



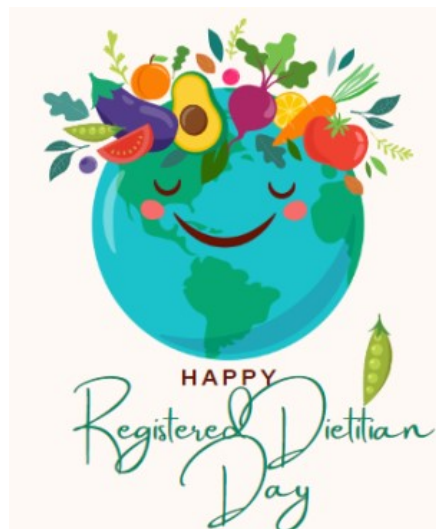
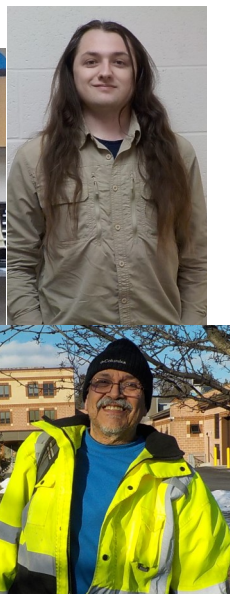
# Family & Friends

Resident & Employee Newsletter

March 2026



# CELEBRATING OUR STAFF



# CHAPLAIN'S GOOD NEWS FOR MARCH

## To Serve or To Be Served – Part 1

There are many religions, faiths, and beliefs in this world today. They all seem to propose their way to God, gods, or a god. To believe this ourselves would indicate that we are pluralistic in our thinking. That there is more than one God. There are those who do not believe in a God. Many religions tell us that their way is the right way. We have our work cut out for us in deciding what and how we should believe. These beliefs are generally based on what we believe to know or at the very least have learned during our lives. According to **World Atlas** the 10 largest religions according to numbers are as follows:

**Christianity** —2.38 billion, **Islam** ----- 1.9 billion, **Hinduism**----- 1.16 billion, **Buddhism**----- 506 million, **Shinto**----- 104 million, **Sikhism**-----25 million, **Judaism**-----14 million, **Taoism**-----12 million, **Confucianism** ----6 million, **Caodaism**----- 4.4 million

**Christianity:** At well over 30% of the global population, Christianity is a religion that resonates with over 2 billion believers. The core of the belief, despite the glaring differences between Protestants, Catholics, and Orthodox, revolves around the 1<sup>st</sup> century figure that is Jesus of Nazareth. As an Abrahamic religion, Christians claim a belief in a singular God, Who represents Himself through three identities: Jesus, the Holy Spirit, and God the Father. There will be more dialogue regarding this in upcoming Heim Family & Friends articles.

Another essential aspect is the death, burial, and resurrection of Jesus, in which humanity is allowed to repent of all misdeeds and eventually spend the afterlife with their beloved deity. The philosophical values and codes of Christianity have been influential enough to form the backbone of Western institutions, despite a growing acceptance of secularism.

**Islam:** Most active towards the end of the 6<sup>th</sup> century, the Prophet Muhammad is celebrated by Muslims today for founding the religion of Islam. Roughly 1.8 billion followers populate the world, the majority of whom are spread between northern Africa, western Asia, and Indonesia. The prophet desired to repair Abrahamic religions, which he believed to be corrupted. Islam is marked by its adherence to discipline, in which abstinence from worldly behaviors as well as observance of daily rites is rigorously demanded. Notable historic discoveries have come from Islamic institutions, in fields such as algebra, surgery, architecture, and even coffee. The two main branches of Islam that cohabitate the Muslim world are Sunni and Shia, which are said to have been divided 14 hundred years ago over an issue of succession.

**Hinduism:** The origin of Hinduism, a religion with 1.1 billion followers, is difficult to pin down because it began as an amalgamation of different beliefs. Officially formed between 2300 B.C. and 1500 B.C., the Indus Valley near modern-day Pakistan is the location where it first blossomed. Typically thought of as the religion with 33 million gods', the majority of Hindus worship one god alone, albeit they accept the existence of other gods. Core values are ones such as Karma and Samsara. Karma dictates that the moral sum of the deeds we produce will be returned to us eventually, through consequence or reward. Samsara is a model for the cyclical nature of life, a symptom of which is reincarnation. Historical contributions to the world include mathematics, astronomy, and yoga.

In this edition of Berks Heim Family & Friends we are attempting to share some basic information on the top 10 religions of this world. We are not trying to claim one over the other. This is intended to show us the basics of each religion defined in this series.

Throughout this series we will attempt to examine; in more depth, the merits and/or demerits of each. We will try to share an unbiased examination of each so that we may all gain a more informed knowledge of each so that we may come to know whether there is one God or many.

May each of us receive this with an open mind, but to maintain our identity in our chosen faith so that we may ultimately come to a conclusion as to what we believe to be true is actually true, based on our personal experiences in the journey of life as we know it to be to each of us as individuals.

God bless you all,

Chaplain Kerry

Source: World Atlas



# MARCH



**Sun**

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

**Sat**

<p><b>1</b> 2:30 Protestant Service (A/C)</p>	<p><b>2</b> 2:00 Traveling Nail Salon (B1/A1) <b>2:30 Western Whirlwinds* (A)</b></p>	<p><b>3</b> 10:30 Catholic Mass (C) 2:00 Pet Therapy (A1/B1)</p>	<p><b>4</b> 6:30 Jeopardy (A)</p>	<p><b>5</b> 2:30 Resident Council (C) 3:00 Pet Therapy (A3/EC)</p>	<p><b>6</b> <b>2:30 Stories With Friends* (C)</b> 6:30 Salvation Army (C)</p>	<p><b>7</b> 10:30 A Month In Review (A)</p>
<p><b>8</b> 2:30 Protestant Service (A/C)</p>	<p><b>9</b> <b>2:30 Master Minds* (A)</b></p>	<p><b>10</b> 10:15 Devotions (C) 2:00 Pet Therapy (A2/B2) 2:30 Music By Wedding Bells (A) 6:30 Chat Room (A)</p>	<p><b>11</b> 2:30 Nativity Church Bingo (A/C) 6:30 Crafting With Alvernia (A)</p>	<p><b>12</b> 10:30 Rosary (C)</p>	<p><b>13</b> 7:00 Reading Philharmonics Orchestra (A/C)</p>	<p><b>14</b> <b>10:30 Taster's Choice* (A)</b> 2:30 National Potato Chip Day (A/C)</p>
<p><b>15</b> 2:30 Protestant Service (A/C)</p>	<p><b>16</b> 2:00 Traveling Nail Salon (A2/B2) 2:30 Music By Toad Creek Tom (A) 6:30 Junk Drawer Detective (A)</p>	<p><b>17</b> 10:15 Devotions 2:00 Pet Therapy (A3/EC) 2:30 St. Patrick's Day Social (A/C)</p>	<p><b>18</b> 2:30 Bingo (B2) 7:00 Pet Therapy (A3/EC)</p>	<p><b>19</b> 10:30 Rosary (C) <b>2:30 Red Hats* (A)</b></p>	<p><b>20</b> <b>2:30 Stories With Friends* (C)</b></p>	<p><b>21</b> <b>10:30 Whoga/Yoga* (A)</b></p>
<p><b>22</b> 2:30 Protestant Service (A/C)</p>	<p><b>23</b> <b>2:30 Armchair Traveler* (A)</b></p>	<p><b>24</b> 10:15 Devotions (C) 2:00 Pet Therapy (A1/B1) 6:30 Muhlenberg Rotary Club Bingo (A/C)</p>	<p><b>25</b> 10:30 Tulpehocken Honor Society Bingo (A/C) <b>2:30 Craft Club* (A)</b></p>	<p><b>26</b> 10:30 Rosary (C) 6:30 Reminiscing With The Senses (A)</p>	<p><b>27</b> <b>2:00 Cooking Club* (A)</b></p>	<p><b>28</b> 10:30 Barnum &amp; Bailey Day (A)</p>
<p><b>29</b> 2:30 Protestant Service (A/C)</p>	<p><b>30</b> 2:00 Traveling Nail Salon (A3/A1)</p>	<p><b>31</b> 10:15 Devotions (C) 2:00 Pet Therapy (A2/B2) 2:30 Music By Give us A Minute (A) 6:30 Song Burst (A)</p>				<p><b>Legend:</b> A - Auditorium C - Chapel *Denotes Club*- 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-2 Pretzel City

Anna Smith  
Gary Geist

## A-1 Carsonia Court

George Padinske

## Essick Commons

Suzanne Woodall

## B-1 Market Square

Ginger Heist  
Mary Lou Kuzminski

## B-2 Reading Station

Ruth Weber

During the month of February we had 10 new admissions

# Happy March Birthdays

PEARL BOYER.....MARCH 5  
GLENN REBER.....MARCH 7  
KATHLEEN KAHL.....MARCH 8  
GERALDINE SCHEARER.....MARCH 12  
JOYCE REGULA.....MARCH 12  
BILLY EVANS.....MARCH 13  
ELIZABETH BIONDO.....MARCH 14

MARY GERHART.....MARCH 16  
ARTHUR PAULEY.....MARCH 25  
ROSALEE SCHAEFFER.....MARCH 27  
MAE WEBBER.....MARCH 27  
THOMAS KRAFCZYK.....MARCH 27



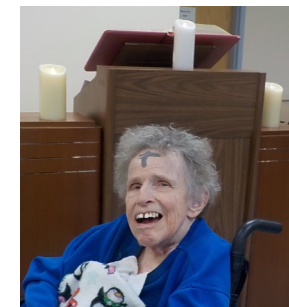
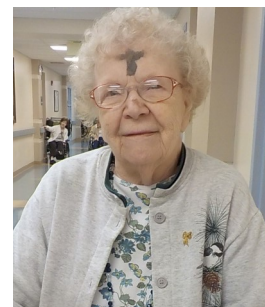
**\*Bold Denotes Centenarian**

A HUGE SHOUT OUT to our local schools for thinking of our residents at Valentines Day. Thank you Oley Valley Middle School art class and Schuylkill Valley Elementary School.



# National Days In March

- 3/1 National Peanut Butter Lover's Day
- 3/2 Dr. Seuss Day
- 3/3 World Wildlife Day
- 3/6 National Employee Appreciation Day
- 3/8 International Women's Day
- 3/11 National Promposal Day
- 3/14 International Day of Mathematics
- 3/15 World Consumer Rights Day
- 3/16 National Panda Day
- 3/20 International Day of Happiness
- 3/26 Purple Day (Epilepsy Awareness)



Residents attending Ash Wednesday Service held by Chaplain Kerry in our Chapel.



# New Employees WELCOME!

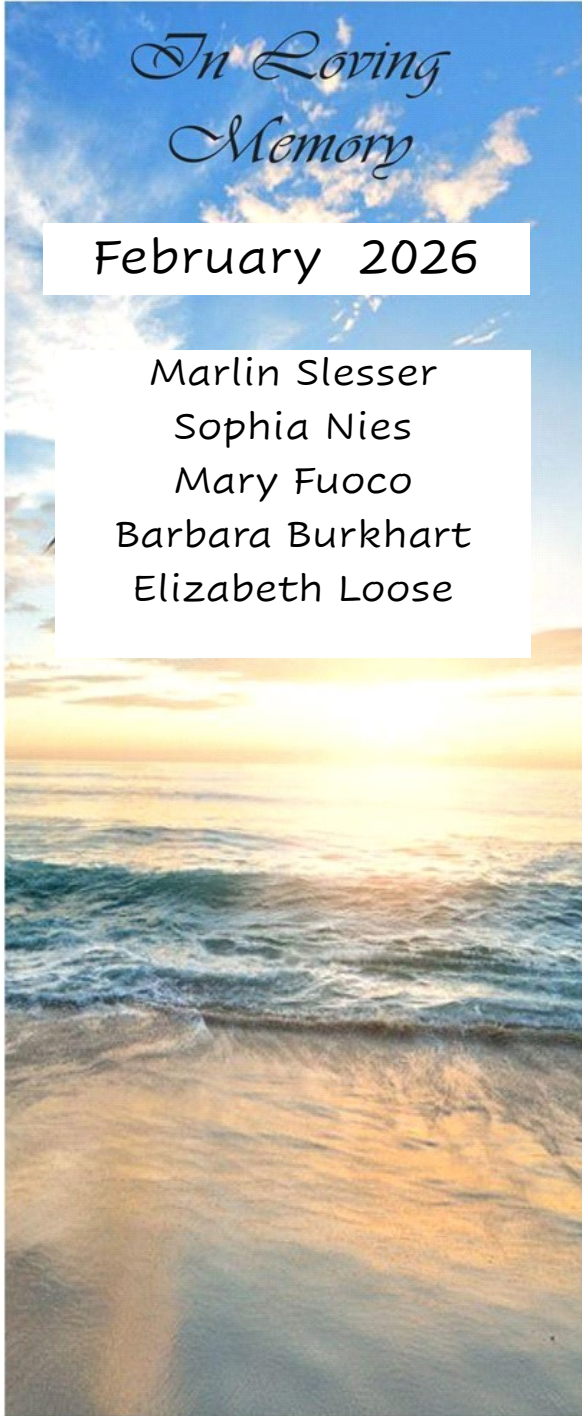
- Karen Hutchinson.....Nursing
- Skye Impink.....Dietary
- Kylee Leon.....Nursing
- Alicia Lopez.....EVS
- Jose Lopez.....Laundry
- Daniel Matz.....Dietary
- Elianie Morales.....Dietary
- Alannah Moseley.....Nursing
- Anahyalynn Santos-Rivera.....Dietary
- Giana Schaffer.....Dietary
- Genesis Sosa.....Nursing
- Tia Thorpe.....Nursing
- Madison Trimble.....Nursing



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



**ANSWER ON PAGE 8**



### Things That Make You Go Hmmm....

By Andrea Riegel

The series finale of M\*A\*S\*H, which aired on February 28, 1983 was watched by more than 60% of all American households. It is still the most-watched TV episode in history.

Seahorses are the only species of fish that swim upright. They are also notable for the male carrying the eggs and giving birth to the brood.

The beauty shop is such a relaxing place for many women. So much so that in Florida it's still technically illegal for a woman to fall asleep under a hairdryer.

Cats and dogs have an excellent sense of sound, but they're nothing compared to dolphins. Dolphins can hear sounds 15 miles away.

"Forty" is the only number that's spelled in alphabetical order in English. Four is also the only number that has the same amount of letters as the number itself.

Because it gets so little precipitation, Antarctica is technically the world's largest desert.

#### Berks Heim Family & Friends

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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 & Melinda Shearin

Printed by the Berks County Services Center Print Shop



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### How Many Did You Spy?

### I Spy Answer :

### There Are 9

