

Family & Friends

Resident & Employee Newsletter

May 2026



CELEBRATING OUR EMPLOYEES

Berks Heim would like to say thank you to all our incredible staff for their hard work and dedication. This month we celebrate National Speech & Language month, as well as National Nurses Week and National Skilled Nursing Care Week. We would also like to thank our dedicated receptionists on May 14 and our talented and hard working Accounts Receivable team on May 19.



NATIONAL SKILLED NURSING CARE WEEK



Moments in Bloom
NATIONAL SKILLED NURSING CARE WEEK - MAY 10-16, 2026
DRESS UP DAYS

DATE	ACT OF COMPASSION	FLOWER	WHAT TO WEAR
MONDAY - MAY 11	HAPPINESS	DAFFODIL	WEAR YELLOW
TUESDAY - MAY 12	GENTLENESS	DAISY	WEAR WHITE
WEDNESDAY - MAY 13	THOUGHTFULNESS	VIOLETS	WEAR PURPLE
THURSDAY - MAY 14	CARING	TULIP	WEAR RED
FRIDAY - MAY 15	GRATITUDE	CARNATION	WEAR JEANS AND YOUR FAVORITE COLOR

Berks Heim's everyday acts of compassion, connection, and teamwork are displayed in the lobby and employee break room.

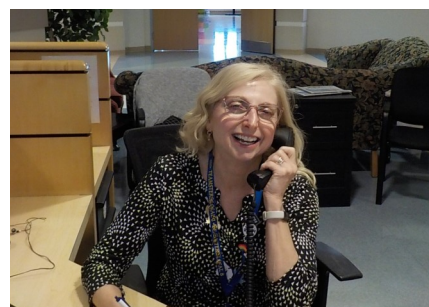


Resident Activities for the Week:

- Monday, May 11th - 10:30 LIVE IN THE MOMENT PHOTO BOOTH (A)**
2:00 BLOOMING CANVAS MASTERPIECES (A)
- Tuesday, May 12th - 10:30 PLANTING KINDNESS MEMORY EXCHANGE (A)**
2:30 MUSIC BY TOAD CREEK TOM (A)
- Wednesday, May 13th - 10:30 BLOOMING DISCUSSION (A)**
2:30 BINGO (A)
6:30 MOMENTS IN BLOOM BRAIN QUEST (A)
- Thursday, May 14th - 10:30 BLOOMING FUN (A) &(EC)**
2:30 MUSIC IN BLOOM (A/C)
6:00 MOMENTS IN BLOOM FAMILY FEUD (A)
- Friday, May 15th - 10:30 STOP AN SMELL THE ROSES (A)**
2:00 SPRING INTO CINEMA- "WATCH PARTY" (A)



National Receptionist Day



IN CASE YOU MISSED IT.....



On Friday, April 24 we celebrated our volunteers with a catered luncheon and a raffle with gift baskets donated by our staff. Over the last year our volunteers have clocked over 1500 hours coming in to help transport to appointments, help with clubs, rosary, pet therapy, and so much more. We are so thankful for this wonderful group of ladies and men for everything they do for our residents.



CELEBRATING OUR VOLUNTEERS



**JOIN US FOR THE
VOLUNTEER SERVICE BOARD
BAKE SALE
FRIDAY, MAY 8TH
WILL BE HELD IN THE LOBBY
9:00AM UNTIL SOLD OUT
CASH ONLY**

**COMING SOON IN JUNE:
FOOD TRUCKS -
SCHEDULE TO FOLLOW**





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>					1	2 10:30 A Month In Review (A)
3 2:30 Protestant Service (A/C)	4 10:30 Exercise (A) 2:30 Western Whirlwinds* (A)	5 10:30 Catholic Mass (C) 2:00 Pet therapy (A1/B1) 2:00 Traveling Nails Salon (B2/A2) 2:30 Music By Wedding Bells (A/C) 6:30 Junk Drawer Detective (A)	6 2:30 Card Club* (A)	7 10:30 Lava Java* (A) 2:30 Resident Council (C)	8 1:30 Crazy About Movies* (A) 2:30 Stories With Friends* (C) 6:30 Salvation Army (C)	9 10:30 Taster's Choice* (A)
10 2:30 Protestant Service (A/C) 2:30 Mother's Day Social (A)	11 10:30 Live In The Moment Photo Booth (A) 2:00 Blooming Canvas Masterpieces (A)	12 10:15 Devotions (A) 10:30 Planting Kindness Memory Exchange (A) 2:00 Pet Therapy (A2/B2) 2:30 Music by Toad Creek Tom (A/C)	13 10:30 Blooming Discussion (A) 2:30 Bingo Nativity Lutheran (A/C) 6:30 Moments In Bloom Brain Quest (A)	14 10:30 Rosary (C) 10:30 Blooming Fun (A/EC) 2:30 Music In Bloom (A/C) 6:00 Moments In Bloom Family Feud (A)	15 10:30 Stop An Smell The Roses (A) 2:00 Spring into Cinema "Watch Party" (A)	16 10:00 LCBC Impact Day All Units 10:30 Whoga/Yoga* (A)
17 2:30 Protestant Service (A/C)	18 10:30 Exercise (C)	19 2:00 Traveling Nail Salon (A1/B1) 2:00 Pet Therapy (A3/EC) 2:30 Dice Club * (A) 6:30 Jeopardy (A)	20 10:30 Muhlenberg Jr High School Chorus (A/C) 2:30 Color My World *(A) 7:00 Pet Therapy (A2/B2)	21 10:30 Rosary (C) 2:30 Djembe Drumming * (A)	22 10:30 Fun Fitnesscize* (A) 2:30 Memorial Day Service (A/C)	23 2:30 Healthy Choice *(A)
24 2:30 Protestant Service (A/C)	25 Memorial Day 2:30 Holiday Fun (A/C)	26 10:15 Devotions 2:00 Pet Therapy (A1/B1) 2:30 Dominoes* (A) 6:30 Name 10 (A)	27 2:30 Craft Club* (A)	28 10:30 Rosay (C) 6:30 Karaoke (A)	29 10:30 You Be The Judge * (A) 2:30 Music By Give Us A Minute (A/C)	30 2:30 Bocce Ball (A)
31 2:30 Protestant Service (A/C)						

ALL EVENTS AND/OR TIMES ARE SUBJECT TO CHANGE

Welcome New Admissions

A-1 Carsonia Court

Clement Ziolkowski

A-2 Pretzel City

Thomas Kohl

Eugene Showalter

Belinda McAllister

Essick Commons

Kathleen Hemphill

B-1 Market Square

Gloria Simmons

A-3 Penns Pointe

Catherine Bolig



During the month of March we had 11 new admissions

Happy May Birthdays

Darlene Degler.....May 01	David Culp.....May 20
Eleanor Mosser.....May 02	Betty HeimbachMay 20
Jane Biever.....May 03	Geraldine BruderMay 21
Betty Sterner.....May 03	Helen SmolkowiczMay 22
Jean Smith.....May 06	Grace Hoffman.....May 22
Stella Gajewski.....May 08	Harriet Layton.....May 22
Shirley Hopkins.....May 10	Thelma Bates.....May 24
Sylvia Neel.....May 10	Matilda Wasser.....May 25 *
Judith Goodman.....May 12	Thomas Kohl.....May 26
Mary Hatton.....May 14	Jean Buller.....May 28
Steven Yanoski.....May 14	Joan Eshelman.....May 30
Helen Rothenberger.....May 18	Rosemarie Kloski.....May 31
	Kathleen Schollenberger.....May 31

***denotes centenarian**

May Flower

Lily of the valley



Birthstone

Emerald



PUZZLE PAGE



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

CANDY FLOWERS KIND MEMORY
 CARDS GIFT KISSES MOTHER
 DAY HUGS LOVE SPECIAL

Chaplain's Good News for May

By Chaplain Kerry Hicks

To Serve or Be Served - Part 3

In Part 1 we discussed **Christianity, Islam, and Hinduism**. In Part 2 we discussed **Buddhism, Shinto, Sikhism, and Judaism**. In Part 3 we will discuss **Folk Religions**.

In our previous study in **Part 2 Shinto** has moved from **5th** place to **8th** place. Being replaced by **Folk Religions** 400 million. So, I will be sharing what is in **5th** place today in place of **Shinto** since you already know **Shinto** from April Family & Friends.

Folk Religions: are localized, non-institutionalized belief systems often deeply intertwined with cultural traditions, ancestor, and natural elements rather than formal, written doctrines. They frequently syncretize with major organized religions-such as folk Christianity or Chinese folk religion-and focus on everyday spirituality, ritual, and protective magic. **Core Beliefs and Key Characteristics:**

Localized & Ethnic-based: Often associated with a specific tribe, village, or ethnic group.

Lack of Formal Organization: Unlike institutional religions, they lack strict doctrines, sacred texts, or clergy.

Ancestor Veneration: A very common theme is honoring deceased ancestors, who are believed to influence the lives of the living.

Animism & Nature Spirits: Belief that spirits exist within natural objects, such as trees, mountains, and rivers.

"Lived Religion": Centered on daily practices (prayers, rituals, festivals) to manage health, prosperity, and ward off evil.

Syncretism: Often blend local traditions with major faiths, such as African traditional religions, Taoism, or Catholicism.

Common examples of Folk Religions:

Chinese Folk Religion (Shenism): Worships ancestors, local deities, and concepts like **Tian** (heaven) and **Yin/Yang**.

African Traditional Religions: Varies by community but often emphasizes ancestral spirits and animism.

Shintoism: Japanese indigenous spirituality focusing on *kami* (spirits/gods).

Vodou (Haiti): A syncretic faith combining West African traditions with Catholic elements.

Native American & Australian Aboriginal Religions: Deeply connected to the land, ancestral dreams, and oral traditions.

The Role of Magic and Ritual: Magic is often used for practical purposes, such as protecting against the "evil eye." Ensuring good harvests or treating illnesses. These rituals are typically performed within the community or home by practitioners rather than priests.

Taoism: Taoism (or Daoism) is an ancient Chinese philosophy and religion emphasizing living in harmony with the Tao (the natural flow of the universe). Core beliefs center on simplicity, spontaneity, and balance through *yin* and *yang*, with key principles including *Wu Wei* (effortless action) and yielding, often practiced through meditation, inner alchemy, and following nature's flow.

Core Beliefs and Principles:

The Tao: Refers to the "Way" or the natural, ineffable force behind all existence.

Yin and Yang: The belief that balancing opposite forces (light/dark, action/inaction) is necessary for harmony.

Wu Wei (Non-Action): Practicing effortless action by aligning with the natural flow rather than fighting against it.

Three Jewels: Compassion, moderation, and humility are the essential virtues.

Simplicity: Focusing on removing unnecessary complexities to find inner peace.

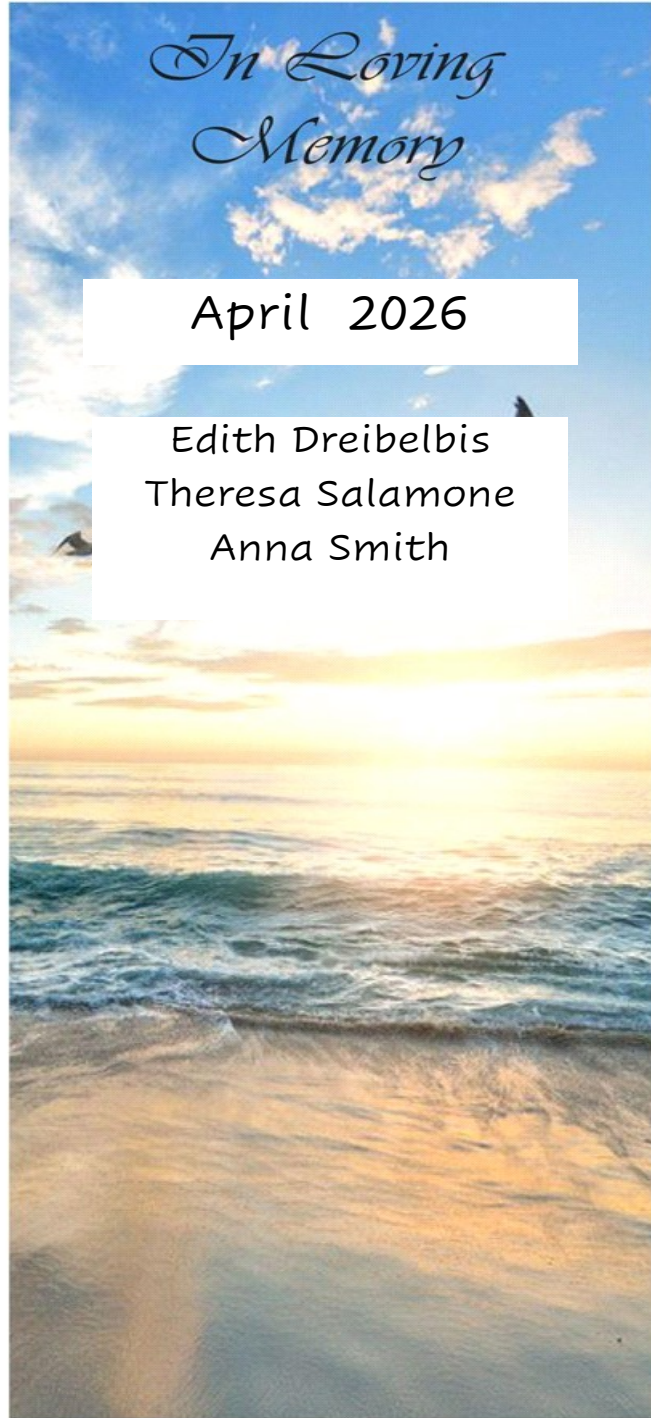
Due to the many definitions or practices of **Folk Religion** we will continue the discussion of **World Religions 9 & 10 in Parts 4 & 5**.

Praying you are all enjoying the Spring season and that you are being blessed by the Lord as well as those of us who serve you here at Berks Heim Nursing & Rehabilitation.

Sources of the above: World Atlas, National Geographic, Science Direct BYU Religious Studies Center, Britannica

We love you all so very much!

Shalom,
 Chaplain Kerry



Things That Make You Go Hmmm....

By Andrea Riegel

A Kit is the term used for a baby bunny. It also is used for a young fox or beaver.

Geochemist Clair Patterson is famous for having lead banned from fuel and paint.

Asia has the longest coastline of any continent.

There was 55 years between the release of Harper Lee's *To Kill A Mockingbird* and *Go Set A Watchman*.

The medical term for ringing in the ears is "tinnitus".

The man who created comic book hero Wonder Woman and her lasso of truth also invented the real-life lie-detecting polygraph test.



Berks Heim Family & Friends

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How Many Did You Spy?

I Spy Answer :

There Are 9

