

# Family & Friends

Resident & Employee Newsletter

February 2025

## Happy February

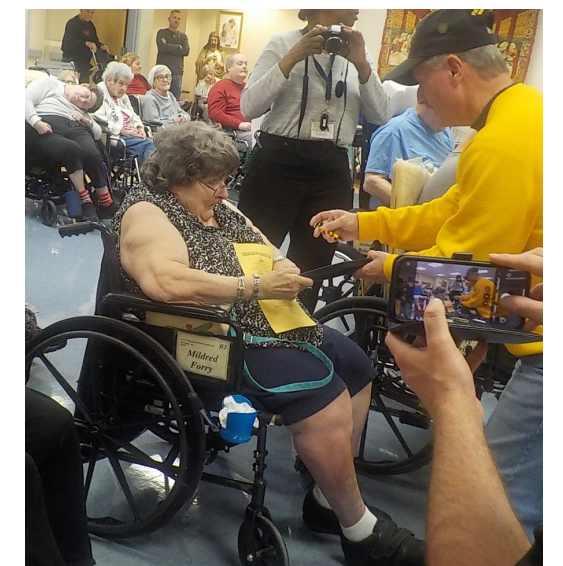


# IN CASE YOU MISSED IT.....

# HONORING OUR VETERANS



On January 15, Heartland Hospice sponsored a Welcome Home Veteran's Ceremony to celebrate our Vietnam veterans. We also celebrated all our veterans for their service. Certificates were provided along with a light snack afterwards. Thank you to all veterans for your service.



The week of January 19-25 we celebrated Activity Therapist Week. Our therapists were busy with horse racing, bingo, an auction, and pizza party for our residents. We would like to thank our therapists for all their hard work every day to make Berks Heim a wonderful and fun place for our residents. They are truly an incredible team.

# BEHIND THE SCENES



Clarence and Patricia Spangler met each other while working in the office at Birdsboro Corporation. They were married at Calvary Evangelical Church in 1972. They enjoyed fishing and attending church together. Helping each other, communication and knowing when to “bite your tongue” has helped them have a happy marriage for 53 years.



Pictured to the right is Dennis and Doris Slavin, they are married 29 years. They met while working at Thomas Ford Elementary School in Reading. Doris was working as a teachers assistant and Dennis was in the maintenance department. They loved vacationing, going on many cruises together. Avoiding arguments, and “thinking before you speak” is their good advice on having a happy marriage.



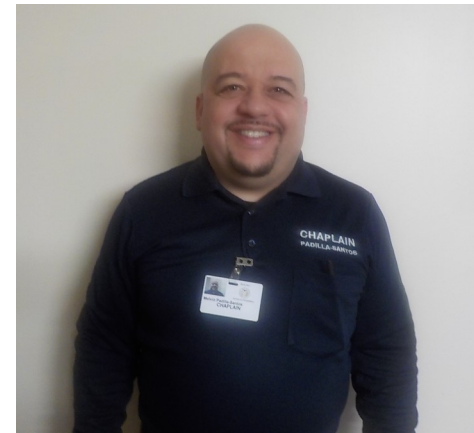
Betty Crossley’s large family came from near and far to spend time celebrating their Christmas together. This is the second year for their new Holiday tradition. We look forward to seeing all the jolly faces with Betty again next year!

# INTRODUCING...



Hello, my name is Ken Rossi and I am the new Director of the Rehabilitation/Therapy department. I grew up in Pottsville and attended Nativity B.V.M. high school. After high school I went to York College of PA and PSU in Hazelton. I currently live in Leesport with my wife Mandy, a cat named “Ollie” and “Baker” our dog.

I love to golf in my free time and enjoy rooting for the Cleveland Browns football team. I have been working in a skilled nursing facility for approximately 7 years. I love what I do, working in Geriatrics is such a fun experience! I love trying to put a smile on everyone’s face.



Hello, my name is Melvin Padilla-Santos. I am the new part-time Chaplain at Berks Heim and work full time at Berks County Jail. I was born in Bayamon, Puerto Rico. I grew up in Reading, graduated from Reading High School and earned an Associates degree from RACC. Currently, I attend Kutztown University and major in Communications. I served in the US Marines for 4 years.

Millie, who is also a Pastor, is my wife of nine years. We have six children and a dog. Millie and I teach English classes once a month. I enjoy reading, watching football, visiting beaches, swimming and waterparks with my family.

## National Days in February



2 - Groundhog Day

3 - Feed the Birds Day



4 - National Homemade Soup Day

8 - Boy Scout Day

9 - Superbowl Sunday



11 - Make A Friend Day

14 - Valentine’s Day

15 - Susan B. Anthony Day

17 - President’s Day



20 - Cherry Pie Day

23 - National Tootsie Roll Day



27 - Polar Bear Day



## February is American Heart Month



Some facts about the heart:

- ♥ Your heart pumps blood through about 60,000 miles of blood vessels.
- ♥ A typical heart pumps approximately 4 tablespoons of blood with each beat.
- ♥ The human heart weighs somewhere between 7 to 15 ounces, a male heart weighs 2 ounces more than a female heart.
- ♥ The largest animal heart is the blue whale, the smallest is found in fireflies.
- ♥ You can manage your heart health through regular exercise, stress management and dietary choices.





Sun

Mon

Tue

Wed

Thu

Fri

Sat

<p><b>Legend:</b>  <b>A - Auditorium</b>  <b>C - Chapel</b>  <b>*Denotes Club*</b>-  <b>If you have interest in joining a club or have questions, please see your Activity Therapist</b></p>							<p><b>1</b>                  10:30-Month in Review (A)</p>
<p><b>2</b>  <b>GROUNDHOG DAY</b>                  2:30-Protestant Service (A/C)</p>	<p><b>3</b>                  10:30-Exercise (A)</p>	<p><b>4</b>                  10:15-Devotions (C)  <b>2:30-Game Lounge* (A)</b></p>	<p><b>5</b>                  2:30-Ring Bologna &amp; Cheese Social (A/C)                  7:00-Chat Room (A)</p>	<p><b>6</b>                  10:30-Rosary (C)                  2:30-Resident Council (C)  <b>2:30-Red Hat*(A)</b></p>	<p><b>7</b>  <b>2:30-Book Club* (A)</b>                  6:30-Movie Night(A)</p>	<p><b>8</b>  <b>10:30-Whoga Yoga* (A)</b></p>	
<p><b>9</b>                  2:30-Protestant Service (C)                  2:30-Superbowl Sunday (A)</p>	<p><b>10</b> 10:30-Exercise (A)  <b>2:30-Master Minds* (A)</b>                  7:00 What Would You Do (A)</p>	<p><b>11</b>                  10:15-Devotions (C)  <b>2:30-Sports Club* (A)</b></p>	<p><b>12</b>                  2:30-BINGO (A/C)</p>	<p><b>13</b>  <b>10:00-Gentlemen's Club* (A)</b>                  10:30-Rosary (C)</p>	<p><b>14</b> 10:00 Valentine's Day Just for Fun (A/C)   2:00 BINGO (A/C)                  7:00-Salvation Army Dev. Prog. (C)</p>	<p><b>15</b>  <b>10:30-Taster's Choice* (A)</b></p>	
<p><b>16</b>                  2:30-Protestant Service (A/C)</p>	<p><b>17</b>  <b>PRESIDENTS' DAY</b>                  10:30-Exercise (A)  <b>2:30-Cheer Club* (A)</b></p>	<p><b>18</b>                  10:15-Devotions (C)  <b>2:30-Dice Club* (A)</b></p>	<p><b>19</b>  <b>2:30-Science Club* (A)</b></p>	<p><b>20</b> 10:30-Rosary (C)  <b>10:30-Lava Java* (A)</b>  <b>2:30-Drumming Cir*(A)</b>                  7:00-Name 10 (A)</p>	<p><b>21</b>  <b>10:30-Fun Fitnessize* (A)</b>  <b>2:30-Book Club* (A)</b></p>	<p><b>22</b>                  2:00-Active Games (A) (learn how to play shuffleboard)</p>	
<p><b>23</b>                  2:30-Protestant Service (A/C)</p>	<p><b>24</b>  <b>2:30-Armchair Traveler* (A)</b>                  7:00-Tortilla Chip Day (A)</p>	<p><b>25</b>                  10:15-Devotions (C)                  7:00-Who Am I (A)</p>	<p><b>26</b>  <b>2:30-Craft Club* (A)</b></p>	<p><b>27</b>                  10:30-Rosary (C)  <b>2:30-Male Gathering* (A)</b></p>	<p><b>28</b>  <b>10:30-You be the Judge* (A)</b>  <b>2:00-Cooking Club* (A)</b></p>		

ALL EVENTS AND/OR TIMES ARE SUBJECT TO CHANGE

# Welcome New Admissions

## A-1 Carsonia Court

Carol Thomas

## A-2 Pretzel City

Walter Dahl

Mary Goshert

Milton Koble

William Strassner

Elaine Taylor

## Essick Commons

John Dietrich

Mary Fuoco

During the month of January we had 17 new admissions.

# Happy February Birthdays

Sandra Fox.....January 23	Dorothy Bailey.....February 19
Edna Remp.....February 2	Magdalene Babiarz.....February 19
Theresa Salamone.....February 4	Milton Koble.....February 20
Julia Klunk.....February 6	Sylvia Davenport.....February 21
Claulette Yerger.....February 6	Shirley Schweitzer.....February 22
Elaine Wasik.....February 10	Steven Barnett.....February 22
Sarah Freeman.....February 12	Virginia Kuser.....February 27
Elaine Taylor.....February 16	Stella Sheidy.....February 27



### FLOWER OF FEBRUARY



VIOLET

### BIRTHSTONE FOR FEBRUARY



AMETHYST



## New Employees

Nadege Bissoon.....Nursing

Lalla Ahlam El Amrani.....Nursing

Marian Giraldi....Nursing

Jonathan Pimentel Gomez....Nursing

Somaliz Lebron.....Nursing

Elysia Rivera.....Nursing

Leia-May Rivera.....Nursing



# HAPPY WORK ANNIVERSARY

## 5 YEARS

Mage Lynce.....Nursing



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

## A Winter Bird



COUNT HOW MANY YOU SPY  
(ANSWER PAGE 12)

## Send a Valentine and Support the Alzheimer's Association



Send valentines to residents or staff!

-Valentines are available in the Berks Heim lobby from January 30 through February 12.

-A 25 cent donation per valentine for the Alzheimer's Association is greatly appreciated.

-Valentines will be delivered on February 14.

# PUZZLE PAGE

## VALENTINE'S DAY

### Word Search Puzzle



**Friends**

**Party**

**Hearts**

**Red**

**Cupid**

**Arrow**

**Girls**

**Special**

**Kisses**

**February**

**Boys**

**Valentine**

**Love**

**Fun**

**Candy**

# Chaplain's Good News for February!

By Chaplain Kerry Hicks

## Loss of a Loved one

Greetings in the Name of the LORD,

There are times in our lives when we are overcome by the loss of a loved one(s). Someone, or even a pet that has come to find their way into our heart. They take up residence; so, to speak, in the deepest places within us and make their home there. Hopefully, this will help you in your journey through the sadness that can overtake us when our loved one(s) is/are no longer physically here for us to enjoy their company and ultimately, their love for us and ours for them.

The Bible has all we need to help us through this journey with God's Love, wisdom and compassion. Here are some of them I hope will be a comfort to you as you stroll down memory lane with your loved one(s).

*Matthew 5:4 Blessed are those who mourn, for they shall be comforted.*

*Revelation 21:4 He will wipe away every tear from their eyes, and death shall be no more, neither shall there be any more mourning, nor crying, nor pain anymore, for the former things have passed away.*

*Psalms 147:3 He heals the brokenhearted and binds up their wounds.*

*1 Peter 5:7 Casting all your cares on Him, because He cares for you.*

*Psalms 34:18 The LORD is near to the brokenhearted and saves the crushed in spirit.*

*Matthew 11:28 – 30 Come to Me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy, and My burden is light.*

*John 16:22 So also you have sorrow now, but I will see you again, and your hearts will rejoice, and no one will take your joy from you.*

*Psalms 73:26 My flesh and my heart may fail, but God is the strength of my heart and my portion forever.*

*Romans 8:18 For I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us.*

*John 14:27 Peace I leave with you; My peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.*

We all suffer through the pain of losing someone or even a pet that we loved unconditionally; just as God loves each and everyone of us. Unconditional love never dies. It continues within us and we ourselves shall one day be reunited with them in the presence of our Lord & Savior Jesus Christ for eternity.

Shalom,

Chaplain Kerry

*In Loving Memory*

January 2025

- Jo Hall
- Gloria Matuszak
- Robert Brubaker
- Kathryn Houck
- William Rowlands
- Janet Youndt
- John Hracho
- Jane Brobst
- Bonnie Rubright
- Freida Donmoyer
- Arlene Haas
- Ethel Kramer
- Elvin Kreider
- Marian Bixler
- Randy Crossley
- Sorrell Eisenberg
- Barbara Hetrick

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

**By Andrea Riegel**

A cat's best sense is its hearing. They also have better night vision than a human, but they are nearsighted.

If a pitch in baseball gets stuck in the umpire's mask, all the base runners automatically advance one base.

It is estimated that in 2040 there will be about two billion cars on the planet. In 1986 there were about 500 million.

High heeled shoes are only permitted in Carmel, California if the wearer obtains a permit from city hall.

The Dr. Suess book *Green Eggs and Ham* uses only 50 unique words. Suess' publisher bet him that he couldn't write a book with only 50 words.

Charles Darwin not only developed his theory of evolution, he also invented the modern office chair by adding wheels to make a swiveling chair.

In the 1940's many WWII veteran's fiancés made their wedding dresses from their future husband's parachutes.

Dentists have had some pretty delightful nicknames. Including, fang-faker, fang-bandit, fang-hustler. While the dentist's office slang terms included fang-chovey or fang factory.



**Berks Heim Family & Friends**

- Administrator.....Terry Brennan, 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

Heim Family & Friends is published monthly by the  
 Berks Heim Clerical Department  
 P.O. Box 1495, Reading, PA 19603  
 Phone: 610-376-4841

Editor: Michele Reinhard, Director of Clerical/Volunteers  
 Reporters/Photographers:  
 Heather Horst/Suzanne Baer

Printed by the Berks County Services Center Print Shop



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**How Many Did You Spy?**  
**I Spy Answer : There are**  
**7 Winter Birds**

