

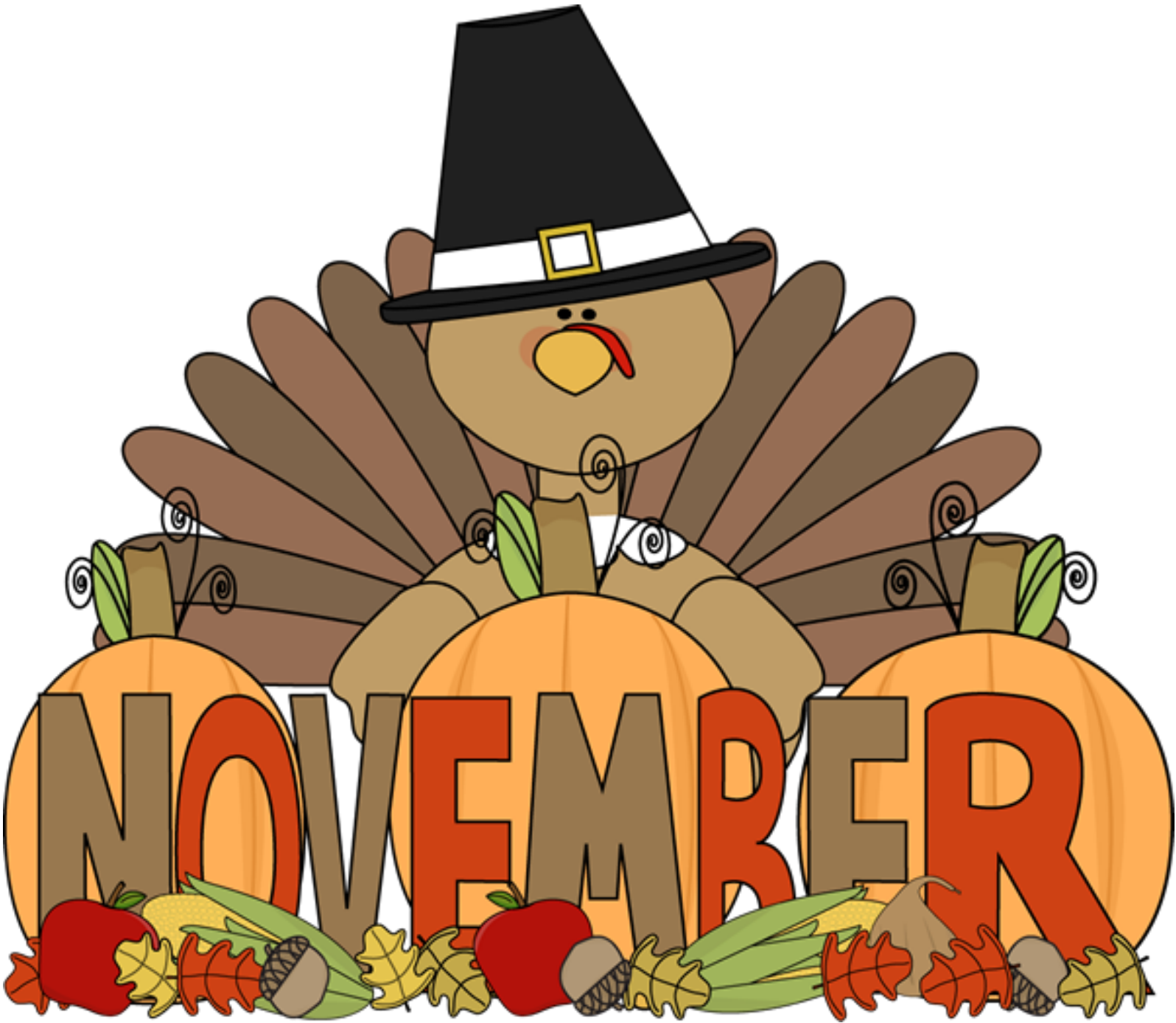


BERKS HEIM
NURSING AND REHABILITATION

Family & Friends

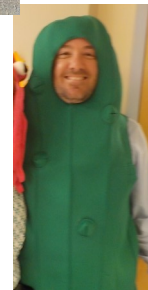
Resident & Employee Newsletter

November 2024





TRICK OR TREAT TIME



HONORING OUR VETERANS

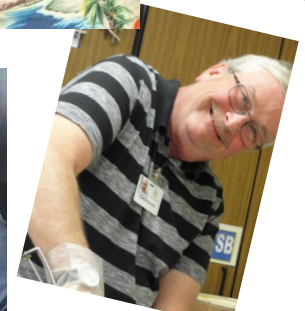
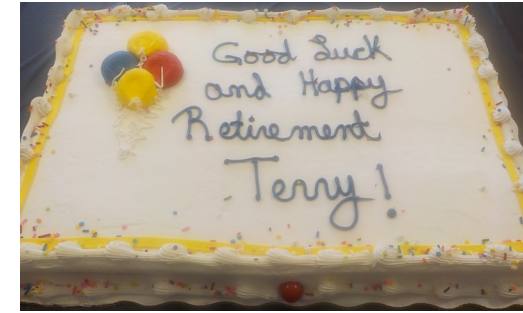


- Larry Albright.....Marines
- Robert Alexy.....Army National Guard
- Daniel Amoroso.....Army Reserves
- Robert Brubaker.....Army
- Alfred Ciabaton.....Navy
- Sorrell Eisenberg.....Army
- Billy Evans.....Army
- Anthony Fonte.....Navy
- Mildred Forry.....Navy
- Paul Geiger.....Air Force



- Gregory Kurpiewski.....Navy
- Richard McCane.....Army
- William McViegh.....Navy
- William Preneta.....Army
- Charles Reidler.....Army
- Robert Roberts.....Marines
- Jerry Rodgers.....Navy
- Robert Smith.....Air Force
- William Snyder.....Navy
- Clarence Spangler Jr.....Air Force

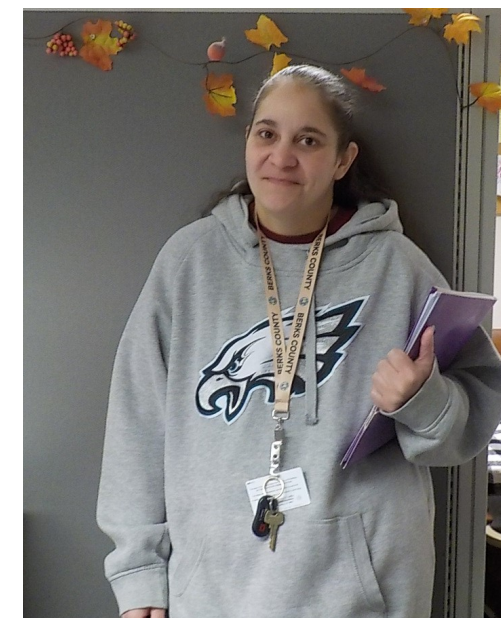
FAREWELL TERRY...AGAIN..



NEW ACTIVITY THERAPIST

My name is Cathy Imes and I recently started working as a therapist in the Activity department. I grew up in Pottstown and attended Pottsgrove School and then Exeter Jr./High School. I received my diploma from Montgomery County College.

I currently live in Birdsboro and have four sons. I like to watch the Philadelphia Eagles and Phillies. I enjoy going to the beach and crafting. I love to crochet and give the afghans I create as gifts. I like getting to know people by listening to the stories they share.



BEHIND THE SCENES



One of our longest running clubs is the Red Hats. This ladies only club meets monthly and is currently led by Activities Therapist, Tina Graeff. Fun and laughter are always on the menu at our Red Hat club. When she's not having fun with her Red Hat ladies Tina can be found on A-2. Thank you Tina for everything—everyday!



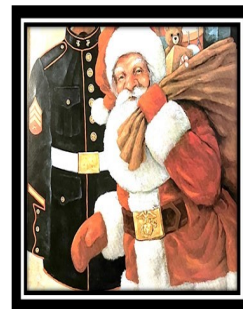
Activities Therapist Leah Hawk came on board earlier this year. One of the joys she has brought to our residents is the Science Club. This Club meets monthly as Leah conducts experiments. She then explains why the experiment reacted the way it did. When she's not conducting experiments, Leah can be found on Essick Commons. Thank you Leah for all you do!

Berks Heim participated in the 2024 Walk to End Alzheimer's on October 19th at the Berks County Heritage Center. The Heim has raised over \$2,000! Donations for the Berks Heim Team are being accepted through the end of the year on the 2024 Walk to End Alzheimer's website. Berks Heim residents, visitors, and staff participated in a Valentine's Day event and hot dog sales throughout the year. We wish to thank everyone who donated their time, monetary gifts and those who supported the Heim's fundraisers.



Help Berks Heim spread some holiday cheer!

U.S. MARINE CORPS Toys For Tots



New, unwrapped toys are being collected in the Berks Heim Lobby through December 1.



Little Known Pumpkin Facts

- The word "pumpkin" comes from the Greek word, pepon, which means "large melon."
- Pumpkins originated in Central America.
- Pumpkins are actually a fruit.
- Early settlers dried pumpkin shells, cut it into strips and wove it into mats.
- The yellow-orange flowers that bloom on the pumpkin vine are edible.
- The pumpkin capital of the world is Morton, Illinois, home of Libby's pumpkin industry.
- Pumpkin seeds taste great roasted and contain medicinal properties.
- The state of Illinois grows the most pumpkins. It harvest about 12,300 acres of pumpkins annually.
- The latest U.S. record (2019) for the largest pumpkin ever grown weighed 2,517.5 pounds.



National Days in November



- 1 - All Saint's Day
- 3 - Daylight Savings Time Ends
- 5 - U.S. General Election Day
- 7 - Men Make Dinner Day
- 11 - Veteran's Day
- 13 - World Kindness Day
- 17 - World Peace Day
- 21 - Great American Smokeout
- 27 - National Jukebox Day
- 28 - Happy Thanksgiving
- 29 - Black Friday



Be on the Lookout for these upcoming events

**November 22
Bake Sale in Lobby
9 am to sold out**



**December 6
Santa's Corner
9:30 am to 3 pm**

**December 12, 13, 16
Unit Christmas Parties
2 -4 pm**





November



Sun

Mon

Tue

Wed

Thu

Fri

Sat

<p>Legend: A - Auditorium C - Chapel *Denotes Club*- If you have interest in joining a club or have questions, please see your Activity Therapist</p>						<p>1 2:30-Book Club*(A) 7:00-Movie (A)</p>	<p>2 10:30-Month in Review (A)</p>
<p>3 2:30-Protestant Service (A/C)</p>	<p>4 10:30-Exercise (A) 2:30-Crafting Class (A/C)</p>	<p>5 ELECTION DAY 10:15-Devotions (C) 2:30-Cheesesteak Tuesday (A/C) 7:00 Survey Says! (A)</p>	<p>6 2:30-Resident Council (C)</p>	<p>7 10:30-Rosary (C) 10:30-Lava Java*(A) 2:30-BINGO (A/C)</p>	<p>8 10:30-Fun Fitnesscize* (A) 7:00-Salvation Army Dev. Prog. (C)</p>	<p>9 10:30-Scrapple Day (A/C) 2:30-Active Games (A/C)</p>	
<p>10 2:30-Protestant Service (A/C)</p>	<p>11 VETERAN'S DAY 10:30-Exercise (A) 7:00-Junk Drawer Detective (A)</p>	<p>12 10:15-Devotions (C) 2:30-Game Lounge* (A)</p>	<p>13 2:30-BINGO (A/C)</p>	<p>14 10:30-Rosary (C) 11:00-Gentlemens Club & Red Hat Picnic (A/C) 2:30-Pumpkin Pie & Apple Cider Social (A/C)</p>	<p>15 2:30-Book Club*(A) 7:00-Jeopardy (A)</p>	<p>16 10:30-Whoga Yoga* (A) 2:30-Board Games*(A/C)</p>	
<p>17 2:30-Protestant Service (A/C)</p>	<p>18 10:30-Exercise (A) 2:30-Cheer Club* (Movie-Poms) (A)</p>	<p>19 10:15-Devotions (C) 2:30-Dice Club*(A) 7:00-Eat It! (A)</p>	<p>20 2:30-Science Club*(A)</p>	<p>21 10:30-Rosary (C) 2:30-Craft Club*(A)</p>	<p>22 10:30-You be the Judge* (A) 2:30-Cooking Club* (A)</p>		
<p>24 2:30-Protestant Service (A/C)</p>	<p>25 10:30-Exercise (A)</p>	<p>26 10:15-Thanksgiving Service (C) 7:00-Music Talk (A)</p>		<p>28 THANKSGIVING DAY 2:30-Holiday Fun (A/C)</p>	<p>29 7:00-10 Clue What is It? (A)</p>	<p>30 2:30-Decorate Christmas Tree (A)</p>	



ALL EVENTS AND/OR TIMES ARE SUBJECT TO CHANGE



Welcome New Admissions

A-1 Carsonia Court

Judith Goodman
Nancy Ziolkowski

B-2 Reading Station

Arline Dietrich
Genevieve Essick

A-2 Pretzel City

Virginia Beck
Joan Dennis
Christian Leinbach
Janice Denunzio
Mildred Shollenberger

A-3 Penn's Peak

Marie Reinert
Robert Weitzel
Mary Glass

Essick Commons

Clarence Heck
Harriet Layton

Happy November Birthdays

Barbara Burkhart.....November 3
Geraldine Hunter.....November 3
Joan Florida.....November 5
Jane Weidenheimer.....November 5
Mildred Forry.....November 5
Dorothy Leas.....November 8
Sharon Reinhart.....November 8
Helen Kline.....November 9
Mildred O'Neil.....November 11
Richard McCane.....November 13
Grace Degler.....November 14
Elaine Gassert.....November 14
Marian Brown.....November 15

Alverta Farrell.....November 16
Dorothy Heckman.....November 16
Maria Grande.....November 17
Noreen Showalter.....November 17
Nancy Armer.....November 19
Lynn Pellicciotti.....November 20
Ruth Stallone.....November 21
Marguerite Fisher.....November 22
Sarah Weatherholtz.....November 26
Dawn Shappell.....November 26
***Mary Obarow.....November 29
Linda Cole.....November 29

***Denotes Centenarian

Famous November Birthdays

Daniel Boone.....November 2
Sally Field.....November 6
Marie Curie.....November 7
Grace Kelly.....November 12
Whoopie Goldberg.....November 21

Goldie Hawn.....November 21
Charles Schulz.....November 26
Tina Turner.....November 26
Mark Twain.....November 30
Winston Churchill.....November 30



Tiffany Bender.....Nursing
Daiquan Bryan.....Nursing
Shauntay Chavis.....Nursing
Brittany Eisenberg.....Nursing
Jerick Evans.....Nursing
Madison Feaser.....Nursing
Luis Ginel.....Nursing
Mary Hertz.....Nursing
Myriam Laguerre.....Nursing
Jaylynn Magaro.....Nursing
Nancy Ritter.....Dietary
Elyahna Soto.....Nursing
Jacqueline Wetuski.....Nursing
Meghan Willman.....EVS



5 YEARS

Lenice Fields....Nursing
Lori Love.....Nursing
Michele Reinhard.....Administration

10 YEARS

Tiffany Resuta....Nursing

20 YEARS

Angela Herman.....Nursing

Trecia Powell.....Nursing

40 YEARS

Eureka Yeich.....Clinics



Pictured above is artwork created by preschool students from the Yocum Institute.

“CAN YOU SPY”.....
WITH YOUR LITTLE EYE

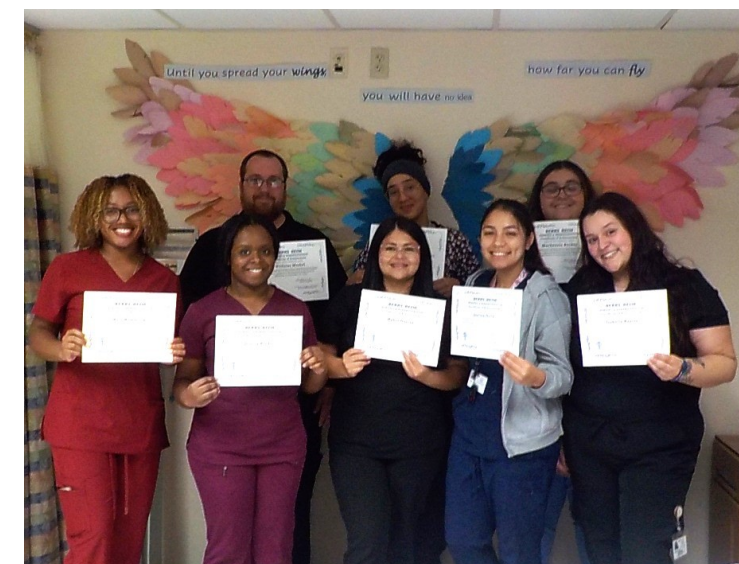


A SLICE OF PUMPKIN PIE

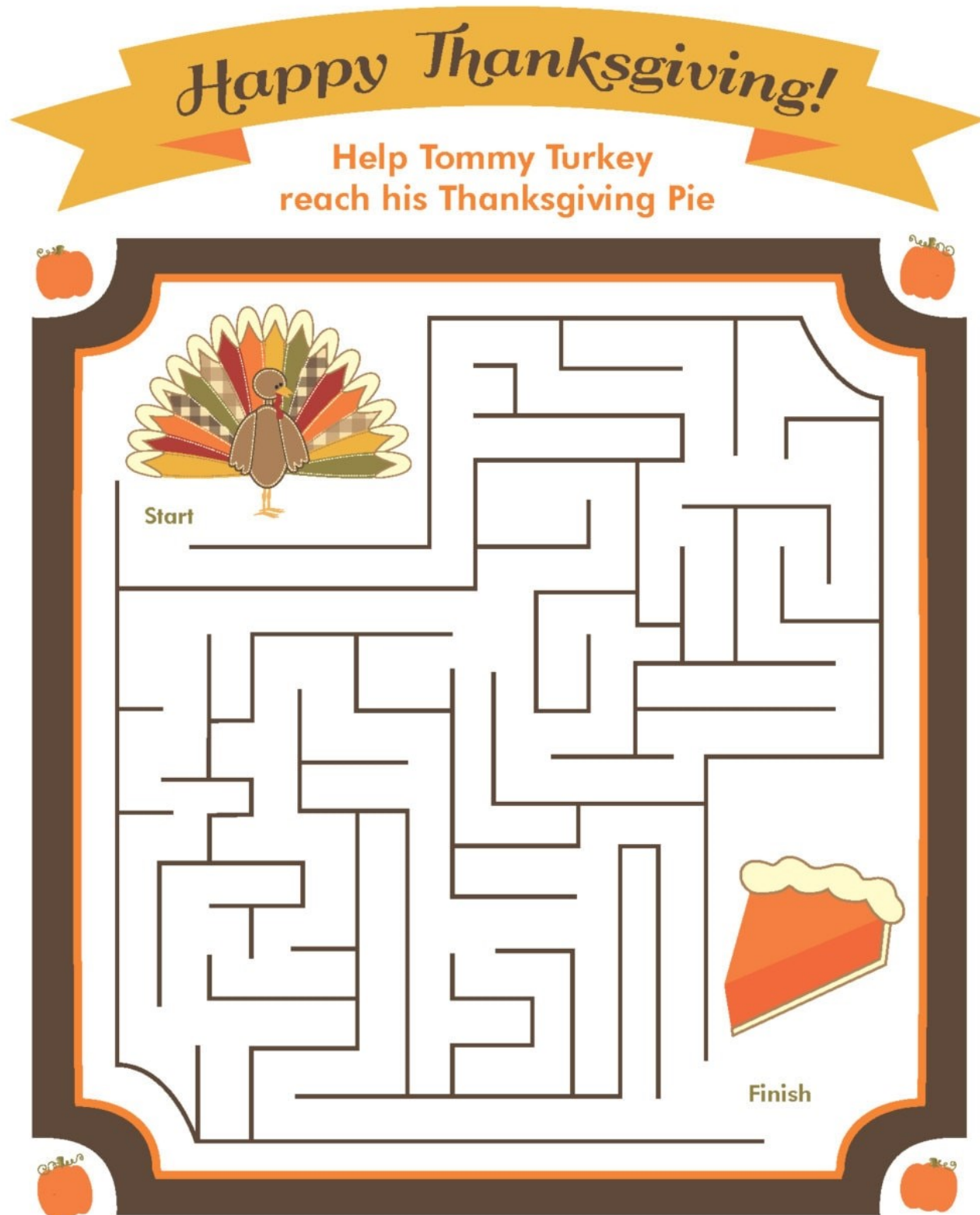


COUNT HOW MANY YOU SPY
(ANSWER - PAGE 12)

The recent class of graduates from the CNA class, congratulations to you all !



PUZZLE PAGE



Chaplain's Good News for November!

By Chaplain Kerry Hicks

Forgiveness of Sin – Part II of III

Seek Forgiveness of Others

In seeking forgiveness from someone you are automatically confessing to that person. *And if your brother sins against you, you must go, you must show him the error between you and him alone. If he listens to you, you have gained your brother: (Leviticus 19:17) but if he would not listen, you must take with you yet one or two, so that by a mouth of two or three witnesses every word would stand: (Deuteronomy 19:35) and if he refuses to listen to them, you must speak at once to the congregation: then if he refuses to listen to the congregation, he must be to you even as the heathen and the tax collector. (Matthew 18:15 -17).*

Confessing to a third party is not called for aside from the above sequence. Confessing to a group is not called for unless that group is the injured party. *Therefore, you must continually confess your sins for yourselves on behalf of one another so that you would be healed. The plea of a righteous person is very powerful, working effectively. (Job 5:16).* Confession here is to the injured party. This verse has been misunderstood, but Jacob was not talking about public confession, nor was he talking about confessing the same sin over and over. After all, once repented that sin has been erased by God, *Isaiah 43:25.*

Repent

Therefore, I shall judge you, O House of Israel, each one according to his ways, the word of Adonai, The LORD. Repent! Turn from all your transgressions so iniquity will not be your ruin. (Ezekiel 18:30). The Bible frequently uses the word return to express repentance, as Go! *Let us return to the LORD! For He has torn, and He will heal us, He has smitten, and He will bind us up. (Hosea 6:1).* Return is appropriate because repentance requires action, much more than just regretting something. Without action, a change in behavior, there is not true repentance. The sinner must resolve not to repeat the mistake. See *Psalms 51* for a model prayer of repentance.

Forgiveness from God

There are three verses that clearly state God's position. Exodus says, *keeping loving kindness for thousands, forgiving iniquity, transgression, and sin, (Exodus 34:7) Isaiah wrote, I AM, I AM He who erases your transgressions for My own sake and I shall not remember your sins! (Isaiah 43:25).* Jeremiah wrote, *They will no longer teach – each man his fellow, each man his brother – saying Know the LORD! For all of them will know Me, from their smallest to their greatest – the word of the LORD – when I shall forgive their iniquity (Intentional sin) and will no longer recall their sin (failure, fault, sin). (Jeremiah 31:33).*

God bless you all, and Happy Thanksgiving!

Chaplain Kerry

Source: William J. Morford ONMB



Things That Make You Go Hmmm....

By Andrea Riegel

Before he wrote *Goosebumps*, R.L. Stine, wrote the jokes for Bazooka bubble gum.

Chocolate milk was invented in Jamaica in the early 1700s. The cocoa by itself was too strong, so they mixed it in milk to make it easier to consume.

Sweden is so efficient that only 1% of its garbage ends up in a landfill.

Before the Nazis invaded Paris, Margret and H.A. Rey fled on bicycles carrying the manuscript for *Curious George*.

The calcium in our bones and the iron in our blood likely came from ancient explosions of giant stars.

For most people the evil queen from *Snow White* has been know as just that. However, the comic strip adaptation refers to her as Queen Grimhilde.

If you can get past the taboo and smell, being a professional dog food taster could make you between \$30k and \$70k a year.

Mercury is the closest planet to the Sun but Venus has the highest average temperature at 867° F.

Berks Heim Family & Friends

Administrator.....Jonathon Hykes, NHA

Assistant Administrator.....Sally Miller, NHA

Director of Nursing.....Elizabeth Ernst, RN

Asst. Director of Nursing.....Lori Snyder, RN

Asst. Director of Nursing.....Melissa Miller, RN

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How Many Did You Spy?

I Spy Answer : There are
11 Slices of Pumpkin Pie

