



Family & Friends

Resident & Employee Newsletter

July 2025

A large, festive graphic for the month of July. The word "JULY" is written in a large, blue, cursive font with a red underline. The background is white and filled with various decorative elements: red and blue stars of different sizes, red and blue swirls, and grey and blue starburst patterns. The overall theme is patriotic and celebratory.

JULY

NEWS AROUND THE HEIM

2025 Walk to End Alzheimer's

For many years, Berks Heim has sponsored a team at the annual Walk to End Alzheimer's. In 2024, our team raised over \$2,000! This year the walk will be held on Saturday, October 18 at the Berks County Heritage Center. Join Team Berks Heim—come out and walk with us.

The Berks Heim Team appreciates your help. If you would like to donate, we are selling Forget Me Not Signs in the lobby for \$1. Your flower will be posted on our displays. We will also be having a fundraiser to support Team Berks Heim. We would be so grateful to have your support.



WEDNESDAY, JULY 30, 2025

MAIN LOBBY 10:30 AM – 1:00 PM



COMBO

- 2 HOT DOGS – CHIPS – SODA\$6.00
- HOT DOG – CHIPS – SODA\$4.50
- HOT DOG\$2.50

NEWS AROUND THE HEIM

Here are a few pictures from our Father's Day Brunch. Everyone had a wonderful time with family and good food.



Margaret Messner and family celebrated her 101st birthday!



Congratulations to Seford Blake on his retirement from Berks Heim after 25 years working in the EVS department. He wants to express his heartfelt gratitude for the guidance and opportunities he received over the years and how rewarding it has been working here. He values the relationships he has built with his colleagues and the residents. He is interested in volunteering at the Heim so we look forward to seeing him again soon. We wish him all the best!

On Wednesday, June 4, Marguerite Kline retired after six years at Berks Heim in the Human Resources Office. Marguerite has absolutely no plans for retirement, she is taking it one day at a time, and enjoying time with her family. She will definitely not miss packing her lunch every morning and living by the clock but we definitely will miss her!



BEHIND THE SCENES



Please welcome to the Berks Heim Family, Chris and Suzanne Johnson, better known as the “Wedding Bells.” The Wedding Bells will be performing monthly in the Auditorium with guitar playing and singing music from the 60’s. Be sure to stop in and hear them.



Please welcome another new group to our Berks Heim family—Give Us A Minute. These gentlemen play guitar as well as the mandolin and sing Old County and Blue Grass. They will be performing monthly for our residents. Make sure to come and hear this wonderful group.



Welcome Summer and with it, the gardens outside of A1. The residents on the A-side helped with the gardens by weeding and replanting. Also a big thank you to Peter Slesser and Kevin Goeltz, who have made the gardens beautiful and a great place for the residents to relax and enjoy.

SUMMER TIME

July is National Grilling Month and one of the tastiest vegetables this time of year is fresh corn on the cob. Follow the directions below to make it to on the grill and you will not be disappointed.

- Pull the outer husk down and strip away the corn silk from each ear of corn.
- Fold the husk back into place and put in a salted bowl of water for about 15 minutes to soak.
- Remove and shake excess water off and place directly on the heated grill, close and cover for approximately 15 minutes , turning every 5 minutes.
- Remove from the grill, peel away the husk and enjoy with butter and salt.
- Try grilling other foods such as, whole carrots, iceberg lettuce, figs, and cherries. Have fun and try cooking some of your favorite foods on the grill for a new summer taste.



National Days In July



1 - Postal Worker Day

4 - Independence Day

5 - Bikini Day

7 - Strawberry Sundae Day

10 - National Kitten Day

11 - Blueberry Muffin Day

14 - Mac & Cheese Day

15 - Tapioca Day

16 - Hot Dog Day



20 - National Pennsylvania Day

22 - Hammock Day

24 - Amelia Earhart Day

26 - Aunt & Uncle’s Day

30 - Father-In-Law Day



JULY FOOD TRUCK SCHEDULE

- July 11—Buns on the Go (hot dogs, chicken & more)
- July 18—Comalli Taqueria (tacos, nachos and more)
- July 25—Nacho Depot (nachos, tacos and more)



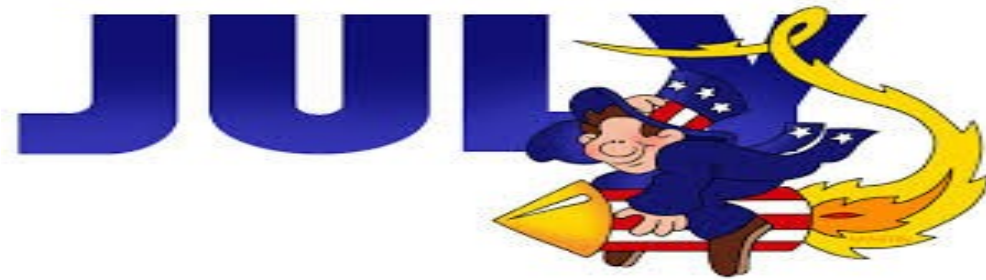
HEIMFEST IS JUST AROUND THE CORNER

SAVE THE DATE: SEPTEMBER 13, 2025

11:00 am—4:00 pm

The Quilt Raffle is back along with many other prizes. Tickets go on sale beginning July 7 (\$1 each or 6 for \$5). Tickets may be purchased at the front desk or in the Clerical Department. We will be taking flea market donations beginning in August. More details to follow.





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 10:15 Devotions (C) 2:30 Game Lounge* (A)</p>	<p>2 2:30 Card Game *(A) 7:00 Trivia Adventure (A)</p>	<p>3 10:30 Rosary (C) 2:30 Resident Council (C)</p>	<p> Independence Day 2:30 Holiday Fun (A)</p>	<p>5 10:30 A Month in Review (A)</p>
<p>6 2:30 Protestant Service (A/C)</p>	<p>7 10:30 Exercise (A) 2:00 Western Whirlwinds* (A)</p>	<p>8 10:15 Devotions (C) 2:30 Sports Club* (A) 7:00 20 Questions (A)</p>	<p>9 2:30 BINGO– Nativity Lutheran (A/C)</p>	<p>10 10:30-Rosary (C) 2:30-Red Hat* (A)</p>	<p>11 10:30 Fun Fitnesscize* (A) 2:00 Crazy For Movies* (A) 7:00-Salvation Army (C)</p>	<p>12 10:30 Whoga/Yoga *(A)</p>
<p>13 2:30 Protestant Service (A/C)</p>	<p>14 2:30 Garden Club A-side* (A-1 Courtyard) 7:00 Dice Word Game *(A)</p>	<p>15 10:15 Devotions (C) 2:30 Taco Tuesday (A/C)</p>	<p>16 2:30 Color My World *(A) 7:00 Merle High Chorus (A)</p>	<p>17 10:30 Rosary (C) 10:30 Lava Java *(A)</p>	<p>18 10:30 Fun Fitnesscize* (A) 2:00 Cooking Club* (A) 2:30 Stories with Friends* (C)</p>	<p>19</p>
<p>20 2:30 Protestant Service (A/C)</p>	<p>21 10:30-Exercise (A) 2:30 Wedding Bells (A)</p>	<p>22 10:15-Devotions (C) 2:30 Dominoes* (A)</p>	<p>23 2:30 Strawberry Fest (A/C) Music by Toad Creek Tom</p>	<p>24 10:30 Rosary (C) 2:30 Drumming Circle *(A) 7:00 Jeopardy (A)</p>	<p>25 10:30 You be the Judge* (A) 2:30 Garden Club* (A1 Courtyard) 7:00 Junk Drawer Detective (A)</p>	<p>26 2:30 Treat and Tunes (A) Music by Give Us A Minute</p>
<p>27 2:30 Protestant Service (A/C)</p>	<p>28 2:30 Armchair Travel* (A) 7:00 Chatroom (A)</p>	<p>29 10:15 Devotions (C) 2:30 Root beer Floats (A/C)</p>	<p>30 2:30 Craft Club* (A) 7:00 Name Ten (A)</p>	<p>31 10:30 Rosary (C) 2:30 Male Gathering *(A)</p>	<p></p>	

ALL EVENTS AND/OR TIMES ARE SUBJECT TO CHANGE

Welcome New Admissions

B-1 Market Square

A-1 Carsonia Court

A-3 Penns Pointe

Griff Johnson

B-2 Reading Station

A-2 Pretzel City

Essick Commons

Elvera DiFilippo

Betty Spotts

Joyce Regula

Alison Merrill

During the month of June we had 10 new admissions

Happy July Birthdays

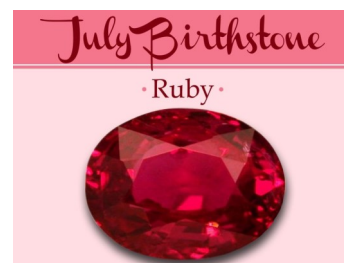
Ann Hurlbrink.....July 1	Beatrice GrimJuly 17
Ann CushenJuly 1	Edwin GraeffJuly 18
Julio Martinez - Collazo.....July 3	Mary Fuoco.....July 19
Renee HorneJuly 5	Alice EplerJuly 19
Joan KiebachJuly 6	Dorothy KochJuly 21
Judith StephensJuly 9	Catherine Koestel.....July 22*
Darlene KauffmanJuly 10	Elizabeth Ginder.....July 23
Sarah SimmonsJuly 10	Santiago Ruiz.....July 25
Dolores Schultz July 11	John Dietrich.....July 26
Shirley UlrichJuly 12	Judith Astle.....July 27
Christopher DrayerJuly 12	Dennis SlavinJuly 27
Chloe GalbraithJuly 15	Kathy HessJuly 28
Dorothy Brown.....July 15	

***Bold indicates centenarian**

JULY FLOWER – LARKSPUR



BIRTHSTONE FOR JULY



PUZZLE PAGE

Fourth of July
WORD SCRAMBLE

WFORRIESK	_____
PEIEDDEENCNN	_____
DAREPA	_____
EFOMEDR	_____
FGLA	_____
NPCCII	_____
URMSEM	_____
EIBTLYR	_____
ERACMA	_____
NITEUD STTSEA	_____
JUYL	_____
SASTTE	_____
RTILEVOONU	_____
PTTOIARCI	_____
RASTS	_____



Chaplain's Good News for July

By Chaplain Kerry Hicks

Happy Independence Day!

The Declaration of Independence, formally The unanimous Declaration of the thirteen united Sates of America in the original printing, is the founding document of the United States. On July 4, 1776, it was adopted unanimously by the Second Continental Congress, who convened at Pennsylvania State House, later renamed Independence Hall, in the colonial capital of Philadelphia. These delegates became known as the nation's Founding Fathers.

As we celebrate the birth of our great nation this year, I pray that we may all take at least a little time to reflect on our lives here in the Good ol' US of A! We are a Bastian of freedom to all the "world", what we refer to as our planet earth. The name "Bastian" is one of German origin is derived from the name "Sebastian." It is commonly believed to mean "venerable" or "revered." The name carries connotations of respect and admiration, suggesting a person: or, in this case, a nation who is highly regarded or esteemed by others.

We take pride in America as being truly the only country on earth that has taken this unique approach to liberty. We boast great things about ourselves; and rightfully so! And yet, if we allow these freedoms to erode, we may just find ourselves in one of the last places we would like to call "home."

Sometime around two-thousand years ago a similar event took place; rather **"THE" most important event in the annals of the history of the world...The LORD & Savior of the world claimed liberty for all those who would call upon the name of Jesus to save us from this untoward generation!**

In the United States of America, we have; not only the freedom to come and go as we please, but also the freedom of religion to worship as we please without fear of retaliation from anyone. May we endeavor to continue to pursue this **"MOST"** worthy cause.

Jesus came to give us life, and that more abundantly. **He** came to free us from the burden of sin and suffering. **He** came to set the captives free. **He** came to set at liberty those who were bruised. **In Luke 14:18** the scriptures repeat **Isaiah 61:1 & 2** as well as **58:6**. ***"The Spirit of the LORD is upon Me because He has anointed Me to preach Good News to the repentant. He has sent Me to preach release to captives, and recovery of sight to the blind, to send release to the oppressed, to preach the acceptable year of the LORD.***

Talk about **"FREEDOM!"** This is the greatest freedom the world has ever known! Freedom from the bonds of death!

Our Founding Fathers proclaimed freedom to the United States of America from those who would oppress, but our **Lord & Savior Jesus Christ** proclaimed **"FREEDOM"** from the enemy of our souls!

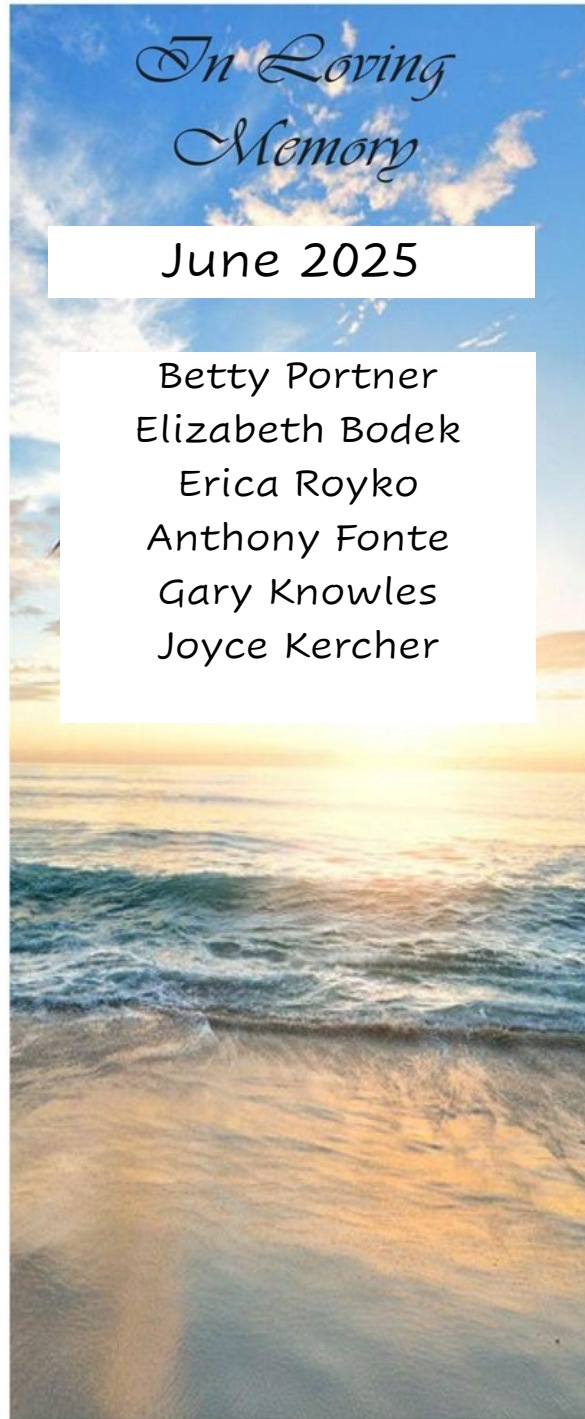
Next year it will be the two-hundred and fiftieth year of the Declaration of Independence: (That's a quarter of a century FOLKS) from our oppressors across the pond, but this year we proclaim freedom from our true adversary the devil, **In Jesus' Name, Amen!!!**

Happy Independence Day to one and all!!! And God Bless America!

Continue to fight the good fight of faith which is only found in our **Lord & Savior Jesus Christ**, our true **"Bastian of Freedom"** and we shall live forever in **"FREEDOM!!!"**

Shalom, and God bless us all!

Chaplain Kerry



Things That Make You Go Hmmm....

By Andrea Riegel



UPS’s signature color was originally called “Pullman Brown”. It was trademarked as their color in 1998.

The Q in Q-tips stands for “quality.”

In July of 2020, the LA home that stood in for the *Golden Girls* Miami pad hit the market for the first time ever at just under \$3 million. It sold a month later for more than \$1 million over the asking price.

Red-eyed tree frog eggs can hatch days before their anticipated hatch date if they sense danger.

Movie trailers used to run after the movie, which is why they’re called *trailers*.



Berks Heim Family & Friends

Administrator.....Terry Brennan, 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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Editor: Michele Reinhard, Director of Clerical/Volunteers

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 Heather Horst & Melinda Shearin

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How Many Did You Spy?

I Spy Answer :

There are 7

Barbeque Grills

