



# Heim Family & Friends

Berks Heim Nursing and Rehabilitation

Resident and Employee Newsletter

March 2024





# CELEBRATING OUR INCREDIBLE STAFF

THANK YOU FOR ALL YOU DO TODAY AND EVERY SINGLE DAY OF THE YEAR



## MAINTENANCE WORKER APPECIATION DAY

A HUGE thank you to our incredible maintenance workers for everything they do—from changing a light-bulb to maintaining our grounds and everything in between.



## REGISTERED DIETICIAN DAY

A big thank you to our dieticians who provide our residents with food and nutrition services.



## SOCIAL SERVICES MONTH

“I cannot do everything, but I can do something. And I will not let what I cannot do interfere with what I can do.”

Thank you to our wonderful social workers for all they do for our residents. Rebecca Fitz - Director, Matt Tracey - EC, Tina Huntsinger - A2, Eric Yoder - A1 & B1, Jennifer Guzman - A3 & B2.



# TO OUR NEW STAFF!

- Teresa Batista—Nursing
- Cynthia Castillo—Nursing
- Traci Galen—Dietary
- Sherri Guistwite—Nursing
- Leah Hawk—Activities
- Natalie Jaskiewicz— Nursing
- Jennifer Marrone— Nursing
- Maryse Paul—Nursing
- Rosalba Pena Rodriguez-Nursing
- Jessica Perez—Nursing
- Lisa Schade—Nursing
- Michele Stine— Nursing



# Happy Work Anniversary!

### 30 YEARS

Tina Graeff—Activities

### 10 YEARS

Yojanssi Cena—Nursing

### 5 YEARS

- Flavius Burlacu—Nursing
- Olivia Karamichalacos—Nursing
- Myrta Martinez—Nursing
- Beverly Schaeffer—Nursing



CAN YOU SPY.....  
WITH YOUR LITTLE EYE,  
“ A LEPRECHAUN ”  
COUNT HOW MANY YOU SPY  
(Answer on page 12)



# RECAP OF FEBRUARY EVENTS



Welcome to our newest group—Nativity Lutheran Church. These ladies will be here the 2nd Wednesday of every month for bingo. The volunteers and residents had a wonderful time.



New this month is the Rosary Service. This group comes to us from St. Ignatius Church. They will be offering a rosary service every Thursday at 10 am in the Chapel.



Thank you to Schuylkill Valley School District Grades K through 4th grade for providing art work. We lined the hallways with their pictures for all the residents and families to enjoy.



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

- |           |                |          |
|-----------|----------------|----------|
| BUNNIES   | GREEN          | RAINBOWS |
| CHICKS    | LEPRECHAUN     | SHAMROCK |
| DAFFODILS | LUCKOFTHEIRISH | SHOWERS  |
| EASTER    | MARCH          | SPRING   |





# MARCH



**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

**Sat**

<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		<b>Starting this month:</b> Book Club 2nd Wednesday of the month in the Aud.			<b>1</b> 10:30 Music in Motion * (A) 2:00 Just for Fun *(A) 6:30 -Movie Night (A)	<b>2</b> 10:30 - A Month In Review (A)
<b>3</b> 2:30 - Protestant Service (A/C)	<b>4</b> 10:30 - Exercise (A)	<b>5</b> 10:15 - Devotions (C)	<b>6</b> 10:00 Oreo Cookie Day (A) 2:30—Chorus *(C)	<b>7</b> 10:30 - Rosary Service (C) 11:00 Gentlemens / Red Hats* (A/C) 2:30 Resident's Council (C) 7:00—Irish Songs (A)	<b>8</b> 10:30 - Fun Fitnessize* (A) 7:00 - Salvation Army (C)	<b>9</b> 10:30 - Whoga/Yoga* (A)
<b>10</b> 2:30 - Protestant Service (A/C)	<b>11</b> 10:30 - Exercise (A) 2:30—Master Minds * (A) 7:00—Jeopardy (A)	<b>12</b> 10:15—Devotions (C) 2:30 - Game Lounge* (A)	<b>13</b> 10:30—Book Club* (A) 2:30—Bingo (A/C)	<b>14</b> 10:30 - Rosary Service (C) 10:30—Lava Java* (A) 2:30—PJ Party (A)	<b>15</b> 10:30—You Be the Judge *(A) 7:00 Reading Philharmonic (A/C)	<b>16</b> 10:30 - Tasters Choice * (A) 2:30—Reading A Capella (A/C)
<b>17</b> 2:30—Protestant Service (A/C) 2:30 St. Patrick's Celebration (A)	<b>18</b> 10:30—Exercise (A) 2:30—Color My World *(A) 7:00—Junk Drawer (A)	<b>19</b> 10:15 - Devotions (C) 2:30 - Dice Club* (A)	<b>20</b> 2:30—Card Club* (A)	<b>21</b> 10:30 - Rosary Service (C) 2:30—Spring Fling (A/C)	<b>22</b> 10:00 Bingo (A/C)	<b>23</b> 2:30 - Physical Games (A)
<b>24</b> 2:30—Protestant Service (AC)	<b>25</b> 10:30 - Exercise (A) 2:30—Cooking Club * (A)	<b>26</b> 7:00—Bingo (A/C)	<b>27</b> 2:30 Spring Slushie Social (A)	<b>28</b> 10:30 - Rosary Service (C) 2:30—Male Gathering (A) 7:00—March Music (A)	<b>29</b> 2:30 Good Friday Program (C)	<b>30</b> 2:30 Survey Says (A)
<b>31</b> 2:30—Protestant Service (AC) 2:30—Easter Social (A)						



**ALL EVENTS AND/OR TIMES ARE SUBJECT TO CHANGE**





## News from the Volunteer Service Board



Please welcome **Kathie Holmes** to the Volunteer Service Board. Kathie is a retired Nurse Educator. She is the President of the Berks County Federation of Women’s Clubs. She is active in the Exeter Women’s Club, county and state club activities, and her church where she serves as chairperson of the Senior Center. She has two therapy dogs who volunteer at The Reading Hospital, the Court House, and visit Senior Living facilities. In her spare time she loves to knit, read, and participate in all activities at the Heritage of Green Hills where she resides. We look forward to having Kathie on the board and seeing her volunteer at our many activities.



Please welcome **Patti Margrave** to the Volunteer Service Board. Patti is retired from Berks Heim after 17 years of being a social worker. She and her husband Jim have four children and five grandchildren. Patti enjoys traveling with her husband, spending time with family and friends, baking, and quilting. Patti is looking forward to volunteering at Berks Heim and visiting the residents as much as possible (without the paperwork) including her mother who is a resident on B1. We are excited to have Patti back at Berks Heim.



### Flower of the month



**Daffodil**

### March birthstone



**Aquamarine**





# WELCOME NEW ADMISSIONS



# Chaplain's Good News for March

By: Chaplain Kerry Hicks

## A-1 Carsonia Court

Marian Bagg

## A-2 Pretzel City

Dorothy Boyer

Paul Mosser

Miriam Steffey

Robert Waszkiewicz

## Essick Commons

Carol Hoover

## B-2 Reading Station

Shirley Schweitzer

## *Shalom*

There has been some interest shown in the definition of *Shalom*. Below you will find that definition in as accurate a state as I am able to access at this time. Understanding that the **Peace of God** may be difficult for us to totally comprehend due to its nature of being beyond understanding. It is my hope that the following will help you to gain insight as to the very nature of God and His **Peace/Shalom**.

*Shalom*: Cannot be translated into English with a single word. *Shalom* comes from *Shalem* meaning to be complete. When there is **Shalom**, there is tranquility, justice, sufficient food, clothing, housing. There is divine health, with no sickness. *Shalom* means an absence of disorder, injustice, bribery, corruption, conflict, lack, hatred, abuse, violence, pain, suffering, immorality, and all other negative forces. A Rabbi wrote that *Shalom* means that: "No good thing is withheld." Therefore, when we pray for the *Shalom* of Jerusalem, we are praying that there will not be any injustice, disorder, strife, violence, poverty, sickness, abuse, accidents, homelessness, pain, hunger, and more. When *Shalom* reigns there will be no immorality, no injustice. The principles advocated in the Torah will be followed by all. Then the command to love your neighbor will be made complete.

**Now the LORD will bless you and keep you, the LORD will make His face to shine upon you, and He will be gracious to you. The LORD will lift-up His countenance upon you, and He will establish *Shalom*.**

God bless you, God bless us all,  
*Shalom*  
Chaplain Kerry



## HAPPY MARCH BIRTHDAYS

June Casmay	March 4	Mary Gerhart	March 16
Pearl Boyer	March 5	Erma Gruber	March 19
Samuel Blatt	March 6	Gloria Kautz	March 20
Glenn Reber	March 7	Samuel Kemp	March 25
Geraldine Schearer	March 12	Rosalee Schaeffer	March 27
Anthony Fonte	March 13 ***	Thomas Krafczyk	March 27
John Intelisano	March 13	Freida Donmoyer	March 28
Billy Evans	March 13	Petrina Incollingo	March 30
Elizabeth Biondo	March 14	Marjorie Everett	March 31
Pauline Bell	March 16	Anna Oswald	March 31



\*\*\*Denotes Centenarian





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

By Andrea Riegel

A typical lead pencil can draw a line that is thirty-five miles long.

Approximately 1 in 2,000 babies are born with natal teeth. It has been said Napoleon, Julius Cesar, and twin sisters Ann Landers and Abigail Van Buren are among those born with teeth.

At 5' 3", Tyrone "Muggsy" Borge is the shortest player in NBA history.

US telephone numbers, 555-0100 to 555-0199 are non-working and have been reserved for use by the entertainment and advertising industries.

A four-year-old asks an average of 437 questions per day.

The index finger of the Statue of Liberty is eight feet long.

You are more likely to die on your way to buy a lottery ticket than you are to actually win the lottery.

You can use the inside of a banana peel to polish leather shoes and silverware and stop mosquito bites from itching.

The first product to have a barcode was Wrigley's gum.

The yo-yo was originally a weapon used in the Philippine jungle.



#### Berks Heim Family & Friends

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### How Many Did You Spy?

I Spy Answer :

There are 11 Leprechauns

