



Family & Friends

Resident & Employee Newsletter

June 2024



SUMMERTIME



Summer is a time for making memories. We asked some of our residents and coworkers “what is your favorite summertime memory”?

A trip to the Volleyball Nationals in Orlando with one of my daughters. It was Lillianna’s first plane ride and real trip . We did a lot of mother daughter bonding . Rebecca Fitz, Soc. Svcs.

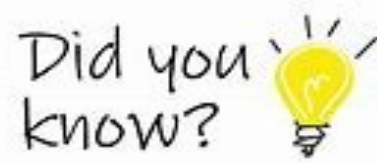
Being on the boardwalk in Atlantic City with her husband Bob.-Martha Miller, B-1

Puerto Rico for kayaking and relaxing on the beach . Melanie Kline, Medical Records

Going with her family to her mother’s bungalow every weekend along the Maiden Creek- Gloria Matuszak, B-2

Her 85th Birthday with the whole family at a Victorian home for a dinner and party. Peggy Harshaw, B-1

ICE CREAM!!! Arleigh Hegarty, -A-2




Summer Solstice Facts:

- The solstice occurs this year on Thursday, June 20 at 4:51 p.m.
- It is the longest day of the year in the Northern Hemisphere and marks the first day of summer, in the Southern Hemisphere it is the winter solstice, the shortest day of the year.
- On the summer solstice the Sun’s path across the sky is curved, it appears to rise and veer to the right as it passes overhead.
- The word solstice originates from the Latin words “sol”, meaning Sun and “sistere”, meaning to come to a stop or stand still.
- Usually it occurs on June 21st, but it can fall anywhere between the 20th and 22nd depending on the journey of the sun.

TASTES LIKE SUMMER

In 1954 Steve and Gayle Henson created a salad dressing and named it after the farm they lived on in California, Hidden Valley Ranch. Over the years ranch dressing gained in popularity and has been one of Americas best- selling dressings. With fresh veggies in peak season you can make your own homemade dressing using the recipe below.



½ cup mayonnaise	1/2 tsp. chives
½ cup sour cream	1/4 tsp. onion powder
½ cup milk or buttermilk	1/2 tsp. garlic powder
1 tsp. dill	salt & pepper to taste
½ tsp. parsley	1 to 3 teaspoons freshly squeezed lemon juice

Makes 1 1/2 cups

Observance Days in June

- 1 – National Go Barefoot Day
- 3 – National Egg Day
- 6 – Marks the 80th Anniversary of D-Day
- 7 – National Chocolate Ice Cream Day
- 10 – Iced Tea Day
- 13 – National Career Nurse Assistant Day
- 16– Father’s Day
- 19 – Juneteenth
- 20 – Summer Solstice
- 23 – National Pink Day
- 27 – Helen Keller Day
- 28 – National Paul Bunyan Day
- 30 – National Corvette Day



COMING IN JUNE:

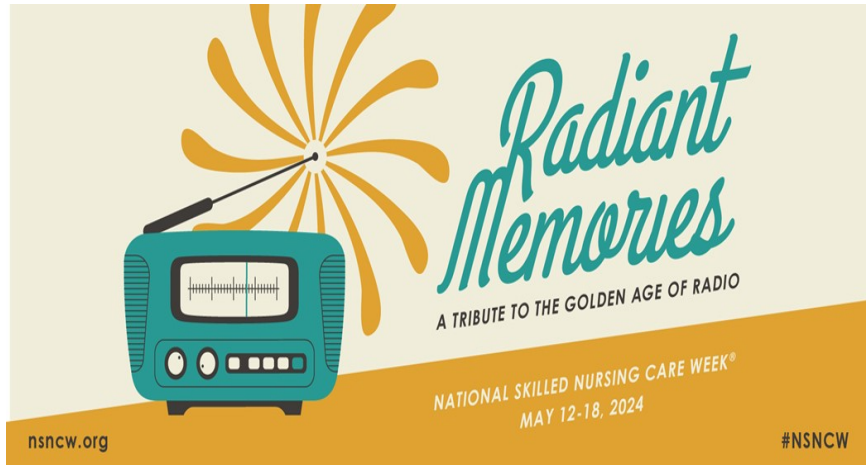
- | | | |
|------|---------------------------|------|
| 6/7 | The Angry Pear | 11-3 |
| 6/14 | Pip and Lily’s Tater Tots | 11-3 |
| 6/21 | The Perk Up Truck | 8-10 |
| 6/28 | Wich Way Sandwiches | 11-3 |



The above vendors and dates are subject to change

NATIONAL SKILLED NURSING CARE WEEK

THINGS YOU MAY HAVE MISSED



During the week of May 12-18 there were a variety of entertaining activities that kept our residents busy. Starting the week was a Mother's Day brunch. We also had a talent show, a sock hop, singing by the Encore Chorale singers, movies, and a malt shop. So much fun was had by all the residents. Thank you to the Activities Department for all their hard work.



(Left) The Irish Dancers performed at the end of April and danced their way into our hearts.

(Top Right) On April 19 the above students graduated from our Nursing Assistant program run by Staff Development.



Behind the Scenes



For close to 40 years, the Salvation Army's Community Care Ministry has been coming to Berks Heim to offer both spiritual and emotional support to our residents. Tony Calafaty has been visiting Berks Heim one Friday a month for the past 20 years. On his visits he performs Sing Alongs to spiritual music, a prayer, and a brief message from the Bible. Small gifts are then distributed to the participants. We thank Tony for his endless devotion to our residents.





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>						1 10:30-A Month in Review (A/C)
2 2:30 - Protestant Service (A/C)	3 10:30-Exercise (A) 2:30-Master Minds* (A)	4 10:15 - Devotions (C) 2:30-Cheese Lovers Day (A/C) 7:00-BINGO (A/C)	5 2:30-Hot Dog Social (A/C)	6 10:30-Rosary (C) 10:30-Lava Java* (A) 2:30-Resident Council (C)	7 10:30-Music In Motion (A) 2:30-Cooking Club*(A) 7:00-Salvation Army Dev. Prog. (C)	8 10:30-Taster's Choice* (A)
9 2:30 - Protestant Service (A/C)	10 10:30-Exercise (A) 2:00-National Iced Tea Day (A/C)	11 10:15 - Devotions (C) 2:30-Game Lounge* (A)	12 10:30 -Book Club*(A) 2:30-BINGO (A/C) 7:00-Youth Chorus (C)	13 10:00-Gentlemens Club*(A) 10:30 Rosary (C) 2:00-Red Hat* (A)	14 10:30-Fun Fitnessize* (A) 7:00-Movie Night (A)	15 10:30-Whoga/ Yoga* (A) 2:30-Bi-Folkal Kit (A)
16 2:30 - Protestant Service (C) 2:30-Father's Day Social (A)	17 10:30-Exercise (A) 2:30-Science Club* (A)	18 10:15 - Devotions (C) 2:30-Dice Club* (A)	19 Juneteenth	20 10:30-Rosary (C) 2:30-Male Gathering* (A) 7:00-One Melody at a Time (A)	21 10:30-Fun Fitnessize*(A) 2:00-Summer Celebration(A/C)	22 10:30-Coffee Talk* (A) 2:00-Onion Ring Day
23 2:30 - Protestant Service (A/C)	24 10:30-Exercise (A) 2:30-Waffles & Ice Cream (A/C)	25 10:15 - Devotions (C) 2:30-Colour My World* (A)	26 	27 10:30 Rosary (C) 2:30-Pineapple Day (A/C) 7:00-Junk Drawer Detective (A)	28 10:30-You be the Judge* (A) 7:00-Golden Program (A)	29 2:30-Physical Games (A)
30 2:30 - Protestant Service (A/C)						

ALL EVENTS AND/OR TIMES ARE SUBJECT TO CHANGE

Welcome New Admissions

A-1 Carsonia Court

Elizabeth Brunner

A-2 Pretzel City

Robert Brubaker

Omaira Haase

Jean Heffner

Grace Hoffman

A-2 Pretzel City

Louise Jones

Dorothy Leas

B-1 Market Square

Ruth Baer

Betty Hoffman

A-3 Penn's Pointe

Barbara Schnable

Sylvia Seward

Happy June Birthdays

James Cooper.....June 1

Martha Smith.....June 2

Regina Zdradzinski.....June 3

Mary Seaman.....June 7

Omaira Haase.....June 9

Lee Rothenberger.....June 10

Arleigh Hegarty.....June 10

Shirley Beck.....June 13

Jill Bailey.....June 15

Bonnie Ehst.....June 17

Marian Bagg.....June 18

Sarah VanCampen.....June 18

Lorraine Hix.....June 19

Velma Bauman.....June 24

Judith Brndjar.....June 23

Lynne Voit.....June 26

Waynette Wilson.....June 28

June Birthstone:
Pearl

**Wisdom, femininity,
purity and generosity**



June Flower : Rose



Happy 100th Margaret Messner !!



Isaac Aleman.....Dietary

Justine Balsbough.....Nursing

Madeline Brown.....Nursing

Katlyn Christman.....Nursing

Helena Ernst.....Nursing

Andrew Flay.....Maintenance

Ashley Galindo.....Nursing

Gabrielle Gilbert....Dietary

Tess Giorgio.....Nursing

Deborahann Link.....Nursing

April Minnick.....Nursing

Cassie Paup.....Nursing

Alexis Santiago.....Nursing

Jane Shields.....Nursing

Kiana Telenko....Nursing

Braulia Vanderhurst.....Nursing

Pamela Wagner.....Nursing

EMPLOYEE ANNIVERSARIES

5 YEARS

Vanessa Perez.....Nursing

Lisa Valenti.....Nursing

10 YEARS

Bobbi Jo Kramlich.....Administration

20 YEARS

Christa Freas.....Nursing

Dawn Gilbert.....Business Office



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

A ROSE

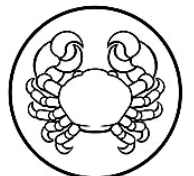


**COUNT HOW MANY YOU SPY
(ANSWER - PAGE 12)**

Astrology Signs

Gemini

Cancer



SUMMER WORD SCRAMBLE



1. EALCSSTDNA _____
2. PAICGMN _____
3. ELVATR _____
4. OAANICVT _____
5. UYJL _____
6. SOSTHR _____
7. ESNNGRESU _____
8. MSWI _____
9. UTASGU _____
10. HTO _____
11. PYLA _____
12. CMERICEA _____
13. FNA _____
14. ALDSASN _____
15. BECAH _____
16. TMSIWSUI _____
17. EJNU _____
18. OLOP _____
19. IBNIKI _____
20. NSU _____

FATHER'S DAY TRIVIA

1. Who invented father's day?
2. Since when has father's day been officially celebrated?
3. In 1924, President _____ made Father's Day a national event.
4. In 1966 a presidential proclamation declared the _____ of June as Father's Day.
5. Father's Day is the _____ most popular card-sending holiday.
6. What is the official flower of father's day?
7. A _____ is worn in the lapel if your father is living, a _____ if he is deceased.
8. There are approximately 70.1 _____ fathers in America.
9. What percentage of Americans celebrate or acknowledge Father's Day.
10. What is the most popular father's day gift?

1. Sonora Dodd 2. 1972 3. Calvin Coolidge 4. 3rd Sunday 5. fifth 6. Roses
 7. Red Rose, White Rose 8. Million 9. 75% 10. Necktie



Chaplain's Good News for June!

By Chaplain Kerry Hicks

This is the 3rd and final installment of Seder/Communion.

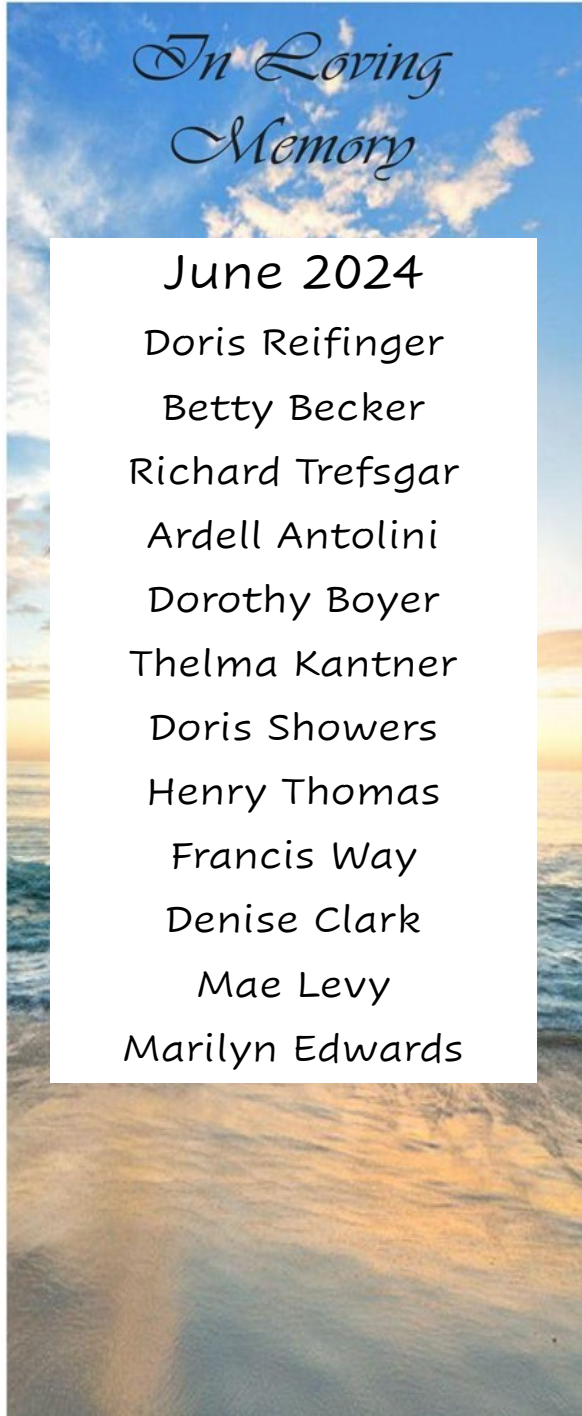
Cup 4. And I will take you to Myself for a people, and I will be God to you, and you will know that I AM the LORD your God, Who brings you out from under the burdens of the Egyptians. This represents the crossing of the Jordan into the Promised Land. Spiritually the fourth cup represents crossing into eternal life. It is called the cup of Elijah which is poured, but not drunk. It can only be drunk after Elijah comes heralding the return of Messiah and the beginning of the Messianic reign. Some rabbis have taught that there are five cups, by inserting one after the third cup, but before the cup of Elijah. The cup of Elijah announces the Messianic reign, but we have not yet had the Messianic reign bringing peace to all mankind, so we cannot yet drink the cup of Elijah.

When you take communion remember these cups and remember what the LORD has done for you. This puts Paul's admonition in **I Corinthians 11:17 – 26** in perspective. **Verse 17. But when I give these instructions, I do not praise you, because you come together, not for the better but for the worse. 18. For indeed to begin with when you gather in a congregation, I hear there are divisions among you, and I believe it in part. 19. For it is necessary there should even be dissension among you, so that also the proved ones would become revealed to you. 20. Therefore when you come together for this, it is not the Lord's supper you eat: 21. for each takes his own supper to eat beforehand, and indeed one is hungry, and another is drunk. 22. Do you not have homes in which to eat and to drink? Or do you despise the congregation of God, and do you shame those who do not have enough? What could I say to you? Will I praise you? I do not praise you in this. 23. Now I received from the Lord, which I also gave over to you, that the Lord Jesus, on the night in which He was betrayed, took bread, 24. And after He gave thanks, He broke it and said, "This is my body being given on your behalf: you must regularly do this in remembrance of Me." 25. Likewise also the cup after supper saying, "This is the Renewed Covenant by means of My blood: you must continually do this, as often as you would drink it, in remembrance of Me." 26. For as often as you would eat this bread and you would drink the cup you are proclaiming publicly the death of the LORD until He would come.**

The cup after supper, the third cup, is the Cup of Redemption, with the grape juice or wine representing the blood of our kinsman Redeemer. We need to come in humility with repentant hearts, truly seeking to be better in the coming days than we have been so far, saying to the Lord **"Everything I have is Yours.**

Source: ONMB – Rev. William J. Morford

God bless you all!!!



In Loving Memory

June 2024

- Doris Reifinger
- Betty Becker
- Richard Trefsgar
- Ardell Antolini
- Dorothy Boyer
- Thelma Kantner
- Doris Showers
- Henry Thomas
- Francis Way
- Denise Clark
- Mae Levy
- Marilyn Edwards

Things That Make You Go Hmm...

- The bits at the end of shoelaces are called *aglets*.
- Humans are more likely to be killed by a vending machine than by a shark.
- Talking on a cell phone while driving, increases your chances of being in an accident by 400%.
- An average of 1.2 million acres of U.S. woodlands burn every year.
- Whale voices can travel a whopping 479 miles through the waters of the ocean. Whales can communicate with each other for long distances.
- The bend in a flamingo’s leg is not a knee. In fact, it’s actually an ankle.
- Richard Nixon’s favorite snack was cottage cheese with ketchup.
- Technically, a banana is a berry. A strawberry is not. Strawberries are known as a “false fruit”.
- The unreachable spot between your shoulder blades is your *acnestis*.
- According to many food authorities, a *smidgen*, is an actual measurement. It’s a half of a pinch, or 1/32 of a teaspoon.

Berks Heim Family & Friends

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

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How Many Did You Spy?

I Spy Answer :

THERE ARE 10 ROSES