



Heim Family & Friends

Berks Heim Nursing and Rehabilitation

Resident and Employee Newsletter

January 2024





FESTIVE SOUNDS FILL THE AIR



The Muhlenberg senior high school band and chorus delighted residents with their beautiful holiday melodies at the unit Christmas parties.



Children from Berks Area Youth Recreation Preschool paid the units a visit singing holiday Christmas carols bringing joy to all.



Calvary Methodist Church members brought holiday cheer to residents ears when they came to sing holiday carols in the Auditorium and Chapel.



The sound of music rang through the Chapel with Paul Becker's handbell performance, accompanied by Annamae Loose on piano.



**CAN YOU SPY.....
WITH YOUR LITTLE EYE,
" A Cardinal Bird"**



**COUNT HOW MANY YOU SPY
(Answer on page 12)**



SEASON OF GIVING



The spirit of giving could be felt throughout the entire building bringing holiday cheer to our residents. Santas Corner was just one event where you could feel the joy and see it in residents faces shown in the pictures below. Santa and Mrs. Claus stopped by to chat and posed for pictures with the residents. Students from Berks Career & Technology along with other volunteers helped our residents throughout the merry event.



Pictured to the right are a few members of the Volunteer Service handing out goodie bags and a loveable stuffed animal to residents at the unit Christmas parties.



Thank you to our AWESOME Community for their generous donations. We received gifts, tissues, cards, books, personal care items, and stuffed stockings to name just a few.



THANK YOU!!

Employees of Berks County
Columbiettes of St. Ignatius Church

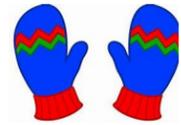
United Way/Godiva Bears
Pet Smart

St. Daniels Lutheran Church

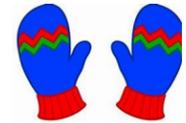
Berks Quilters Guild

Wyomissing UCC Church





January



Sun

Mon

Tue

Wed

Thu

Fri

Sat

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Legend: A - Auditorium C - Chapel *Denotes Club*- If you have interest in joining a club or have questions, please see your Activity Therapist</p>	<p>1 2:30 - New Years Day Fun (A/C) </p>	<p>2 10:15 - Devotions (C)</p>	<p>3 7:00 - Jeopardy (A)</p>	<p>4 2:30—Resident Council (C) 7:00 - Picture It (A)</p>	<p>5 10:30 - Music In Motion* (A) 2:30 - Birthday Party (A)</p>	<p>6 10:30 - Tasters Choice* (A) 2:30 - A Month In Review (A)</p>
<p>7 2:30 - Protestant Service (A/C)</p>	<p>8 10:30 - Exercise (A) 2:30 - Tea Party (A/C) 7:00 - That's It (A)</p>	<p>9 10:15 - Devotions (C) 2:30 - Game Lounge* (A)</p>	<p>10 2:00 - Pop Up- Italian Soda (A/C)</p>	<p>11 10:00 - Gentlemens Club* (A) 2:30 - Red Hats* (A)</p>	<p>12 10:30 - Fun Fitnessize* (A) 7:00 - Salvation Army (C)</p>	<p>13 10:30 - Whoga/Yoga* (A) 2:00 - Movie (A)</p>
<p>14 2:30 - Protestant Service (A/C)</p>	<p>15 10:30 - Exercise (A) 2:30 - Master Minds* (A)</p>	<p>16 10:00 Fig Newton Day (A) 10:15 - Devotions (C) 2:30 - Dice Club* (A) 7:00 - Loaded Questions (A)</p>	<p>17 </p>	<p>18 2:30 - Drumming Circle* (A)</p>	<p>19 10:30 - Fun Fitnessize* (A) 2:30 - Male Gathering* (A)</p>	<p>20 2:30 - Snowball Social (A/C)</p>
<p>21 2:30 - Protestant Service (A/C)</p>	<p>22 10:30 - Exercise (A) 2:30 - Carnival Fun (A/C)</p>	<p>23 10:15 - Devotions (C) 2:30 - Horse Race (A/C)</p>	<p>24 2:30 - Bingo (A/C) 7:00 - The Price Is Right (A)</p>	<p>25 2:30 - Auction (A/C) 7:00 - 20 Questions (A)</p>	<p>26 10:30 - You Be The Judge* (A) 2:30 - Pizza Party (A/C)</p>	<p>27 2:30 - Jukebox Saturday (A/C)</p>
<p>28 2:30 - Protestant Service (A/C)</p>	<p>29 10:30 - Exercise (A) 2:00 - Just For Fun* (A) 7:00 - Penny Pass (A)</p>	<p>30 10:00 - Croissant Day (A) 10:15 - Devotions (C) 2:30 - Hot Chocolate Bar (A/C)</p>	<p>31 </p>		<p></p>	



ALL EVENTS AND/OR TIMES ARE SUBJECT TO CHANGE





Welcome New Admissions



B-2 Reading Station

Anna Hurlbrink

A-2 Pretzel City

Wayne Deiterich

Elaine Gassert

Gwendoline Kline

Essick Commons

Nancy Delp

A-1 Carsonia Court

Betty Henne

Francis Synnamon

Kathryn Ulsh



Danny Davila.....Dietary
Coleen Shacklewood.....Nursing



5 YEARS

Ashley Mercado-Cantres.....Nursing



Happy February Birthdays



Theresa Salamone.....February 4
Edith Gettis.....February 8
Peter Dinatale.....February 9
Sarah Freeman.....February 12
William Preneta.....February 14
Denise Clark.....February 17
Dorothy BaileyFebruary 19

Magdalene Babiarz..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

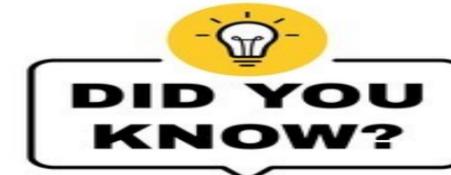


February Birthstone:
Amethyst



The February born shall find
Sincerity and peace of mind,
Freedom from passion and from care,
If they an amethyst wear

Flower of the month:
Violet



National Days in January

- 2 – Cream Puff Day
- 3 – National Chocolate Covered Cherry Day
- 4 – National Spaghetti Day
- 6 – National Cuddle Up Day
- 9 – National Apricot Day
- 13 – National Sticker Day
- 18 – National Winnie the Pooh Day
- 19 – National Popcorn Day
- 23 – National Pie Day
- 24 – National Peanut Butter Day
- 28 – National Blueberry Pancake Day
- 29 – National Puzzle Day



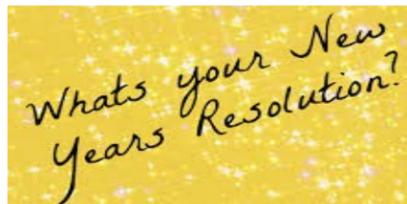
January History Highlights

- January 3, 1870 - Construction began on the Brooklyn Bridge.
- January 4, 1972 - Willy Wonka's trademark was registered.
- January 6, 1975 - Television game show "Wheel of Fortune" premieres.
- January 13, 1930 - The first-ever Mickey Mouse cartoon appeared in newspapers throughout the U.S.
- January 19, 1883 - The first electrical lighting system using overhead wires was constructed by Thomas Edison.
- January 20, 1929 - "In Old Arizona," the first outdoor feature-length talking motion picture was released.
- January 29, 1900 - Baseball's American League is founded.

2024 NEW YEARS RESOLUTIONS

The age old practice of making New Year’s resolutions is a way to reflect on the past and plan ahead. We asked around and have listed below a few of the resolutions residents, families and staff have made for the upcoming New Year.

- * Decluttering the storage area of her basement.....Annette Schaeffer
 - * Work less hours.....Brandy Impink
 - * Lose weight.....Alex Shore
- * Hope my truck and I make it safely to Utah.....Jill Bailey
 - * “To keep going”Lee Herber
 - * “Stress less”.....Michele Reinhard
- * Love and care about people.....Frances Szabo



ALL ABOUT SNOWFLAKES:



Snowflakes are made up of six-sided crystals. If you look carefully you might be able to spot the differences between them. The temperature at which a crystal forms mainly determines the basic shape. Listed below are the various shapes you might see this winter.

- * Needles - long and thin
- * Capped Columns - occur when it is colder than 12 degrees
 - * Columns - dense crystals, act like prisms
 - * Plates - mirrorlike crystals
- * Spatial Dendrites - irregular in high-moisture clouds
 - * Stellar -beautiful and delicate

Chaplain’s Good News for January!

By Chaplain Kerry Hicks

A New Year

A new Year is upon us and as we make our resolutions and plans for 2024 there can be some concern as to whether, or not this is the year that we keep those resolutions. One resolution may be to stop doing this or saying that. It may be that we are going to change our diet or perhaps stop a habit we may have developed over the year/s.

Have we ever thought about making a New Year’s resolution about desire for more of God in our lives? In other words, do we want to be more like our Lord & Savior Jesus? **“Ask and ye shall receive, seek and ye shall find, knock and it shall be opened unto you.” Matthew 7:7–8.**

Most times we try to commit to changing something about ourselves, but do we ever ask the Lord what He may desire for us? What is your will for me Father? Would you please help me to be more like you Lord Jesus? Would you teach me how to be more concerned with pleasing you than myself or others?

Jesus only said what His Father taught Him to say, and He only did what His Father showed Him to do. In order to do this, He prayed often, and He prayed according to the **will/word** of His Father. **“This is the confidence we have before Him, that, if we ask anything according to His will, He hears us. 1 John 5:14.** Have you ever asked Him and didn’t think He heard you because it never came to pass?

When faced with the knowledge of torture and death Jesus became **obedient even unto death on a cross. Philippians 2:8.** Now, try to imagine how hard that must have been and yet ultimately, He decided to say and humble Himself before His Father: **“Not my will, but Thine be done.” Luke 24:42.**

This world teaches and shows us that to gain worldly wealth and material things are to be desired to live a good life and gain favor with others here on earth. And yet we own nothing and cannot take anything we’ve accumulated along with us when we pass on. Just ask the Pharaohs of Egypt!

Ultimately the question becomes: “Are we going to live our lives to please ourselves and others, or are we going to make this year’s resolution to learn from and allow **The Lord to lead us, guide us, and direct our path?**” **“Direct me in the path of Your commands, for there I find delight.”** The choice is ours. The Father gave us free will to do whatever we want to think and do and yet many of us just may find ourselves discontent with many of the choices we have made; not only for us, but for others close to us. What will our New Year’s resolution be this year? Life everlasting in the will of the Lord, or?...





*In Loving
Memory*

December 2023

- Judith Clifford
- Diane Hafer
- Joanne Entzminger
- Mildred Webber
- Linda Kindoll
- Betty Zezenski
- Joan Kriebel
- Dorothy Milco
- Glenda Sweigart
- Mildred Sekulski
- Carol Freese



How Many Did You Spy?

I Spy Answer : There are 13 Cardinal Birds

Things That Make You Go Hmmm....

By Andrea Riegel

- The ostrich lays the largest egg on land, but the whale shark lays the largest eggs in the world.
- Average depth of the ocean floor is 12,000 feet.
- The Hollywood sign weighs 450,000 pounds, averaging nearly 50,00 pounds per letter.
- The Boston University Bridge is the only spot in America where a boat can sail under a train driving under a car driving under an airplane.
- The Etruscan shrew's metabolism is so fast that it needs to eat every two hours or it dies.
- Theodore Roosevelt was shot, and then went on to give a ninety minute speech while covered in blood, the bullet still lodged in him.
- "J" is the only letter that does not appear in the periodic table of elements.
- Humans and bananas share about 60% of the same DNA structure.
- It is believed that around 80% of Earth's gold is still buried underground.
- McDonald's is actually the world's largest toy distributor.

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/Suzanne Baer

Printed by the Berks County Services Center Print Shop



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