



Family & Friends

Resident & Employee Newsletter August 2026



CELEBRATING EMPLOYEES



Pictured to the right is Megan Singerling and Gautam Shah “G” from our RNAC department, (Registered Nurse Assessment Coordinator). They both started working at the Heim as RN’s on the floors, Megan 22 years ago, and “G” 19 years ago. They both look forward to traveling after retirement and they are excited to spend more time with their families and loved ones. Congratulations and we wish them both all the best!



Donna Hahn, LPN is also retiring after 12 years. She is looking forward to relaxing and sewing. Congratulations Donna, and enjoy your retirement!



WELCOME EMPLOYEES

Welcome Jessica Gappa, our newest Activity Therapist. Jessica currently lives in Muhlenberg. She has a son and daughter along with a dog and cat. In her spare time she enjoys movies, video games, and crafting. Welcome Jessica



Welcome Jordan Owens, one of our new Activity Therapists. Jordan grew up in Southern California and moved to Reading five years ago. She has a dog named Cooper and a fish named Stotter. Her mom and dad still live in California along with her brother, sister-in-law and two nephews.

Jordan loves the Philadelphia Phillies and Eagles. She also enjoys playing the guitar, piano and baking.

HEIM HAPPENINGS....

Heim Fest 2026

Saturday, September 12

11 am to 4 pm

Indoor
Flea Market
11-3



Bake Sale
Games with
Prizes

Musical Entertainment

Pretzel City Chorus 11:30-12:15

(units from 12:15 - ??)

Days of Old 12:30-1:30

Swing Fever 2-4

Delicious Food

Hot Dogs Hamburgers

Meatball Sandwiches

Pizza French Fries

Funnel Cake

Strawberry Shortcake/Ice Cream

Raffle Drawing (at 1:30)

Tickets on sale now \$1 each/ 6 for \$5

Grand Prize – Queen Size Quilt

handmade by

Kindred Spirits Too Quilt

HEIM HAPPENINGS....

Regina Zdradzinski celebrated her 90th birthday with a party given by her family. Happy Birthday Regina and here's to many more!



A picnic for employees will be held on Wednesday, August 26. Look for more information/flyers in the weeks to come.



Tentative dates for August. Look for flyers each week as these are subject to change at any time.

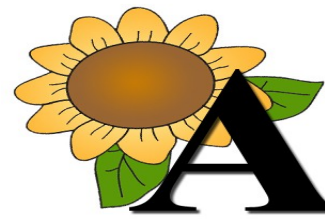
8/7 The Perk Up Truck

8/14 Nacho Depot

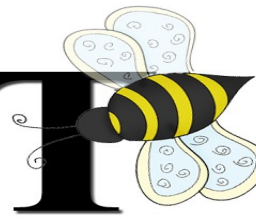
8/21 Big Backs

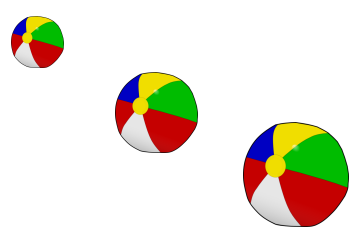
8/28 Fresh Frenchy's





AUGUST



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Legend: A - Auditorium C - Chapel *Denotes Club - If you have interest in joining a club or have questions, please see your Activity therapist.						1 10:30 A Month In Review (A) 2:30 Healthy Choice (A)
2 2:30 Protestant Service (A/C)	3 10:30 Exercise (A) 2:30 Western Whirlwinds* (A) 6:30 Let's Talk (A)	4 10:30 Catholic Mass (C) 2:00 Pet Therapy (A2/B2) 2:00 Nails (A2/B1) 2:30 Hot Dog Social (A/C)	5 2:30 Poetry Club* (A)	6 2:30 Resident Council (C) 2:30 Music/ Toad Creek Tom (A) 3:30 Pet Therapy (A2/B2) 6:30 Karaoke Night (A)	7 10:30 Music In Motion* (A) 2:30 Stories With Friends * (C)	8 10:30 Whoga Yoga* (A)
9 2:30 Protestant Service (A/C)	10 10:30 Exercise (A) 2:30 Master Minds* (A)	11 10:15 Devotions (C) 2:00 Pet Therapy (A3/EC) 2:00 Nails (B2/A3) 2:30 Banana Splits Music by Steven Barth (A/C)	12 2:30 Bingo Nativity Lutheran (A/C) 6:30 Battle of the Sexes (A)	13 10:00 Gentlemen's Club* (A) 10:30 Rosary (C) 2:30 Give Us A Minute (A/C)	14 6:30 Salvation Army (C)	15
16 2:30 Protestant Service (A/C)	17 10:30 Exercise (A)	18 10:15 Devotions (C) 2:00 Pet Therapy (A1/B1) 2:30 Dice Club* (A) 6:30 Chat Room (A)	19 2:30 Color My World* (A) 7:00 Pet Therapy (A2/B2)	20 10:30 Rosary (C) 10:30 Lava Java* (A) 2:30 Red Hat* (A)	21 2:30 Stories With Friends* (C)	22 2:30 Shuffleboard (A)
23 2:30 Protestant Service (A/C)	24 10:30 Exercise (A) 2:30 Armchair Traveler * (A) 6:30 Junk Drawer Detective* (A)	25 10:15 Devotions (C) 2:00 Pet Therapy (A2/B2) 2:00 Nails (A3/A2) 2:30 Dominoes*(A) 6:30 Family Feud (A)	26 2:30 Craft Club* (A)	27 10:30 Rosary (C) 2:30 Djembe Drums* (A)	28 10:30 You Be The Judge* (A) 2:00 Cooking Club* (A)	29 10:30 Taster's Choice* (A) 2:30 Bananas & Beanie Baby Bingo (A/C)
30 2:30 Protestant Service (A/C)	31 10:30 Exercise (A) 2:30Treat Yourself Bingo(A/C)					

ALL EVENTS AND/OR TIMES ARE SUBJECT TO CHANGE

Welcome New Admissions

A-2 Pretzel City

Christine Layser
Sherill Roberts
Robert Baker

A-3 Penns Point

Barbara Pezzino

Essick Commons

Delmar Diehl

B-1 Market Square

John Ziemba

B-2 Reading Station

Lillian Sandridge
Ann Rockwood

During the month of July we had 15 new admissions

Happy August Birthdays

MICHAEL SMITH.....AUGUST 2
AUDREY ANGSTADT.....AUGUST 3
CAROLYN MERVINE.....AUGUST 7
GINGER HEIST.....AUGUST 9
CAROL HEDGEPEETH.....AUGUST 10
BETTY USTASZEWSKI.....AUGUST 12
PAUL MOSSER.....AUGUST 14
DAVID FROELICH.....AUGUST 14
BONNIE KINTZER.....AUGUST 15
KATHLEEN ESHELMAN.....AUGUST 16

ELLA EPPS.....AUGUST 18
SONIA FOLK.....AUGUST 19
SHARON OXENREIDER.....AUGUST 19
GRACE CRASS.....AUGUST 20
BARBARA BROOKS.....AUGUST 22
CLARENCE SPANGLER.....AUGUST 24
WILLIAM SURGEONER.....AUGUST 24
EMILY JEANAUGUST 28



August Flower:
Gladiolus



August Birthstone:
Peridot



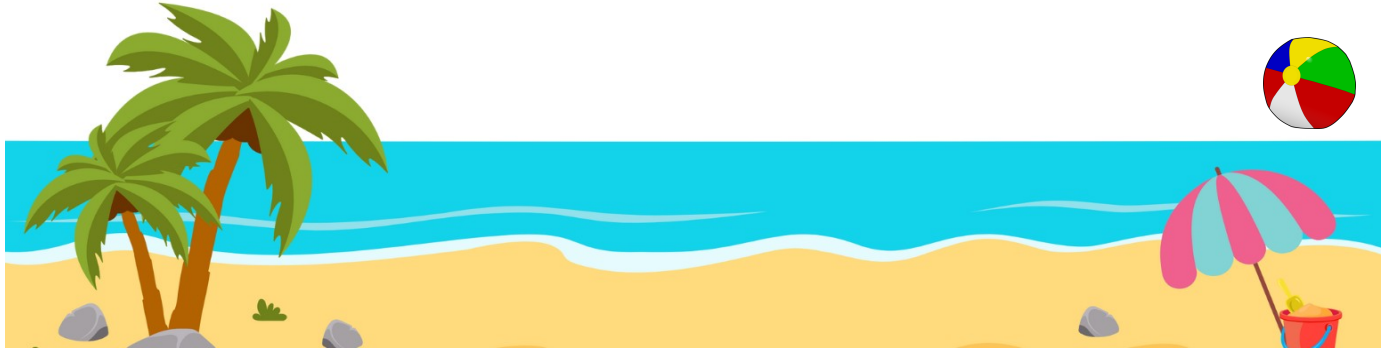
PUZZLE PAGE



AUGUST
Word Search

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

- August
- Back to School
- Corn on the Cob
- State Fair
- Summer
- Sunflowers
- Campfire
- Sunshine
- Ice Cream
- Grilling
- Hot
- Beach
- Watermelon
- Bike Rides
- Swimming



Chaplain’s Good News for August

By Chaplain Kerry Hicks

Memories

Wikipedia definition: **Memory** is the faculty of the mind by which data or information is encoded, stored, and retrieved when needed.

Memories are past experiences which are remembered in the present. There are varied ways in which a **memory** could be brought to the forefront of our minds via sights, sounds, aromas...the list goes on...

Memories can take us to an exact moment in our past and even sometimes just what has transpired like what is referred to as Deja-vu.

They can be pleasant and take us to a place which can bring back feelings of joy, elation. And they can take us to a place of sorrow, sadness, and the lists go on...

I have a dear friend who is in the process of moving from this life into the next and so many **memories** flooded my mind with past events he and I shared over the years. Many happy, nostalgic thoughts race through my mind. Thankfully, most of them are happy. And even the few that come through as more somber pale in comparison.

The Lord has taught us; And we know that all things work together for good to them that love God, to them who are called according to His purpose. **Romans 8:28.**

It’s okay to think of them and to even dwell on them at times. That we might be able to make sense of the things that we may have thought were not so good and yet if we examine them more closely, we can usually find a positive in there somewhere.

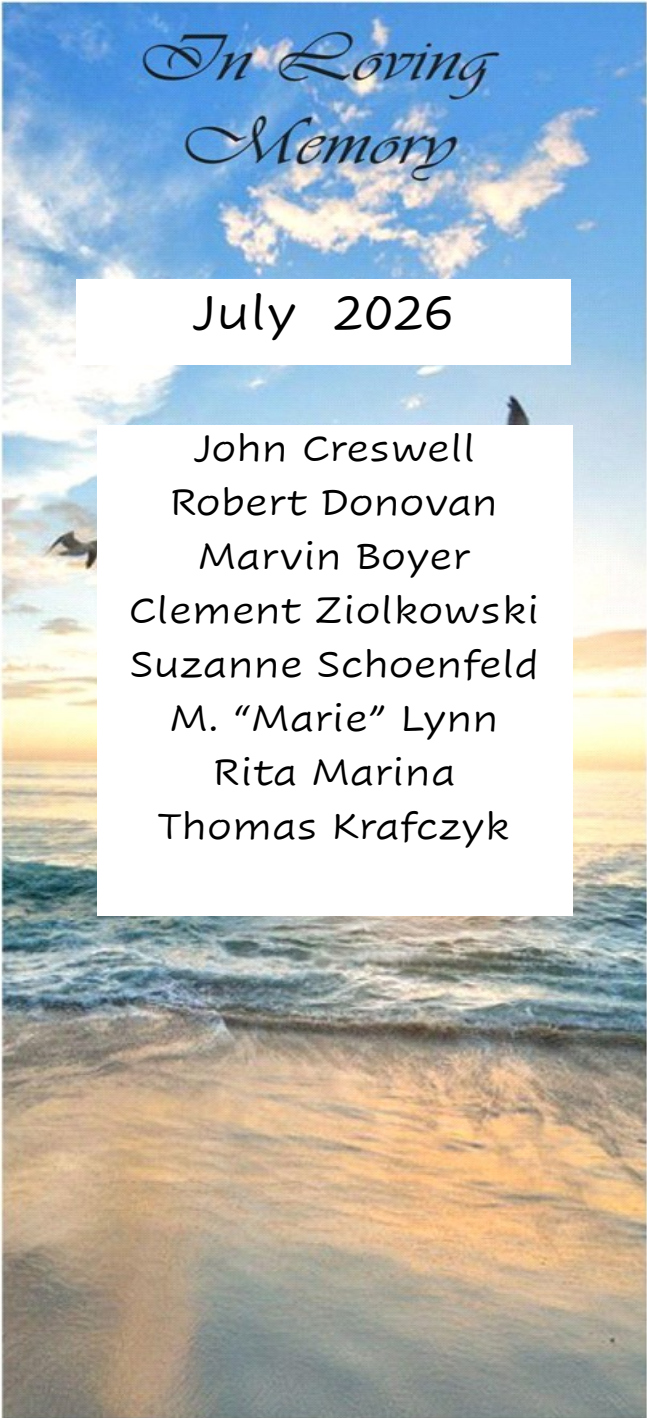
Sometimes we use them as an escape from the reality we may be facing in the present. When we do examine them, many times we are able to find answers to where and why we find ourselves in the present moment.

So long as we don’t dwell on them to escape our present realities, they can be a useful tool to help us move forward with an understanding we may not have had before. When this happens, our life can become more desirable in the present than living in the past.

Let’s do our best to live in the present, with the past in mind but not to let the past dictate our future to the point of despair. Remember, the best is yet to come if we have given our lives to the One who loves us with an everlasting love with no strings attached.

The LORD is my Shepherd I shall not want. He makes me lie down in green pastures, He leads me beside the still waters, He restores my soul. He leads me in the paths of righteousness for His name’s sake. Yea, though I walk through the valley of the shadow of death I will fear no evil, for You are with me. Your rod and Your staff, they comfort me. You prepare a table before me in the presence of my enemies, You, anoint my head with oil, my cup runs over. Surely, goodness and mercy will follow me all the days of my life and I will dwell in the house of the Lord forever. Amen! Psalms 23.

God bless you all,
Chaplain Kerry



Things That Make You Go Hmmm....

By Andrea Riegel

At it’s peak in the 1990’s, *Dateline*, was an NBC news magazine show that aired 5 nights a week.

Purple in nature, Iodine, is a common brown antiseptic. Shake up the liquid and you will see the color purple again.

Alfred M. Butts determined the tile distribution for Scrabble by counting how often letters appeared in newspapers.

Droll, means whimsically comical.

Palm readers believe they can learn about one’s status in romance and relationships by the “love line”, a crease in the hand.

Worldwide there are an estimated 3,200 tigers living in the wild. But there are about 5,000 living in captivity in the U.S.

Berks Heim Family & Friends

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How Many Did You Spy?

I Spy Answer :

There Are 8
Beach Balls

