



**BERKS HEIM**  
NURSING AND REHABILITATION

# Family & Friends

Resident & Employee Newsletter

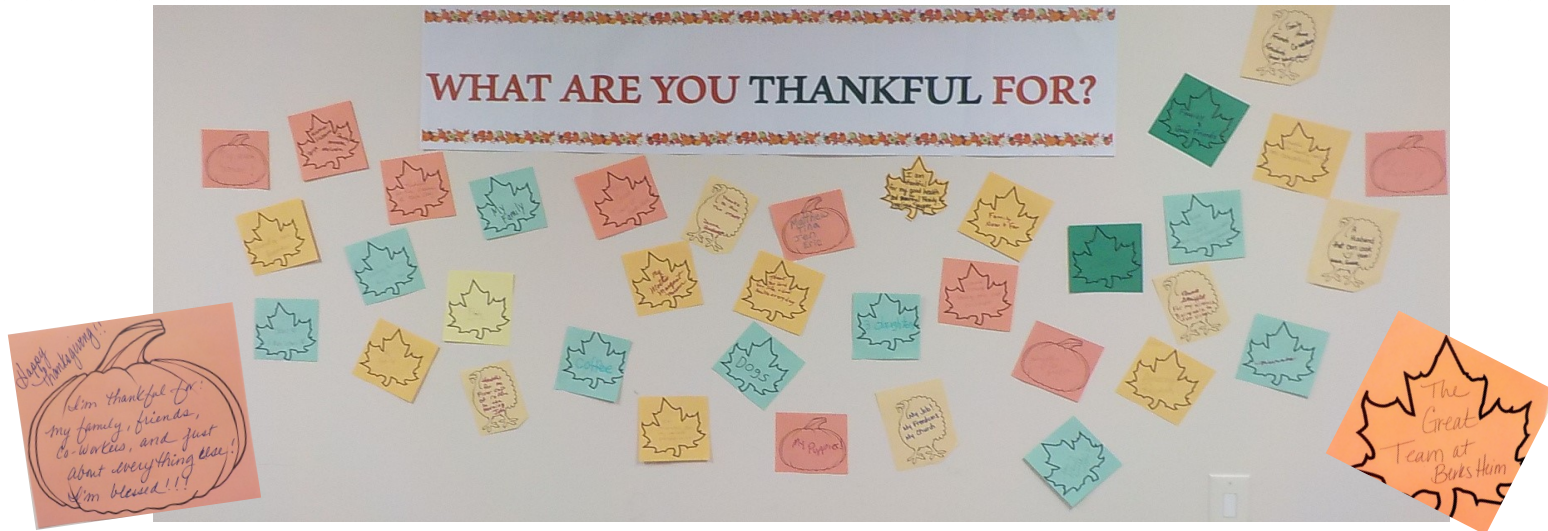
December 2024



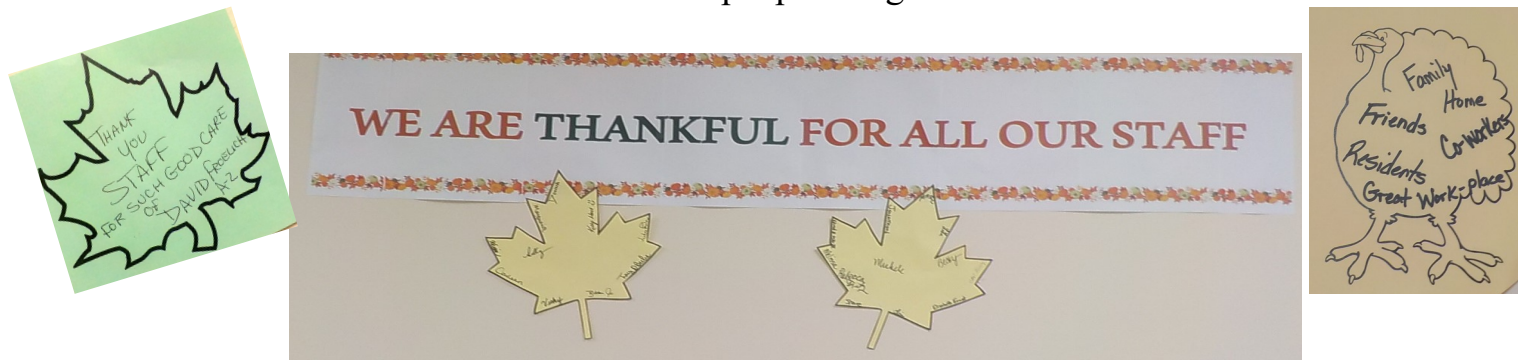


# IN CASE YOU MISSED IT.....

# HOLIDAY HAPPENINGS



During the month of November staff, visitors, and residents had the opportunity to write down what they were thankful for. Posted in various locations throughout the building, it was an uplifting project to see what people are grateful for.



## You'll want to attend these Special Events...

- December 3 Santa Clause Musical Performance
- December 4 Advantage Health Care Bingo
- December 4 Youth Chorus from Merle High
- December 6 Santa's Corner
- December 6 Hebron Youth Chorus
- December 7 Caroling and Random Acts of Kindness on the Units
- December 11 Ringgold Band
- December 12 A-Side Holiday Party
- December 13 B-Side Holiday Party
- December 16 Caroling on the Units by EHD
- December 16 Essick Holiday Party—Unit
- December 17 Holiday Themed BINGO Marathon Day
- December 18 Holiday Singing on the Units Berks Area Recreation Preschool
- December 18 Irish Dance and Carols
- December 20 Caroling on the Units by Park Road Presbyterian Church



We are very thankful to our Volunteer Service Board. In November they had a bake sale and all the funds raised benefit our residents. Thank you!!



**A Tradition of Caring**

Are you looking to make a difference in someone's life?  
 Berks Heim is looking for volunteers to help with transporting residents to the beauty shop.

**Contact:**  
 Michele Reinhard  
 610-376-4841  
 mreinhard@berkspa.gov

**BERKS HEIM**  
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This institution is an equal opportunity provider and employer.

**Berks Heim is seeking donations of small square tissue boxes for our residents.**

**Contact:**  
 Michele Reinhard  
 610-376-4841  
 mreinhard@berkspa.gov





# BEHIND THE SCENES



**PEN PALS**—December is National Write a Friend Month. Several of our residents have paired up with Yocum Institute’s kindergarten class to create lasting memories. The children have so far sent a letter with a Halloween picture and our residents have responded with their own letters and pictures. This is a wonderful opportunity to bring sunshine to our residents and we thank Danielle and her kindergarten class.



Perhaps you have noticed the colorful seasonal pictures hanging in our lobby. This beautiful artwork is created by Anna Stuffleet (pictured above) Anna visits regularly with her sister on A3. She loves sharing her pictures for all to enjoy.

# FEATURED CLUBS



Pictured to the left, are our craft club volunteers helping residents make a fun seasonal tree during craft club.

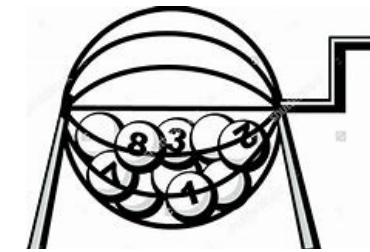


Residents enjoy baking pies during the cooking club with Activity Therapist Deb.



# NATIONAL BINGO MONTH

December is National Bingo Month, which happens to be one of our residents favorite pastimes. We are fortunate at Berks Heim to have many groups who volunteer to come in and sponsor bingos. In addition, our Activity therapists hold bingos regularly on the resident units.



# National Days in December

2—Cyber Monday

4 - National Cookie Day

7 - Pearl Harbor Day

12 - Gingerbread House Day

17 - Maple Syrup Day

20 - Go Caroling Day

21 - Winter Solstice

25 - Christmas Day

26 - Candy Cane Day

30 - Bacon Day

31—New Years Eve



Be on the lookout!!  
Mistletoe will return  
November 29<sup>th</sup>

He will be hiding on the first  
floor!  
Please remember not to touch him, or he  
will lose his magic





Sun

Mon

Tue

Wed

Thu

Fri

Sat

<p><b>1</b> 2:30-Protestant Service (A/C)</p>	<p><b>2</b> 10:00-Rise N Shine (A) <b>2:30-Master Minds* (A)</b></p>	<p><b>3</b> 10:15-Devotions (C) <b>2:30-Card Club (A)*</b> 7:00-Musical Holiday(A)</p>	<p><b>4</b> 10:30-BINGO (A/C) 2:30-Resident Council (C) 7:00-Youth Chorus (A/C)</p>	<p><b>5</b> 10:30-Rosary (C)</p>	<p><b>6</b> <b>SANTA'S CORNER</b> All Day 7:00-Youth Chorus (A/C)</p>	<p><b>7</b> 10:30-Month in Review (A) 7:00-Caroling &amp;Random Acts of Kindness—Units</p>
<p><b>8</b> 2:30-Protestant Service (A/C)</p>	<p><b>9</b> 10:30-Exercise (A)</p>	<p><b>10</b> 10:15-Devotions (C) 2:00-BINGO (A/C)</p>	<p><b>11</b> 2:30-BINGO (A/C) 7:00-Ringgold Band (A/C)</p>	<p><b>12</b> 10:00-<b>Gentlemen's Club* (A)</b> 10:30-Rosary (C) 2:00-A-Side Holiday Party (A)</p>	<p><b>13</b> 2:00-B-Side Holiday Party (A) 7:00-Salvation Army Dev. Prog. (C)</p>	<p><b>14</b> <b>10:30-Whoga Yoga* (A)</b> 2:00-Holiday Movie (A)</p>
<p><b>15</b> 2:30-Protestant Service (A/C)</p>	<p><b>16</b> 10:00-Caroling on the Units 2:00-Essick Holiday Party (A) 2:30-Winter Wonderland (A/C)</p>	<p><b>17</b> 10:15-Devotions (C) 10:30-BINGO (A) 2:00-BINGO (A/C) 6:45-Dove Dancers (C)</p>	<p><b>18</b> 9:30-Pre-School Singing Prog (Units) <b>2:30-Craft Club* (A)</b> 7:00-Irish Dance &amp; Carols (A/C)</p>	<p><b>19</b> 10:30-Rosary (C) <b>10:30-Lava Java* (A)</b> <b>2:30-Male Gathering* (A)</b></p>	<p><b>20</b> 10:30-You be the Judge* (A) <b>2:00-Cooking Club* (A)</b> <b>2:30-Book Club* (C)</b> 5:00-Caroling on the Units</p>	<p><b>21</b> <b>10:30-Taster's Choice* (A)</b> 2:30-Cookie Social and Sing a Long (A/C)</p>
<p><b>22</b> 2:30-Christmas Candlelight Service (A/C)</p>	<p><b>23</b> <b>2:00-Cheer Club* (A)</b> 7:00-Holiday Hangman (A)</p>	<p><b>24</b> 10:15-Devotions (C)</p>	<p><b>25</b> 2:30-Holiday Fun (A/C)</p>	<p><b>26</b> 10:30-Rosary (C)</p>	<p><b>27</b> 7:00-New Year Craft (A)</p>	<p><b>28</b></p>
<p><b>29</b> 2:30-Protestant Service (A/C)</p>	<p><b>30</b> 7:00-National Bacon Day (A/C)</p>	<p><b>31</b> 10:15-Devotions (C)</p>				<p><b>Legend:</b> A - Auditorium C - Chapel <b>*Denotes Club*-</b> 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

Edwin Graeff  
Celia Kilar  
Stella Wolf

## B-1 Market Square

Natel Fonte

## A-3 Penn's Peak

June Geist  
Dorothy Koch

## Essick Commons

Edith Dreibelbis

## A-2 Pretzel City

Margaret Geho  
John Konopelski  
William Miller  
Elaine Wasik

During the month of November we had 16 new admissions.

# Happy December Birthdays

Lillian Spinnata.....December 2  
Raymond Trievel.....December 2  
John Rohrbach.....December 3  
Jean Heffner.....December 4  
\*\*\*Anne Rowinski.....December 6  
Tozia Michaels.....December 6  
Sallie Fisher.....December 9  
Helen Stufflet.....December 9  
Nancy Ziolkowski.....December 10  
Lorraine Mast.....December 11  
Janice Denunzio.....December 12  
Robert Weitzel.....December 12  
Addie Atkinson.....December 12

Mary Levanti.....December 13  
Marie Kercher.....December 14  
Carol Hoover.....December 14  
Randy Crossley.....December 19  
Karen Stocker.....December 21  
Marjorie Keene.....December 23  
Jacqueline High.....December 23  
Eleanor Smith.....December 24  
Joseph Brommer.....December 25  
Charles Reidler.....December 29  
Betty Portner.....December 29  
Bernadette Shisslak.....December 30

\*\*\*Denotes Centenarian

## FLOWERS OF DECEMBER



Holly, Narcissus and Pointsettia

## BIRTHSTONES FOR DECEMBER



Tiara Heath.....Nursing  
Rebecca Kreider.....Nursing

The recent class of graduates from the CNA class, congratulations to you all !



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

A REINDEER



COUNT HOW MANY YOU SPY  
(ANSWER - PAGE 12)

# HAPPY WORK ANNIVERSARY

## 5 YEARS

Bonnie Dalton....Maintenance

## 15 YEARS

Carline Michel....Nursing

## 20 YEARS

Yanira Santiago Castro .....Dietary



## Fun Facts About Reindeer

- \* Reindeer love cold places, especially the North Pole.
- \* Both male and female grow antlers.
- \* Reindeer can swim.
- \* They can see in the dark.
- \* Reindeer are one of the fastest animals on earth, and can migrate 2,700 miles in a year.
- \* They have many blood vessels in their noses which increase blood flow to help keep them warm, sometimes causing their nose to turn red.





# PUZZLE PAGE



## HOLIDAY WORDSEARCH



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



- CANDY
- CANE
- CAROLING
- CHRISTMAS
- DECEMBER
- HOLLY
- LIGHTS
- MERRY



- MISTLETOE
- NORTH
- PEACE
- POLE
- PRESENTS
- REINDEER
- SANTA CLAUS
- SLEIGH

- SNOWMAN
- STAR
- STOCKING
- SUGARPLUM
- TREE
- WREATH



# Chaplain's Good News for December!

By Chaplain Kerry Hicks

**MERRY CHRISTMAS!**  
(Is it Important to Respond to the Word of God?)

Most all of us remember the story of Jesus' birth! **Please Read: Luke 2:1 – 20.** This is the scripture passage which is usually referred to during most Christmas programs in most congregations. But did you know as Paul Harvey would say; **“And now, the rest of the story.”**

Let us take a closer look at Mary in **Luke 1:16 – 38.** We read about a young Mary who had not yet **“known”** a man. She was visited by the angel Gabriel during the sixth month of her Cousin Elizabeth's pregnancy. You remember Elizabeth the one mentioned in **Please read: Luke 1:5 – 25;** who was advanced in years and had never conceived until an angel of the Lord appeared to her husband Zechariah...

Well, when the angel Gabriel visited Mary, he shared what you just read in **verses 16 – 38 of Luke I,** he mentions Elizabeth's miracle after Mary was troubled by what he just told her about being highly favored of God, which you also just read. He then tells her not to fear. Mary then questions him; and rightfully so, but then when Gabriel responds the next time; Mary says something which will forever alter what might have been had she not said: **“Behold the handmaid of the Lord; be it unto me according to thy word.”** Mary **accepted** the word of God from the angel Gabriel and immediately was with child. She received the word or seed. It was immediately planted, and it immediately began to produce what would ultimately be our Lord & Savior Jesus Christ!

But what if Mary would not have believed and accepted the Word of the Lord? What if she would have said that she was not willing to risk bringing shame to her and her family as well as Joseph's family and condemnation to herself: which would by law have required her to be stoned to death because she was pregnant without a husband?

What if Joseph would not have accepted what the angel of the Lord spoke to him from God and took Mary as his wife; even though she was already with child before they were married and had consummated? Mary **believed,** she **received,** then, she **conceived,** and then she was able to **bring forth** the will of God in His son Jesus Christ our Lord! Now, how about you and I, are we ready to **believe, receive, conceive,** and then **bring forth** the will of God for our lives?

Now, what happens when we do not accept the Word of God as it is written and spoken to us? Where would we be? What would we do instead to be saved? Where would we all end up had Mary not accepted the Word of the Lord? Take a moment and look around to see what it is like now **with** Him. Now, just imagine what it would be like **with-out** Him in the world!!!

When we do not **believe** the **Word** of the Lord, we forfeit any eternal salvation promised us by God! When we do not **receive** the **Word** of the Lord, we cannot **conceive** His will to live our lives in a way that **brings forth** results that are pleasing to Him! Accept the Word of God as we celebrate the birth of our Lord & Savior Jesus Christ!!! **John 1 verses 1 & 14.** In the beginning was the **Word,** and the **Word** was with God and the **Word** was God...And the **Word** became flesh and dwelt among us...

**MERRY CHRISTMAS EVERYONE!!!**  
Chaplain Kerry

Part III of Forgiveness of Sin will be in January's Newsletter – Stay tuned.

*In Loving Memory*

November

- Erma Gruber
- Jean Reinhold
- James Fox
- Mary Obarow
- Shirley Weitzel
- Robert Alexy
- Barbara Schnabel
- Paul Geiger
- William Prenata
- Madeline Poshefko
- Edward Wentzel

**Things That Make You Go Hmmm....**

**By Andrea Riegel**

The top selling instrument in the world is sold about three million times globally each year, it's popular because it's light weight, small, and affordable. It is the harmonica.

Paper money was invented in China's Song Dynasty in the 11<sup>th</sup> century CE.

Not wanting to be upstaged, Elizabeth Taylor refused to work with any woman who wore red lipstick. That was one of her trademarks.

Teddy Roosevelt was a major advocate of martial arts. He trained in boxing, judo, and jujitsu.

"Pattycake" is one of the oldest surviving English nursery rhymes. Earliest known recorded version of it was in a play in 1698.

The opposite sides of a traditional dice always adds up to seven.

Except for sharks, most fish do not have eyelids. Fish do have a rest cycle where their brain activity and metabolism are greatly reduced.

Harry S. Truman's middle name was just that, S.



**Berks Heim Family & Friends**

- Administrator.....Jonathon Hykes, 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

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**How Many Did You Spy?**

**I Spy Answer : There are  
8 Reindeer**

