



Heim Family & Friends

Berks Heim Nursing and Rehabilitation

Resident and Employee Newsletter

SEPTEMBER 2017

GREEN THUMB GARDENERS



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COMING SOON—MARK YOUR CALENDARS!

September 9- 11 a.m.- 4p.m. - **HEIMFEST** A day of music, food and fun!

September 19 - 2:30 - Hot Dog Social (A/C)

September 26 - 2:30 - Bingo -Blandon Lioness Club (A/C)

September 29 - 2:30 - Autumn Celebration (A/C)

GREEN THUMB GARDENERS (CONTINUED FROM PAGE 1)



Our Garden Club members are all thumbs! Green thumbs, that is. For 2017 they planted cucumbers, green peppers, and tomatoes. This year's crop has been abundant.

Now it's time to enjoy their bounty. The cucumbers are their biggest crop, green peppers are still coming in and the tomatoes are just starting to ripen. Club members enjoy gardening in the raised beds that are in the courtyards. If you have a vegetable garden, you know nothing beats eating the vegetables right after they are picked. Congratulations to our gardeners for a job well done.

LIFE IN THE 1950's and 1960's

Do you ever think about how life was in your younger years or reminisce about your mother using a soda bottle filled with water and a corked spout to sprinkle clothing before she ironed, because she didn't have the luxury of permanent press fabric? Do you remember having to change the channel on the TV by turning the channel knob on the TV set instead of using a remote? Below is an interesting timeline of modern conveniences and technological advances that were patented or invented in the 1950's and 1960's.

- 1950** – The first **credit card** was invented. (**Really? There was life without credit cards?**)
- 1951** – **Super Glue**, **power steering** and the first **videotape recorder** were invented.
- 1952** – **Mr. Potato Head** and the **bar code** were patented, and the **hydrogen bomb** was built.
- 1954** – The **nonstick Teflon® pan** was produced.
- 1955** – **Tetracycline** and the **wireless TV remote** were invented. (**The beginning of the couch potato!**)
- 1956** – “Mistake Out” was invented, later renamed **Liquid Paper**.
- 1958** – The **computer modem** and the **Hula Hoop** were invented.
- 1959** – The **internal pacemaker** and **Barbie Doll** were invented.
- 1961** – **Nondairy creamer** was invented.
- 1962** – The **audio cassette**, the first **computer video game** and **silicone breast implants** were invented.
- 1964** – **Permanent-press fabric** was invented!!! (**No need to sprinkle clothes when ironing!**)
- 1965** – **Soft contact lenses**, **NutraSweet** and the **compact disk** were invented.
- 1966** – **Electronic fuel injection** for cars was invented. (**No more pumping the gas pedal!**)
- 1967** – The first **hand-held calculator** was invented. (**And they were very expensive!**)
- 1968** – The **computer mouse** was invented.
- 1969** – The **artificial heart**, the **ATM** and the **bar code scanner** were invented.

Interestingly, the computer evolved over many, many years, starting with a simple computer in 1941 that could solve 29 equations simultaneously. The first commercial computer was available in 1946, and a number of personal computers hit the market between 1974 and 1978.

HEIM FEST ENTERTAINMENT SCHEDULE

AUDITORIUM

11:00 AM – 12:15 PM --- Picking & Grinning with Wendell and Rita

12:30 PM - 1:30 PM — Pretzel City Chorus

1:30 PM - 2:00 PM — Swing Fever Setup

2:00 PM - 4:00 PM — Swing Fever Dance Band

A-2

1:00 PM - 1:30 PM — Dave Reinwald

2:00 PM - 2:30 PM — The Miller Brothers

B-2

1:45 PM - 2:15 PM — Dave Reinwald

2:30PM - 3:00PM - Bob Hassler

A-3

1:00 PM - 1:30 PM — The Miller Brothers

3:15 PM - 3:45 PM — Bob Hassler

B-3

1:00 PM - 2:00 PM — Bob Hassler

EC

1:30 PM –2:15 PM - Picking & Grinning with Wendell and Rita

MENU

INSIDE:

Hot Dogs

Hamburgers

Turkey Barbecue

Pizza

Sausage Sandwiches

Ice Cream w/Strawberries

Sponge Cake w/Strawberries

Cold Drinks

OUTSIDE:

French Fries

Funnel Cakes



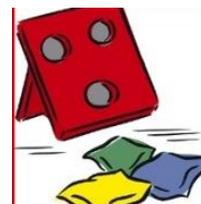
ALSO FEATURING:

FLEA MARKET FROM 11:00 - 3:00

BAKE SALE

RUFUS THE CLOWN

GAMES



Prices will be noted at food stands and on Price Lists throughout the building.



TO OUR ADMISSIONS IN AUGUST

A-2 Pretzel City

James Shalters III
Mary Convry
Harold Althouse
Louis Dinatale

A-3 Penns Pointe

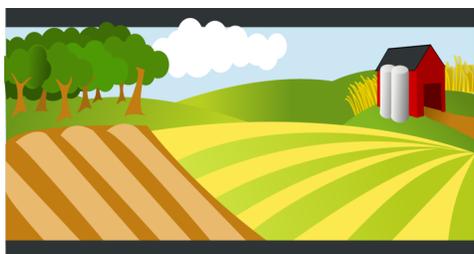
Ada McCracken

B-1 Market Square

Christine Bernecker

B-3 Pagoda View

Betty Miller-Luckenbill
Lynn Luckenbill



Happy OCTOBER Birthdays

Evelyn Schaeffer	A-1	October 1
Anna Miller	B-1	October 1
John Riegel	A-1	October 2
Joan Mohr	A-3	October 4
Dorothy Golden.....	A-3.....	October 4
Stella Blatt.....	A-1	October 5
Theodore Flowers	A-2	October 5
Rodney Ford	B-3	October 5
Margaret Turner	EC.....	October 6
Teresa Isett	B-2	October 6
Pearl Heffner	B-3	October 7
Luis Escobar-Martinez.....	B-2	October 7
Carol Weik.....	B-2.....	October 7
Elsbeth Rapp.....	B-1	October 9
Jeanne Ripple	B-3	October 9
Barbara Rutkowski	EC.....	October 9
Dorothy Kerns	B-3	October 10
Ann Michael.....	A-1.....	October 10
Irene Lash.....	A-1.....	October 11
Arthur Green	A-2	October 12
Hazel Johnson.....	A-2.....	October 13
Ann Williamson-Thompson.....	B-3	October 14
Ellen Lill.....	B-1	October 14
Dorothy Skuczas	A-3	October 15
Leo Harter	B-3	October 16
Ann Wierzbicki.....	EC.....	October 19
Harriet Merkel.....	EC.....	October 19
June Gehringer.....	EC.....	October 20
Adelaide Schwartz.....	A-2.....	October 20
Elaine Reisenweaver.....	B-3	October 21
Glenda Sweigart.....	A-3	October 21
Doris Martin	A-3	October 22
Barbara Rapp.....	A-1	October 23
Marguerite Mortimer	B-1	October 24
Mary Noecker	B-2	October 24
Donald Borden.....	A-3.....	October 24
Mary Borrell.....	A-2.....	October 24
Irene Crammer.....	B-3	October 26
Ruth Weitzel	A-2	October 28
Anna Mae Bricker.....	A-2.....	October 29
Nancy Diem.....	B-1.....	October 31



Chaplain's Good News for SEPTEMBER!

by Chaplain Kerry Hicks



“The Word” Part 1

Good day fine Ladies and Gentlemen of Berks Heim.

We read in the Gospel of **John 1:1** In the beginning was the Word, and the Word was with God, and the Word was God...

John 1:14 And the Word became flesh and lived among us, and we saw His glory, glory in the same manner as *the only child of the Father*, full of grace and truth.

I Timothy 3:16 And the mystery that is held and nourished by godliness is undeniably great: Who was revealed in flesh, He was proved to be right in spirit, He was seen by angels, He was preached among the heathens, He was believed in the world, He was taken up into glory.

The scriptures above reveal to us that Jesus Christ, (**Y'shua Messiah**), was and is God; Who was made to appear in the flesh. (In the same way we understand that **Deuteronomy 6:4** “Listen! Obey, O Israel! The LORD is our God! The LORD is One! **This along with Deuteronomy 11:13-21 and Numbers 15:37-41** are the 3 parts that make up **The Sh'ma**). These verses are recited daily by the Jewish people around the world.

There is no difference between Y'shua, (Jesus) and God except for the fact that Y'shua, (Jesus) is “**God Incarnate**”!

The last paragraph below, of this month's “Heim Family and Friends Chaplain's Good News” is from the One New Man Bible: Hebrew Scriptures edited and Greek New Testament Text translated by William J. Morford.

(If we can truly grasp that Y'shua is God Incarnate, we will see Him in a new and astonishing way. While a high percentage of Christians say that Y'shua, is God Incarnate, few realize the depth of meaning in this phrase. The Name LORD in Hebrew is the imperfect tense, meaning He was, He is, He will be. LORD cannot be tied to one tense, one time. In 1779, John Newton wrote: “Incarnate God! The soul that knows thy name's mysterious power will dwell in undisturbed repose, nor fear the trying hour).”



NEWS FROM THE VSB...

(Berks Heim Volunteer Service Board)



“The Berks Heim VSB continues to serve Berks Heim residents and staff through volunteer service and provide financial support for residents’ needs via fundraising.”

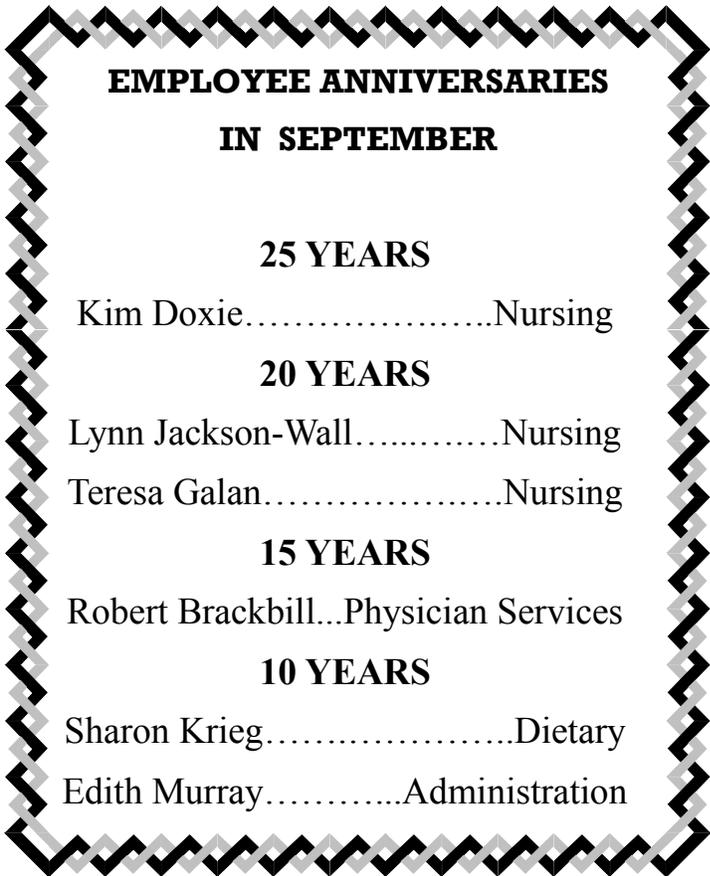
Members of the Volunteer Service Board have graciously donated artist work including paintings, scenic photography, etc. that are now displayed in some of the rooms in the Rehabilitation Unit. Large sized clocks were also purchased by the VSB to hang in the resident rooms. The rooms have accent painted walls for a warm homelike environment.



HEIM FEST TICKETS ON SALE NOW

Stop by the front desk to purchase tickets. The price is \$2 each or 3 for \$5. The drawing will be held at 3:00 on the day of Heim Fest. There are many great prizes including the queen sized quilt!

You do not have to be present to win, however we hope to see you there!



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WITH A SONG IN HER HEART

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Residents enjoyed getting together for the monthly birthday party celebrating everyone's birthday. This party was for residents with August birthdays. As a special treat Trista Mayo sang for the group. Trista and her family are long time volunteers transporting for devotions, sponsoring bingo games, the Italian get together, and ice cream socials. She sang songs from the big band era, which she loves!



Above : residents enjoy the songs Trista Mayo sang for them at the August Birthday Party.



Above: Trista Mayo sang songs from the Big Band era.

SAFETY/ SECURITY CORNER

With Tips from Dave Ruth

Security Supervisor

School's Back in Session

While many parents are rejoicing that the children are now back to school, it is also a time to be reminded of safety especially while driving and encountering school buses. Over 1.5 million students are bused to and from school daily throughout the state and everyone must ensure that we follow the rules regarding school bus safety.

When must you stop? You must stop when a bus has their red flashing lights displayed and the Stop sign arm is extended. Vehicles are to remain at least ten feet from the bus and may not move until after the stop sign arm is retracted and the flashing lights are turned off. Good practice is to make sure you know the children exiting the bus are in a safe place before driving. Motorists must also stop at intersections if the bus has lights flashing and stop sign arm extended. Also, if bus is loading or discharging, on any street or highway without a defined physical barrier motorist in both directions must stop. If there is a defined physical barrier, opposing traffic does not have to stop.

Remember, if stopped for failure to follow the laws, you may lose your license for sixty days, receive 5 points, and a \$250.00 fine. Let's all be safe, keep our children safe, and follow the laws.

Dave Ruth
Director of Security

SMILE FILE



Members of Zion Moselem Lutheran Church came to Berks Heim bearing gifts. They donated lap robes in many colorful combinations that were handmade by church members. We thank the church members for making the lap robes and delivering them here for our residents to enjoy.

Berks Heim Family & Friends

- Administrator Terence Brennan
- Director of Nursing Cheryl Munro, RN
- Asst. Director of NursingMaxine Heller, RN
- Asst. Dir. of Nursing/Shift Coordinator.....Amy McKnight, RN

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