 cup oil
- •3 egg whites



TOPPING

- •1 (3-oz.) pkg. cherry flavor gelatin
- •1 cup boiling water
- •1 cup cold water
- •1 (8-oz.) container frozen fat-free whipped topping, thawed
- •1/2 cup powdered sugar
- •1 teaspoon almond extract
- •3 to 4 drops red food color

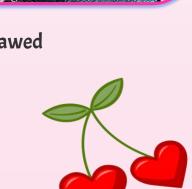


GARNISH

•12 gumdrop hearts, or red candy sprinkles if desired.

INSTRUCTIONS

- ➤ Heat oven to 350°F. Lightly spray 13x9-inch pan with nonstick cooking spray. Prepare cake mix as directed on package using 11/4 cups water, oil and egg whites. Pour batter into sprayed pan.
- > Bake at 350°F. for 30 to 40 minutes or until toothpick inserted in center comes out clean. Cool in pan 30 minutes.
- Meanwhile, in large bowl, combine gelatin and boiling water, stirring until gelatin is dissolved. Add cold water; stir until gelatin is cooled.
- With handle of small wooden spoon or with chopstick, poke holes randomly into top of cake, varying depth of holes. Slowly pour cooled gelatin over top of cake.
- > In medium bowl, combine whipped topping, powdered sugar and almond extract; mix gently to blend. Add food color until of desired color. Spread over top of cake. Refrigerate at least 2 hours or until serving time.
- > Just before serving, garnish with gumdrop hearts or sprinkles. Store in refrigerator.



HIDDEN OBJECTS ANSWERS

MITT- Right corner in leaves.

KNIFE-Lower center of page in the leaves upside down.

BONE- Middle of page in tree branches.

BOWL- Upside down under horses chin.

CONE- Above the middle of the top fence rail.

COWBOY BOOT- Sideways in top left tree branch.

BIRD-Bottom of horse's neck mane.

BIRD-Top of horse's neck mane.

BIRD-Top of horse's head mane.

HORSE SHOE- Corner right of page in leaves.

HOOF HOOK- Under horse's face in tree trunk.

HORSE FLY- Left top corner of page in tree trunk.

LIPS- Above horse's head upside down in leaves.

HEART-To the left of the horse's right ear.

BOOT- Upside down in the middle of bottom leaves.

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. *



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.

There are 14 (HEART & KEYS"



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.

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

Attention Visitors And Staff:

For The Safety Of Our Residents Please

<u>DO NOT</u> Use Push Pins In Resident
Rooms.

February 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ALL PROGRAMS ARE HELD IN THE MAIN DINING ROOM UNLESS OTHERWISE STATED.		*	ONLY			1 2:30 PM BINGO
2 2:30 PM Mass & Rosary	3 10:30 AM Morning Movement 2:30 PM Creative Crosswords	4 10:30 AM BINGO Bucks BINGO 1:30 PM Bible Study 2:30 PM LE Games	5 2:30 PM February Birthday Party with Krista Smith	6 2:30 PM February Flowers with Bethlehem Garden Club	7 10:30 AM Coffee Social & Chat 2:00 PM Movie Matinee: "You've Got Mail"	8 2:30 PM BINGO
9 2:30 PM Church with Chaplain Laura	10 2:30 PM Crafty Corner: Valentine's Day Paper Heart Wreaths	11 10:30 AM BINGO 1:30 PM Bible Study 2:30 PM LE Games & Banana Bread	12 10:30AM Jewelry Bazaar 2:30 PM Cranium Crunchers	13 10:30 AM Visits with LV Humane Society 2:30 PM Resident Council Meeting	14 10:30 AM Coffee Social & Chat 2:30 PM Love Songs with Johnny K!	15 2:30 PM BINGO
16 2:30 PM Church with Chaplain Laura	17 10:30 AM Spanish Church Service 2:30 PM Presidents Who Served in the Military	18 10:30 AM BINGO 1:30 PM Bible Study 2:30 PM LE Games	19 10:30AM Needles & Hooks 2:30 PM "Booze & Tattoos"	20 10:30 AM Men's Program: Journalism & The Morning Call with Dan Hartzell 2:30 PM Chef's Corner: Pasta Action Station	21 10:30 AM Coffee Social & Chat 2:30 PM Ice Cream Social	22 2:30 PM BINGO
23 2:30 PM Church with Chaplain Laura	24 10:30 AM Morning Movement 2:30 PM WILD Watercolors	25 10:30 AM BINGO 2:30 PM LE Games & Mini Pancakes	26 10:30AM Needles & Hooks 2:30 PM Baking Bonanza: Animal Toast	27 10:30 AM Crafty Corner: Sock Stuffed Animals 2:30 PM Jeopardy: Amazing Animals Edition	28 10:30 AM Coffee Social & Chat 2:30 PM Music with Steve Walker	Programs subject to change