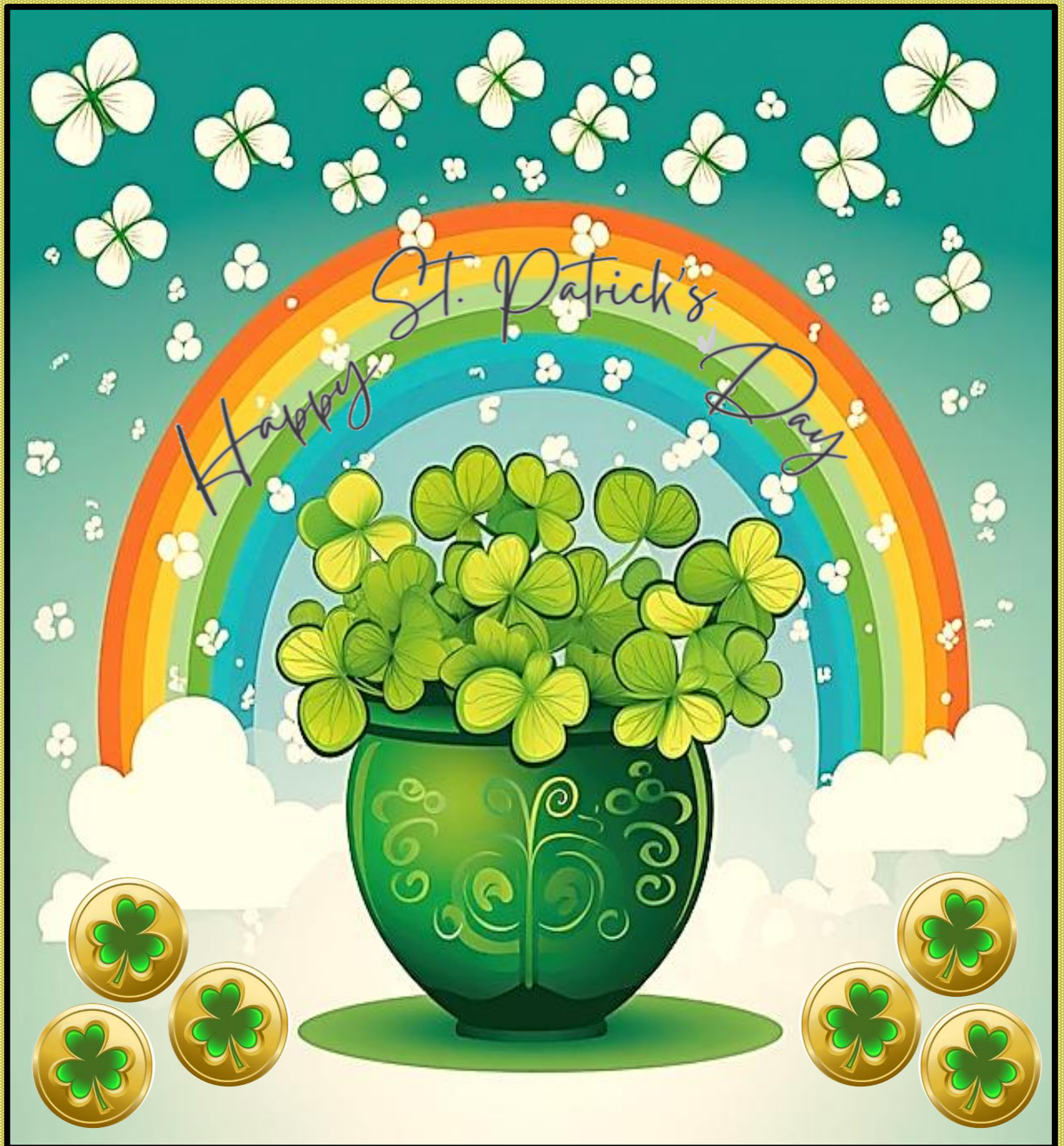


Sunshine News

March 2025 Cedarbrook Senior Care & Rehab



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March 2025

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Life Enrichment Department Staff

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Elizabeth Joyce, Annie Mathews, Francesca Nevick, Aimee Schmidt, Becky Schraden
Jen Sparling, Sharon Starling-Phillips, Emily Strohl

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 Heat 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

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. Come on and join in!
\$5 yearly dues.

For information, please contact:

Emily Strohl
emilystrohl@lehighcounty.org
610-336-5686

or

Jean Larison
Debah54@gmail.com
610-740-8281



CAN YOU SPY...
WITH YOUR LITTLE EYE,



"LEPRECHAUN"

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



WELCOME

New Residents

Paul Baatz

Bettyann Ritter

Suzanne Peacock

Antonio Lopez

Anthony Frenette

Martha Lindenmuth

Ruth Plantholt

Charles Heffentrager



HAPPY BIRTHDAY

Paul Baatz	3rd
Claire Emig	3rd
Neil Smith	5th
Thomas Hoch	6th
Eulogio Soto	11th
Anita Beil	16th
Ronald Leaser	18th
Stephen Horvath	21st
Rose Kemmerer	25th
Santa Colon	26th
Theodore Laabs	27th
Betty Lieberman	27th
Edward Hessinger	27th
Jose Acevedo	28th
Iliana Torres	31st



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



EMPLOYEE ANNIVERSARIES

EMPLOYEE	DEPARTMENT	YEARS
Kristen Morstatt	Resident Assessment	26
Jolene Holland	Nursing	25
Amanda Sigley	Nursing	24
Donna Stinson	Nursing	24
Ashly Serfoss	Nursing Office	20
Belinda Jones	Nursing	16
Karen Kern	Nursing	12
Heather Jaeger	Social Services	10
Terell Lloyd	Nursing	8
Martine Antoine	Nursing	6
Erica Ellwood	Nursing	5
Lori Achey	Nursing	5
Jeffrey Ahner	Facilities	5
Raedean Warden	Resident Assessment	2
Israel Agront	Facilities	2
Anthony Wilder	Environmental	2
Shinelle Jones	Nursing	1
Becky Kauffman	Admissions	1
Javon Davis	Facilities	1
Jessenia Medina	Environmental	1





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.



St. Patrick's Day Wordsearch



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

Blarney

Emerald

Lucky

Rainbow

Celebrate

Green

March

Saint

Charm

Gold

Parade

Shamrock

Clover

Ireland

Patrick

Shillelagh

Coins

Leprechaun

Pinch

Wishes



EMPLOYEE PET OF THE MONTH

Name of employee and department...

Danika Geiger - daughter of Sherry Geiger
in Life Enrichment.

Type of animal/ breed...

Domestic cat.



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

I originally wanted to name her Oreo, but we already had a cat with that name. I decided on Cookies, because she reminded me of "cookies and cream."

Are there any nicknames for your pet?

Sometimes we call her "rama" or "cookerama."

How old is your pet?

Cookies will be 6 on May 20th.



How and when did you choose your pet?

After we came home from our yearly family vacation, my dad told me he had a surprise. He showed me Cookies and said she was intended to be the barn cat. But I fell in love with her and kept her inside.



Does your pet do any special tricks?

If you count sneaking out of any door we open, then that's her special trick!

Funniest memory of your pet...

One time she snuck into the garage and when we finally found her she was playing with a baby snake.



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

Cookies likes to wake me up be 3am and 6am just to get some attention. After about 10 minutes, she just goes away.

Does your pet have a favorite toy or treat?

She loves to play with pipe cleaners. We find them all over the house.

Fun facts about your pet or the breed...

Cookies and I share the same birthday. She was also born with a short half tail.



RESIDENTS' COUNCIL MEETING MINUTES MONDAY - FEBRUARY 10, 2025

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

ADVANCE DIRECTIVE - Sec. 1902(w)

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.

- Jean welcomed new residents for January.

Old Business:

- Rhett discussed the old business.
 - The concern regarding the C3 shower room not having a place for residents' clothes has been resolved. Some shelves have been put up for residents' belongings and clothes.
 - The orange slips concern has also been addressed. At the time we had run out of the orange paper thus the reason for not having the orange slips. Proper colored paper has been ordered and the orange slips are back.
 - The C3 resident that had the concern about her eye glasses has been resolved.
 - Resident saw an eye care doctor and new glasses have been ordered.

New Business:

- Jason (Administrator)
 - Continue to move full speed ahead regarding the construction outside. March/April seems to be the time the steel will go up for the building.
 - Another power outage last month, we continue to work with utilities and other contractors as to why this is happening during high wind situations.
- Jessica Sanchez (Director of Social Services)
 - For anyone that is ordering things online and getting it delivered to Cedarbrook such as valuables, computers, tablets, etc., please notify your social worker right away so that they can inventory it and label it as well.
- John Garner (Life Enrichment Director)
 - For Ash Wednesday, we will have ashes being distributed on your units starting at 1:30PM followed by a service in the afternoon.



Resident Concerns / Comments:

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

- Resident on D2
 - Why were the little boxes/troughs removed from the bathroom that held the shower heads?
 - Theresa Samuels, DON, explained that the bins were removed as it had the potential to be an infection control/prevention issue due to the amount of standing water that would sit in the bins.
- Resident on D2
 - Questioned why we are not having entertainment on Saturdays anymore.
 - John Garner stated that he will look into the amount of entertainment we have to resolve the issue.

Announcements:

- The next meeting will be held Monday, March 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.



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 events are 1:45 PM-4:00 PM.

- ❖ March 4th – Mardi Gras Party
- ❖ March 5th – Ash Wednesday Service
- ❖ March 17th – St. Patrick's Day Party



- ❖ Sunday afternoon church service is in need of someone to play hymns on our piano 2:00 PM-3:30 PM, one or two times each month. We also need volunteers to help with transporting residents to church services every Sunday, 1:45 PM -4:00 PM.



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!

WE ARE ALSO IN NEED FOR SOMEONE TO RUN OUR LITTLE GIFT SHOP. MOSTLY ON MONDAY'S AND AS A BACK UP FILL IN WHEN NEEDED. IT IS AN EASY AND FUN JOB HELPING OUR RESIDENTS SHOP FOR SNACKS AND GIFTS. TRAINING IS PROVIDED! PLEASE CALL TO INQUIRE.

TO SIGN UP PLEASE EMAIL: 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.



*In
memory*



Shirley Batman

Betty Moran

Sallie Seltzer

James Wescoe

Harry Kleiner



*IT'S A
long walk,
BUT
our paths
WILL CROSS
again*

*Always
loved
Never
forgotten
Forever
missed*

St. Patrick's Day Trivia Quiz



1. Where did the first ever Saint Patrick's Day parade takes place in 1762?

- a. The United States b. Scotland c. Ireland

2. What is a bodhran?

- a. An Irish Whiskey b. A drum, shaped similarly to a tambourine
c. Irish Shellfish Dish

3. What mythological being is a part of St. Patrick's Day lore and Irish culture?

- a. Mermaids b. Fairies c. Leprechauns



4. Three-leafed shamrocks were believed to be used by Saint Patrick to explain what?

- a. Location of the Pot of Gold b. The Holy Trinity c. Heaven, Earth and Waters

5. What did St Patrick supposedly chase out of Ireland (as per legend)?

- a. All the snakes b. All the spider c. All the infidels

6. Who was the first President of the United States to attend a St. Patrick's Day parade?

- a. Harry S. Truman b. Thomas Jefferson c. James Monroe

7. It is customary for the Irish prime minister (Taoiseach) to give the U.S. President what symbolic gift on St. Patrick's Day?

- a. A pot of Gold b. A hat c. A shamrock bowl

8. If you were eating a boxty, what would this be?

- a. An Irish Seafood bowl b. A box of Potato Chips c. An Irish potato cake

9. Before the color green, there was another color previously associated with the celebration of St. Patrick's Day. Which color was this?

- a. Purple b. Blue c. Green

10. In which country was St. Patrick born?

- a. Ireland b. Scotland c. Britain

11. Some Irish old stories suggest that St. Patrick's walking stick once miraculously transformed into what object?

- a. A tree b. A snake c. A dragon

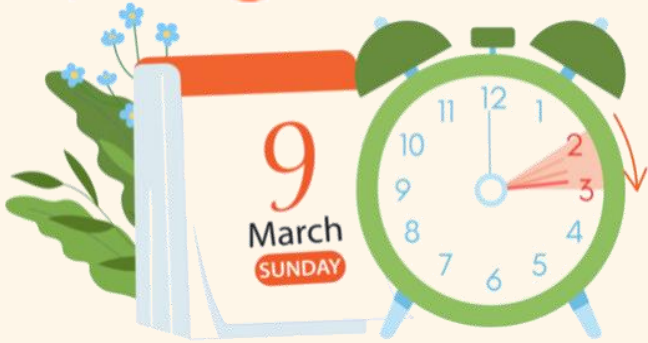
12. What is a culinary tradition of St Patrick's Day?

- a. Eating Fish and Chips b. Eating corned beef and cabbage
c. Eating Seafood

ANSWER KEY - 1.) a 2.) b 3.) c 4.) b 5.) a 6.) a 7.) c 8.) c 9.) b 10.) c 11.) a 12.) b



Spring Forward



Despite this week's winter storms pounding across the country, winter is winding down and the sun is setting later each day. But nothing really says spring like the day we spring the clocks forward for the start of daylight saving time 2025.

Under the current daylight saving period, most Americans will lose an hour on the second Sunday of March and gain an hour on the first Sunday of November.

Although the annual change in standard time will cause us to lose an hour sleep, the sunny side of this practice is longer and lighter evenings.

At least with the "spring forward," there is a glimpse of warmer days to come!

Who came up with the brilliant idea of moving the clocks forward on the weekend...in the middle of the night?? Why not move them ahead on a Friday around 4PM?



IT'S NATIONAL
"HOW DO I
CHANGE THE
CLOCK ON MY
MICROWAVE"
DAY!



Changing to Daylight Savings Time on Sunday should always be followed by a national holiday on Monday.



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.

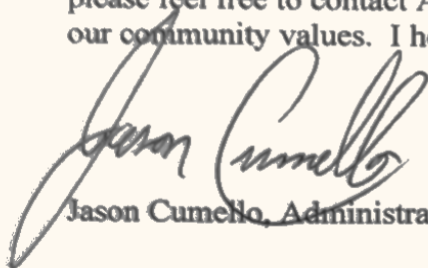
8. Visitor Guidelines:

- 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



Attention Visitors And Staff:

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

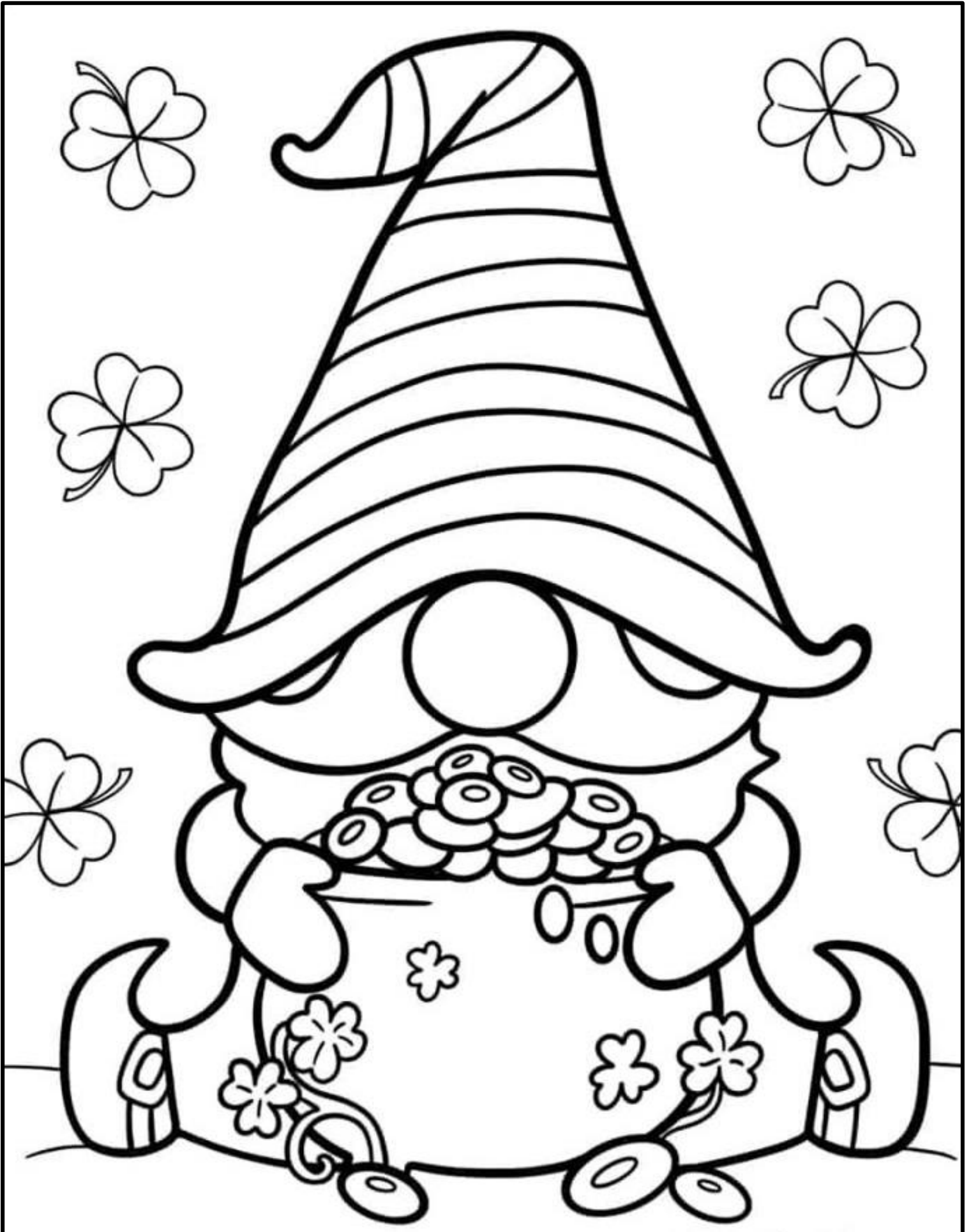
HOW MANY DID YOU SPY?
There are 18
“Leprechauns”

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*
- ◆ *484-619-3337*

FUN COLORING PAGE





March 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div style="border: 1px solid orange; padding: 5px; width: fit-content;"> Programs Subject to Change </div>						1 10:15 AM Puzzle Your Mind Family Room 2:15PM Music with Lorri Woodward Aud. & Chan. 22
2 2:15 PM Church with Pastor Tony Auditorium & Channel 22	3 2:15 PM Auxiliary Cash BINGO Auditorium	4 10:15 AM Talking Book Family Room 2:15PM Mardi Gras Party *Invite Only* Auditorium	5 2:15 PM Ash Wednesday Service Aud. & Chan. 22	6 11:00 AM Color & Chat Family Room 2:15 PM Card Club Family Room 2:30 PM Rosary - Chapel	7 2:15 PM Card Club Family Room 2:30 PM House BINGO Channel 22 3:45 PM SS Newsletter Meeting Family Room	8 10:15 AM Puzzle Your Mind Family Room 2:15PM Shuffleboard Trivia Auditorium
9 2:15 PM Church with Chaplain Stephanie Auditorium & Channel 22 	10 2:15PM Residents' Council Aud. & Chan.22 	11 10:15 AM Talking Book Family Room 2:30PM House Bingo Channel 22	12 2:15 PM March Birthday Party Family Room 2:15 PM Bible Study with Pastor Tony Aud. & Chan. 22	13 11:00 AM Color & Chat Family Room 2:15 PM Card Club Family Room 2:30 PM Splash of Color Family Room	14 2:15 PM Card Club Family Room	15 10:15 AM Puzzle Your Mind Family Room 2:15PM Music with Johnny K. Aud. & Chan. 22
16 2:15 PM Church with Pastor Tony Auditorium & Channel 22	17 1:00 PM St. Patty's Parade 2:15PM St. Patrick's Day Party *Invite Only* Auditorium 	18 10:15 AM Talking Book Family Room 2:30PM House Bingo Channel 22	19 2:15 PM Bible Study with Chaplain Stephanie Aud. & Chan. 22 	20 11:00 AM Color & Chat Family Room 2:15 PM Card Club Family Room 2:15 PM Catholic Mass Aud. & Chan.22	21 2:15 PM Card Club Family Room	22 10:15 AM Puzzle Your Mind Family Room 2:15PM Sing -A- Long Auditorium
23 2:15 PM Church with Chaplain Stephanie Auditorium & Channel 22	24 On Unit Activities	25 10:15 AM Talking Book Family Room 2:30PM House Bingo Channel 22	26 2:15 PM Bible Study with Pastor Tony Aud. & Chan. 22	27 11:00 AM Color & Chat Family Room 2:15 PM Card Club Family Room	28 2:15 PM Card Club Family Room 2:15 PM House Games *Invite Only* Auditorium	29 10:15 AM Puzzle Your Mind Family Room 2:15PM Allentown Municipal Band Aud. & Chan.22
30 2:15 PM Church with Pastor Tony Auditorium & Channel 22	31 2:15 PM Decades Party Auditorium					