



# Family & Friends

Resident & Employee Newsletter

March 2025

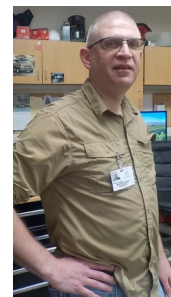
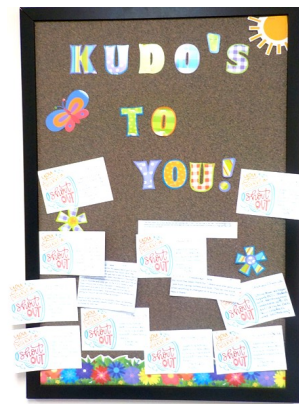




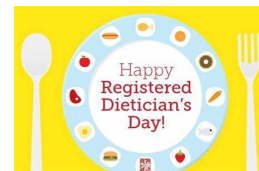
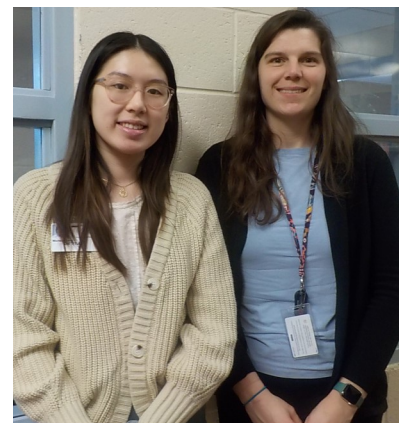
# MESSAGE FROM THE ASSISTANT ADMININSTRATOR



This month I would like to express my gratitude to each and every staff member for their dedication and hard work as we celebrate National Staff Appreciation Day on March 7. Also this month a big thank you to the Maintenance Department, Registered Dieticians, and Social Workers on their special days. In addition, check out the Kudos board hanging outside of the Nursing Office. There are cards and a drop box at the front desk for anyone who would like to write a positive message. They will then get posted on the Kudos board.



Thank You



# FEATURED CLUBS

Pictured to the right are residents enjoying **Dice Club** with Activity Therapist Deb Blank. Residents who are interested in joining should let Deb know and she will be glad to get them rolling with this monthly club.



Each month residents who are in the **Armchair Travel Club** visit a different country by watching a slide show featuring pictures and facts. This month they visited Brazil. Afterwards they enjoyed a discussion about what they saw and ate a food item relating to the country.



Brazil, South America





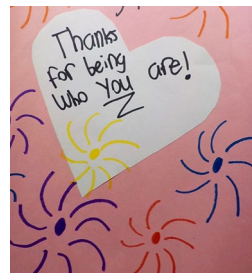
# BEHIND THE SCENES—PET THERAPY

We have several wonderful people who share their loving pets and their time with our residents. The pets, with their people, can be found weekly in the dayrooms on Tuesday and Friday afternoons and every other Thursday afternoon as well as one Wednesday evening a month. These pets give love, comfort, and understanding to our residents and staff.

A big thank you for all the time and love they share with all of us!



Students K - 4th grade at Schuylkill Valley Elementary school filled the first floor hall with lots of love by the making and giving of Valentines. Our pen pal group also received homemade Valentines from their little ones.



# HAPPY RETIREMENT

In February we celebrated Maureen Yoder's retirement. She retired from her Unit Secretary Coordinator position on A-2 after 47 years of employment with Berks Heim.

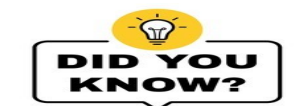
Maureen has enjoyed her lunches with former and retired co-workers and all the laughter they shared. She added that she will miss her fellow staff members in Medical Records, A-2 Nurses, Doctors, residents, and their family members. She is looking forward to spending more time with her grandchildren, going to the beach, riding bike with her husband, traveling to new places, and reading and relaxing.

Best Wishes Maureen! Thank you for all your years of wonderful service.



## National Days in March

- 1 - Peace Corps Day
- 4 - Mardi Gras
- 5 - Ash Wednesday
- 6 - National Dentists Day
- 7 - Employee Appreciation Day
- 9 - Daylight Savings Time Starts
- 17 - Saint Patrick's Day
- 18 - World Social Work Day
- 20 - First Day of Spring
- 23 - National Puppy Day
- 26 - Purple Day
- 30 - National Doctors' Day



## Making Maple Syrup

- Maple trees are tapped when temperatures are between freezing and thawing.
- A healthy maple tree will produce 6 to 10 gallons of sap, it takes 40 gallons of sap to make 1 gallon of maple syrup.
- Native Americans used maple syrup both as food and as a medicine.
- It is an excellent source of minerals and contains fewer calories than honey.
- The color does not affect the quality, it reflects the taste. Golden - delicate taste, Amber- rich taste, Dark - robust taste and Very dark,- strong taste.



Sugar's sweet, but sap is sappier; Cold nights make the farmers happier! - The Old Farmers' Almanac, 1989





# well hello, march



Sun

Mon

Tue

Wed

Thu

Fri

Sat

<p><b>Legend:</b>  <b>A - Auditorium</b>  <b>C - Chapel</b>  <b>*Denotes Club*</b>-  <b>If you have interest in joining a club or have questions, please see your Activity Therapist</b></p>						<p><b>1</b> 10:30-Month in Review (A)</p>
<p><b>2</b> 2:30-Protestant Service (A/C)</p>	<p><b>3</b> 10:30-Exercise (A) 6:30-Movie Night (A)</p>	<p><b>4</b> 10:00 Shrove Tuesday (A) <b>2:30-Game Lounge*(A)</b> 7:00-Bingo (A/C)</p>	<p><b>5</b> 2:30-Ash Wednesday Service (C)</p>	<p><b>6</b> 10:30-Rosary (C) 2:30-Resident Council (C) <b>2:30-Red Hat*(A)</b></p>	<p><b>7</b> <b>10:30-Music in Motion* (A)</b> <b>2:30-Book Club* (A)</b></p>	<p><b>8</b> </p>
<p><b>9</b> 2:30-Protestant Service (A/C)</p>	<p><b>10</b> 10:30-Exercise (A) <b>2:30-Master Minds* (A)</b> 7:00 Jeopardy (A)</p>	<p><b>11</b> 10:15-Devotions (C) <b>2:30-Sports Club* (A)</b></p>	<p><b>12</b> 2:30-BINGO (A/C)</p>	<p><b>13</b> <b>10:00-Gentlemen's Club* (A)</b> 10:30-Rosary (C) 2:30-Bingo (A/C)</p>	<p><b>14</b> 10:30-Fun <b>Fitnesscize* (A)</b> 2:00-BINGO (A/C) 7:00-Reading Philharmonics (A/C)</p>	<p><b>15</b> <b>10:30-Taster's Choice* (A)</b></p>
<p><b>16</b> 2:30-Protestant Service (A/C)</p>	<p><b>17</b> <b>St Patricks Day</b> 10:30-Exercise (A) 2:30-St Pat's Day Social (A/C)</p>	<p><b>18</b> 10:15-Devotions (C) <b>2:30-Dice Club* (A)</b></p>	<p><b>19</b> </p>	<p><b>20</b> 10:30-Rosary (C) <b>10:30-Lava Java* (A)</b> <b>2:30-Drumming Cir*(A)</b></p>	<p><b>21</b> 10:30-Fun <b>Fitnesscize* (A)</b> <b>2:30-Book Club* (A)</b> 7:00 Salvation Army (C)</p>	<p><b>22</b> 2:30-Active Games (A) (Shuffleboard)</p>
<p><b>23</b> 2:30-Protestant Service (A/C)</p>	<p><b>24</b> 10:30-Exercise (A)</p>	<p><b>25</b> 10:15-Devotions (C) <b>2:30-Dominoes*(A)</b> 7:00-Finishing Words (A)</p>	<p><b>26</b> 10:30-BINGO (A/C) <b>2:30-Craft Club* (A)</b></p>	<p><b>27</b> 10:30-Rosary (C) <b>2:30-Male Gathering* (A)</b> 7:00-Crafts (A)</p>	<p><b>28</b> <b>10:30-You be the Judge* (A)</b> <b>2:00-Cooking Club* (A)</b></p>	<p><b>29</b> 2:30-Jukebox Saturday (A)</p>
<p><b>30</b> 2:30-Protestant Service (A/C)</p>	<p><b>31</b> 10:30-Exercise (A) <b>2:30-Armchair Travel* (A)</b></p>					

**ALL EVENTS AND/OR TIMES ARE SUBJECT TO CHANGE**



# Welcome New Admissions

## A-1 Carsonia Court

Joyce Hartline

## A-2 Pretzel City

Carol Deesing  
Nelson Eyrich  
Shirley Lingeris  
Diane Miller  
Marilyn Seaman

## B-1 Reading Station

June Doaty  
Alice Knauer  
Helen Lesagonicz  
Brian Vancoeur  
Joanne Zimmerman



## A-3 Penns Pointe

Ruth Karper  
George Sakacs

## B-2 Reading Station

Barbara Leitheiser  
Mildred Papich  
William Surgeoner

During the month of February we had 25 new admissions.

# Happy March Birthdays

Walter Dahl.....March 2	Mary Gerhart.....March 16
Pearl Boyer.....March 5	Gloria Kautz.....March 20
Judith Goelz.....March 6	Samuel Kemp.....March 25
Glenn Reber.....March 7	Rosalee Schaeffer.....March 27
Kathleen Kahl.....March 8	Thomas Krafczyk.....March 27
Geraldine Schearer.....March 12	Mary Goshert.....March 29
<b>***Anthony Fonte.....March 13</b>	Anna Oswald.....March 31
Billy Evans.....March 13	
Elizabeth Biondo.....March 14	

**\*\*\*Denotes Centenarian**

### FLOWER OF MARCH



DAFFODIL

### BIRTHSTONE FOR MARCH



AQUAMARINE



Daniel Blatt.....EVS  
Christina Crissup....Nursing  
Esta Louijuste....Nursing  
Taneisha Malcolm....Dietary  
Javier Rivera Gonzalez....Dietary  
Denise Quacken.....Dietary  
Lynette Ramos Rivera....Nursing  
Keerthana Selvarathnam.....Nursing



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



# HAPPY WORK ANNIVERSARY

## 5 YEARS

Brandy Impink.....Nursing  
Denise Mariani.....Nursing

## 10 YEARS

Lori Werner.....EVS

## 20 YEARS

Rachel Wollyung....Nursing

## 25 YEARS

Seford Blake.....EVS



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

A Leprechaun  
with  
Pot O’ Gold



COUNT HOW MANY YOU SPY  
(ANSWER PAGE 12)



# PUZZLE PAGE



**Spring Word Jumble**  
 Unscramble the words related to Spring

**DODAFIFL** \_\_\_\_\_

**RCRLLAPEITA** \_\_\_\_\_

**MLEBLRAU** \_\_\_\_\_

**RGDNAINGE** \_\_\_\_\_

**SEASOHGL** \_\_\_\_\_

**WNIAAEGNK** \_\_\_\_\_

**ISGEDSLEN** \_\_\_\_\_

**ESNSHINU** \_\_\_\_\_

**SLKNDCUIG** \_\_\_\_\_

**LOPENL** \_\_\_\_\_

**HDYAITGL** \_\_\_\_\_

**XIUOQNE** \_\_\_\_\_

**DEDNLONIA** \_\_\_\_\_

# Chaplain's Good News for March!

By Chaplain Kerry Hicks

## Trials

*A trial has not taken you except what is common to mankind: but God is faithful Who will not permit you to be tested beyond what you are able, and therefore He will then in the test make you to be able to patiently bear the way out. (I Corinthians 10:13)*

While some translations talk about escape or the LORD providing a way out, this is the literal translation. As much as we would like an escape, most of us know that escape has not been typical of our Christian experience. We all have had seasons that have been uncomfortable or even downright painful, but God has always enabled us to endure the way out. It is a process, a process of maturing in the LORD, as we learn to stand in faith and pursue the things of God. A trial is a heavenly test that forces a person to choose between God's will and his own nature or understanding of what is right. By standing in faith, we serve as witnesses to the world of His power working through us. God knows how you will respond before the test starts.

Remember *And he called the name of the place Massah and Meribah, because of the chiding of the children of Israel and because they tempted the LORD by saying, "Is the LORD among us or not? Then Amalek came and fought with Israel in Refidim... (Exodus 17:7,8).* Two major things happened here that we need to avoid: first, the people questioned the presence of the LORD. The second is the coming of Amalek. If you question the presence of the LORD, you can be sure that Amalek will come on the heels of the question. *Remember what Amalek did to you on the way, when you came out of Egypt, how he met you on the way and struck those in the rear of you, all that were feeble behind you when you were faint and weary, and he did not revere God. (Deuteronomy 25:17, 18).* Satan will attack you where you are weakest, and if you cry, "Why are you not here, LORD?" that will invite more trouble: a cycle we all want to avoid.

Keep your faith level high, bearing in mind, that at all times that...*For He said, "I will NOT abandon you and I will NOT EVER forsake you." (Hebrews 13:5).* In the Greek language repeated use of a negative strengthens the statement, so the author of Hebrews is saying God will not in any way ever, under any circumstances, leave you or forsake you even for a moment. A just God does not impose trials that are beyond the capacity of the individual, *I Corinthians 10:13.*

*...because the wrestling is not with blood and flesh, but with the rulers, with the powers, with the world rulers of the darkness, with the spiritual (powers) of the wickedness in the heavens. (Ephesians 6:12).* *Through every prayer and entreaty, praying in every time in the Spirit, and being alert in Him, by means of every perseverance and entreaty concerning all the saints. (Ephesians 6:18.) Have I not commanded you? Be strong! Be of good courage! DO NOT TREMBLE! DO NOT BE DISMAYED! For the LORD your God is with you wherever you go. (Joshua 1:9).*

Keep your faith level high. Know there will be seasons when you are being challenged and stretched. But be absolutely certain that the LORD your God is with you wherever you go, that He will never abandon you or forsake you. Never, never say "Is God among us or not?" (*Exodus 17:7*). You can be sure that He is with you and that He will make you to be able to endure, to patiently bear the way out.

God bless you all! Shalom,

Chaplain Kerry

Source: Reverend William J. Morford ONMB





*In Loving Memory*

February 2025

- Bernadette Shisslak
- Kathryn Nonnemacher
- Elena Velez
- Marian Stephenson
- Bruce Goodman
- John Eilertsen
- Edna Remp
- Eleanor Koller
- Michael Tolbert
- Helen Manwiller
- John Rohrbach
- Petrina Incollingo
- Theresa Ringler
- Margie Wolicki
- Betty Reichel

**Things That Make You Go Hmmm....**

**By Andrea Riegel**

90% of the world's total ice is in the Antarctic ice sheet.

All clownfish are born male, but the most dominant member of the colony will become female to enable mating.

The same voice actor, Don Messick, provided the voice of many major cartoon characters. Scooby-Doo, Papa Smurf, Ranger Smith, Boo Boo on Yogi Bear and Astro and RUDI on the Jetsons.

2002 study at Oxford University found that imagining yourself somewhere nice and relaxing makes it easier to fall asleep than things like counting sheep.

Fifty-one years ago on March 4<sup>th</sup>, People magazine released its very first issue. Mia Farrow was on the cover.

Originally bubble wrap was created to be a wallpaper.

The average adult can read about 275 words per minute. President JFK could read 1200 words per minute.

Baby sea otters are buoyant, but they can't swim on their own. The mother will wrap the baby in kelp to keep them in one spot while she goes off to hunt.



**Berks Heim Family & Friends**

- Administrator.....Terry Brennan, 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

Heim Family & Friends is published monthly by the Berks Heim Clerical Department

P.O. Box 1495, Reading, PA 19603

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Heather Horst/Suzanne Baer

Printed by the Berks County Services Center Print Shop



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**How Many Did You Spy?**

**I Spy Answer :**

**There are 8 Leprechauns**

