



# Heim Family & Friends



Berks Heim Nursing and Rehabilitation

Resident and Employee Newsletter

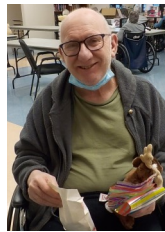
February 2024



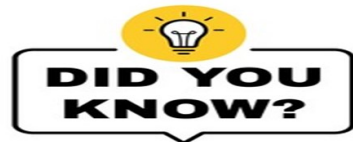


# CELEBRATING ACTIVITY PROFESSIONAL WEEK

Our great group of Activity therapists (pictured to the right) held special events throughout the week for our residents. A big thank you for their dedication and services they provide.



Residents (pictured to the left) enjoying their time at Carnival Fun.



### FACTS ABOUT LEAP YEAR:

- \* An old tradition states that women are allowed to propose to men on this day.
- \* It is a day that doesn't legally exist.
- \* The twin cities of Anthony, Texas, and Anthony, New Mexico, are the self-proclaimed Leap Year Capital of the world. They hold a four-day leap year festival that includes a huge birthday party for all leap year babies.
- \* According to History.com, about 4.1 million people around the world have been born on Feb. 29, and the chances of having a leap birthday are one in 1,461.
- \* People born on Leap Day are called "leaplings" or "leapers." Famous people born on leap day include:
  - Tony Robbins - motivational speaker
  - Jimmy Dorsey - jazz musician
  - Dinah Shore - singer/actress
  - Ja Rule - rapper/actor

### National Days in February

- 2- National Groundhog Day
- National Tator Tot Day
- 7- National Send a Card to a Friend Day
- 9- National Pizza Day
- 14- Valentine's Day
- 16- National Do a Grouch a Favor Day
- 20- National Love your Pet Day
- 21- National Sticky Bun Day
- 23- National Banana Bread Day
- 25- National Clam Chowder Day
- 26- National Tell a Fairy Tale Day



- Kathryn Elizabeth Borkey.....Nursing
- Gibrilla Conde.....Nursing
- Jacquelyne Demsko.....Nursing
- Jessica Estela....Nursing
- Angela Festa.....Nursing
- Osvaldo Garcia De La Cruz.....Laundry
- Victoria Jayne Higginbottom....Nursing
- Windy Nunez Lopez.....Nursing
- Micaela Severino Lorenzo.....Nursing
- Courtney Mengel....Nursing
- Gelen Astacio Mercedes...Nursing
- June Morris.....Nursing
- Ashley Nordahl....Nursing
- Hellynnette Sanchez.....Nursing
- Gina Santoro.....Nursing



CAN YOU SPY.....  
WITH YOUR LITTLE EYE,  
" A GROUNDHOG "   
COUNT HOW MANY YOU SPY  
(Answer on page 8 )



# HAPPY WORK ANNIVERSARY

### 45 YEARS

Brenda Hoffa .....Medical Records

### 10 YEARS

Larissa Fernandez.....Nursing

### 5 YEARS

Neftali Ortiz.... Maintenance





# February



Sun

Mon

Tue

Wed

Thu

Fri

Sat

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<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>			<p><b>Starting this month:                      Rosary Service                      Thursday mornings                      10:00 in the Chapel</b></p>	<p><b>1</b>                      10:00 - Rosary Service (C)                      10:30 - Lava Java* (A)                      2:30—Resident Council (C)</p>	<p><b>2</b>                      10:00 - Groundhog Day (A)                        6:30 –Movie Night (A)</p>	<p><b>3</b>                      10:30 - A Month In Review (A)</p>
<p><b>4</b>                      2:30 - Protestant Service (A/C)</p>	<p><b>5</b>                      10:30 - Exercise (A)</p>	<p><b>6</b>                      10:15 - Devotions (C)                      2:30 - Game Lounge* (A)                      7:00 - Finish the Lyrics (A)</p>	<p><b>7</b>                      2:30 - Bingo (A/C)</p>	<p><b>8</b>                      10:00 - Rosary Service (C)                      10:00 - Gentlemens Club* (A)                      2:30 - Red Hats* (A)</p>	<p><b>9</b>                      10:30 - Fun Fitnesscize* (A)                      7:00 - Salvation Army (C)</p>	<p><b>10</b>                      10:30 - Whoga/Yoga* (A)</p>
<p><b>11</b>                      2:30 - Protestant Service (A/C)</p>	<p><b>12</b>                      10:30 - Exercise (A)                      7:00 - Jeopardy (A)</p>	<p><b>13</b>                      10:00 - Shrove Tuesday (A)                      2:30 - Card Club* (A)</p>	<p><b>14</b>                      2:30 - Ash Wednesday Service (C)                      2:30 - Valentines Day Fun (A)  </p>	<p><b>15</b>                      10:00 - Rosary Service (C)                      7:00 - Junk Drawer Detective (A)</p>	<p><b>16</b>                      10:30 - Music In Motion* (A)</p>	<p><b>17</b>                      10:30 - Tasters Choice* (A)                      2:30 - Piano Quartet (A/C)</p>
<p><b>18</b>                      2:30 - Protestant Service (A/C)</p>	<p><b>19</b>                      10:30 - Exercise (A)                      7:00 - Adverteasing (A)</p>	<p><b>20</b>                      10:15 - Devotions (C)                      2:30 - Dice Club* (A)</p>	<p><b>21</b>                      2:30—Chorus *(C)</p>	<p><b>22</b>                      10:00 - Rosary Service (C)                      2:30 - Bingo (A/C)</p>	<p><b>23</b>                      10:30 - You Be The Judge* (A)</p>	<p><b>24</b>                      2:30 - Physical Games (A)</p>
<p><b>25</b>                      2:30 - Protestant Service (A/C)</p>	<p><b>26</b>                      10:30 - Exercise (A)                      2:00 - Armchair Travel* (A)</p>	<p><b>27</b>                      10:15 - Devotions (C)</p>	<p><b>28</b>                      2:30 - Male Gathering* (A)                      7:00 - Music Guess Who (A)</p>	<p><b>29</b>                      10:00 - Rosary Service (C)                      2:30 - Drumming Circle* (A)</p>		



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





# WELCOME NEW ADMISSIONS



## A-1 Carsonia Court

Lorraine Mast

## A-2 Pretzel City

Marilyn Benevit

Darlene Degler

Gary Good

Erma Gruber

Gary Wagner

## B2 Reading Station

Renee' Horne

Karen Stocker

## A-3 Penn's Pointe

Noreen Showalter

Barry Leisey

## Essick Commons

Sharon Reinhart

## B1 Market Square

Elwood Oxenreider

## HAPPY FEBRUARY BIRTHDAYS

Theresa Salamone.....February 4

Gary Good.....February 8

Peter Dinatale.....February 9

Sarah Freeman.....February 12

William Preneta.....February 14

Denise Clark..... February 17

Magdalene Babiarz.....February 19

Dorothy Bailey.....February 19

Sylvia Davenport.....February 21

Florence Boyer .....February 23

Joseph Levan .....February 27

Virginia Kuser .....February 27

Stella Sheidy..... February 27

Mary Davis.....February 29



On January 20th, Josephine Trois celebrated her 94th birthday with her family. Josephine is pictured below with her son Charles on the happy day.



# Chaplain's Good News for February!

By Chaplain Kerry Hicks

## Memories

Wikipedia definition: **Memory** is the faculty of the mind by which data or information is encoded, stored, and retrieved when needed.

**Memories** are past experiences which are remembered in the present. There are varied ways in which a **memory** could be brought to the forefront of our minds via sights, sounds, aromas...the list goes on...

**Memories** can take us to an exact moment in our past and even sometimes just what has transpired like what is referred to as Deja-vu.

They can be pleasant and take us to a place which can bring back feelings of joy, elation. And they can take us to a place of sorrow, sadness, and the lists go on...

I have a dear friend who is in the process of moving from this life into the next and so many **memories** flooded my mind with past events he and I shared over the years. Many happy, nostalgic thoughts race through my mind. Thankfully, most of them are happy. And even the few that come through as more somber pale in comparison.

The Lord has taught us; And we know that all things work together for good to them that love God, to them who are called according to His purpose. **Romans 8:28.**

It's okay to think of them and to even dwell on them at times. That we might be able to make sense of the things that we may have thought were not so good and yet if we examine them more closely, we can usually find a positive in there somewhere.

Sometimes we use them as an escape from the reality we may be facing in the present. When we do examine them, many times we are able to find answers to where and why we find ourselves in the present moment. So long as we don't dwell on them to escape our present realities, they can be a useful tool to help us move forward with an understanding we may not have had before. When this happens, our life can become more desirable in the present than living in the past.

Let's do our best to live in the present, with the past in mind but, not to let the past dictate our future to the point of despair. Remember, the best is yet to come if we have given our lives to the One who loves us with an everlasting love with no strings attached. **The Lord is my Shepherd, I shall not want... Psalms 23.**

God bless you all,

Chaplain Kerry



**Things That Make You Go Hmmm....**  
By Andrea Riegel

If you wear a ring, the number of germs living beneath it could be as high as the entire population of Europe.

Of all the words in the English language, the word “set” has the most definitions, over 400.

Just like a fingerprint, everyone’s tongue print is different.

In the 1700s, barbers not only gave haircuts and shaves, but also pulled teeth, performed minor surgeries, and did bloodletting.

Plants that are watered with warm water grow faster and bigger than those watered with cold water.

Q is the only letter in the alphabet that does not appear in the name of any U.S. state.

The average person laughs 13 times a day.

Tomatoes were thought to be poisonous until the 1800s.

Every year, Hawaii moves four inches towards Japan.

The cigarette lighter was invented before the match was invented.



**Flower of the month:**  
**Violet**



**February Birthstone:**  
**Amethyst**

**How Many Did You Spy?**  
**I Spy Answer :**  
**There are 9 Groundhogs**




**Berks Heim Family & Friends**

Administrator.....Terry Brennan, NHA  
 Director of Nursing.....Elizabeth Ernst, RN  
 Asst. Director of Nursing.....Justin Marrella, RN

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