

Family & Friends

Resident & Employee Newsletter

January 2026



WELCOME NEW EMPLOYEES



My name is Jessica Pettie, and I am the new Director of the Dietary Department. I grew up in Sellersville, PA and currently live in Adamstown, PA. I earned my Associate's Degree at Bucks County Community College and earned my CDM from Lehigh Carbon College.

I love spending time with my family. I have an older brother, a twin sister, and six nieces and nephews. I enjoy hiking, sports, being outdoors, and I love the snow. I enjoy making food a good memory and helping with nourishing meals.



My name is Makayla, and I recently started in the Business Office as an Accounting Assistant. I attended Exeter High School and RACC.

I currently live in Muhlenberg with my boyfriend Jose, and our one-year old son, Ezekiel. We have two dogs named Missy and Trouble.



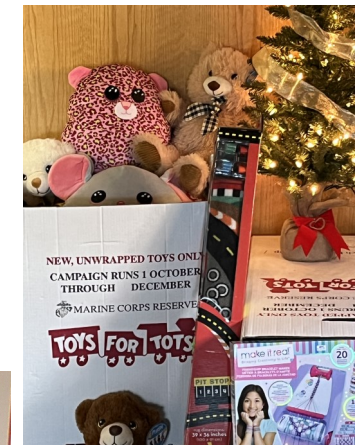
SEASON OF GIVING



Berks Heim's employee Engagement Committee held a food drive this season and made baskets for employees of Berks Heim.



Thank you to the Berks Heim residents, visitors, volunteers, and staff for the amazing donations for Toys for Tots.



Employees enjoyed a holiday luncheon filled with good food, candy guessing games, and raffle drawings. Congratulations to all the winners and a thank you to all who made the event possible.



HOLIDAY FEEL GOOD



Pictured above is a group of carolers from EHD Insurance who came in to sing holiday melodies for our residents.



Residents at a beautiful candlelight service held in the Aud/Chapel by our Chaplain Kerry.



Pictures taken with Mr. & Ms. Claus at Santas Corner.



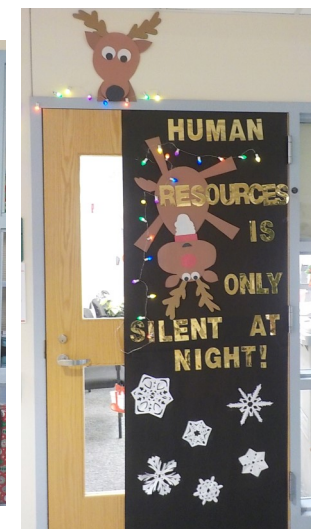
Thank you to our VSB members for sponsoring holiday parties for all the units. Residents enjoyed music played by students from SV High School band. Pictured playing the piano is Lynette Davis who performed on the EC unit.



HOLIDAY FUN- DOOR DECORATING



Our residents voted on the door decorating contest and first place went to the Clerical Department, second place to B1, and third place to A3. Thank you to everyone who participated in the contest.





January



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>4 2:30 Protestant Service (A/C)</p> | <p>5 10:30 Exercise (A) 2:00 Traveling Nail Salon (A1/A2) 2:00 Western Whirlwinds* (A) 6:00 Baloney Game (A)</p> | <p>6 9:00 Clean Up Day (EC) 10:30 Catholic Mass (C) 2:00 Pet Therapy (A2/B2) 2:30 Game Lounge* (A)</p> | <p>7 2:30 Tea Party (EC) 2:30 Tea Party (A/C) Music by Give Us A Minute</p> | <p>8 10:00 Gentleman's Club* 2:30 Resident Council (C) 3:00 Pet Therapy (A1/B1)</p> | <p>9 1:30 Crazy For Movies* (A) 2:30 Stories With Friends* (C) 6:30 Salvation Army (C)</p> | <p>10 10:30 Whoga/Yoga* (A)</p> | | |
| <p>11 2:30 Protestant Service (A/C)</p> | <p>12 10:30 Exercise (A) 2:00 Traveling Nail Salon (B1/B2) 2:30 Master Minds* (A)</p> | <p>13 10:15 Devotions (C) 2:00 Pet Therapy (A3/EC) 6:30 Junk Drawer Detective (A)</p> | <p>14 2:30 Nativity Lutheran Church Bingo (A/C) 6:30 Tri Bond (A)</p> | <p>15 10:30 Rosary (C) 2:30 Wedding Bells* (A)</p> | <p>16 10:30 Fun Fitnessize* (A) 2:00 Cooking Club* (A)</p> | <p>17 10:00 Soups On! (A) 2:30 Snowball Social (A/C)</p> | | |
| <p>18 2:30 Protestant Service (A/C)</p> | <p>19 Martin Luther King JR Day 2:30 Holiday Fun (A)</p> | <p>20 10:15 Devotions (C) 2:00 Pet Therapy (A1/B1) 2:30 Dice Club* (A) 6:30 Let's Chat (A)</p> | <p>21 2:30 Music By Toad Creek Tom (A/C) 7:00 Pet Therapy (A1/B1)</p> | <p>22 10:30 Rosary (A) 10:30 Lava Java* (A) 2:30 Djembe Drums* (A)</p> | <p>23 10:30 You Be The Judge* (A) 2:30 Stories with Friends* (C)</p> | <p>24 2:30 Jukebox Saturday (A/C)</p> | | |
| <p>25 2:30 Protestant Service (A/C)</p> | <p>26 10:30 Exercise (A) 2:00 Auction (A/C) 6:30 Harakel Family Crafts (A/C)</p> | <p>27 10:15 Devotions 2:00 Pet Therapy (A2/B2) 2:30 Horse Race (A/C)</p> | <p>28 2:30 Craft Club* (A)</p> | <p>29 10:30 Rosary (C)</p> | <p>30 2:30 Pizza Party Music by Steven Barth (A/C) 6:30 Jeopardy (A)</p> | <p>31 10:30 Taster's Choice* (A) 2:30 Healthy Choice Club* (A)</p> | | |

ALL EVENTS AND/OR TIMES ARE SUBJECT TO CHANGE

Welcome New Admissions

A-2 Pretzel City

Dolores Mastrangelo
Betty Kline
James Schmidt
James Cirulli
Robert Sattazahn

A-1 Carsonia Court

Daniela Pascu

A-3 Penns Point

June Balthaser

B-2 Reading Station

Brunetta Schmehl

Essick Commons

Sylvia Neel

During the month of December we had 13 new admissions

Happy January Birthdays

PATRICIA BRUNO.....01/03
MARY HALEY01/06
GRIFF JOHNSON.....01/07
BETTY HOFFMAN.....01/08
JANICE LINDEMUTH.....01/09
JUDITH DEIMLER.....01/13
JEANNE CRAIG.....01/16
BETTY KLINE..... 01/16
ALISA LENGEL 01/16
JOSEPHINE TROIS 01/20
MARILYN NOWOTARSKI.....01/21
CHRISTEL BACHMAN.....01/22
WILLIAM SNYDER.....01/22

ELIZABETH INNIS.....01/24
CLAYTON DUBBS01/26
SYLVIA SEWARD01/26
RICKEY ELY.....01/28
STELLA WOLF.....01/29
LLOYD BRADY.....01/31
ROBIN AMMON.....01/31



January Flower

Carnation



January
Birthstone

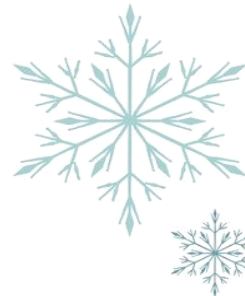


JANUARY
Garnet

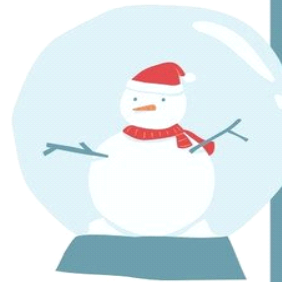
calmness

AGIA

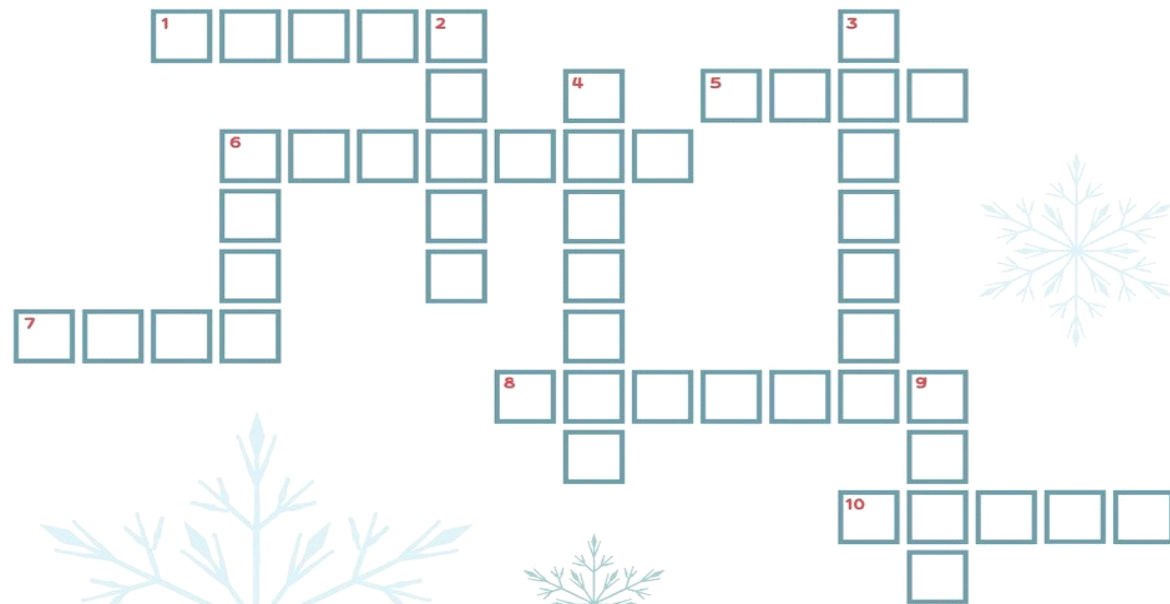
PUZZLE PAGE



WINTER CROSSWORD PUZZLE



Read the clues below and fill in the grid.



ACROSS

- 1. Shoes for snowy or rainy days.
- 5. A type of tree that stays green.
- 6. Warm clothing for the upper body.
- 7. The opposite of warm.
- 8. Warm gloves for hands.
- 10. Related to very cold regions.

DOWN

- 2. Cloth worn around the neck.
- 3. A figure made by stacking snowballs.
- 4. A black-and-white bird that can't fly.
- 6. A small vehicle for sliding on snow.
- 9. Frozen water that falls from the sky.

Chaplain's Good News for January

By Chaplain Kerry Hicks

A New Year

A new Year is upon us and as we make our resolutions and plans for 2024 there can be some concern as to whether, or not this is the year that we keep those resolutions. One resolution may be to stop doing this or saying that. It may be that we are going to change our diet or perhaps stop a habit we may have developed over the year/s.

Have we ever thought about making a New Year's resolution about desire for more of God in our lives? In other words, do we want to be more like our Lord & Savior Jesus? **"Ask and ye shall receive, seek and ye shall find, knock and it shall be opened unto you."** Matthew 7:7-8.

Most times we try to commit to changing something about ourselves, but do we ever ask the Lord what He may desire for us? What is your will for me Father? Would you please help me to be more like you Lord Jesus? Would you teach me how to be more concerned with pleasing you than myself or others?

Jesus only said what His Father taught Him to say, and He only did what His Father showed Him to do. In order to do this, He prayed often, and He prayed according to the **will/word** of His Father. **"This is the confidence we have before Him, that, if we ask anything according to His will, He hears us. 1 John 5:14.** Have you ever asked Him and didn't think He heard you because it never came to pass?

When faced with the knowledge of torture and death Jesus became **obedient even unto death on a cross. Philippians 2:8.** Now, try to imagine how hard that must have been and yet ultimately, He decided to say and humble Himself before His Father: **"Not my will, but Thine be done."** Luke 24:42.

This world teaches and shows us that to gain worldly wealth and material things are to be desired to live a good life and gain favor with others here on earth. And yet we own nothing and cannot take anything we've accumulated along with us when we pass on. Just ask the Pharaohs of Egypt!

Ultimately the question becomes: "Are we going to live our lives to please ourselves and others, or are we going to make this year's resolution to learn from and allow The Lord to lead us, guide us, and direct our path?" "Direct me in the path of Your commands, for there I find delight." The choice is ours. The Father gave us free will to do whatever we want to think and do and yet many of us just may find ourselves discontent with many of the choices we have made; not only for us, but for others close to us. What will our New Year's resolution be this year? Life everlasting in the will of the Lord, or?...



Things That Make You Go Hmmm....

By Andrea Riegel

Like salmon, eels travel great distances to return to their home spawning ground. They will even shimmy up dam walls and across dry land.

Jigsaw puzzles were first created out of maps to test children's geography knowledge.

Despite popular artistic representation, rain does not fall from the sky shaped like teardrops, raindrops resemble the top half of a hamburger bun.

No bridges cross the Amazon river.

The 1900 Olympic games in Paris were the first to feature 22 female competitors. The first women competed in tennis, sailing, golf, equestrian and croquet.

Farmers will sometimes supplement cattle feed with Skittles candy because it can be cheaper than corn and the sugar provides energy for the cows.

Berks Heim Family & Friends

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How Many Did

You Spy?

I Spy Answer :

There Are 9

