

Family & Friends

Resident & Employee Newsletter

October 2024



WELCOME TO OUR NEWEST EMPLOYEES



My name is Sally Miller, I am the new Assistant Administrator for Berks Heim. Currently, I live in Lancaster with my wife Greta and our 3 rescue dogs. Additionally, we have 3 grown children. I was raised in Berks County and am a graduate of Conrad Weiser High School. I received my masters degree in Human Services from Walden University. I have worked in Healthcare for over 25 years .

In my free time I enjoy gardening, fishing and kayaking.

I am looking forward to working with the staff and residents here at Berks Heim.

My name is Melissa Miller-Sauppee. I am the new Assistant Director of Nursing here at Berks Heim. I live in Sinking Spring but grew up in the Harrisburg area. I graduated from the Reading Hospital School of Nursing in 1993. I live with my husband, three daughters and son (Two of my daughters are twins.) We have two Boston Terriers, a Bearded Dragon and a Rabbit. I enjoy attending my son's football and baseball games. Other hobbies include outdoor activities, gardening, walking my dogs and especially vacationing at the beach. My words to live by are

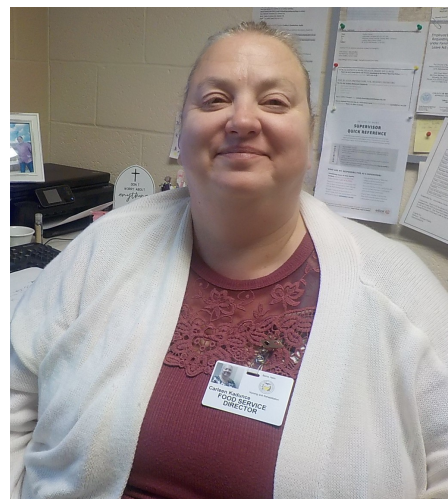
"Work smarter, not harder"



My name is Carleen Kadunce. I am the new Director of the Dietary department. I attended school at Southern Lehigh in Center Valley. I have been in food service for over 25 years , and Healthcare food service for 17 years.

My family consists of two daughters, two sons-in-law, one son, one future daughter-in-law and five grandchildren. I lost my husband of 37 years in 2021. I have one spoiled pet named Khloe. I live in Collegetown but I am looking to move in April of next year.

My hobbies include traveling, hiking, church, volunteering at non-profit organizations, and helping with youth organizations.



NATIONAL EMPLOYEES WEEK

Healthcare Foodservice Workers Week 2024

October 6-12



Pictured to the left are just a few employees who make up our great team that work in the Dietary Department. From preparing, delivering, and cleaning up for the three well-balanced meals a day residents receive, we appreciate your hard work and dedication.

Thank you for all you do!

Pharmacy Week

October 21-27

Please help our Pharmacy Team celebrate National Pharmacy Week. We are very fortunate to have our own staffed Pharmacy working with the staff and residents here at Berks Heim. This excellent team is comprised of (from left to right) Sherry Dybowski, Harry Kissinger, Tina Wenrich, and Genean Hesko. Thank you!



Healthcare Supply Week

October 6-12

Our Materials Management Department works hard to supply and deliver materials needed throughout the facility. John Pauley has been the Director for eight years. He is pictured with his great team, Christy Geisinger and Karen Shultz. All three have been at Berks Heim for 27 years, Christy working for the past three years in the department and Karen, eight.



Thank you for all you do!

Heim Fest - Saturday, September 14

Heim Fest - Saturday, September 14



The Residents listened to the sounds of three wonderful local bands. These wonderful bands donated their time to entertain our residents.

Above left is the Pretzel City Chorus. Above right is the Days of Old and to the left is shown a portion of Swing Fever.

Thank you so much for your contribution.

JUST ABOUT US

“Enjoy the fun facts about some of our residents for the month of October”



Enjoy birding and gardening

Likes to crochet



Love to dance and Elvis



Worked in Radiology Department at Reading Hospital

Loves to read and Mary Higgins Clark is favorite author

Worked in a broom factory



Retired RN



DOCTOBER



Sun

Mon

Tue

Wed

Thu

Fri

Sat

Legend: A - Auditorium C - Chapel *Denotes Club*- If you have interest in joining a club or have questions, please see your Activity Therapist		1 10:15 -Devotions (C) 2:30-Card Club* (A)	2 2:30 <i>Apple Fest</i> (A/C)	3 10:30-Rosary (C) 2:30-Resident Council (C) 7:00-Jeopardy(A)	4 10:30-Fun Fitnesscize*(A) 2:30-Book Club*(A)	5 10:30-A Month in Review (A) 2:30-Board Games (A)
6 2:30 - Protestant Service (C)	7 10:30-Exercise (A) 7:00-Food Trivia (A)	8 10:15 -Devotions (C) 2:30-Dice Club* (A)	9 2:30-BINGO (A/C)	10 10:00-Gentlemens Club*(A) 10:30 Rosary (C) 2:30-Djembe Druming Circle*(A)	11 10:30-Music in Motion*(A) 7:00-Salvation Army Dev Prog (C)	12 10:30-Taster's Choice*(A)
13 2:30 - Protestant Service (C)	14 Columbus Day 10:30-Exercise (A) 2:30-Master Minds* (A)	15 10:15 -Devotions (C) 2:30-Game Lounge*(A) 7:00-Finish the Lyrics (A)	16 2:30-Science Club* (A)	17 10:30-Rosary (C) 10:30-Lava Java*(A) 12:00-Drumming *(A) 2:30-Red Hat*(A)	18 10:30-Fun Fitnesscize*(A) 2:30-Book Club*(C) 2:30-Male Gath.*(A)	19 10:30-Whoga/ Yoga*(A)
20 2:30 - Protestant Service (C)	21 10:30-Exercise (A) 2:30-Cheer Club* (A)	22 10:15 - Devotions (C) 2:30-Veterans Program (A/C) 7:00-PICWITS! (A)	23	24 10:30-Rosary (C) 2:30-October Fest (A)	25 10:30-You be the Judge*(A) 2:30-Cooking Club*(A) 7:00-Fact or Crap (A)	26 2:30-Active Games (A/C)
27 2:30 - Protestant Service (C)	28 7:00-Junk Drawer Detective (A)	29 10:15 - Devotions (C) 2:30-Dominoes Club*(A)	30 9:30-Candy Corn Guess (A) 2:30-Craft Club* (A)	31 10:30-Rosary (C) 2:30-Orange & Black Social (A/C)		

ALL EVENTS AND/OR TIMES ARE SUBJECT TO CHANGE

Welcome New Admissions

A-1 Carsonia Court

Carolyn Mervine

A-3 Penn's Pointe

Dorothy Fletcher

B-2 Reading Station

Mary Obarow

A-2 Pretzel City

Bonnie Ehst

B-1 Market Square

Marian Fansler

Mabel Schaner

Essick Commons

The total number of New Admissions for September is 12

Happy October Birthdays

October Birthstone: Opal



October Flower : Marigold



Martha Miller.....October 2	Beverly Kuzmission.....October 16
Dorothy Golden.....October 4	Mary Gehringer.....October 19
Gary Adams.....October 5	George Hoyt.....October 21
Mabel Schaner.....October 7	John AulenbachOctober 22
Carol Weik.....October 7	Jerry Rogers.....October 22
Barbara Rutkowski.....October 9	Marlin Slessor.....October 24
Kay Hertzog.....October 13	Christine Sowa.....October 26
Brenda Leone.....October 13	Klara Carlisle.....October 27
Ellen Lill.....October 14	Alfred Ciabaton.....October 28
Louise Jones.....October 14	Marilyn Moyer.....October 28
Sheila Hughes.....October 14	Elena Velez.....October 29

Famous October Birthdays

Julie Andrews	October 1	Chuck Berry	October 18
John Lennon	October 9	Bela Lugosi	October 20
Eleanor Roosevelt	October 11	Pablo Picasso	October 25
Dwight D. Eisenhower	October 14	Mahalia Jackson	October 26
Angela Lansbury	October 16	Christopher Columbus	October 31



TO OUR NEW STAFF

- Mackenzie Becker.....Nursing
- Auriselis Garcia.....Nursing
- Hyket Garcia....Nursing
- Kyla HammockNursing
- Cathy Imes.....Activities
- Jessica Kinder.....Nursing
- Vincent Masenge.....Nursing
- Diandra MenaNursing
- Nicholas Merkel.....Nursing
- Isabella Rayles.....Nursing
- Raven Tisdale....Nursing
- Michele Wertz....Nursing

Observance Days In October

- 4- World Smile Day
- 13- Clergy Appreciation Day
- 14- Columbus Day
- 16- National Boss's Day
- 18- National Chocolate Cupcake Day
- 21- National Apple Day
- 26- National Pumpkin Day
- 27- National Black Cat Day
- 28- National Chocolate Day
- 31- National Knock Knock Joke Day



EMPLOYEE ANNIVERSARIES

5 YEARS

- Shanice Almonte....Nursing
- Cora Lowe....Nursing



10 YEARS

- Christine Boltz.....Nursing

20 YEARS

- Connie Fehnel....Nursing
- Megan Singerling.....RNAC

35 YEARS

- Kay Bader....Nursing
- Jennifer McIlvee.....RNP

“CAN YOU SPY”.....
WITH YOUR LITTLE EYE
A BASKET OF APPLES



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

PUZZLE PAGE



Fall Word Search



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

- | | | | | |
|----------|----------|---------|------|------------|
| PIE | CIDER | ORCHARD | HIKE | ACORN |
| PUMPKIN | CANDY | HAYRIDE | READ | SWEATSHIRT |
| APPLE | FOOTBALL | CORN | MAZE | |
| PINECONE | RAKE | BLANKET | LEAF | |



Chaplain's Good News for October!

By Chaplain Kerry Hicks

Forgiveness of Sin - Part I of III

While many Hebrew scriptures proclaim forgiveness of sins, there is an order, a formula to obtaining forgiveness.

Forgiveness of others

There is one precondition, without which no amount of repentance can bring forgiveness. That is, the sinner must forgive everyone, of every little thing before God will accept the sinner's repentant heart. Jesus taught in the Lord's Prayer, *you must right now forgive our sins for us, in the same manner as we have completed forgiving everyone of everything, big and little, against us: (Matthew 6:12) Verses 14 and 15 then continue this theme,*

14. For if you would forgive all other people their transgressions, your heavenly Father will also forgive you: 15. But if you would not forgive all other people, neither will your Father forgive your sins. Mark 11:25 and Colossians 3:13 reaffirm this principle.

Forgive yourself

As you forgive others be sure to include yourself among those you forgive, to remember God's great miracle of erasing your sin. You cannot make things right with God until you make things right with everyone, and until you make things right with yourself. Do not beat yourself over past mistakes but forgive yourself. It is not possible for you to give your love to other people if you do not love yourself. A parent who does not love himself or herself is not able to give love to spouse or children. Forgive yourself and love yourself, then, with repentance, all of God's love and forgiveness can flow through you. See **Ephesians 5:28**

Seek forgiveness from others

Jesus says: *22. And I say to you that everyone who is angry with his brother will be guilty in the judgment. And whoever would say to his brother "Empty-headed," that one is guilty to the Sanhedrin: whoever would say, "Stupid" is guilty in the Gehenna of the fire. 23. If therefore you would present your gift at the altar and there you would remember that your brother has something against you, 24. You must right away leave your gift there in front of the altar and go. You must first become reconciled with your brother, and then, after you come back, present your gift. (Matthew 5:22-24)* The Talmud makes clear the need to seek forgiveness of those sins committed unintentionally. It also makes clear that the sinner must make things right with the offended party before going to God. See **Gossip/Slander elsewhere in Glossary.**

Hoping everyone has a fantastic Autumn!

Shalom,
Chaplain Kerry



*Source: William J. Morford ONMB



Things That Make You Go Hmm...

By Andrea Riegel

There is a museum in Norton Kansas that pays tribute to presidential candidates that lost the elections.

The Caterpillar Club, founded in 1922, is a worldwide organization for military and commercial aviators who had their lives saved by using a parachute. Charles Lindbergh and George H.W Busch are members.

The Statue of Liberty wears a size 879 shoe.

In 1964 only 3% of households in the US had color TV sets. BY 1972 that number rose to more than 50%.

In the comic books Casper the Friendly Ghost never had a surname. However, in the 1995 *Casper* movie his surname was McFadden.

The peacock mantis shrimp can throw a punch at 55 mph, faster that a .22- caliber bullet.

Corn is grown on every continent except Antarctica.

Although US President Teddy Roosevelt did say, "Walk softly and carry a big stick," the original source was an African proverb.

Berks Heim Family & Friends

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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 Apple Baskets

