



Family & Friends

Resident & Employee Newsletter

January 2025



Happy
New
Year

IN CASE YOU MISSED IT.....

Santa's Corner was held in early December with a special visit from Mr. & Mrs. Claus who graciously posed for photos with all our residents. The residents got to shop for a gift for a special someone and then enjoy cookies, cake, and drinks. A special thank you to all our volunteers that day. This event would not be possible without all your help.



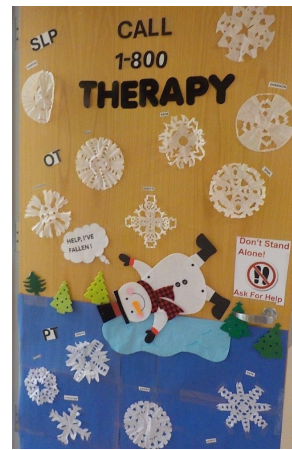
It truly is the most wonderful time of the year for our residents. December is filled with individuals and groups volunteering their time and efforts to make it a special time. We would like to say how much it is appreciated. Also, we want to express our thanks to everyone who donated items for our residents.



BEHIND THE SCENES - 12 DAYS OF HOLIDAY FUN



Our residents were not the only ones having lots of holiday fun this season. Employees enjoyed different activities, including making gingerbread houses, a door decorating contest, special themed dress up days, and a holiday luncheon.



Thank you!

Happy Holidays!



INTRODUCING...

My name is Sharon, I recently started as the Office Manager for the Business Office. I grew up in Foxburg, PA and currently live in Pine Grove with my husband Rob. I have a daughter Megan, son-in-law Justie, granddaughter, Emerson and grandson, Owen. I have a beagle named Walter P. and a foxhound named George Washington.

I attended AC Valley High School, Clarion County Vo-Tech, Slippery Rock University and earned my Bachelor degree in Healthcare Management at California Coastal University.

I have many hobbies that include reading, history, gardening, nature, movies, musicals, traveling to national parks and spending time with family. I love the treasure that is our residents and their families. This has been my life's work - care of others.



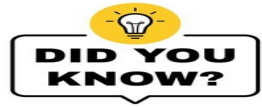
Hello, my name is Marlena and I recently started working at the Heim as an Activity Therapist. I grew up in Virginia Beach and went to Kempsville High School. I attended college for recreational therapy. I have a big brother and a (coon) dog named Clyde.

My hobbies include making candles and clay jewelry. I enjoy arts and crafts and have an interest in apothecary, I make my own lotions and perfumes. In addition, I enjoy singing and playing my uke. I love Jesus, hugs and coffee.



National Days in January

- 1 - New Year's Day
- 5 - National Bird Day
- 8 - National Bubble Bath Day
- 10 - Houseplant Appreciation Day
- 12 - National Pharmacist Day
- 13 - Korean American Day
- 15 - National Hat Day
- 19 - National Popcorn Day
- 20 - Martin Luther King Jr. Day
- 21 - National Hugging Day
- 24 - National Activity Therapist Day
- 27 - National Chocolate Cake Day
- 29 - Puzzle Day
- 31 - National Hot Chocolate Day



New Year's Resolutions / Traditions

- The most popular resolution for 2024 was to improve fitness, making more time for loved ones was also at the top of the list.
- In Greece pomegranates are smashed to symbolize renewal for their culture.
- In Spain it is considered good luck to eat 12 grapes at midnight.
- Watching the ball drop in New York City draws close to 60,000 spectators on New Years Eve.
- Watching college football, the Peach, Sugar, and Rose bowls all are played on New Years Day.
- In Canada and the U.S. many participate in the "polar bear plunge", bravely jumping into freezing cold water.
- In parts of Latin America people take a lap around the block dragging an empty suitcase to help ensure they have a year filled with travel and adventure.



Sun

Mon

JANUARY

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 NEW YEAR'S DAY 2025 2:30-Holiday Fun (A/C)</p>	<p>2 10:30-Rosary (C) 2:30-Resident Council (C) 7:00-Song Burst (A)</p>	<p>3 10:30-Music In Motion*(A) 2:30-Book Club* (A)</p>	<p>4 10:30-Month in Review (A)</p>
<p>5 2:30-Protestant Service (A/C)</p>	<p>6 10:30-Exercise (A) 2:30-Tea Party (A/C)</p>	<p>7 10:15-Devotions (C) 2:30-Game Lounge* (A)</p>	<p>8 2:30-BINGO (A/C) 7:00-Jeopardy (A)</p>	<p>9 10:00-Gentlemens Club*(A) 10:30-Rosary (C) 2:30-Red Hat* (A)</p>	<p>10 10:30-Fun Fitnesscize* (A) 7:00-Salvation Army Dev. Prog. (C)</p>	<p>11 10:30-Whoga Yoga* (A) 2:30-Undecorate the Christmas Tree (A)</p>
<p>12 2:30-Protestant Service (A/C)</p>	<p>13 10:30-Exercise (A) 2:30-Master Minds* (A) 7:00-Battle of the Sexes (A)</p>	<p>14 10:15-Devotions (C) 2:30-Sports Club* (A)</p>	<p>15 2:30-Welcome Home Veteran's Ceremony (A/C)</p>	<p>16 10:30-Rosary (C) 10:30-Lava Java* (A) 2:30-Drumming Circle* (A)</p>	<p>17 10:30-Fun Fitnesscize*(A) 2:00 Cooking Club* (A) 2:30-Book Club* (C)</p>	<p>18 10:00-Soups On! (A) 2:30 -Snowball Social (A/C)</p>
<p>19 2:30-Protestant Service (A/C)</p>	<p>20 Martin Luther King Day 10:30-Exercise (A) 2:30-Kick-Off Party (A/C) 7:00-Junk Drawer Det.(A)</p>	<p>21 10:15-Devotions (C) 2:30-Horse Race (A/C) 7:00-Crafting with Volunteers (A)</p>	<p>22 2:30-BINGO (A/C)</p>	<p>23 10:30-Rosary (C) 2:30-Auction (A/C) 7:00-Trivia Adventure (A)</p>	<p>24 10:30-Fun Fitnesscize* (A) 2:30-Pizza Party (A)</p>	<p>25 2:30-Jukebox Saturday (A)</p>
<p>26 2:30-Protestant Service (A/C)</p>	<p>27 10:30-Exercise (A)</p>	<p>28 10:15-Devotions (C) 2:30-Dominoes (A) 7:00-Baloney (A)</p>	<p>29 2:30-Craft Club* (A)</p>	<p>30 10:00-Croissant Day (A) 10:30-Rosary (C) 2:30-Male Gathering* (A)</p>	<p>31 10:30-You be the Judge* (A) 2:30-Hot Chocolate Bar (A) 7:00-Finish the Lyrics (A)</p>	

ALL EVENTS AND/OR TIMES ARE SUBJECT TO CHANGE

Welcome New Admissions

A-2 Pretzel City

Giuseppina Campitelli
Barbara Coller
Michael Smith
Claulette Yerger

A-1 Carsonia Court

Lynn Schrader

A-3 Penn's Peak

Joan DeMarte
Joyce Seidel

B-1 Market Square

Bruce Goodman

Essick Commons

M. Marie Lynn

During the month of December we had 18 new admissions.

Happy January Birthdays

Marie Reinert.....January 1
Patricia Bruno.....January 3
Rick Evans.....January 5
Mary Haley.....January 6
Betty Henne.....January 7
Betty Hoffman.....January 8
Janice LindenmuthJanuary 9
Judith DeimlerJanuary 13
Sharon GeltzJanuary 14
Alisa Lengel.....January 16
Gregory KurpiewskiJanuary 19
Josephine Trois.....January 20

Jane Wummer.....January 22
Christel Bachman.....January 22
William Snyder.....January 22
Elizabeth Innis.....January 24
Sylvia SewardJanuary 26
Myrtle Weisner.....January 27
Rickey Ely.....January 28
Stella Wolf.....January 29
***Marie Sweigert.....January 31
Lloyd Brady.....January 31
Robin Ammon.....January 31

***Denotes Centenarian

FLOWERS OF JANUARY



Snowdrop and Carnation

BIRTHSTONE FOR JANUARY



GARNET

New Employees WELCOME!

Deandra Espinal.....Nursing
Juana Guerrero Rodriguez....Nursing
Shantia Lewis.....Nursing
Marlena McDaniel.....Activities
Dylan Michaelkovich.....Dietary
Isis Pichardo.....Nursing
Jamie Reber.....Nursing

HAPPY WORK ANNIVERSARY

10 YEARS

Michelle Gilliam.....Nursing
Zaida Osorio.....EVS

15 YEARS

Amanda Kline.....Staff Development



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

A SNOWMAN



COUNT HOW MANY YOU SPY
(ANSWER - PAGE 12)

PEN PAL CRAFTS

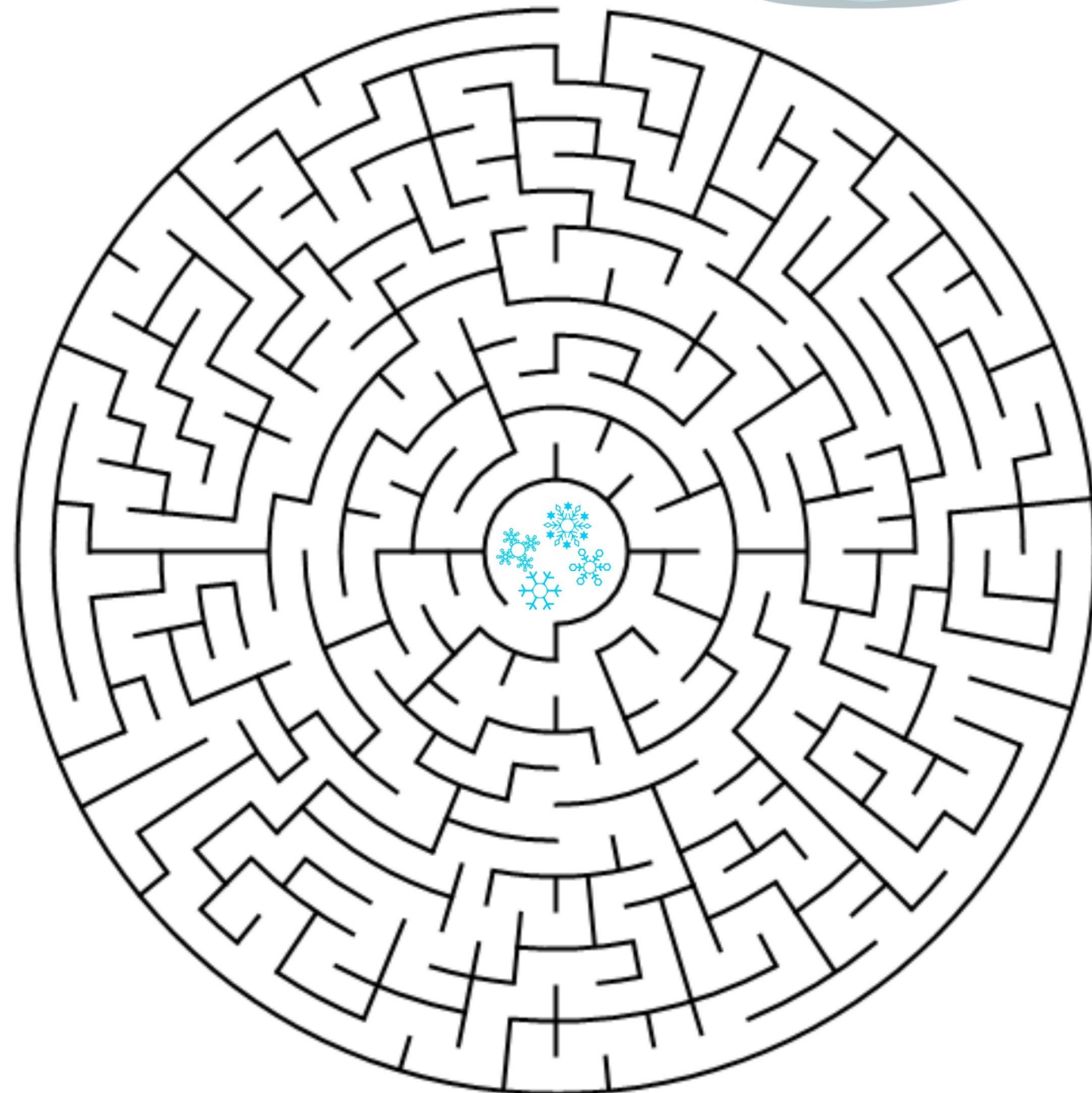


Children from our pen pal program made special holiday gifts for their residents.



PUZZLE PAGE

**HELP THE
SNOWMAN REACH
THE SNOWFLAKES**



Chaplain's Good News for January!

By Chaplain Kerry Hicks

Forgiveness of Sin – Part III

Clean Slate

From the following verses we see that with repentance all sins are forgiven, even those committed with the intention of angering God. All forgiven sins are then deleted from God's computer. *20 The person who sins will die. The son will not bear the iniquity of the father, nor will the father bear the iniquity of the son. The righteousness of the righteous will be upon him, and the wickedness of the wicked will be upon him. 21 But if the wicked will turn from all his sins that he has committed and keep all My statutes and do that which is lawful and right, he will surely live, he will not die. 22 All his transgressions that he has committed, they will not be mentioned against him. He will live in his righteousness that he has done. 23 Have I any pleasure at all that the wicked should die? Says Adonai, the LORD, and not that he should return from his ways and live? Ezekiel 18:20 – 23.*

So, Ezekiel removes all doubt about remembering sins, even those that are not mentioned in other verses about remembering. Our merciful heavenly Father forgives and forgets. Our All-Knowing Father is not forgetful, but He deletes forgiven sin from His computer. *Ezekiel 33:11 says, say to them, As I live, says the Lord, the LORD, I have no pleasure in the death of the wicked, but that the wicked would turn from his way and live. Turn, Turn from your evil ways! For why will you die, O House of Israel? Forgiven sins are erased, they never happened. Isaiah 43:25 says, I AM, I AM He Who erases your transgressions for My own sake, and I shall not remember your sins!*

A Rabbi wrote many years ago that the greatest miracle of all happens when a sinner repents; because then God takes that person back in time to when the sin was committed – only this time the person does not commit the sin. Therefore, the sin was never committed. So, each of us needs to know that any remorse over past sin is not from God, but from the Accuser. Satan is the one who wants you to wallow in guilt. God says that any repented sin was never committed. *(Isaiah 43:25, et al.)* Accept God's forgiveness, knowing that you are never again to dwell on those past mistakes. That sin is being erased is the greatest of all miracles.

This was the 3rd and last part of III.

Let's start this New Year with a clean slate and not remember the sins we or others have committed. Let's do our best to live our lives according to what the Bible teaches us versus how the world sees us.

My prayer is for all of us to have a Blessed and Happy New Year!

Chaplain Kerry

Source: William J. Morford ONMB

*In Loving
Memory*

December 2024

- Patricia Frick
- Mary Glass
- Irene Keller
- Natel Fonte
- Jane Brubaker
- Dorothy Meck
- Elaine Gassert
- Elaine Burgert
- Omaira Haase
- Elvin Kline
- Marie Kercher
- Opie Wolf
- Donald Gehman
- Jacqueline Schupp
- Joanne Hall

Things That Make You Go Hmmm....

By Andrea Riegel

Snowball fights were illegal in Severance, Colorado until 2018. When a nine-year-old boy challenged the ordinance and won.

Arachibutyrophobia is the fear of peanut butter sticking to the roof of your mouth.

Most bears do not go to the bathroom at all during hibernation.

According to *Toy Story 3*, the franchise's cowboy Woody has a last name: Pride.

A group of sting rays is known as a fever.

Ever wonder what the little loop on the back of a men's dress shirt is for? It's to provide a way to hang the shirt when there are no hangers available.

Dolphins are born with mustaches.

As of 2022, the coldest recorded temperature ever was on July 20, 1983. In Antarctica's Vostok Station it was -128.6° F.



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
Phone: 610-376-4841

Editor: Michele Reinhard, Director of Clerical/Volunteers
Reporters/Photographers:
Heather Horst/Suzanne Baer

Printed by the Berks County Services Center Print Shop



Like and follow us on Facebook Berks Heim Nursing & Rehabilitation



How Many Did You Spy?
I Spy Answer : There are
11 Snowmen

