



Family & Friends

Resident & Employee Newsletter

September 2026



CELEBRATING EMPLOYEES

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National Environmental Services week is celebrated September 13-19th. Thank you to all our EVS employees for their hard work in making Berks Heim shine.



National HR Professionals Day is celebrated September 26th. Thank you for everything you do.



National Security Officer Appreciation Week is observed from September 20-26th. We appreciate your department.



A big thank you to the Dietary Department for collecting donations for the residents to be used at bingos. The box was filled with snacks, puzzle books, playing cards etc.. Great job Dietary!!!



The Employee Engagement Committee invited all staff to attend an employee picnic on Wednesday, August 26th. The weather was beautiful outside for employees to enjoy their grilled burgers, macaroni salad, chips, drink and ice cream under the tent.



HEIM HAPPENINGS....

Heim Fest 2026

Saturday, September 12

11 am to 4 pm

Indoor
Flea Market
11-3



Bake Sale
Games with
Prizes

Musical Entertainment

Pretzel City Chorus 11:30-12:15

Days of Old 12:30-1:30

Swing Fever 2-4

Delicious Food

Hot Dogs Hamburgers

Meatball Sandwiches

Pizza French Fries

Funnel Cake

Strawberry Shortcake/Ice Cream

Raffle Drawing (at 1:30 & 3 pm)

Tickets on sale now \$1 each/ 6 for \$5

Grand Prize – Queen Size Quilt

handmade by

Kindred Spirits Too Quilt

HEIM HAPPENINGS.....

We Need Your Help!

Berks Heim has a yearly tradition of sponsoring a team in the Walk to End Alzheimer's. This year, the walk will be held on Saturday, October 17 at the Berks County Heritage Center. You may make a donation and receive a Forget Me Not flower in the lobby. Your flower will be posted on our displays. We will be hosting a hotdog sale to raise funds for the Berks Heim Team on September 16. If anyone is interested in joining the Berks Heim Team or making an online donation, please go to the Walk to End Alzheimer's – Berks County webpage and look for the Berks Heim team.

We need your help! Please join us in the fight to find a cure for Alzheimer's Disease and other forms of dementia. We would be so grateful to have your support!



Berks Heim
Hot Dog Fundraiser

WALK TO END
ALZHEIMER'S
ALZHEIMER'S ASSOCIATION

HOT DOG \$2.00

COMBO INCLUDES:
HOT DOG, CHIPS &
DRINK

COMBOS:
2 HOT DOGS \$5.00
1 HOT DOG \$3.50

Wednesday, Sept. 16
Berks Heim Lobby
10:30 AM to 1:00 PM

Members of the resident Poetry Club were asked to create a poem together, below is the completed poem.

A Poem for my Love

From the moment I set my eyes on you

You had my heart

I fell in love instantly

I thought I knew what love was until I met you

The moment you walked across that room and took me in your arms I knew that is where I would stay the rest of my life

Fate said we would be together forever

And my life began when I met you

Butterflies engulfed me

I knew you would hold my heart and be my love

And till the end of time our love will survive

Poetry Club written by

Judy Stephens, Connie Krott, Betty Ustaszewski, Mary Hatton, Addie Atkinson, Helen Smolkowicz, Julia Klunk, Nancy Ziolkowski, Rosalee Schaeffer, and Irene Salazar.





SEPTEMBER



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 10:30 Catholic Mass (C) 2:00 Nails (A2/A1) 2:00 Pet Therapy (A3/EC) 2:30 Game Lounge* (A)	2 2:30 Poetry Club* (A)	3 10:30 Lava Java* (A) 2:30 Resident Council (C) 3:30 Pet Therapy (A3/EC) 6:30 Jeopardy (A)	4 10:00 Pet Therapy (EC) 10:30 Music In Motion* (A) 2:30 Stories with Friends * (C) 6:30 Junk Drawer Detect. (A)	5 10:30 A Month In Review (A)
6 2:30 Protestant Service (A/C)	7 2:30 Holiday Fun (A/C)	8 10:15 Devotions (C) 2:00 Pet Therapy (A1/B1) 2:30 Music by Toad Creek Tom (A/C) 6:30 Giant Crossword (A)	9 2:30 Bingo Nativity Lutheran (A/C)	10 10:00 Gentlemen's Club* (A) 10:30 Rosary (C) 2:30 Music by Wedding Bells (A/C) 6:30 Tri Bond (A)	11 10:00 Pet Therapy (EC) 10:30 Fun Fitnessize* (A)	12  10:00 - 4:00 Heim Fest (A/C) 
13 2:30 Protestant Service (C) 2:30 Grandparents Day Social (A)	14 10:30 Exercise (A)	15 10:15 Devotions (C) 2:00 Pet Therapy (A2/B2) 2:00 Nails (A1/A3) 2:30 Dice Club* (A)	16 2:30 Bingo (sponsored by Dietary) (A/C) 7:00 Pet Therapy (A3/EC)	17 10:30 Rosary (C) 2:30 Red Hats* (A)	18 10:00 Pet Therapy (EC) 10:30 Fun Fitnessize* (A) 2:30 Stories with Friends * (C) 6:30 Salvation Army (C)	19 10:30 Whoga/Yoga* (A) 2:30 Bocce (A/C)
20 2:30 Protestant Service (A/C)	21 10:30 Exercise (A) 6:30 Fall Trivia (A)	22 10:15 Devotions (C) 2:00 Pet Therapy (A3/EC) 2:30 Dominoes* (A)	23 2:30 Craft Club * (A) 6:30 Family Feud (A)	24 10:30 Rosary (C) 2:30 Falling for Great Music (A/C)	25 10:00 Pet Therapy (EC) 10:30 You Be The Judge* (A) 2:00 Cooking Club* (A)	26 10:30 Taster's Choice* (A) 2:30 Healthy Choice* (A)
27 2:30 Protestant Service (A/C)	28 10:30 Exercise (A) 2:30 Armchair Travel* (A) 6:30 Foods of the 70's (A)	29 10:15 Devotions (C) 2:00 Pet Therapy (B1/B2) 2:00 Nails (B1/B2) 6:30 Letter Dice (A)	30 2:30 Card Club* (A)			

ALL EVENTS AND/OR TIMES ARE SUBJECT TO CHANGE

Welcome New Admissions

A-1 Carsonia Court

Essick Commons

A-2 Pretzel City

Zigmund Kulesza
John Ettaro
Dawn Domagalski
Margaret Smith
Joseph Naglak

A-3 Penns Point

B-1 Square

B2 Reading Station

Kareen Smith

During the month of August we had 19 new admissions

Happy September Birthdays

LOUISE PENNYPACKER.....SEPTEMBER 1
JEANNETTE NAUGLE.....SEPTEMBER 3
JENNIE LIBERATO.....SEPTEMBER 3
KATHRYN ULSH.....SEPTEMBER 4
CONSTANCE KROTT.....SEPTEMBER 4
ALICE DRUMHELLER.....SEPTEMBER 6
JOYCE SEIDEL.....SEPTEMBER 9
DENNIS SCHLAPPICH.....SEPTEMBER 10
ANNA WIEDER.....SEPTEMBER 11
BETTY SPOTTS.....SEPTEMBER 11
BETTY WITWER.....SEPTEMBER 13

SYLVIA MCCURDY.....SEPTEMBER 14
BETTY CROSSLEY.....SEPTEMBER 16
ANN ROCKWOOD.....SEPTEMBER 17
ELVERA DIFILIPPO.....SEPTEMBER 17
LARRY ALBRIGHT.....SEPTEMBER 20
GENEVIEVE ESSICK.....SEPTEMBER 21
THERESA KERCHNER.....SEPTEMBER 21
JUDE ENGLE.....SEPTEMBER 23
BARRY BOWMAN.....SEPTEMBER 28
DANIELA PASCU.....SEPTEMBER 29



September Flower:

Aster



September Birthstone:

Sapphire



PUZZLE PAGE



FALL

WORD SCRAMBLE

Unscramble the following fall words



DYNIW _____

EPI _____

LOGNED _____

PESMETBER _____

RACALEM _____

RAHSTVE _____

CIPCIN _____

COSMUTE _____

VORESACT _____

MUSROHOM _____

CZOY _____

GENOM _____

Chaplain’s Good News for September

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.

1. 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.*

2. 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**

3. Seek forgiveness from others

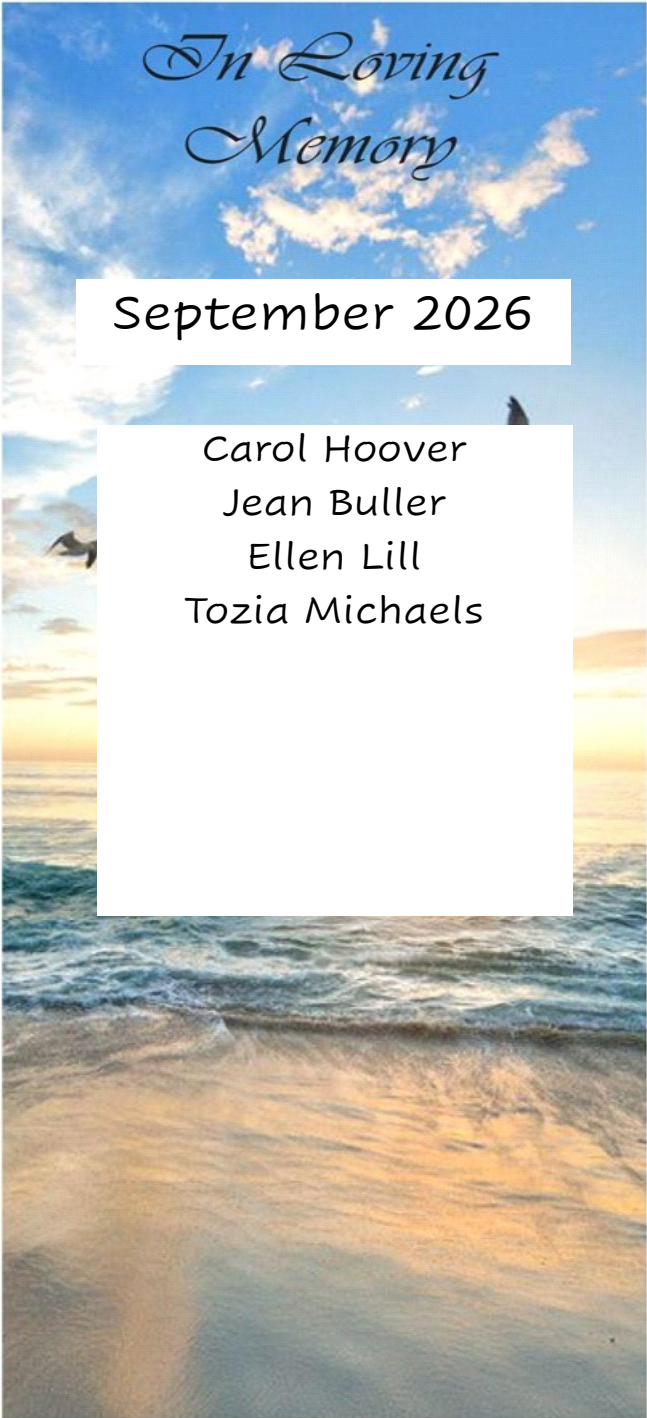
Jesus says: *22. And I say to you that everyone who is angry with his brother will be guilty in the judgment. And whoever would say to his brother “Empty-headed,” that one is guilty to the Sanhedrin: whoever would say, “Stupid” is guilty in the Gehenna of the fire. 23. If therefore you would present 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 Hmmm....

By Andrea Riegel

Reindeer eyes turn blue in winter for better low-light vision.

Andrew Jackson’s pet parrot had to be removed from his funeral for shouting profanities at his guests.

The human body contains enough blood vessels to circle Earth more than twice if laid end to end.

A group of Rhinos is called a “crash”.

The dot over the “I” is called a “tittle”.

The King of Hearts in a deck of cards is the only king without a mustache.



Berks Heim Family & Friends

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How Many Did You Spy?

I Spy Answer :

There Are 7
Autumn Trees

