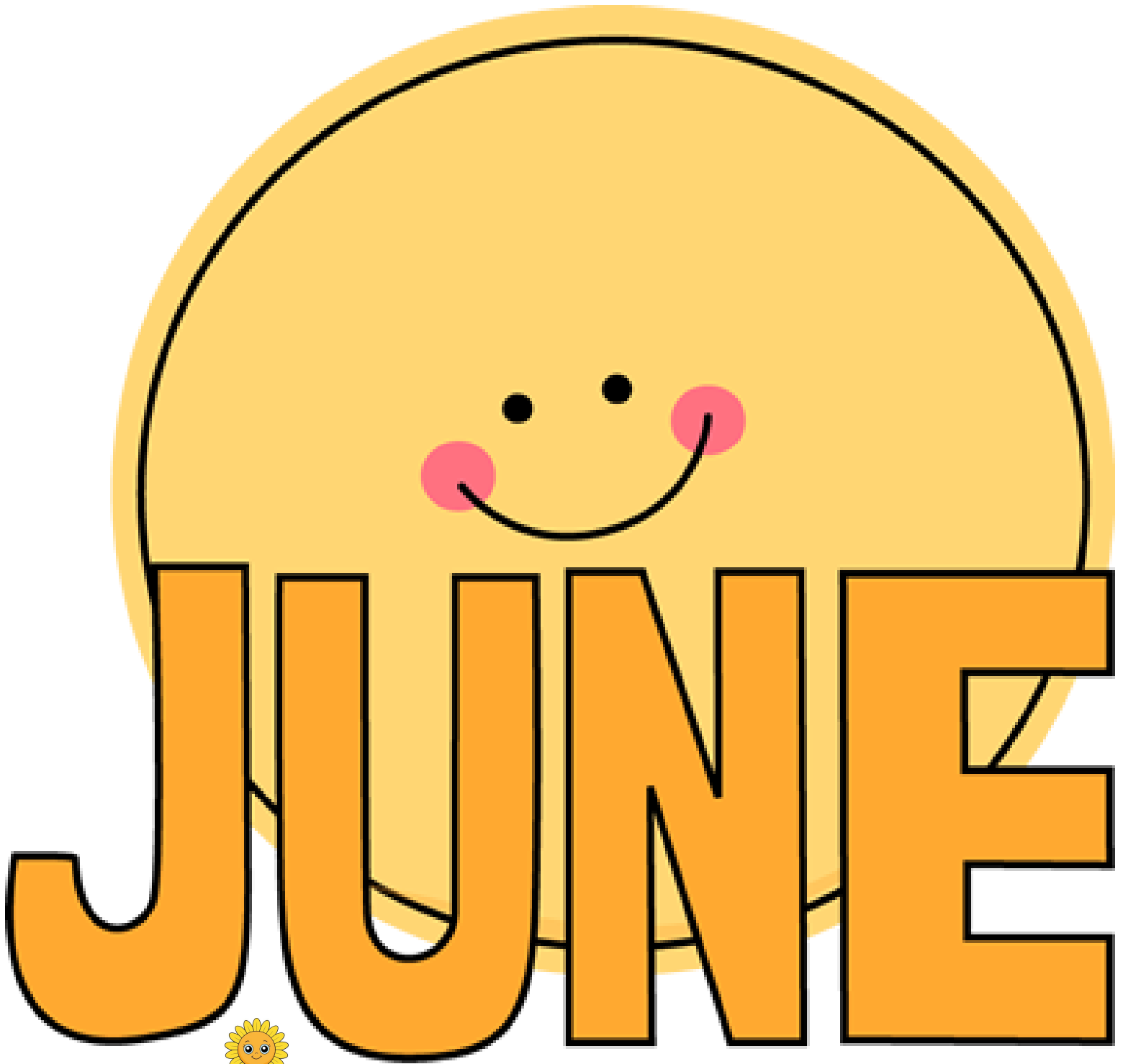


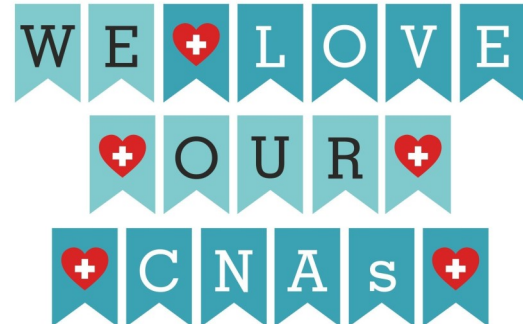


Family & Friends

Resident & Employee Newsletter June 2026



CELEBRATING EMPLOYEES AND.....



June 17th is National Nursing Assistant Day. We appreciate everything our CNA's do for our residents.

We also welcome Dona Ritchey, our new part-time 4-8 receptionist.

Hello, my name is Dona and I recently started as a 4-8 front desk receptionist. I grew up in Berks County and attended Wilson High School and RACC. I currently live in Penn Township with my husband and we have 2 children and 4 grandchildren.

I love spending time with my grandchildren, swimming, and a little gambling. I play kickball and flag football and am always looking for a group that plays and are seniors. I also love going to the shore, visiting the islands and absolutely love the Pacific Ocean! I enjoy working at the Heim, the residents, their families/friends, and the employees are all very nice.

In May we showed appreciation to all our staff during NSNC week with a luncheon and words of gratitude from visitors and families.



MOMENTS in BLOOM
NATIONAL SKILLED NURSING CARE WEEK • MAY 10-16, 2026

Everyone is always very nice when I visit my parishioners.

Thank you for always smiling and being willing to help when needed.

Thank you Housekeeping. Everything is so clean.

Thank you for all you do, in snowstorms, and all of the time.

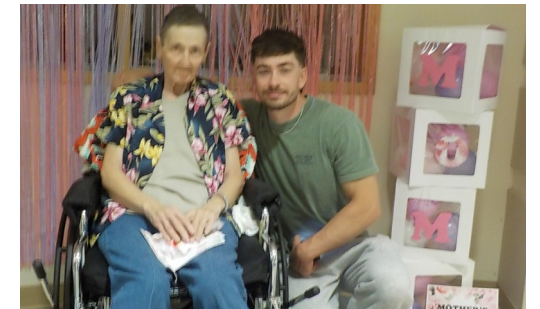
Thank you for all of the great care.

Everyone from the nurses to the dining personnel to the beauticians to the physical therapists to the activities crew to the cleaning staff to maintenance.

Thank You

RESIDENTS DURING NATIONAL SKILLED NURSING CARE WEEK

Residents enjoyed a fun filled week starting with a Mother's Day brunch and social. Throughout the week they took pictures at a photo booth, painted on canvases, shared memories, planted flowers, listened to live music, and played games, bingo and more.





The Muhlenberg Junior High Jazz band, "Blue Groove" & Chorus, "Gold Tunes" gave an energetic and fun performance that was music to our residents ears.



A big thank you to our VSB members for holding their semi-annual bake sale in May and to everyone who supported the sale. Lots of yummy baked goods were sold and we look forward to the next one in the fall.



HEIM HAPPENINGS....



The Therapy department has engaged a group of residents for fun and socializing with the plant carts located in the therapy gym. They are looking forward to adding an additional cart for growing vegetables.



Thursday, June 4
3:00-6:00pm

Stop by Berks Heim to learn about our Volunteer Program. While you are here, enjoy a tour, snacks and a free raffle.

Please RSVP by June 1 to Ann-Marie at aloose@berkspa.gov or 610-376-4841 ext. 7395



SUN SAFETY TIPS

- AVOID SUN BETWEEN 10AM AND 4PM
- AVOID DIRECT SUNLIGHT
- WEAR PROTECTIVE CLOTHING
- PUT ON A HAT
- WEAR SUNGLASSES
- USE SUNSCREEN
- DRINK MORE WATER



In Search of Slightly Used Paperback, Hard Cover, and Large Print books to help restock the Library Cart. Please drop donations off in Clerical Office.

Food Truck Season is Finally Here!

Buns on the Go

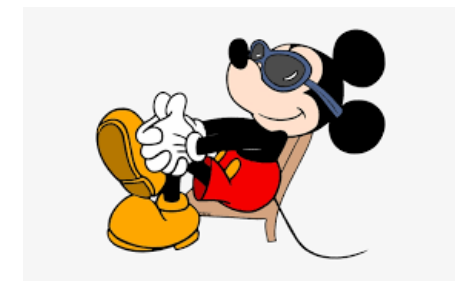
June 5th, 2026

11:00am – 3:00pm

Card accepted, Cash Preferred

June 12th - Big Back's





Sun

Mon

Tue

Wed

Thu

Fri

Sat

	<p>1</p> <p>2:30 Western Whirlwinds* (A)</p>	<p>2</p> <p>10:30 Catholic Mass (C)</p> <p>2:30 Hot Dog Social (A/C)</p> <p>6:30 That's IT (A)</p>	<p>3</p> <p>2:30 Poetry Club* (A)</p>	<p>4</p> <p>10:30 Lava Java* (A)</p> <p>2:30 Resident Council (C)</p> <p>2:00 Pet Therapy</p>	<p>5</p> <p>2:00 Cooking Club* (A)</p>	<p>6</p> <p>10:30 A Month in Review (A)</p>
<p>7</p> <p>2:30 Protestant Service (A/C)</p>	<p>8</p> <p>10:30 Exercise (A)</p> <p>2:30 Master Minds* (A)</p>	<p>9</p> <p>10:15 Devotions (C)</p> <p>2:00 Pet Therapy (A3/EC)</p> <p>2:30 Music By Toad Creek Tom (A/C)</p>	<p>10</p> <p>2:30 Bingo Nativity Lutheran (A/C)</p> <p>7:00 Merle High Chorus (A/C)</p>	<p>11</p> <p>10:00 Gentlemen's Club* (A)</p> <p>10:30 Rosary (C)</p>	<p>12</p> <p>1:30 Crazy about Movies *(A)</p> <p>2:30 Stories with Friends * (C)</p> <p>6:30 Salvation Army (C)</p>	<p>13</p> <p>10:30 Whoga/Yoga* (A)</p>
<p>14</p> <p>2:30 Protestant Service (A/C)</p>	<p>15</p> <p>6:30 Name 10 (A)</p>	<p>16</p> <p>10:15 Devotions (C)</p> <p>2:00 Pet Therapy (A1/B1)</p> <p>2:30 Waffles & Ice Cream Music By Steven Barth (A/C)</p>	<p>17</p> <p>2:30 Color My World* (A)</p> <p>7:00 Pet Therapy (A3/EC)</p>	<p>18</p> <p>10:30 Rosary (C)</p> <p>2:30 Music By Give Us A Minute (A/C)</p>	<p>19</p> <p>2:30 Juneteenth Fun (A/C)</p>	<p>20</p> <p>10:30 Taster's Choice* (A)</p>
<p>21</p> <p>2:30 Protestant Service (C)</p> <p>2:30 Father's Day Social (A)</p>	<p>22</p> <p>10:30 Exercise (A)</p> <p>2:30 Armchair Travel* (A)</p>	<p>23</p> <p>10:15 Devotions (C)</p> <p>2:00 Pet Therapy (A2/B2)</p> <p>2:30 Dominoes* (A)</p> <p>6:30 Jeopardy (A)</p>	<p>24</p> <p>2:30 Craft Club* (A)</p>	<p>25</p> <p>10:30 Rosary (C)</p> <p>2:30 Red Hat* (A)</p> <p>6:00 Junk Drawer Detective (A)</p>	<p>26</p> <p>10:30 You Be The Judge* (A)</p> <p>2:30 Stories With Friends * (C)</p>	<p>27</p>
<p>28</p> <p>2:30 Protestant Service (A/C)</p>	<p>29</p> <p>10:30 Exercise (A)</p> <p>6:30 Karaoke (A)</p>	<p>30</p> <p>2:00 Pet Therapy (A3/EC)</p> <p>2:30 Game Lounge* (A)</p>				<p>Legend:</p> <p>A - Auditorium</p> <p>C - Chapel</p> <p>*Denotes Club*-</p> <p>If you have interest in joining a club or have questions, please see your Activity Therapist</p>

ALL EVENTS AND/OR TIMES ARE SUBJECT TO CHANGE

Welcome New Admissions

A-1 Carsonia Court

Grace Crass

A-2 Pretzel City

Evelyn Brown
Harriet Leibinger
Forrest Mengel

B-1 Market Square

Margaret Lebo



During the month of May we had 7 new admissions

Happy June Birthdays

MARTHA SMITH.....June 2
REGINA ZDRADZINSKI.....June 3
GEORGE PADINSKE.....June 3
JUNE DOATY.....June 6
LEE ROTHENBERGER.....June 10
NORMAN NOLT.....June 10
ARLEIGH HEGARTY.....June 10
RUTH WEBER.....June 11
JOHN BECHTEL.....June 14
BRIAN VANCOEUR.....June 14
DOROTHY FLETCHER.....June 16

BONNIE EHST.....June 17
SARAH VANCAMPEN.....June 18
LORRAINE HIXJune 19
MILDRED SHOLLENBERGER.....June 20
VELMA BAUMAN.....June 22
LYNNE VOIT.....June 26
MARION MOHR.....June 27
BLANCHE DEWALD.....June 30
PATRICIA DUBECK.....June 30

June Flower: Rose



June Birthstone: Pearl



PUZZLE PAGE



The letters of the words below are jumbled. Unscramble the letters and write the word on the blank line provided.

- | | |
|---------------------|----------------------|
| 1. RHETAF _____ | 13. DALAYGF _____ |
| 2. OCOUKTO _____ | 14. LEBALBKAST _____ |
| 3. KLEA _____ | 15. MMERUS _____ |
| 4. DGNSDEWI _____ | 16. IOTNCAAV _____ |
| 5. CSOTESIL _____ | 17. FUPLALY _____ |
| 6. AETTNPI _____ | 18. HCBAE _____ |
| 7. ODTAGRANUI _____ | 19. INFISGH _____ |
| 8. THO _____ | 20. NDAGRE _____ |
| 9. AODMLEEN _____ | 21. ETTN _____ |
| 10. LOPO _____ | 22. LABABLSE _____ |
| 11. IFLIEEFSR _____ | 23. ACOKMMH _____ |
| 12. IPFMERCA _____ | 24. NSSSEGLSAU _____ |



Chaplain's Good News for June

By Chaplain Kerry Hicks

To Serve or Be Served – Part 4

We are now in the home stretch of our study. Religion numbers 9 & 10.

Confucianism: Despite dancing around spirituality, leading many to consider Confucianism as a philosophy only, the religion establishes a theological understanding of the Universe, albeit an impersonal one. In it, the priority of humankind is to strive to synchronize with the order of the universe in order to achieve oneness with heaven for the tranquility of community and self. This order is defined by “Tiàn,” a non-speaking god of heaven which can be best translated as “the way things are.” Moreover, Confucianism argues that the way humankind should act is a way that conforms to the most evident morals: charity, obedience to mentors, humility, and compassion. All people are inherently good and must work to realign themselves with that nature. Since its establishment by Confucius and his writings in 500 B.C., the faith currently hosts 6 million followers.

Caodaism: A melting pot of many of the world’s largest faiths, Caodaism is a recent creation originating in 1921 when a vision came to an assembled group of mediums located in Vietnam. Nearly 4.4 million believers align themselves with the core tenets that teach harmony, unity with a monotheistic deity, reincarnation, and anti-materialism. Besides the association with Buddhism, Confucianism, and Taoism, Caodaism asserts the existence of several creator spirits as well as devils led by a being resembling of Satan; this is a dynamic similar to Abrahamic faiths. Naturally, to achieve heaven, a soul must evolve its spirit through good behavior during successive reincarnations. The belief was influential in Vietnam during the 1930s, not only because of its quick spread, but also due to the anti-colonialist sentiment that it cultivated against the French occupation. In 1997, after being banned for 22 years, the practice of the religion was permitted in Vietnam once again.

The shocking reality about each faith, side to side, is that they tend to possess more similarities than differences. For instance, students of each belief spend years honing their self-control and ability to grow through introspection. Countless tales can be heard of disciples who swear by the fact that these faiths transformed them into proud and more joyful members of society. Furthermore, the scholars of each belief are happy to borrow from each other when the opportunity presents itself. For example, famed Christian theologian C.S. Lewis cleverly integrated the concept of Tao into his own writings. After examining the history and core values of each faith, it is evident that the secret to how they might morph and evolve further is buried in the future.

Sources above: World Atlas

God bless you all as we head into the summer season. Remember to use sunscreen when going out in direct sunlight. Please exercise caution in the amount of exposure to the sun’s U.V. rays.

We love you all so very much!!!

Shalom,
Chaplain Kerry



Things That Make You Go Hmmm....

By Andrea Riegel

Exposure to the sun causes the Eiffel tower to bend one side at a time. Over the course of a clear day, the tower will move in a six-inch diameter curve.

A peck is a dry measurement equal to eight quarts.

In surveying, chain is 66 feet and divides into 100 units appropriately called links.

NASA estimates there are about 100 to 400 billion stars in our galaxy. In 2015 scientists estimated there are three trillion trees on Earth.

Lion's Mane Jellyfish measures up to 120 feet long, about 23 feet longer than the longest Blue Whale ever measured.

Making it the longest animal ever recorded.

The state of Nevada has the lowest average annual rainfall amount in the U.S.

Berks Heim Family & Friends

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 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 8

SUNFLOWERS