

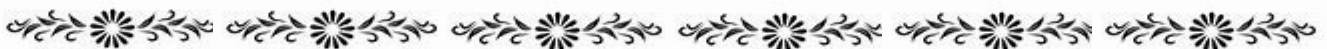


Heim Family & Friends

Berks Heim Nursing and Rehabilitation

Resident and Employee Newsletter

April 2024



WELCOME TO BERKS HEIM, JONATHON

Please join us in warmly welcoming Jonathon Hykes to Berks Heim. He was brought on board to train with our Administrator, Terry Brennan as he prepares for retirement.

Jonathon started off as a Social Worker and Business Office Manager before working as an Administrator for 10 years. He attended Susquehannock High School and completed his undergrad at Bloomsburg. He received his Master's degree at St. Joe's. He has always had a passion for helping the elderly since his grandfather passed from Alzheimer's Disease in 1990.

He originally is from Akron, Ohio but has resided in Blandon for 15 years with his wife Valeen and daughter Kiersten. The family has three dogs, Chase, (Yorkie/Schnauzer mix), Bunny (Miniature Yorkie), Hamlet (Pug), and one cat named Kiki.

He enjoys fishing, BBQ, concerts and camping. Be sure to say hello and welcome Jonathon to our Berks Heim team.



Flower Power



- | | | |
|----------|-------------|-----------|
| ASTER | HONEYSUCKLE | ORCHID |
| CROCUS | LAVENDER | PANSY |
| DAFFODIL | LILAC | SUNFLOWER |
| DAISY | LILY | TULIP |
| GERANIUM | MARIGOLD | VIOLET |



- Angelica Aquino.....Nursing
- Aimee Forrer.....Nursing
- Angela Kline.....Nursing
- Lindsay Krick-Bear....Nursing
- Paula Leis.....Nursing
- Mariah Loose.....Nursing
- Jessica Normann.....Dietary
- Ozemebhoya Odiale.....Nursing
- Maritza Pacheco.....Nursing
- Jaylin Rivera....Dietary
- Sobeida Rosendale.....Activities
- Jamie Seip....Nursing
- Sonya Wright.....Nursing

35 YEARS

Oliver Hoffman.....Laundry

10 YEARS

Carinet Albino Cartagena....Laundry

Lynette Garcia..... Nursing

5 YEARS

Francois Osmann.....Nursing

Beatris Ruiz.....Nursing



**“CAN YOU SPY”.....WITH YOUR LITTLE EYE,
“ A GIRL HOLDING AN UMBRELLA“**



COUNT HOW MANY YOU SPY (ANSWER ON PAGE 12)

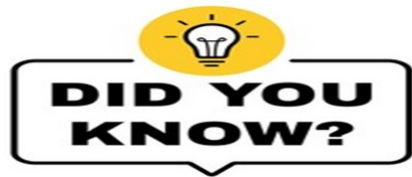
WELCOME BACK CANDY CART

Starting in April the candy cart will be making its rounds once again to the units. Residents will be able to make a purchase from the assortment of candy bars available.





National Volunteer Week takes place April 21-27th. We will be celebrating our great team of volunteers with an Olympic themed luncheon April 26th. We look forward to showing our appreciation to the volunteers who serve our residents here at Berks Heim. Pictured below are some of our dedicated volunteers.



THE BENEFITS OF VOLUNTEERING

- * IMPROVES WELL-BEING
- * SKILL DEVELOPMENT
- * COMMUNITY CONNECTION
- * SENSE OF PURPOSE
- * MAKES A DIFFERENCE IN OTHERS LIVES



RECAP OF MARCH EVENTS



Pictured to the left are residents enjoying book club with volunteer Doris Taney. It is an opportunity for residents to gather together to discuss and share reading materials. It will be held on the 2nd Wednesday of each month at 10:30am. Residents who are interested in joining the group or that have questions please see your Activity Therapist.

Tulpehocken High School Honor Society students (pictured on right) volunteering their time to sponsor a resident bingo.



The month of March brought music to our residents ears. Reading Philharmonic Orchestra, (pictured to the left) and Reading A Capella group, (pictured below) performed and sang songs that were enjoyed by all in attendance.

The Easter Bunny hopped by to see residents!





April



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 10: 30 - Exercise (A) </p> | <p>2 10:15 - Devotions (C) 7:00 - Peanut Butter & Jelly Day (A)</p> | <p>3 2:30 - Bingo (A/C) 7:00 - Junk Drawer Detective (A)</p> | <p>4 10:00 - Gentlemens Club* (A) 10:30 - Rosary Service (C) 2:30 - Resident Council (C)</p> | <p>5 </p> | <p>6 10:30 - A Month In Review (A)</p> |
|--|---|--|---|--|---|--|
| <p>7 2:30 - Protestant Service (A/C)</p> | <p>8 10:30 - Exercise (A) 2:30 - Master Minds* (A)</p> | <p>9 10:15 - Devotions (C) 2:30 - Game Lounge* (A)</p> | <p>10 10:30 - Book Club * (VO)</p> | <p>11 10:30 - Rosary Service (C) 2:30 - Funnel Cake Social (A) 7:00 - Youth Chorus (A)</p> | <p>12 10:30 - Fun Fitnesscize* (A) 2:00 - Cooking Club* (A) 7:00 - Salvation Army (C)</p> | <p>13 10:30 - Tasters Choice* (A)</p> |
| <p>14 2:30 - Protestant Service (A/C)</p> | <p>15 10:30 - Exercise (A) 7:00 - Hangman (A)</p> | <p>16 10:15—Devotions (C) 2:30 - Dice Club* (A)</p> | <p>17 10:30 - Bingo (A/C)</p> | <p>18 10:30 - Rosary Service (C) 10:30—Lava Java* (A) 2:30 - Red Hats* (A)</p> | <p>19 10:30 - Fun Fitnesscize* (A) 2:30 - Male Gathering* (A)</p> | <p>20 10:30 - Whoga Yoga* (A)</p> |
| <p>21 2:30 - Protestant Service (A/C)</p> | <p>22 10:30—Exercise (A) </p> | <p>23 10:15 - Devotions (C) 7:00 - Trivia Challenge (A)</p> | <p>24 2:30—Card Club* (A) 6:30 - Movie Night (A)</p> | <p>25 10:30 - Rosary Service (C)</p> | <p>26 </p> | <p>27 10:30 - Coffee Talk (A)</p> |
| <p>28 2:30 - Protestant Service (A/C)</p> | <p>29 10:30 - Exercise (A) 7:00 - That's It! (A)</p> | <p>30 10:15 - Devotions (C)</p> | |  | | |



ALL EVENTS AND/OR TIMES ARE SUBJECT TO CHANGE



CELEBRATE NATIONAL LAUNDRY & LINEN WEEK

We would like to recognize and express appreciation to the employees who work in the Laundry department. We could not operate without the services they provide for our residents.



MEET OUR NEW ACTIVITY THERAPISTS



My name is Sobeida Rosendale, I went to school in Havana, Cuba. I have two children. My son graduated from Penn State University as an Electrical Mechanic. My daughter will be graduating this spring from Shippensburg University.

I enjoy crafting, sporting events, kayaking and hiking trails. Hobbies have enriched my life, made me happier and helped me become an interesting well-rounded person. I look forward to meeting everyone at Berks Heim.



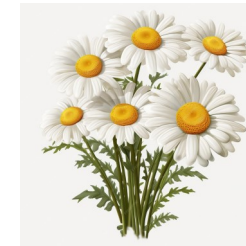
My name is Leah Hawk, I grew up in Allentown and attended Parkland High School. I received my Bachelor degree in Communication Studies at Kutztown University. I currently live in Bernville with my partner Ryan, and our three rabbits.

Bears are my favorite animal and I enjoy singing, acting, writing and playing Magic: The Gathering and Dungeons and Dragons. My name can be pronounced "Lee-uh" or "Lay-uh", whichever is easier!

National Days in April

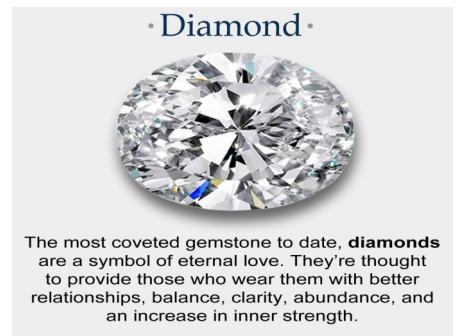
- 1 April Fools Day
- 3 Inspiring Joy Day
- 9 Library Workers Day
- 17 National Cheese Ball Day
- 20 Record Store Day
- 22 Earth Day
- 24 Administrative Professionals Day
- 26 Arbor Day
- 28 Global Pay It Forward Day
- 30 National Tie-Dye Day

FLOWER OF THE MONTH DAISY



Daisy flower signifies purity, happiness, and simplicity.

APRIL BIRTHSTONE



The most coveted gemstone to date, **diamonds** are a symbol of eternal love. They're thought to provide those who wear them with better relationships, balance, clarity, abundance, and an increase in inner strength.



Types of Flowers

Word Scramble

- | | |
|--------------------|------------------------|
| ACLA SLILEI _____ | TASCINANOR _____ |
| SDEISAI _____ | NEAAGDRSI _____ |
| HODCSRI _____ | ORSSE _____ |
| FUWSNOLESR _____ | STPULI _____ |
| PNEEISO _____ | HLSAAID _____ |
| RDMGALOI _____ | SARTE _____ |
| ZLAAEA _____ | BCLKA-YDEE SSNAU _____ |
| TTPBUCURE _____ | PYPPO _____ |
| HMYNUMCATSRE _____ | SCRCOU _____ |



WELCOME NEW ADMISSIONS



B1 - Market Square

Jane Brubaker

A-2 Pretzel City

Arlene Clouser
Kathleen Eshelman
Dorothy Fallon
Mary Hartman
Lorraine Hix
Jeffrey Merkel
Betty Sterner
Francis Way

Essick Commons

Deborah Long
Sarah Simmons



B2 - Reading Station

Edward Wentzel



HAPPY APRIL BIRTHDAYS



Shirley Weller.....April 1
Marilyn Benevit..... April 1
Theresa Ringler.....April 2
Grace Raifsnider.... April 3
Edith Stamm April 4*
Anna Herber..... April 4
Carol Hirneisen.....April 4
Marian Stephenson.....April 5*
Daniel Amoroso.....April 12
Robert Roberts.....April 18

Nancy Lemmerhart.....April 21
Doris Metz.....April 21
Francis Way.....April 21
Barry Sweigart April 22
Rosemary Albright.....April 23
Sharri Northeimer.....April 26
Lorraine O'Rourke..... April 28
Sheldon Kaplan.....April 29

* Denotes Centenarian*



Chaplain's Good News for April!

Passover - Seder - By: Chaplain Kerry Hicks

Passover begins at sundown Monday April 22, 2024.

Passover is the name of the celebration of the release of the children of Israel from Egyptian bondage. It is celebrated with a feast called the **Seder**, the evening meal that teaches God's miraculous deliverance from Egyptian bondage. **Y'shua – Jesus**, the disciples, and every other author of the New Testament celebrated **Passover**.

In the year 196 A.D. the celebration of **Passover** was replaced with the worship of Ishtar, the Babylonian fertility Goddess. The name Ishtar was written in Greek as Istar because there is no "sh" sound in the Greek language. Because the Greek and Latin letters for I are pronounced EE, Istar became Easter when spelled with English letters. The celebration of Ishtar brought with it eggs and rabbits, symbols of reproduction. This was done to separate from Jewish roots and to make it easier for heathens to become Christian by letting them retain the pagan customs.

Seder is the name of the **Passover** meal. This meal may be called a feast, but it really is a modest meal, frequently featuring roast chicken and, although ample, never the overeating many Americans associate with Thanksgiving dinners.

Seder means order and is a reminder of the **Passover** meal eaten in Egypt at the deliverance of the chosen people from bondage as Egyptian slaves. To start the Seder a cup of wine is raised, and a blessing recited to sanctify the table so it can serve as the altar for the evening's service. This cup is called the **Kiddush**, which means **Sanctification** and is seen in **Luke 22:17**. The blessing over the meal is referred to in **Luke 22:19** when **Jesus** raised the bread. Each blessing **He** said started "**Blessed are You O Lord our God King of the Universe.**" The blessing over the bread continued with: "**Who brings forth bread from the Earth.**" Bread in this context means everything we need. A second cup of wine is drunk during the meal.

Before eating, the story of the Exodus is told, then after the meal songs are sung glorifying God and blessing Israel. Included in these songs are the Hallel, **Psalms 113 – 118**. There is a third cup that is taken after the meal, the one **Jesus** lifted in **Luke 22:20**. The **Seder** closes with a fourth cup, the cup of Elijah, coming to announce the coming of **Messiah**. This cup is not drunk. A mini-**Seder** is held in every Orthodox Jewish home every Friday evening to welcome the Sabbath.

Exodus 6:6-7 set the pattern for the **Seder**, each cup representing a promise in those verses. These are referred to as the "Four expressions of Redemption," described in next month's Heim Family & Friends. Stay tuned...

Source: **One New Man Bible – Rev. William J. Morford**

Shalom to all of you,

Chaplain Kerry



In Loving Memory

March 2024

- Jacob Fordyce
- Joseph Levan
- Fern Aulenbach
- Nancy Delp
- Herman Ulsh
- Samuel Blatt
- Edna Levan
- Boris Corbin
- Betty Seltzer
- Florence Boyer
- Ryan Schlegel
- Elizabeth Pacella
- Harold Seltzer

Things That Make You Go Hmmm....

By Andrea Riegel

- Weird doesn't follow the I before E rule. Pretty weird.
- Fried peanut butter and banana sandwiches were Elvis' favorite food and most of us know that. He also always had to have fudge cookies, fresh OJ, shredded coconut, hot dogs, and gum in his house as well.
- In 2016, someone stole \$90,000 worth of Parmesan cheese in Wisconsin.
- Guinea pig's teeth never stop growing.
- Betty White's parents named her Betty to avoid the other nicknames derived from Elizabeth.
- Illegible handwriting is known as griffonage.
- Almost three-fourths of all the fresh water in the world is in Canada.
- When Al Capone was held in Alcatraz, he gave regular Sunday concerts with the inmate band, Rock Islanders. He played the banjo.
- The best way to befriend a goat is to flash it a smile. Goats not only recognize happy human facial expressions, they are drawn to them.
- A sneeze travels out of your mouth at more than 100 mph.



Berks Heim Family & Friends

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How Many Did You Spy?

I Spy Answer :

There are : 13 Girls Holding An Umbrella

