



# Family & Friends

Resident & Employee Newsletter

October 2025





## INTRODUCING.....

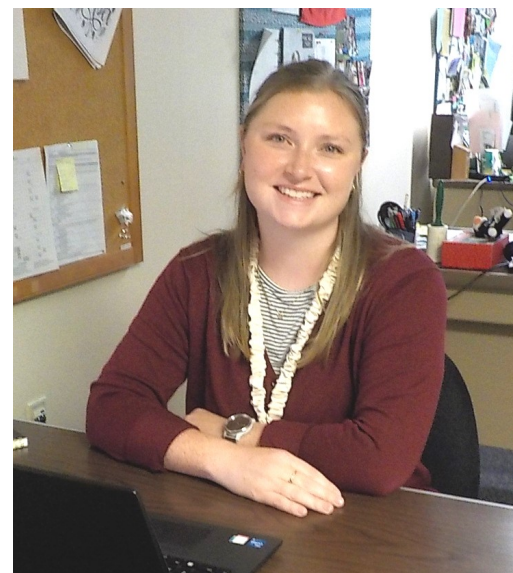
Please join us in warmly welcoming Joshua Grove to Berks Heim. He will be taking over as Administrator on October 6th. He attended Reading Hospital School of Health Sciences and Alvernia University.

He grew up in Deer Lake and currently lives in Auburn, PA. He enjoys golf and skiing and he is excited to be part of this great team!



My name is Carolyn, and I recently started in the Social Services department. I attended high school at Cedar Crest in Lebanon. I went on to earn my Bachelors degree at the University of Vermont and then my Masters degree at Millersville University.

I live in Leesport with my husband Clayton, our 3 year old daughter, Audrey and our cat, Phyllis. We reside on an old Christmas tree farm my husband's grandparents previously owned. I enjoy yoga, sewing, and reading.



## CELEBRATING OUR INCREDIBLE STAFF

This month we celebrate our Pharmacy Team, our Materials Management Department, our Food Service Workers, our Physical Therapists, and our Clergy. Berks Heim is very fortunate to have all these incredible individuals who work as a team to make sure our residents are well taken care of. Thank you everyone!!





# IN CASE YOU MISSED IT....Fun Happenings At Heim Fest

On Saturday, September 13 we held our annual Berks Heim Fest complete with great food, entertainment, and games, along with a bake sale and flea market. Thank you to the staff for making this day special for our residents. Everyone had a great day!



Residents and families enjoying the beautiful weather and food outside.



## National Days In October

1 - Pumpkin Spice Day



4 - Golf Day



6- National Coaches Day

8 - Pierogi Day

10 - World Egg Day



11 - Motorcycle Ride Day



13 - Indigenous People Day

15 - Fossil Day

16 - Bosses Day



21 - Apple Day



22 - National Nut Day

26 - Mother-In-Law Day

27 - Black Cat Day



31 - Halloween



Lloyd Brady and his Fantasy Football trophy



Lloyd has been involved in a Fantasy Football League since 1981. This league is the oldest group east of the Mississippi with 10 members. The members "draft" players for their football team. Over the past 40 years Lloyd has won the trophy four times. He gets to keep the trophy for a year until the next winner.

Congratulations Lloyd!!





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>  <b>2:30 Color My World*</b>  <b>(A)</b>  <b>6:30 Junk Drawer Detective (A)</b></p>	<p><b>2</b>  <b>10:30 Rosary (C)</b>  <b>2:30 Resident Council (C)</b></p>	<p><b>3</b>  <b>10:30 Music in Motion*</b>  <b>(A)</b>  <b>2:30 Stories with friends *(A)</b></p>	<p><b>4</b>  <b>10:30 A Month In Review (A)</b></p>
<p><b>5</b>  <b>2:30 Protestant Service (A/C)</b></p>	<p><b>6</b>  <b>10:30 Exercise Ring Toss (A)</b>  <b>2:00 Western Whirlwinds (A)</b>  <b>6:30 That's It (A)</b></p>	<p><b>7</b>  <b>10:30 Catholic Mass w/Communion (C)</b>  <b>2:30 Apple Fest (A/C)</b>  <b>Music by Give Us A Minute</b></p>	<p><b>8</b>  <b>2:30 Nativity Lutheran Church Bingo (A/C)</b></p>	<p><b>9</b>  <b>10:00 Gentlemens Club* (A)</b></p>	<p><b>10</b>  <b>7:00 Salvation Army (C)</b></p>	<p><b>11</b>  <b>10:30 Taster Choice* (A)</b></p>
<p><b>12</b>  <b>2:30 Protestant Service (A/C)</b></p>	<p><b>13</b>  <b>10:30 Exercise (A)</b>  <b>2:30 Master Minds* (A)</b></p>	<p><b>14</b>  <b>10:15 Devotions (C)</b>  <b>2:30 Sports Club *(A)</b>  <b>6:30 Jeopardy (A)</b></p>	<p><b>15</b>  <b>2:30 Wedding Bells (A/C)</b></p>	<p><b>16</b>  <b>10:30 Rosary (C)</b>  <b>10:30 Lava Java *(A)</b>  <b>2:30 Djembe Circle * (A)</b></p>	<p><b>17</b>  <b>10:30 Fun Fitnesssize* (A)</b>  <b>2:30 Stories With Friends* (A)</b></p>	<p><b>18</b>  <b>10:30 Whoga/Yoga* (A)</b></p>
<p><b>19</b>  <b>2:30 Protestant Service (A/C)</b></p>	<p><b>20</b>  <b>10:30 Exercise (A)</b></p>	<p><b>21</b>  <b>10:15 Devotions (C)</b>  <b>2:30 Dice Club *(A)</b>  <b>6:30 Battle Of the Sexes (A)</b></p>	<p><b>22</b>  <b>2:30 October Fest (A/C)</b>  <b>Music by Toad Creek Tom</b></p>	<p><b>23</b>  <b>10:30 Rosary (C)</b>  <b>2:30 Robert Sean Happy Hour (A/C)</b></p>	<p><b>24</b>  <b>10:30 You Be The Judge *(A)</b>  <b>2:00 Cooking Club *(A)</b>  <b>6:30 Dice Word Game (A)</b></p>	<p><b>25</b>  <b>2:30 Bowling (A/C)</b></p>
<p><b>26</b>  <b>2:30 Protestant Service (A/C)</b></p>	<p><b>27</b>  <b>10:30 Exercise (A)</b>  <b>2:30 Armchair Travel* (A)</b>  <b>6:30 Let's Chat (A)</b></p>	<p><b>28</b>  <b>10:15 Devotions (C)</b>  <b>2:30 Dominoes *(A)</b></p>	<p><b>29</b>  <b>2:30 Craft Club* (A)</b></p>	<p><b>30</b>  <b>10:30 Rosary (C)</b>  <b>2:30 Bingo (A/C)</b>  <b>6:30 Tri-Bond (A)</b></p>	<p><b>31</b>  <b>10:30 Fun Fitnesssize* (A)</b>  <b>2:30 Monster Mash (A/C)</b></p>	

ALL EVENTS AND/OR TIMES ARE SUBJECT TO CHANGE



Welcome New Admissions

A-2 Pretzel City

John Bechtel  
Virginia Fichthorn  
Clayton Dubbs  
Louise Pennypacker

A-3 Penns Pointe

Ann Vath

Essick Commons

Marilyn Nowotarski

During the month of September we had 11 new admissions

Happy October Birthdays

Larry Neff .....	October 1	Ellen Lill .....	October 14
Martha Miller.....	October 2	Louise Jones .....	October 14
Dorothy Golden .....	October 4	Beverly Kuzmission.....	October 16
Virginia Fichthorn .....	October 4	June Geist.....	October 18
Mabel Schaner .....	October 5	Mary Gehringer .....	October 19
Gary Adams.....	October 5	Ruth Karper .....	October 19
Helen Lesagonicz.....	October 6	Jerry Rodgers .....	October 22
Barbara Leitheiser.....	October 6	<b>*Mary Borrell .....</b>	<b>October 24</b>
Beverly Fidler .....	October 6	Marlin Slessor.....	October 24
Barbara Leitheiser.....	October 6	Anthony Marando .....	October 25
Carol Weik .....	October 7	Diane Rauber .....	October 26
Harlan Snyder.....	October 7	Shirley Lingeris.....	October 26
Dorothy Blimline.....	October 8	Klara Carlisle.....	October 27
Shirley Petery .....	October 11	Celia Kilar .....	October 28
Edith Dreibelbis .....	October 12	Alfred Ciabaton .....	October 28
Kay Hertzog .....	October 13	Marilyn Moyer.....	October 28
Brenda Leone .....	October 13		

\*Denotes Centenarian

October FLOWER – Marigold



BIRTHSTONE FOR October  
OPAL



Carolyn Pirtle....Social Services  
Ameryah Plaza.....Dietary  
Leandra Rodriguez.....Nursing



10 YEARS

Tresa Kieffer....Nursing



25 YEARS

Crucita Perez....EVS

Please welcome Robert Sean. He will be volunteering once a month to entertain our residents. Welcome and Thank you!



2025 Walk to End Alzheimer's

Did you know that more than 6 million Americans are living with Alzheimer's Disease? This is why Berks Heim supports the Alzheimer's Association. For many years, we have sponsored a team at the annual Walk to End Alzheimer's. This year the walk will be held on Saturday, October 18 at the Berks County Heritage Center.

The Berks Heim team needs your help! You may make a donation and receive a Forget Me Not flower in the lobby. Your flower will be posted on our displays. If anyone is interested in joining the Berks Heim Team or making an online donation, please go to the Walk to End Alzheimer's – Berks County webpage and look for the Berks Heim team.

We would be so grateful to have your support! References: [www.alz.org](http://www.alz.org)



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

A BLACK CAT



COUNT HOW MANY YOU CAN SPY  
(ANSWER PAGE 12)



PUZZLE PAGE

October



A word search puzzle shaped like a pumpkin. The letters are arranged in a grid that fits the outline of a pumpkin. The words to find are listed at the bottom.

AUTUMN  
CORN MAZE  
FOLIAGE  
HALLOWEEN

HARVEST  
HAUNTED HOUSE  
HAYRIDE  
LEAVES

ORANGE  
RAKE  
SCARECROW  
THIRTY-ONE



Chaplain’s Good News for October

By Chaplain Kerry Hicks

Christianity

What does it mean to be a Christian?

In order for us to go through this study, we must first believe that the Holy Bible is in truth the Word of God. **II Thessalonians 2:13.** *And because of this in fact we on our part, just as you do, give thanks to God constantly, because when you learned a message of divine preaching, you took it from us not as a doctrine of men but, as it truly is a doctrine of God Who is working among you who believe.* The God we are referring to is found in the Holy Bible and is the God of Abraham, and of Issac, and of Jacob (Israel). **We must believe that the Holy Bible is God’s Word to us!**

As a **Christian** we believe that **Jesus Christ** is the Son of **God**. **He** came and lived a sinless life and offered Himself as a living sacrifice to atone (cover/pay) for our sins. He is the promised **Messiah** (Anointed One) Who has come into the world to give His life a **ransom** (deliverance from sin or punishment) for many. **John 3:16** *“For God so loved the world, that He gave His only Son, so that everyone who believes in Him would not die but would have everlasting life.”*

Jesus said to follow Him 21 times in the Holy Scriptures. Two of those passages are **Luke 9:23** *And He was saying to everyone, “If someone wants to come after Me, he must now deny himself and he must take his cross at once, and day by day he must consistently follow Me.”*

And **John 12:26** *“If someone would serve Me, he must continually follow Me, and where I AM there also will My servant be: if someone would serve Me, the Father will honor him.”*

**Romans 12:1 – 2:** *Therefore I urge you, brothers, through the compassion of God, to present your bodies holy, living offerings, pleasing to God, your spiritual service and stop being conformed to this age, but you must from the inside continually be changed into another form, by the renovation of your mind, to prove what is the good and pleasing and perfect will of God for you.*

We must stop living like the world tells us to live and to follow the example(s) **Jesus** showed and taught to us, His followers. **Example: Matthew 5:43 – 48** *“You heard that it was said, “You will love your neighbor” and you will hate your enemy. But I AM saying to you, you MUST love your enemies, and you must pray for those who persecute you, so that you would become children of your Father, the One in the heavens, because He makes His sun rise on evil and good and rains on the righteous and unrighteous. For if you would love those who love you, what reward do you have? Do not even the tax collectors do this? And if you would respect only your brothers, what are you doing that is remarkable? Do not even the heathens do this? Therefore, you must be perfect as your heavenly Father is perfect.”*

Being perfect is always doing God’s will. And when we don’t, we can go to Him in prayer and ask forgiveness to help us do better the next time. We will fail, but that doesn’t mean we have to accept failure as the norm! A righteous man falls seven times but gets back up again. We have an advocate, Jesus Christ the righteous One!

We do not always have to agree with someone to love them!

There is so much more to cover that we don’t have the space to in one article. I will be offering more on being a Christian in later volumes of Berks Heim Family & Friends. As for now, there is much we can do to become more like our Lord & Savior Jesus. We can read His Word regularly; even if you only read one verse a day, start there and work your way up. We are washed in water by the Word. The more we read the Bible (God’s Word) the more we realize that the Bible makes sense versus what the world keeps trying to sell us.

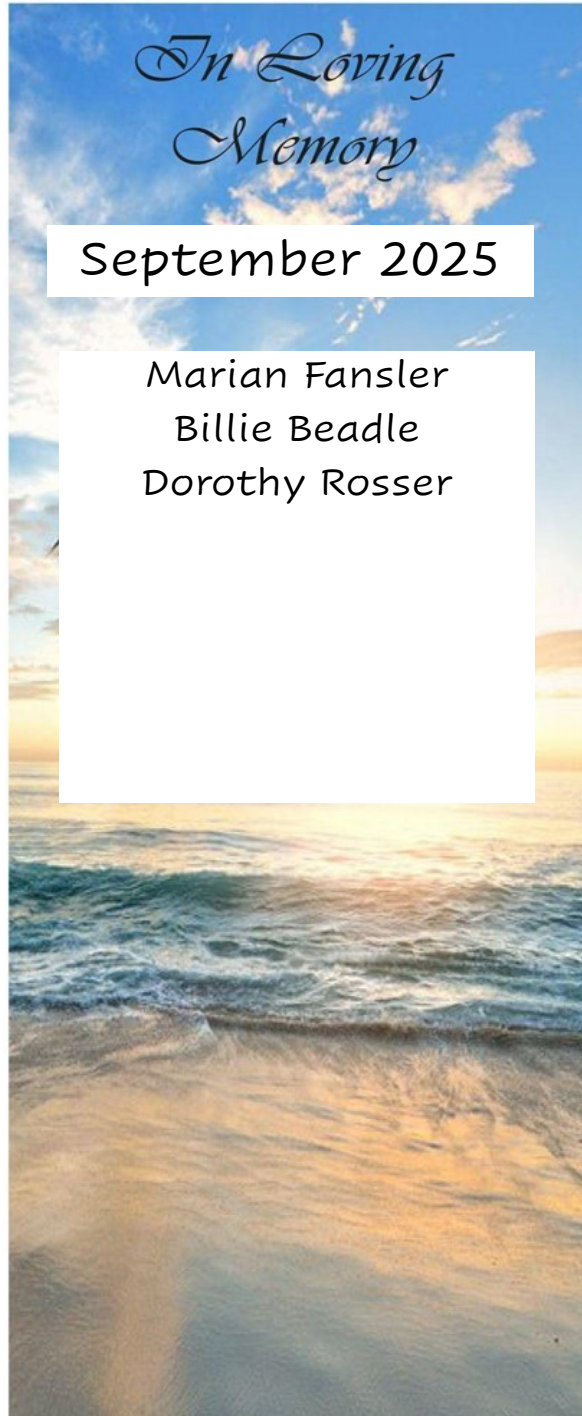
The Holy Scriptures revealing God’s truth. The only truth that is in this world worth knowing will change us into being all we were created to be. What a world this would be if we would only say, and do here on earth as it is in heaven... God bless you one and all!

To our precious Residents who are not of the Christian faith, we as Chaplains are here to minster to you in your faith. We love you all equally and want to continue to meet your spiritual needs as well.

Shalom,  
Chaplain Kerry

Scriptures shared in this article are taken from the One New Man Bible





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



By Andrea Riegel

Now commonly known as body armor, Kevlar fabric was invented in an attempt to make lightweight tires to increase car gas mileage.

Tabasco sauce was first distributed in discarded cologne bottles. The narrow opening on top was perfect for a liquid meant to be sprinkled rather than poured.

Cauliflower can grow over an inch a day. The florets pressing on each other emit a creaking sound that some farmers liken to the popping sound of Rice Krispies.

About 90% of people struck by lightning survive. Most of the lightning passes over their skin in a phenomenon called "flashover."

Cher, Ronald Regan and Carrie Fisher were all rescued with the Heimlich maneuver.

The U.S. produces more oil than any other country on earth.



### Berks Heim Family & Friends

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**How Many Did You Spy?**

**I Spy Answer :**

**There are 10  
Black Cats**

