

# Hillside News

March 2025 Cedarbrook Senior Care & Rehab



# Hillside News

March 2025

Published monthly. Funded by Lehigh County taxpayer dollars.

724 Delaware Avenue Bethlehem, PA 18015

Phone: 610-691-6700 Fax: 610-867-2332 Hotline: 610-336-9604

**Jason Cumello, MBA, NHA** – Director/ Administrator

**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

**Lisa Lasko** – Health Information Coordinator

**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



**Cedarbrook**

Senior Care & Rehab

## 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](http://www.facebook.com/cedarbrookseniorcareandrehab)

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



# THE HAPPENINGS AT THE HILL

## MARCH SPECIAL PROGRAMS

**\*ALL PROGRAMS ARE IN THE MAIN DINING ROOM UNLESS OTHERWISE STATED\***

**\*PROGRAMS ARE SUBJECT TO CHANGE\***

- 3/2 MASS & ROSARY- 2:30 PM
- 3/3 CRAFTY CORNER: MARDI GRAS FLEUR-DE-LIS ORNAMENT - 2:30 PM
- 3/4 BINGO BUCKS BINGO - 10:30 AM
- 3/4 LE GAMES & FASTNACHT'S - 2:30 PM
- 3/5 MARCH BIRTHDAY PARTY WITH ELAINE GAMMON - 2:30 PM
- 3/6 MARCH PAINT-BY-NUMBERS - 2:30 PM
- 3/7 MOVIE MATINEE: "WAKING NED DEVINE" - 2:00 PM
- 3/10 TEAM SPELLING BEE- 2:30 PM
- 3/12 BAKING BONANZA: IRISH SODA BREAD - 2:30 PM
- 3/13 VISIT WITH LV HUMANE SOCIETY - 10:30 AM
- 3/13 RESIDENTS' COUNCIL - 2:30 PM
- 3/14 MUSIC BY SHEILA MILZ - 2:30 PM
- 3/17 SPANISH CHURCH SERVICE - 10:30 AM
- 3/17 ST. PATTY'S DAY BOUQUETS WITH BETHLEHEM GARDEN CLUB - 2:30 PM
- 3/19 MEMORIAL SERVICE - 2:30 PM
- 3/20 MEN'S PROGRAM: ALL ABOUT THE IRISH - 10:30 AM
- 3/20 SPRING SCATTERGORIES - 2:30 PM
- 3/21 ICE CREAM SOCIAL - 2:30 PM
- 3/24 THROUGH 3/28: ROARING 20'S WEEK**
- 3/24 ART DECO DOODLES - 10:30 AM
- 3/24 SPEAKEASY HAPPY HOUR - 2:30 PM
- 3/25 LE GAMES & ICONIC ICE BOX CAKE - 2:30 PM
- 3/26 SILENT CINEMA: CHARLIE CHAPLAIN'S "CITY LIGHTS" - 2:00 PM
- 3/27 CRAFTY CORNER: PROHIBITION PEARLS - 2:30 PM
- 3/28 20's TUNES WITH KRISTA SMITH - 2:30 PM
- 3/31 CRANIUM CRUNCHERS - 2:30 PM



**CAN YOU SPY...  
WITH YOUR LITTLE EYE,  
"St. Patrick's  
Rainbow"**




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



**March 9, 2025 • Set your clock ahead!**

## RESIDENTS' COUNCIL MEETING MINUTES THURSDAY, JANUARY 30, 2025

- Jude Tonzola, President, called the Residents' Council meeting to order.
- Minutes from December's Residents' Council meeting were read by Patricia Stuber, Secretary. 
- Jude Tonzola asked for a motion to accept December's minutes as read. Betty Lou Hall moved to accept and it was seconded by Kathleen Rowe.
- Patricia Stuber read the list of the new, deceased and discharged residents since our last meeting.
- Mavin Kerchner read The Resident's Right for January.

**Advance Directive** – You have the right to give advance written instructions to your doctor and others, that in the event you become incapacitated, your nursing facility and your physician will honor your wishes regarding your choice to accept, refuse, or discontinue medical care or surgical treatments.

### Old Business:

- Voting for new Residents' Council Officers took place during this meeting.

### New Business:

- The year 2025 new Residents' Council Officers are President, Jude Tonzola, Vice President, Marvin Kerchner and Secretary, Patricia Stuber.

### Resident Concerns/Comments:

- Residents commented on low stock of snacks and paper products. Stock is not lasting through the weekends. Stocking needs to be better organized for additional days.

-A referral will be sent to the proper departments.

### Announcements:

#### Michelle Julian—Asst. Administrator

- Thank you for the opportunity to call BINGO.
- Social Security has increased the \$45 monthly allowance to \$60 a month.

#### Jason Cumello— Administrator

- Thank you for working with us through the Legionnaires scare. We are now past it and we are hopeful to not have to deal with this again.
- Update on the new building: Everything is going great. We now have the walls of the foundation going up. Contractors will continue to work through the winter with the appropriate equipment to cure the concrete.

#### Jessica Kelly— Asst. Director of Life Enrichment

- Jessica went over the activities for the remainder of the month of January.
- The residents were introduced to the new Life Enrichment Director, John Garner.
- Life Enrichment will be working on starting up a new group program. The Garden Club is thinking about additional Garden Club groups.
- Activity calendars are available to all residents on the back of the Hillside News.

### Conclusion:

- The next Residents' Council meeting will be held on February 13, 2025 at 2:30PM in the Main Dining Room.
- Jude Tonzola made a motion to adjourn the meeting. Kathleen Rowe moved to accept the meeting minutes and was seconded by Betty Lou Hall.
- Residents encouraged to attend the Food Committee Meeting immediately following Residents' Council.





# **HAPPY BIRTHDAY**

JANET REINERT	1ST
ANNETTE CONNER	2ND
JEANETTE BLACKWOOD	3RD
MARGARET PAVLINSKY	5TH
WILLIAM SCHLICHER	5TH
BARBARA BISHOFF	5TH
JOSEFINA MORALES	7TH
MARIAN SMITH	8TH
FRANCES SANDERS	9TH
JULIA ZELLNER	14TH
JON KORIN	21ST
MARILYN VOGEL	26TH
CARMEN ORTIZ	29TH



## CHAPLAIN'S CORNER



God's word to us in Scripture invites us not only to listen but also to imagine. As we near the season of Lent and Easter, I invite you to imagine with me what it may have been like to be one of the Twelve on the night Jesus washed their feet at the Passover meal in John chapter 13.

See in your mind the winding, dusty streets of Jerusalem, full of people at Passover time...that is, people and their donkeys and camels. The streets are also littered with steaming piles of animal dung. By the time the Twelve and Jesus (including you, in your imagination) meet for the meal, you've traveled these streets and have stepped in the same mud and dung as everyone else. You can't avoid it, so your feet are caked with it.

You arrive in the upper room, and by the entrance is a basin of water and a towel to wash your feet. In a home, there would be a servant—the lowest one—who would be ordered to wash your feet. But without a servant, you'd do it yourself. But entering the room, all of you—including Jesus—just walk past the basin and head for the table. You're all tired and don't want to bother.

You all set the table for the meal. Jesus, as host of the meal, blesses God for the food, breaks the bread and pours the wine, and invites you all to begin eating.

During the meal, Jesus suddenly gets up from the table, goes over to the corner by the basin and removes his outer robe. He takes the towel and wraps it around his waist. Then he picks up the basin of water and begins to wash your filthy feet. As he goes from one disciple to the next, you watch him and can't help but think, "a servant—Jesus looks like a servant."

Here is the man who invited you to follow him three years ago, and you, being an ambitious and devout young Jewish man, happily followed the popular young rabbi from Galilee. But you had no idea that he would be unlike any other rabbi you have ever known. Yet you stayed with him. There was something about Jesus of Nazareth more than just grand ideas. He loved people in a way you've never known before. He revealed to all the unconditional love of God the father.

Now Jesus kneels and begins to wash the feet of the Twelve, carefully, one by one, and drying them with the towel. You remain silent but you are alarmed, because it is not a mere servant who does this, but your Lord and your Teacher, the one whom you believe is the Son of God, the Christ, the Messiah, the anointed one who would establish the kingdom of God on earth.

Suddenly Peter covers his feet and refuses to be washed, saying what you are all thinking. But Jesus looks up at him and says, with patience (as always with Peter) that in accepting this act of humility from Jesus, he and all the disciples will become one in the purpose of Jesus' presence on earth.

Having washed your feet, Jesus explains that what he has done for you, now you must do for each other. In this time together, during a simple Passover meal, Jesus has shown to you the love and humility of God in coming among us not only to redeem, but to share his love for the world he seeks to renew through those who follow Jesus and love and serve one another as our Lord loved and served us.



Chaplain Laura Stone, Cedarbrook Senior Care, Fountain Hill



## BECOME A MEMBER OF OUR AUXILIARY

This wonderful group raises money to purchase special things for our residents throughout the year. It's easy to join, and fun to be a part of this amazing and important group. It takes wonderful people like you to keep it successful.

Meetings are once a month, and fundraising events are also once a month. Gertrude Hawk candy sales are every Tuesday and Thursday afternoon 1:00-4:00.

There are lots of ways you can help this wonderful group.  
\$5 yearly dues.

For information, please contact:

Jean Larison  
[Debah54@gmail.com](mailto:Debah54@gmail.com)  
610-740-8281

or

Emily Strohl  
[emilystrohl@lehighcounty.org](mailto:emilystrohl@lehighcounty.org)  
610-336-5686



- *At Rest* -

*Ethel Israel  
Delia Garcia  
Adolph Majerich  
Jeanette Blackwood*

GONE BUT NOT  
*forgotten*



# Roaring 20's Word Search



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



TEAPOTSCANDAL

MARCUSGARVEY

SPEAKEASIES

PROHIBITION

PALMERRAIDS

BESSIESMITH

SCOPETRIAL

BOOTLEGGER

BOBBYJONES

REDGRANGE

LINDBERGH

HENRYFORD

COMMUNISM

REDSKARE



GERSHWIN

BABERUTH

FLAPPER



EARHART

CHAPLIN



JAZZ







### The Gut-Mind Connection

Did you know your gut and brain are in constant communication? This link, called the gut-brain axis, plays a critical role in regulating mood, digestion, and overall health. Your gut produces neurotransmitters like serotonin, which influences mood, and is home to trillions of microbes that can impact mental clarity and stress levels. A thriving gut microbiota not only boosts energy and supports your immune system but also fosters a more balanced and resilient mind. Here are a few ways to start strengthening this connection:

- Incorporate fiber-rich foods like whole grains, fruits, and vegetables to support beneficial gut bacteria.
- Staying hydrated helps the digestive system run smoothly.
- Manage stress with mindful exercise.

While probiotics are excellent for gut health, their benefits aren't instant. Probiotics work by introducing beneficial bacteria into your gut microbiota, helping to restore balance and support digestive health. This process can take weeks to months for noticeable effects. Make probiotics a regular part of your diet through foods like yogurt and sauerkraut.

### Small Changes Can Make a Big Difference

Try these easy swaps to improve your gut health: White bread to whole grain bread: More fiber means better fuel for your gut bacteria. Sugary snacks to fresh fruit: Satisfy your sweet tooth while feeding your microbiome. Cream-based salad dressings to olive oil and vinegar: Promotes healthy digestion and reduces unnecessary additives. Soft drinks to good old water: A gut-friendly way to stay hydrated and energized.

### Quick Tip: Eat the Rainbow

Including a variety of colorful fruits and vegetables in your diet ensures you're getting a diverse array of nutrients that benefit both your gut and brain. Each color represents different antioxidants and vitamins—so aim to make your plate as vibrant as possible! Here are some examples to get you started: Red: Tomatoes, red peppers, strawberries, cherries Orange: Carrots, sweet potatoes, oranges, apricots. Yellow: Bell peppers, corn, bananas, pineapple. Green: spinach, broccoli, cucumbers, kiwis. Blue/Purple: Blue/blackberries, eggplant, plums White: Cauliflower, garlic, onions, mushrooms.

**Wellness Challenge:** Try Mindful Eating this month. Challenge yourself to practice mindful eating. Slow down during meals, savor each bite, and pay attention to how your body feels. This practice not only aids digestion but also strengthens your relationship with food.

### Good Food, Great Company, Huge Healthy Benefits

Food brings people together and not only is it important in our relationships but also contributes positively to our physical and cognitive health. Studies found that people who ate with others more frequently were more likely to feel happier and more satisfied with their lives. Sharing meals also fosters positive feelings towards foods and eating, potentially reducing unhealthy eating behaviors such as mindless snacking or emotional eating. Eating with others can enhance healthier eating patterns and overall nutrition.

### Benefits of Sharing a Meal Together

Improves Mental Health- reduced feelings of loneliness and anxiety. Stimulates Cognitive Function- conversation creates memory recall and can help with mental sharpness. Strengthens Social Bonds- sharing builds trust with others. Supports Digestion - emotional relaxation leads to better digestion. Increases Belonging - which can lead to longer life expectancy.

### The Power of Reminiscing

Reminiscing with others involves thinking and talking about your memories. Recalling and reflecting on experiences you have had is not just emotional, but it can positively impact overall health and well-being when incorporated into shared meals. To engage others in reminiscing, remember these prompts: 1. What is something you enjoyed in your life? 2. What is something you noticed - good or bad? 3. What is something you didn't enjoy? 4. What is something you treasure? 5. What is something you wish could have been added?

### Navigating Meals with Others

Some people feel pressure from social interactions based on what choices to make at a meal. Here are tips to alleviate stress during meals.

1. Set clear intentions for yourself. Why are you there? Are you there to spend time with family, catch up with friends, or enjoy delicious food? These are all intentions where enjoyment trumps physical nourishment, and that's okay. Allow yourself to enjoy the experience.
2. Maintain balanced eating habits by incorporating as many food groups as you are able into your meal.
3. Stay mindful. Ask yourself if you are hungry or full to gauge whether your body needs more.
4. Make your choices count. Don't choose a food just because it's there or the entire table is ordering it, choose it because it will keep you satisfied.
5. Don't skip meals. Continue to have regular meals and snacks.
6. Prepare to communicate your boundaries. Have a phrase in mind that you can use, such as, "That looks so delicious! I'm just going to try some and save it for later." You don't have to finish all your food at once. If you're full, stop eating. Enjoy your food later rather than stuffing yourself all at once.



**Morrison Living**



# EMPLOYEE ANNIVERSARIES

EMPLOYEE	DEPARTMENT	YEARS
Gail Sweeney	Resident Assessment	20
Madgeline Collazo	Environmental	18
Lillian Nagle	Nursing	17
Antoinette fianu-Singh	Nursing	13
Rosario Alicea	Nursing	8
Keyon Green	Nursing	8
Johanna Pizzolo	Nursing	5
Pamela Barthol	Nursing	5
Tara Heydt	Nursing	4
Nadege Josma- Jean	Nursing	4
Angela Zemlansky	financial	4
Rupert Edwards	Environmental	4
Cassandra Johnson	Nursing	3
Eddie Perez	Environmental	3
John Lucas	Nursing	2
Dominique Colon- Rivera	Environmental	2
Theodore Geffert II	Environmental	2



**WELCOME**

## NEW RESIDENTS

Linda Heller  
 Patricia Hair  
 Nancy Savage  
 Janeice Halstead  
 Anna Menegus  
 Barbara Beatty  
 Nancy Warmkessel  
 Kamryn Urbany



# EMPLOYEE PET OF THE MONTH

**Name of employee and department...**

Molli Pahl- Life Enrichment

**Type of animal/ breed...**

Dog. Yellow Lab.



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

Dee Dee Bear. She was named after my parent's dog, "Bear Bear."

**Are there any nicknames for your pet?**

She has many nicknames starting from Lil Bear, Baby Girl, Beetlejuice, Snow Dog, Honey Bear, Wonder Dog too lastly Deedo!

**How old is your pet?**

Dee Dee is 11.



L  
P  
V  
E

**How and when did you choose your pet?**

I rescued her at 9 months old from a Philadelphia shelter.

L  
P  
V  
E



**Does your pet do any special tricks?**

She can sit, shake, speak, lay down and kind of roll over.

**Funniest memory of your pet...**

She barks like crazy out my car window. Makes people laugh!

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

Dee Dee sometimes purposely does not listen!...It is kind of funny!

**Does your pet have a favorite toy or treat?**

She loves her soccer ball, (as seen in her picture) and loves Dino's grain-free treats shaped like dinosaurs.



**Fun facts about your pet or the breed...**

Dee Dee loves to go swimming. She loves the snow. She also has a "boyfriend" named Knox. Plus she's a natural with kittens, loves them!

*(If you would like to see your pet in the Sunshine News, please stop by the Life Enrichment Department to pick up a pet questionnaire. Please be prepared to email pictures of your pet to: [MarnieDistasio@lehighcounty.org](mailto:MarnieDistasio@lehighcounty.org).)*

# Volunteers are Important People

It's easy to see that our volunteers are having fun giving their time and talents to bring smiles to the faces of our residents and staff. At the same time, our residents and staff want our volunteers to know how much we all appreciate you. To quote former President John F. Kennedy, "Every person can make a difference, and every person should try." Our volunteers have busy lives, but always remember to share their heart and talents with others. They are our blessing.

In 1974, U.S. President Richard Nixon established "National Volunteer Week" during the month of April as a way to recognize and celebrate the efforts of volunteers. He hoped that volunteers everywhere would know their value to the community. That is why once a year there is a special week set aside dedicated to just that purpose.

**This year National Volunteer Week occurs April 20th through the 26th.**

Cedarbrook is excited to have the opportunity to honor our volunteers during the month of April. We will be hosting a volunteer celebration at each Cedarbrook location.

**Volunteers...watch your mail for your invitations!**

These celebrations are Cedarbrook's way of thanking the volunteers and acknowledging those volunteers who have achieved special milestones. It is with great pleasure I announce, the Allentown Volunteer with the highest number of hours is

Cathy S. with 700 hours and the Fountain Hill Volunteer with the highest hours is Pat S. with 776 hours. We are privileged to have such dedicated volunteers. Cedarbrook volunteers truly are appreciated every day of the year. We know our residents would miss so much without the support of our volunteers.



## Current Volunteer Needs:

We need volunteers for these upcoming events.  
The hours for every event are 2:00PM -4:00PM.

- ❖ March 3<sup>rd</sup> – Mardi Gras Craft Ornament
- ❖ March 12<sup>th</sup> – Baking Irish Soda Bread
- ❖ March 24<sup>th</sup> – Join us at the Speakeasy – The Roaring 20's
- ❖ March 27<sup>th</sup> – Prohibition Pearls Craft Project – The Roaring 20's
- ❖ Every Sunday afternoon for church service volunteers are needed to transport residents 1:45PM -4:00PM.



Would you like to bring in your well-behaved dog or cat in for room to room visits?

We would love you and your pet to visit one or two units per visit.

Our residents love interacting with animals.

They so much love and miss seeing these furry friends.

Please call to get your pet signed up!



To sign up please email: [kerrymagliane@lehighcounty.org](mailto:kerrymagliane@lehighcounty.org) or call Kerry at 610-336-5684. Check out our Facebook page to see some of the great experiences at Cedarbrook Senior Care & Rehabilitation.

# COUNTY OF LEHIGH

CEDARBROOK - ALLENTOWN  
350 S. CEDARBROOK ROAD  
ALLENTOWN, PA. 18104  
(610) 395-3727



CEDARBROOK - FOUNTAIN HILL  
724 DELAWARE AVENUE  
BETHLEHEM, PA. 18015  
(610) 691-6700



Hello Cedarbrook Family! Our residents deserve our very best care and experiences in our Cedarbrook community. To provide an environment that facilitates great care and services, it is important that we all live by similar standards. We have standards of conduct for Cedarbrook leaders, an employee handbook with conduct standards, contracts with vendors that dictate how they need to operate, and numerous employee policies and procedures. We thought it important to codify standards of conduct for residents and visitors as well to unify it all together under our Cedarbrook family. I definitely understand there are some residents with cognitive impairment diagnoses who lack the ability to meet these standards and may not be able to be held accountable to these standards. The Standards of Conduct for residents and visitors in general are as follows:

## 1. **Respect and Non-Discrimination:**

- Treat all individuals with respect and dignity. No individual will be discriminated against or mistreated due to their race, color, religion, sex, national origin, age, disability, gender identity, sexual orientation, political affiliation, or any other factor or characteristic.
- We embrace our differences as everyone has something valuable to contribute to our community. We foster an inclusive environment where everyone feels appreciated and respected.

## 2. **Safety and Non-Violence:**

- Maintain a peaceful environment by refraining from any form of violence, threats of violence, any form of harassment, or aggressive behavior, including yelling or intimidation.
- Report any concerns about safety to staff immediately. Please do not attempt to handle concerns by yourself. Staff and Administration will ensure that all concerns are handled with thoroughness and professionalism.
- We reject unwelcome sexualized behaviors such as unwanted touching, making sexually inappropriate commentary about an individual's body parts, or demanding sexual favors.

## 3. **Substance-Free Environment:**

- Resident and Visitor smoking is prohibited on the premises and grounds to ensure the health and safety of all residents, visitors, and staff.
- The possession or consumption of alcohol on Cedarbrook property without approval by Cedarbrook, illegal substances as deemed by the state and federal governments, and medications without a Cedarbrook physician order are all strictly forbidden at Cedarbrook. This includes outside medications not specifically prescribed and managed by the facility's medical team.

## 4. **Medication and Treatment Adherence:**

- Resident care must adhere to physician orders regarding medications and treatments. No outside medications are permitted without prior authorization by the facility's medical and clinical team. This is crucial for resident safety and proper medication management.

(CONTINUED)

- Work with the Facility regarding leisure time off facility grounds. Residents leaving the facility for outings or leave of absences (“LOA”) must have prior physician authorization and may be required to complete vehicle transfer training from the Cedarbrook Physical Therapy Department prior to the LOA. Residents and their families must work with Facility clinical staff on time tables of return from the LOA. Facility is responsible for the care of residents and as such residents are unable to come and go without Facility notification and authorization. When families take residents out of the facility, they must adhere to the agreed-upon timelines for return, as residents are on medication and treatment schedules as prescribed by the Cedarbrook care team and if those schedules are disrupted it may result in negative resident outcomes or even harm.
- It is vital and encouraged that residents and their representatives have good discussions with the medical and clinical team at Cedarbrook. The Facility does not tolerate aggressive demands for specific care and treatments. Residents have a right to participate in care planning and to refuse treatments, but the regulations do not require the facility to provide specific medical interventions or treatments requested by the resident or resident representative that the resident’s physician deems inappropriate or not medically necessary for the resident’s clinical condition. We will certainly discuss any alternatives that may exist, but ultimately the Facility’s physician and interdisciplinary team are responsible for care.

**5. Privacy and Confidentiality:**

- Respect the privacy of all residents and staff. Do not enter private rooms or areas without permission.
- Maintain confidentiality regarding any personal or medical information you may encounter. Please do not share confidential information with others that the resident or the resident’s representative does not wish to share with others.

**6. Property and Environment:**

- Treat the facility and its property with care. Do not damage or misuse any equipment or furnishings.
- Keep common areas clean and tidy. Dispose of trash properly and report any maintenance issues to staff.
- Please discuss with Facility Social Services staff first if you wish to have a family gathering at the nursing home.

**7. Communication and Cooperation:**

- Communicate openly and respectfully with staff and other residents. Listen actively and be willing to cooperate with community guidelines and staff instructions. Please provide as much information as possible as expediently as possible regarding important items regarding the resident’s care and services.
- Please adhere to care plan meeting and other important meeting schedules, and come prepared for the meeting so that we can best serve your needs and the needs of all of the other residents that have important meetings scheduled as well.
- There are times when Cedarbrook leaves urgent messages for Resident Representatives or responsible parties. Please return that phone call back to Cedarbrook as soon as possible.
- Facility is happy to address any concerns you may have. Please provide Facility with ample time to investigate and analyze those concerns for proper follow-up.

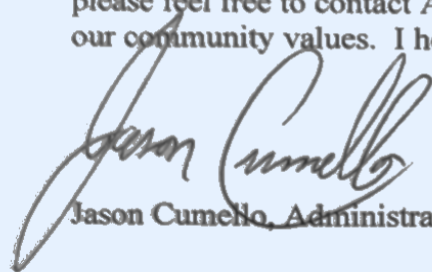
## 8. Visitor Guidelines:

- Visitors must check in at Security upon arrival, wear a name tag for identification, and adhere to visiting hours and policies. While visitation is permitted by regulations at any hour, any visit at night must occur in a common area outside the room so as to not disturb the roommate's sleep. The exception to this rule is an arranged end-of-life visit.
- If there is an incident of infectious disease of any kind on a resident unit, please adhere to Facility policy regarding personal protective equipment (PPE) and how to properly navigate the unit to protect oneself and others
- We enjoy seeing children visiting our residents, and please supervise your children at all times to ensure their safety and the comfort of all residents.
- We also enjoy pet visits, but pet visits must first be approved by the Life Enrichment department to determine suitability of that pet to visit. Please see Life Enrichment or Social Services for further details.
- Residents or their legal representatives have the ability to approve or disapprove visitors. To the best of our ability, we will abide by those resident wishes for visitation.

## 9. Compliance and Accountability:

- Please adhere to all facility rules and regulations. Failure to comply with this Code of Conduct may result in appropriate actions, including restricted access to the facility or other measures such as resident discharge as deemed necessary by the administration in accordance with state and federal law. Residents with cognitive impairment and/or related diagnoses and conditions may not be able to be held accountable for their violations of these standards.

We appreciate your cooperation in maintaining a positive and supportive environment for everyone. The above standards merely codify how we already approach the operations of the nursing home. The standards will also be given to new residents during the admissions process as well. If you have any questions or need clarification on any aspect of this Code of Conduct, please feel free to contact Administration. Thank you for your understanding and commitment to our community values. I hope you all have a blessed spring season.



Jason Cumello, Administrator/Director Cedarbrook



### 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*
- ♦ *Please call 484-619-3337*



### HOW MANY DID YOU SPY?

There are **15**

**"St. Patrick's Rainbows"**

### Attention Visitors And Staff:

For The Safety Of Our Residents Please  
**DO NOT** Use Push Pins In Resident  
Rooms.

**FUN COLORING PAGE**







# March 2025



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Programs  
Subject to  
Change



1  
2:30 PM  
BINGO

2  
2:30 PM  
Mass  
& Rosary

3  
10:30 AM  
Morning  
Movement

4  
10:30 AM  
BINGO Bucks  
BINGO

5  
10:30 AM  
Needles & Hooks

6  
10:30 AM  
International  
Day of Women  
Tea Time

7  
10:30 AM  
Coffee Social  
& Chat

8  
2:30 PM  
BINGO

2:30 PM  
Crafty Corner:  
Mardi Gras  
Fleur-de-lis  
Ornament

1:30 PM  
Bible Study

2:30 PM  
LE Games &  
Fastnacht's

2:30 PM  
March Birthday  
Party with  
Elaine Gammon

2:30 PM  
March Paint by  
Numbers

2:00 PM  
Movie Matinee:  
"Waking Ned  
Devine"

9  
2:30 PM  
Church with  
Chaplain  
Laura



10  
2:30 PM  
Team Spelling  
Bee



11  
10:30 AM  
BINGO

1:30 PM  
Bible Study

2:30 PM  
LE Games

12  
10:30 AM  
Needles & Hooks

2:30 PM  
Baking Bonanza:  
Irish Soda Bread

13  
10:30 AM  
Visits with  
LV Humane  
Society

14  
10:30 AM  
Coffee Social  
& Chat

2:30 PM  
Music by Sheila  
Milz

15  
2:30 PM  
BINGO

16  
2:30 PM  
Church with  
Chaplain  
Laura

17  
10:30 AM  
Spanish Church  
Service

2:30 PM  
St. Patty's Day  
Bouquets with  
Bethlehem  
Garden Club

18  
10:30 AM  
BINGO

1:30 PM  
Bible Study

2:30 PM  
LE Games

19  
10:30 AM  
Needles & Hooks

2:30 PM  
Memorial  
Service

20  
10:30 AM  
Men's Program:  
All About the Irish



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  
Art Deco  
Doodles

2:30 PM  
Speakeasy  
Happy Hour

25  
10:30 AM  
BINGO

1:30 PM  
Bible Study

2:30 PM  
LE Games &  
Iconic Ice Box  
Cake

26  
10:30 AM  
Needles & Hooks

2:00 PM  
Silent Cinema:  
Charlie Chaplain  
- "City Lights"

27  
2:30PM  
Crafty Corner:  
Prohibition Pearls

28  
10:30 AM  
Coffee Social  
& Chat

2:30 PM  
20's Tunes with  
Krista Smith

29  
2:30 PM  
BINGO

R O A R I N G 2 0 ' S W E E K

30  
2:30 PM  
Church with  
Chaplain  
Laura

31  
10:30 AM  
Morning  
Movement

2:30 PM  
Cranium  
Crunchers



ALL PROGRAMS  
ARE HELD IN  
THE MAIN DINING  
ROOM UNLESS  
OTHERWISE  
STATED.