



Family & Friends

Resident & Employee Newsletter

July 2024



WELCOME OUR NEW ADON

My name is Lori Snyder and I am the new Assistant Director of Nursing. I went to nursing school at Reading Hospital School of Nursing, and received my bachelors degree online through Chamberlain University. I have worked in hospital settings, home care, chronic disease management, infection prevention nursing and ADON positions throughout my 18 year career as a nurse.

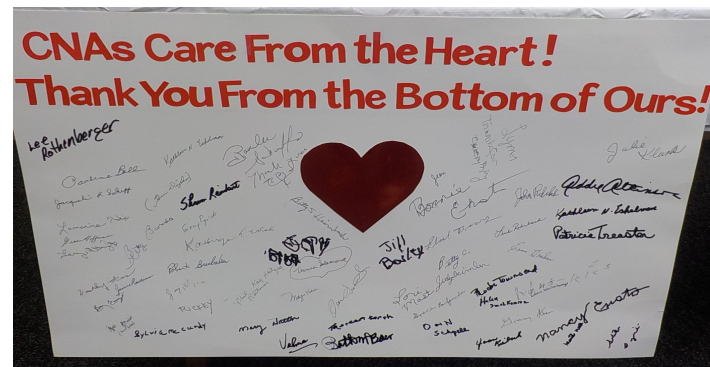
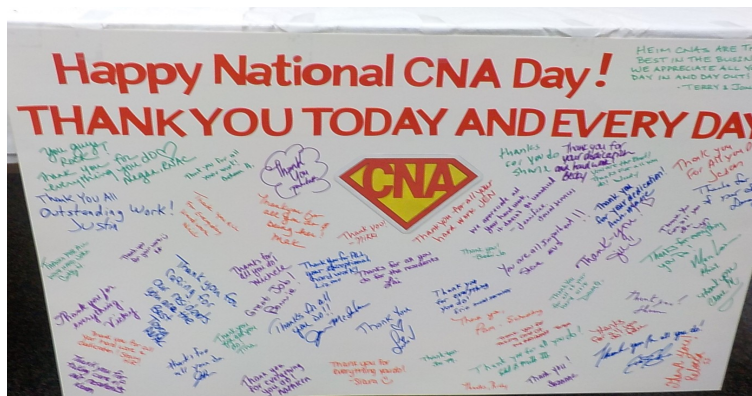
I grew up and currently live in Bern Township. I am married with 3 sons, 1 daughter and also 1 grandson. I have 3 dogs, 1 rabbit, 2 horses, 8 chickens and 2 ducks.

I love to spend time with my family and friends, along with my animals. I also enjoy reading, doing arts and crafts, riding my horses and spending time outside.



CELEBRATING OUR CNAS

On Thursday, June 13, the CNA's from all three shifts were treated to a hot chocolate and coffee bar along with bagels. There were also two wonderful cards signed by staff and residents to show our CNA's how much we appreciate them for all their hard work and dedication !!



BEHIND THE SCENES



VOLUNTEER SERVICE BOARD



These incredible ladies work tirelessly to raise money for our residents. This is the Board's 72nd year in service. Bake sales, Heimfest, unit Christmas parties for the residents, and helping with Santa's Corner are just a few things the Board members help with. They also supply the residents with wheelchairs, Broda chairs, TV's for the day room, and anything else the residents may need.

A HUGE thank you to these ladies for all they do.

Front row—Anna Heffner, Diane Leeds, Grace Reber
Back row—Ruby Martin, Sandy Manbeck, Toni Brooks, Denice Fulmer, Kathy Holms, Patty Margrave, Doris Evans, and Joanne Stockholm
MISSING: Jane Hodgkins, Ruby Martin, Geraldine Means, and Kelly Stertzel.




MERLE HIGH YOUTH CHORUS

On Wednesday evening, June 12, our residents were treated to the beautiful voices of Merle High's youth chorus. Approximately 30-40 young ladies and men came in that night to entertain us.



For the past few years Richard Keller, Maintenance Dept, has been supplying tomato, cucumber, pepper and a wide range of flower plants for the B-side courtyard. A BIG thank you Richard. The residents and staff enjoy the view!!



Did you know? 



With the Dogs Days of summer upon us we want to share ways you can take summer precautions if you are spending time outdoors. You may wonder where the term “dog days” of summer comes from. It is the when the hot weather coincides with the rising of Sirius, the Dog Star. Sirius is part of the constellation Canis Majoris – the “Greater Dog” and it is also the brightest star in the sky.

Stay Safe in the Sun



- Apply Sunscreen
- Wear Sunglasses
- Put on a hat
- Seek Shade
- Cover Up
- Stay Hydrated



Wild blueberries are one of the only native fruits to North America. Indigenous people called them “star fruits” because of the five pointed star shape at the end of the berry. Today the cultivated blueberries we get at the supermarket are slightly different in size and taste than wild blueberries. Full of antioxidants, iron and vitamins C and K make blueberries a great choice to include in your diet. One blueberry bush can produce 6,000 berries a year. Whether you like to eat them baked into a treat or just by the handful, enjoy this amazing fruit during National Blueberry Month.



BOOK CLUB!! 2nd Wednesday of the month.

Please come and join us for coffee, cookies, and conversation as we read and discuss short stories, poems, or magazine articles. We look forward to seeing some new faces!!



Instead of throwing away your used magazines, consider donating them. Our book cart readers would love to keep up with the news. We could also use donations of new crossword or word search books for our residents.

RESIDENTS ON THE ROAD



Residents pictured along with Activities and Nursing staff are excited to be taking a road trip to Way-Har Farms for ice cream. It brings a sweet smile to everyone’s face to have these fun outings start back up.



Residents also enjoyed a night out to see our Reading Phillies in action.

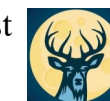


Observance Days in July

- 1 - National Postal Workers Day
- 4 - Independence Day
- 7 - Chocolate Day
- 11 - Blueberry Muffin Day
- 17 - National Hot Dog Day
- 20 - National Moon Day
- 26 - Opening Day of Summer Olympic Games
- 28 - National Soccer Day



July’s full moon is called the Buck Moon. During the month of July, a males deer’s antlers grow the fastest and reach its annual growth potential.



COMING IN JULY:

- July 12—Mr. Softee
- July 19—Sweet Ride Ice Cream
- July 26—The Messy Pig

The above vendors and dates are subject to change



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 10:30-Exercise (A)</p>	<p>2 10:15 - Devotions & Communion (C)</p>	<p>3 6:00-Movie (A/C)</p>	<p>4 2:30-Holiday Fun (A/C)</p>	<p>5 2:30-Cooking Club* (A) 7:00-Hit or Miss (A)</p>	<p>6 </p>
<p>7 2:30 - Protestant Service (A/C)</p>	<p>8 10:30-Exercise (A)</p>	<p>9 10:15 -.Devotions (C) 2:30-Taco Tuesday (A/C)</p>	<p>10 10:30-Book Club* (A) 2:30-BINGO (A/C)</p>	<p>11 10:00-Gentlemens Club*(A) 10:30-Rosary (C) 2:30-Resident Council (C) 7:00-Song Burst (A)</p>	<p>12 7:00-Salvation Army Dev. Prog (C)</p>	<p>13 </p>
<p>14 2:30 - Protestant Service (A/C)</p>	<p>15 2:30-Science Club* (A)</p>	<p>16 10:15 - Devotions (C) 2:30-Dice Club (A) 6:45-Dove Dancers (C)</p>	<p>17 2:30-Sundae Social (A/C)</p>	<p>18 10:30 Rosary (C) 2:30-Male Gathering* (A)</p>	<p>19 </p>	<p>20 12:00-Family Day (OUTSIDE/A/C)</p>
<p>21 2:30 - Protestant Service (C)</p>	<p>22 10:30-Exercise (A) 7:00-Battle of the Sexes (A)</p>	<p>23 10:15 - Devotions (C) 2:30-Game Lounge* (A)</p>	<p>24 2:30-BINGO (A/C) 7:00-That's All! (A)</p>	<p>25 10:30-Rosary (C) 2:30-Red Hat* (A)</p>	<p>26 10:30-You be the Judge* (A)</p>	<p>27 2:00-Cowboy Day (A)</p>
<p>28 2:30 - Protestant Service (C)</p>	<p>29 10:30-Exercise (A) 2:30-Master Minds* (A) 7:00-Hangman (A)</p>	<p>30 10:15 - Devotions (C) 2:30-Root Beer Floats (A/C)</p>	<p>31 2:30-Craft Club* (A)</p>			<p></p>

ALL EVENTS AND/OR TIMES ARE SUBJECT TO CHANGE

Welcome New Admissions

B-1 Market Square

Brenda Leone

A-2 Pretzel City

Virginia Eyrich
Janice Rawlins

A-3 Penn's Pointe

Dennis Slavin
Doris Slavin

The total number of New Admissions for June was 26

Happy July Birthdays

- | | |
|-----------------------------------|---------------------------------------|
| Ann Hurlbrink.....July 1 | Dorothy Brown.....July 15 |
| Ann Cushen.....July 1 | Opalene Wolf.....July 17 |
| Cuong Pham.....July 1 | Beatrice Grim.....July 17 |
| Julio Martinez-Collazo.....July 3 | *Catherine Koestel.....July 22 |
| Doris Reilly.....July 4 | William McVeigh.....July 22 |
| Leroy Zerbe.....July 4 | Elizabeth Ginder.....July 23 |
| Renee' Horne.....July 5 | Joanne Hall.....July 23 |
| Joan Kiebach.....July 6 | Jacqueline Schupp.....July 24 |
| Doris Sherman.....July 7 | Santiago Ruiz.....July 25 |
| Darlene Kauffman.....July 10 | Jean Wetzel.....July 27 |
| Sarah Simmons.....July 10 | Dennis Slavin.....July 27 |
| Gloria Matuszak.....July 11 | Judith Astle.....July 27 |
| Dolores Schultz.....July 11 | Robert Alexy.....July 28 |
| Shirley Ulrich.....July 12 | Janice Rawlins.....July 31 |
| Robert Smith.....July 13 | |
| Chloe Galbraith.....July 15 | |

***Denotes Centenarian**

Astrology Signs

July Flower
Larkspur

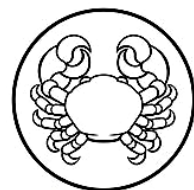


July Birthstone:
Ruby

Physicality, strength



Cancer



Leo



- Theresa Bradley.....Nursing
 Jennifer Derenzo.....Nursing
 Jessica Dickson..... Nursing
 Pamela Hoffert.....Dietary
 Samara Johnson.....Nursing
 Felix Martinez.....Laundry
 Alexy Martinez.....Dietary
 Celine Rodriguez.....Nursing
 Israel Santana.....Laundry
 Lori Snyder.....Nursing
 Amelia Velez.....Nursing



Congratulations to the recent graduates from the Nursing Assistance class!

“CAN YOU SPY”.....

WITH YOUR LITTLE EYE

A BASKET OF BLUEBERRIES

**COUNT HOW MANY YOU SPY
(ANSWER - PAGE 12)**



EMPLOYEE ANNIVERSARIES

5 YEARS

- Tianna Blanco.....Nursing
 Esther Jack.....Nursing



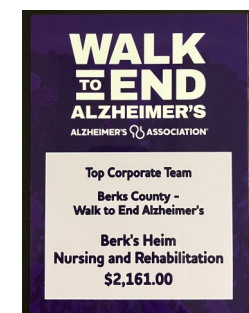
15 YEARS

- Adam Hughes.....Business Office

2024 Walk to End Alzheimer's

Did you know that more than 6 million Americans are living with Alzheimer's Disease? This is why Berks Heim supports the Alzheimer's Association. For many years, we have sponsored a team at the annual Walk to End Alzheimer's. In 2024, the walk will be held on Saturday, October 19 at the Berks County Heritage Center.

Last year, we had the honor of being Berks County's Top Corporate Team, raising \$2,161.00!



We are sponsoring a team this year and need 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. If anyone is interested in the joining Team Berks Heim or making an online donation, there are flyers available at the receptionist desk.

We would be so grateful to have your support!

SUMMER SIZZLE

BERKS HEIM NURSING AND REHABILITATION

FAMILY DAY COOK OUT

SATURDAY JULY 20, 2024

12 NOON- 2:00 PM

RSVP BY JULY 12

WITH A MEMBER OF THE ACTIVITY DEPARTMENT



Chaplain's Good News for July!

By Chaplain Kerry Hicks

Ignored Commandments

Part I

There are some commandments that are not appropriate for today. The most prominent of these concern animal sacrifices. The Jewish people stopped making animal sacrifices when the Temple was destroyed, and the Jewish people were deported to other countries in 70 A. D. **Deuteronomy 12:14** commands Israel to offer sacrifices in just one place: *but in the place which the LORD will choose in one of your tribes, there you will offer your burnt offerings, and there you will do all that I command you.* The place chosen by God is in Jerusalem on what is now called the Temple Mount. There are some in Judaism who are preparing to resume sacrifices in the Third Temple, but others say animal sacrifices are no longer appropriate. This is in references to verses such as **Hosea 6:6** *For I desired loving kindness and not sacrifice and the knowledge of God more than burnt offerings.* Other verses saying something similar are **I Samuel 15:22, Isaiah 1:11, Psalm 81:18; 90:7, and Proverbs 21:3.**

There is no need for another blood sacrifice because Jesus was the perfect sacrifice for all time. His blood is still being poured out for us today, **Luke 22:20** through communion.

Some commands are ignored today because of societal evolution. These would include stoning as well as capital punishment for immorality and failure to honor the Sabbath. While the punishment specified in Scripture is no longer followed, the spiritual element is still there – spiritual death, the loss of eternal life.

Source: Rev. William J. Morford OMNB

Stay tuned for Part II

Shalom,

Chaplain Kerry

HEIM FEST IS AROUND THE CORNER

SAVE THE DATE: SEPTEMBER 14, 2024

11:00 am—4:00 pm

The Quilt Raffle is back. Tickets on sale soon!

More details to come



In Loving Memory

June 2024

- Dolores Riegel
- Dorothy Badway
- Margaret Tobias
- Shirley Garl
- Larry Bressler
- Gisella Hajdu
- Doris Sherman
- Judith Hartman
- Marjorie Everett

Things That Make You Go Hmm...

By Andrea Riegel

- A study shows that dogs in a shelter who make “puppy eyes” when humans are watching are more likely to get adopted than dogs showing other behaviors like tail wagging.
- A group of owls is called a parliament.
- There are approximately 1,200 water parks in North America.
- Mattel began cashing in on “Hot Wheels” line of miniature cars in 1968 and never looked back. Today the franchise is worth more than \$8.5 billion.
- In parts of Spain, Italy and even the US it is a finable offense to build a sandcastle.
- A whip needs to travel faster than the speed of sound to make the cracking noise. That means a whip goes 767 mph when it’s cracked.
- The average sofa gets 2,958 days of use, or just over eight years before it gets sent to the curb.
- Mosquitos are the world’s deadliest animal according to the CDC.
- Flying the U.S. flag upside down signals extreme distress.
- You can buy eel-flavored ice cream in parts of Japan, where it is a summer delicacy.

Berks Heim Family & Friends

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How Many Did You Spy?

I Spy Answer :

There are 7 Blueberry Baskets

