

SUNSHINE NEWS

February 2025 Cedarbrook Senior Care & Rehab



HELLO

FEBRUARY



SUNSHINE NEWS

FEBRUARY 2025

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CEDARBROOK SENIOR CARE AND REHAB
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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>**



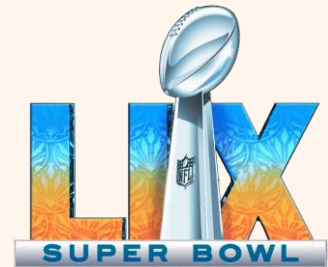
THE



BUZZ...



Around Cedarbrook



FOOTBALL FANS...JOIN US FOR AN "INVITE ONLY"
 PRE - GAME SUPER BOWL PARTY IN THE AUDITORIUM
 ON FRIDAY FEBRUARY 7TH!
 THEN TUNE INTO THE SUPER BOWL
 ON SUNDAY FEBRUARY 9TH AT
 6:30PM ON FOX.



CAN YOU SPY...
 WITH YOUR LITTLE EYE.



"HEART WITH ARROW"



COUNT HOW MANY YOU SPY.
 (Answer on page 16)



FEBRUARY IS OUR SPORTS

"ALL STAR" MONTH!



JOIN US FOR AN "INVITE ONLY"

"ALL STAR" PARTY

MONDAY FEBRUARY 24TH!

WE WILL BE CELEBRATING IN THE

AUDITORIUM WITH

GAMES AND SNACKS!

SEE YOUR L.E. STAFF FOR

MORE INFORMATION.

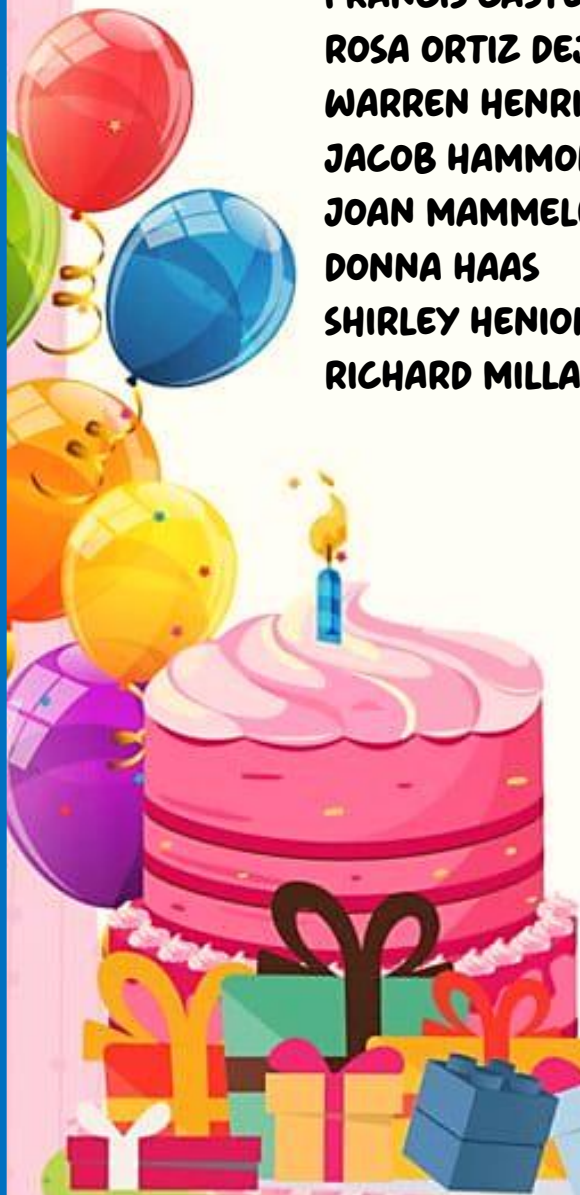


BIRTHDAY
HAPPY



RALPH WERLEY JR.	2ND
FRANK VEGA	3RD
FRANCIS CASTELLUCCI	3RD
ROSA ORTIZ DEJESUS	6TH
WARREN HENRITZY	7TH
JACOB HAMMOND	8TH
JOAN MAMMELE	9TH
DONNA HAAS	13TH
SHIRLEY HENION	14TH
RICHARD MILLAN	16TH

AGNES SMITH	18TH
RICHARD BARLIP	20TH
NANCY BAHR	20TH
MICHAEL TACKACK	22ND
SUSAN LEWIS	22ND
SHIRLEY LANDSMAN	25TH
MARGARET DOTTER	25TH
BERTHA BUSS	25TH
ANNELIESE NADLER	27TH
DENNIS WOLF	27TH



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 Martyrology.

One common story about St. Valentine is that in 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 - CBA

CHAPLAIN'S CORNER



**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.**



CHAPLAIN'S CORNER

Groundhog Day Word Search



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

CLOUDY

FORECAST

PREDICT

SUNNY

EARLY

GROUNDHOG

SHADOW

WEATHER

FEBRUARY

HIBERNATE

SPRING

WINTER



COME ON SPRING

FEBRUARY IS HERE WITH THE COLD WET SNOW
I'M LOOKING FOR SPRING, THAT I SURE DO KNOW
THE "GIRAFFE" IS OUT IN THE YARD POUNDING & POURING CONCRETE IN THE DIRT
THE GUYS & GALS ARE WORKING HARD, BUT CAREFUL, SO THEY DON'T GET HURT
IT'S A BIG PLEASURE TO SEE THE BUILDING GOING UP I'M ALL EXCITED & GIDDY AS A PUP
I'M SURE THE RESIDENTS WILL BE HAPPY WHEN WE MAKE THE MOVE
THAT IS ALL BECAUSE THIS CREW IS STILL IN THE GROOVE!



WRITTEN & SUBMITTED BY,
JEAN LARISON



14TH

DAY OF
FEBRUARY



The color of a rose given on Valentine's Day each has different meanings.

The X became the symbol for a kiss in the middle ages



Alexander Graham Bell filed a patent application for the telephone on February 14, 1876.



Conversation Hearts started as medical lozenges



VALENTINE'S DAY

FUN FACTS

Valentine's Day is the second most popular greeting card sending holiday

9 Million people buy Valentines Gifts for their pets



Over 36 Million Heart Shaped Chocolate Boxes are bought each year



Jewelry is the Valentines gift that people spend the most on, over 5 Billion



Legend is that Cupid would shoot his arrow into people's hearts which would make them fall in love!

Teachers Receive The Most Valentine's Day Cards



Happy Valentine's Day

EMPLOYEE ANNIVERSARIES

EMPLOYEE	DEPARTMENT	YEARS
JENNIFER BORTZ	NURSING	30
NED BORGER	FACILITIES	29
STACEY DIEHL	NURSING OFFICE	25
APRIL CLAUSS	NURSING	24
JESSICA TORRES	NURSING OFFICE	23
EDWARD YOST	ENVIRONMENTAL	15
CLIFFORD MURRAY	ENVIRONMENTAL	13
DIANE BERGER	NURSING	10
DIANE MACK	ENVIRONMENTAL	10
JENNIFER WRIGHT	RESIDENT ASSESSMENT	9
MARIA RIVAS	NURSING	8
LUCILLE CAMPBELL	NURSING	7
LYNETTE HAYNES	LAUNDRY	7
LEEANN HERBST	NURSING	3
LEECETTE MCLEOD	NURSING	1
ESTHER KIMANI	NURSING	1
BISANNIE SOTO- VELEZ	NURSING	1
ADRIENNE MESICS	FINANCIAL	1
COURTNEY BRABHAM	ENVIRONMENTAL	1
JESIAH BURTON	ENVIRONMENTAL	1

LOOKING TO SPEND TIME WITH A NEW FRIEND WITHOUT LEAVING THE COMFORT OF YOUR HOME?

Sign up with **SENIOR CHAT** to receive a weekly call!

You will connect with a friendly volunteer through weekly phone calls. Share your stories. Reminisce. Laugh together. Make a new friend. You can talk about your interests and life experiences. Stay "connected". Enjoying conversations can lift your spirits.

Life is so much better when it is shared!

Senior Chat is a safe and secure no-cost program that matches screened Volunteer Callers with older adults who live in Lehigh, Northampton, or Carbon Counties.

If you want to receive a weekly call and make a new friend OR if you would like to become a Friendly Caller Volunteer visit: RSVPofLNC.org/SeniorCHAT
 EMAIL: SeniorCHATglv@hotmail.com
 OR Call: 610-880-3095 to inquire.

SENIOR CHAT =
Connections
Help
Adults
Thrive



Thanks for All You Do!
 @ We Appreciate You!





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.

How and when did you choose your pet?

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.





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:

- Cedarbrook Allentown is looking for a volunteer to play piano for our Sunday afternoon church services. This would be one or two Sundays each month from, 2:00PM -3:30PM.
- Cedarbrook in Allentown is looking for some back-up volunteers for our gift shop. The gift shop is open Monday, Wednesday, and Friday afternoons, 1:00PM - 4:00PM. It's simple and fun to assist our residents shop for snacks and gifts. (Training will be provided.)
- Volunteers are greatly needed for Sunday afternoons, 1:45PM – 4:00PM to help transport residents to church.
- 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 to making it easy for our residents have lots of fun.
- Superbowl pre-game party volunteers needed. Are you available to help our residents celebrate the Super Bowl? We need a few volunteers to help with in-house transport and distributing light snacks during our **pre-game party, Friday, February 7 from 1:45PM - 4:00PM**. 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? Why not invite them become a volunteer too?



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

To see some of our amazing activities, check out our Facebook Page.

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





Football Maze



Can you make your way through the labyrinth?





CHOCOLATE PEANUT BUTTER CHEESECAKE BARS



Peanut Butter Filling

- 24 ounces full-fat brick PHILADELPHIA Cream Cheese, softened to room temperature
- 1 cup granulated sugar
- 1/4 cup sour cream or plain yogurt, at room temperature
- 1 cup creamy peanut butter (not natural style)
- 1 teaspoon pure vanilla extract
- 1/8 teaspoon salt
- 3 large eggs, at room temperature

Chocolate Topping

- 1/2 cup (8 Tbsp) unsalted butter
- 1 heaping cup semi-sweet chocolate chips

Crust

- 30 regular Oreos
- 1/2 cup (8 Tbsp) unsalted butter, melted.

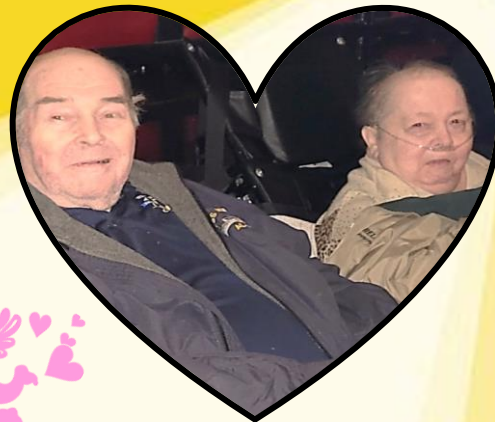


➤ This recipe yields a [9×13-inch pan](#) of cheesecake bars.

Preheat oven to 350°F. Line the bottom and sides of a 9×13-inch baking pan with parchment paper, leaving an overhang on the sides to lift the finished bars out (makes cutting easier!). Set aside.

- 1. Make the crust:** In a food processor or blender, pulse 30 Oreos (including the cream filling) into a fine crumb. You should have about 3 cups crumbs. Pour crumbs into a large bowl. Add the melted butter and stir to combine. The mixture will be thick and quite wet. Try to smash/break up any large chunks. Pour the mixture into prepared pan. With medium pressure using your hand, pat the crumbs down into the bottom to make a compact, thick crust. Pre-bake for 10 minutes. Remove from the oven and set aside. Leave oven on.
- 2. For the peanut butter cheesecake filling:** Using a handheld or stand mixer fitted with a paddle attachment, beat the cream cheese and granulated sugar together on medium-high speed in a large bowl until the mixture is smooth and creamy, about 2 minutes. Add the sour cream and beat until fully combined. Then add the peanut butter, vanilla extract, and salt and beat until fully combined. On medium speed, add the eggs one at a time, beating after each addition until just blended. After the 3rd egg is incorporated into the batter, stop mixing. A few small lumps can remain. Whisk the filling a few times by hand to rid any large lumps at the bottom of the bowl.
- 3. Pour the cheesecake filling onto the crust.** It's ok if the crust is still warm. Spread evenly on top with a rubber spatula or back of a spoon. Bake for 35–38 minutes or until the cheesecake appears set on top and the edges are browned. The edges may slightly crack. The bars will be puffy, but will sink slightly down as they cool. Place pan on a wire rack. Cool for 1 hour at room temperature, then chill in the refrigerator for at least 3–4 hours (and up to 1 day) before topping with chocolate. If you're in a rush, place in the freezer for 2 hours (or until chilled throughout).
- 4. For the chocolate topping:** Cut the butter into Tablespoon-size pieces. Place into a heat-proof bowl. Pour chocolate chips on top. Place in the microwave and melt in 30-second increments until smooth, stopping and stirring after each. You can also melt together on the stove, stirring constantly until smooth. Let the mixture cool for 2–3 minutes, then pour and spread evenly over chilled cheesecake bars. The cheesecake bars usually have a lip around the border since the center slightly sinks down, so it's easy to spread the chocolate topping, stopping around the border/lip. If yours don't have a raised lip around the edges, just spread the filling evenly all over the top.
- 5. Chill in the refrigerator** for 45–60 minutes or in the freezer for 30 minutes until the chocolate topping has set. If chilling for longer than 1 hour, loosely cover with aluminum foil after 1 hour of chilling. Chocolate topping must be completely set and solid on top of the cheesecake bars before slicing.
- 6. To slice,** lift the bars out of the pan as a whole using the parchment overhang on the sides. Cut into squares with a sharp knife. For extra neat squares, wipe the knife clean between each cut.
- 7. Cover and store** leftover cheesecake bars in the refrigerator for up to 1 week.

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.





HE

If you are feeling down and out,
 Battered, and torn, and
 feel like you are caught up
 In a wild, raging storm;
 Do not despair,
 There's someone out there,
 To hear your every word.
 Speak to Him and be assured.
 You surely will be heard.

Close your eyes and say a prayer,
 And tell HIM of your plight.
 HE will respond and send you hope,
 To help you through your fight.

HE will send you joy and peace;
 HE will help you through the day.
 HE might send some angels down,
 To help you on your way.

Your troubles soon will melt away;
 You'll be in shock to see,
 The wonders HE can do for you,
 HE can set you free.

So never sit in pain and grief,
 Your troubles you must share,
 For HE is there to help us all;
 To show how much HE cares.

Written by published author,
Shirley Binkley




In Loving Memory

*Ella Mains
 Matilda Perl
 Alice Bender
 Mary Grimm
 Dalton Miller
 Orpha Remmel
 Debra Schwoyer
 Mary Kirkpatrick*



LOVE IS MISSING
someone whenever
 you're apart, but
somehow feeling
 warm inside because
YOU'RE CLOSE
 in heart

RESIDENTS' COUNCIL MEETING MINUTES MONDAY - JANUARY 13, 2025

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



ADMISSION POLICY - Sec. 1919(c)(5)

Your nursing facility cannot prohibit or discourage you from applying for or receiving Medicare or medical assistance benefits. Your nursing facility must prominently display or provide you with individually written and oral information about how to apply for Medicare or medical assistance benefits, how to use these benefits and how to receive refunds for any prior payments made by you that are covered by these benefits. If you are entitled to medical assistance for nursing facility services, neither you nor anyone on your behalf may be required by the nursing facility to make any payments to the nursing facility as a condition of your admission, to speed up your admission or to guarantee your continued stay in the nursing facility. This requirement does not stop the nursing facility from requesting, accepting, or receiving genuine charitable, religious or humanitarian contributions from organizations or people that are not related to you, if the contribution is not a condition of your admission, to speed up your admission or to guarantee your continued stay in the nursing facility. The nursing facility must advise you in advance when payments for items or services to be delivered are not covered by the Medical Assistance Program. You must be advised of the costs of the noncovered items or services, and be given the option of accepting or rejecting the charges and the noncovered items or services. This requirement does not stop a nursing facility from charging you for items or services which you requested and received that are not covered by the Medical Assistance Program.

- Jean welcomed new residents for December

Old Business: Rhett discussed the old business.

- **Jean Larison-** (President)

➤ Happy to tell everyone that the residents got a raise in their monthly stipend of \$60 a month starting in January.

- **Rhett** discussed :

➤ Washer/dryer on 1st floor - a work order was resent to facilities department.

➤ Behavior concern that was brought up from last meeting has been addressed by nursing supervisors and administration and is being addressed appropriately.

New Business:

- **Jason Cumello** - A lot of progress outside on the E-Wing construction is doing well.

➤ Foundational system currently going into the facility.

➤ Building will eventually connect in two places to the existing building.

➤ Introduced John Garner who is the new Life Enrichment Director.

- **John Garner**

➤ Looking forward to meeting everyone. Stated he has a lot of plans to have a lot of fun in LE Department.

- **Theresa Samuels**

➤ Discussed that it is the season for Covid-19, Flu, and Noro virus.

➤ Friendly reminder to wear a mask if a staff member encourages you, for your safety and everyone else's.

➤ Hand sanitizer is not enough, always wash your hands after touching surfaces.

- **Jessica Kelly** -(Assistant Director of LE)

➤ Winter Wonderland party on the 27th

- Live entertainment will continue and Booze and Tattoos will also start again soon.

➤ As always if you have any suggestions or concerns, please feel reach out to John or someone on the LE Team.

Resident Concerns / Comments:

➤ A dietary meeting is held after this meeting. Please ask questions concerning dietary at that time.

➤ Resident would like to see a table put into the C3 shower room to put clean clothes on when residents are being showered.

➤ Resident was missing orange papers when she goes out to appointments.

➤ C3 resident said she is having difficulty seeing through her glasses because of a line in the middle of her glasses.

Announcements:

• The next meeting will be held Monday, February 10th at 2:15 pm in the auditorium.

• Residents are invited to attend the Food Committee meeting immediately following Residents' Council.

• The meeting was adjourned



NEED AN AFTERNOON SNACK?

Please come visit our Cedarbrook Allentown Gift Shop!
Located on the 2nd Floor.

The Gift Shop is open
Monday, Wednesday, and Friday.
Hours are 1PM- 4PM.

(Days and times are subject to change)



STOP ON IN!

HOW MANY DID YOU SPY?

There are **23**

“Hearts with Arrows”

DID YOU LOSE SOMETHING?

Lost & Found is located at the Security Desk, First Floor. If you think you have lost something, please talk to your Social Worker or stop by the Security Desk to check.



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 Life Enrichment staff. Our PC Specialist will assign a unique username and password which must be kept confidential. Visitors may request access at the switchboard. Usernames and passwords for visitors will automatically expire after 3 days.

DO YOU HAVE A CONCERN?










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

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

February 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Programs subject to change</p>						<p>1 10:15 AM Puzzle Your Mind Family Room</p>
<p>2 2:15 PM Church with Pastor Tony Auditorium & Channel 22</p> 	<p>3 2:15 PM Auxiliary Cash BINGO Auditorium</p>	<p>4 10:15 AM Talking Book Family Room 2:30PM House Bingo Channel 22</p>	<p>5 2:15 PM February Birthday Bash *Invite Only* Family Room 2:15 PM Bible Study with Chaplain Stephanie Aud. & Chan.22</p>	<p>6 11:00 AM Color & Chat Family Room 2:15 PM Card Club Family Room 2:30 PM Rosary - Chapel</p>	<p>7 2:15 PM Card Club Family Room 2:15 PM Superbowl Party *Invite Only* Auditorium 3:45 PM Sunshine News Meeting Family Room</p>	<p>8 10:15 AM Puzzle Your Mind Family Room 2:00 PM House Movie Aud. & Chan. 22</p>
<p>9 2:15 PM Church with Chaplain Stephanie Auditorium & Channel 22</p>	<p>10 2:30 PM Residents' Council Aud. & Chan.22</p>	<p>11 10:15 AM Talking Book Family Room 2:30PM House Bingo Channel 22</p>	<p>12 2:15 PM Bible Study with Pastor Tony Aud. & Chan. 22</p>	<p>13 11:00 AM Color & Chat Family Room 2:15 PM Card Club Family Room 2:15PM Splash of Color Family Room</p>	<p>14 2:15 PM  Card Club Family Room 2:15 PM Valentine's Day Party Auditorium</p>	<p>15 10:15 AM Puzzle Your Mind Family Room 2:15PM Music with John Bauer Aud. & Chan. 22</p>
<p>16 2:15 PM Church with Pastor Tony Auditorium & Channel 22</p>	<p>17 On Unit Activities</p> 	<p>18 10:15 AM Talking Book Family Room 2:30PM House Bingo Channel 22</p>	<p>19 2:15 PM Memorial Service Aud. & Chan.22</p> 	<p>20 11:00 AM Color & Chat Family Room 2:15 PM Card Club Family Room 2:15 PM Catholic Mass Aud. & Chan. 22</p>	<p>21 2:15 PM Card Club Family Room</p>	<p>22 10:15 AM Puzzle Your Mind Family Room 2:15 PM Karaoke & "Name That Tune" Aud. & Chan. 22</p>
<p>23 2:15 PM Church with Chaplain Stephanie Auditorium & Channel 22</p>	<p>24 2:15 PM *All Star Party* *Invite Only* Auditorium</p>	<p>25 10:15 AM Talking Book Family Room 2:30PM House Bingo Channel 22</p>	<p>26 2:15 PM Bible Study with Pastor Tony Aud. & Chan. 22</p>	<p>27 11:00 AM Color & Chat Family Room 2:15 PM Card Club Family Room</p>	<p>28 2:15 PM Card Club Family Room 2:15 PM House Games *Invite Only* Auditorium</p>	