

FOCUS ON POTTSTOWN

Deliah & Dean Market

Customers love shopping at Deliah & Dean Market is an independent natural food store dedicated to promoting health and wellness in the Pottstown community.

Store owners, Ronald & Dena Reeves, opened the store with an official ribbon-cutting ceremony in November 2019 and make it a point for customers to feel welcomed inside the renovated store which features fresh produce, organic and conventional foods, frozen foods, and a selection of vitamins, supplements, and health and beauty products. The store is proudly featured on Valley Forge Tourism's "Make It Main Street" promotions, seen on television and online, and is often highlighted in local Pottstown area social media.

With a location at 219 East High Street in the heart of downtown Pottstown, we are especially excited for local area

residents and visitors to experience Deliah & Dean's range of amenities, especially our plant-based food selections, cold-pressed juices, grab-n-go smoothie drinks, and desserts from our favorite New York bakery. The store's staff is very knowledgeable and helpful, and there is a wonderful selection of gluten-free, paleo, and lactose-free items to support any dietary restriction.

Deliah & Dean customers enjoy a relaxed, upbeat shopping experience and even learn about the nutritional benefits of functional foods.

Shop Small and visit Deliah & Dean Market during store hours on Monday-Friday 9:30 am - 6 pm and Sundays 11-4, or online at www.deliahanddean.com. For additional information, please call 610.551.4288 or email deliahanddean@gmail.com.



WHOLE FOODS • ORGANICS • DECOR

Fresh produce, organic, plant-based, gluten and dairy free products, vitamins & more.

Open Monday-Friday 9:30 am - 6 pm
Sunday 11 am - 4 pm • Closed Saturdays

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Shop Small!



Shop in store, or order your favorite products using curbside pickup or home delivery.

DELIAH & DEAN MARKET
219 East High Street, Pottstown, PA 19464
610.551.4288



Lastick Furniture & Floor Coverings

Hello! We are the Lastick family and thought it would be good for you to get to know us. We are a niche' family business built on old school values, progressive products, tried and true vendors and superior customer service. We have been a staple in the downtown Pottstown community since 1973 and through the years have greatly expanded our customer and delivery base to surrounding areas. These include but are not limited to, Berks, Bucks, Chester, Montgomery and Philadelphia counties. Our best advertising continues to be our customers satisfaction and word of mouth.

We have strong business roots! In 1973, Eli and Sonia Lastick and their son Jerry, embarked on an endeavor that would change the way business would be done at 310 E. High St. Pottstown, in the former notable Eagles building. The business grew quickly; it did not take long until additional space was needed for expansion. At that time, the family purchased the Block Furniture building at 269 E. High Street. In 1979, their daughter Marsha Lastick-Petnick and her husband, Martin, would also ultimately join the family business.

Fast forward to 2021. With 48 years in doing business downtown, 28,000 square feet of selling space for home furnishings and décor, and an additional 5,000 sq. ft. of flooring, you can be assured we have what you are looking for. Our showcase gallery status continues to provide our customers with the added benefits of

preferred pricing, ordering privileges and cost-effective shipping. The newest looks at the lowest prices! Who wouldn't love that?

Our flooring store should also be noted for the convenience of one-stop-shop for our customers and a diverse selection. Under the supervision of Marsha's husband Martin, the store has been given a complete makeover. The new lighting and flooring displays will surely spark a new level of interest. Our product lines include Brazilian mahogany and cherry, tiger wood, hickory, cork, maple, lyptus and of course laminates, carpets and vinyl.

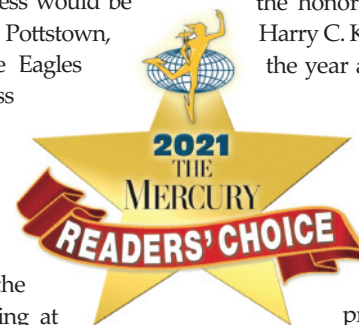
We have received fifteen consecutive Mercury Reader's Choice Awards and the honorable achievement of the Harry C. Kahn Memorial Retailer of the year awarded by the Tri-State

Home Furnishings Association. We could not be more honored to be here for you.

Our "secret sauce" is definitely a recipe of fabulous, on trend

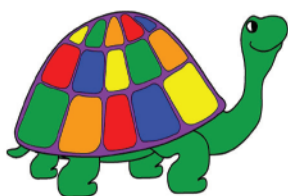
products at low prices, superb customer service, and much appreciated, customer loyalty. We continue the mission of Eli and Sonia Lastick and continue to conduct business with an exceedingly high level of integrity at the forefront of our business model. We walk our customers through every stage of the design experience giving special attention to the buyers needs before, during and yes, even after the sale!

For additional information, please call 610.323.4000 and visit www.Lastick.com.



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Warwick Child Care Center, Inc.



4 WEEKS FREE

New clients are eligible for 1 week free, every 3 months they are enrolled. Not valid with any other offers or on prior registrations.

- Nurturing and experienced staff.
- Small group instruction.
- Individuality.
- Standardized curriculum and assessment.
- Developmentally appropriate lesson plans.
- Partnerships with family and community resources.
- Partnerships with the local school districts to provide a smooth transition from Preschool to Kindergarten.

South Coventry Center
1190 Ridge Road
Pottstown, PA 19465
610.469.0148

North Coventry Center
145 W. Urner Street
Pottstown, PA 19465
610.323.1601

Cedarville Center
16. E. Cedarville Road
Pottstown, PA 19465
610.326.4522

Frazer Center
11 Church Road, Malvern, PA 19355
610.647.1078

Lionville Center
40 S Village Avenue, Exton, PA 19341
610.363.7375

Great Valley Centers
General Wayne and Sugartown:
610.363.8184 ext. 805
Charlestown and K.D. Markley:
610.363.8181 ext. 806

610.363.8184 • www.warwick1.com

Warwick Child Care Center, Inc.

Warwick Child Care Center, Inc. was established in 1986 in Chester County, Pennsylvania and is a private child care center corporation comprised of nine early childhood education centers. Five of the centers provide care for infants through school age children and four of the centers are located within the Great Valley School District elementary schools and provide before and after care as well as summer camp.

The vision of Warwick Child Care Center, Inc. is to provide high quality care in a safe comfortable home like environment. Early Childhood should be a time of fun, warmth, security, exploring and discovery. Each child is unique, creative and receptive. The teachers and staff understand the importance of quality learning experiences and are fun and engaging.

Warwick Child Care provides an atmosphere that encourages social, emotional, physical and intellectual growth through the children's play and small group instruction. These skills lay the foundation for developing literacy, numeracy and other cognitive abilities that are critical for success in school and life.

The pandemic has taken a toll on many children's emotional growth. Warwick Child Care understands the importance of what children have missed out on over the last several years and provides support to help children overcome these new challenges.

The curriculum includes dramatic play, creative art activities, music, science activities, cooking experiences, computer instruction, block play, sand and water experiences, field trips throughout the community, daily outdoor activities and the celebration of birthdays and holidays. Children are exposed to shapes, colors, numbers and letters through developmentally appropriate activities taught using small group instruction.

Warwick Child Care's mission is to provide every child with a high-quality early childhood experience in a safe, nurturing and developmentally appropriate environment. An engaging curriculum with a focus of fostering each child's individualized social, emotional, physical and cognitive development is provided. Our goal is to support families and provide children with the skills to be successful in

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school and life. High quality child care is offered to children from infancy through elementary years by offering:

- Nurturing and experienced staff who are educated in early childhood education.
- Small group instruction.
- Standardized curriculum and assessment.
- Developmentally appropriate lesson plans.
- Partnerships with family and community resources.

- Partnerships with the local school districts to provide a smooth transition from Preschool to Kindergarten.

Warwick Child Care Center locations include: South Coventry Center; North Coventry Center; Lionville Center; Frazer Center; Cedarville Center; Great Valley General Wayne Center; and Sugartown Center. For additional information, please visit: www.warwick1.com.

FOCUS ON POTTSTOWN

Kimmel's Automotive

Kimmel's Automotive, DBA Rob's Auto Repair, is an independent, family-owned auto repair shop serving Pottstown, Morgantown, Boyertown, and surrounding areas. Since 1992, Kimmel's Automotive has been offering individual and commercial clients repairs and services using the most up-to-date, and state-of-the-art technology available ensuring that each vehicle receives the care it deserves. As a trusted name in auto repair and maintenance services for families across the area with a longstanding reputation for quality repairs, the Kimmel's Automotive team is dedicated to providing the best workmanship and customer experience possible.

Kimmel's Automotive is a NAPA AutoCare Center that backs qualifying work through a nationwide warranty. All automotive repair and mechanic services are performed by highly qualified ASE-certified technicians who undergo continuous training to stay up to date on the best repair practices. Kimmel's superior standards ensure that their mechanics always have the best interests of their customers in mind. They work on

numerous vehicles with the use of quality truck and car repair equipment. Whether you drive a passenger car, medium sized truck, mini-van, or SUV, Kimmel's mechanics strive to ensure that your vehicle will be performing at its best before leaving one of its service bays. Kimmel's auto repair shop is capable of servicing a variety of makes and models. Their mechanics to give you a reliable estimate of any automotive repair issue you might be facing.

Kimmel's Automotive offers A/C repair, battery replacement, belt and hose replacement, brake repairs, cooling system services, engine diagnostic and repairs, steering and suspension work, wheel alignments, and much more. They provide a clean and comfortable waiting area with free coffee and Wi-Fi, and Night Key Drop. Hours are Monday through Friday 8:00 AM through 5:00 PM.

Kimmel's Automotive is located at 1055 S Hanover Street, Pottstown, PA 19465. For additional information, please call 610.327.1999 and visit www.kimmelsauto.com.



High Street Auto Connection

Let High Street Auto Connection, located at 1415 West High Street, show you how easy it is to buy a quality used car in Pottstown. Owner Anthony Gasparro, and finance manager Tariq, believe fair prices, superior service, and treating customers right, which leads to satisfied repeat buyers.

High Street Auto Connection's friendly and knowledgeable sales staff are here to help you find the car you deserve, priced to fit your budget. Shop their virtual showroom of inventory available for purchase at www.highstreetautos.com, then stop by for a test drive. There you will see detailed information about each vehicle, a picture gallery, as well as convenient ways to obtain more information about that vehicle.

"I've been in this business over 10 years," says owner Gasparro. "We've been in Pottstown for about three years. We absolutely love it here in Pottstown and are planning to stay in the area for quite some time," he said. "From the moment you step on our lot until the time you drive away in your next car, your buying experience with High Street Auto is our number one priority. We encourage you to use the expertise and resources of our sales staff. They are here to help you find the right car at the right price."

For additional information, please call 484.624.3120; email: anthony@highstreetautos.com; and visit www.highstreetautos.com.

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RBEMDPC Psychiatry and Psychology Services

RBEMDPC Psychiatry and Psychology Services is an outpatient private practice offering psychotherapy services to clients. We offer an array of outpatient services. Our individualized approach draws upon a wide range of treatment modalities and benefits you by gaining the insights and tools you need to move forward with confidence in life.

Our therapists have many years of practical experience in clinical knowledge and theory, and the life experience necessary to diagnose, treat, support, and communicate well. Our approach is straightforward: it's all about you. At every point, we are mindful that you are a unique person with your own particular needs, symptoms, strengths, limitations, and goals. We understand that there is no such thing as a "one size fits all" tactic when it comes to therapy and counseling.

Our intake assessments are very thorough. We want to understand your full history to see if there are any patterns in your life that are contributing to your current symptoms. If there are patterns, particularly if they are driving certain choices, your therapy will include learning techniques to reframe your thinking, your decision-making, and your actions. With positive reframing, you will be able to not only manage your symptoms, but experience increased happiness and contentment.

We combine the art and science of psychotherapy when we create our treatment plans. Every plan is unique: your treatment plan will be designed for you and no one else. We draw upon a full set of treatment modalities, including: Psychiatry & Medication Management; Suboxone Treatment for Opiate Addiction; Individual, Couples & Family Therapy; Grief Counseling; Alcohol/Substance Abuse Treatment; and Geriatric Psychiatry.

Medication is just one tool among many. If you don't need it, we certainly won't recommend it. Other times, we may recommend it temporarily to help you over a rough spot — kind of like using a crutch until a broken leg has a chance to heal. In other circumstances, a diagnosis may suggest medication because of a physiological imbalance in the brain. We'll explain it all: ultimately, the choice is always up to you.

There is no shame in having a problem in life — we all have them. There is no shame in needing help to handle that problem. Going to a therapist doesn't mean



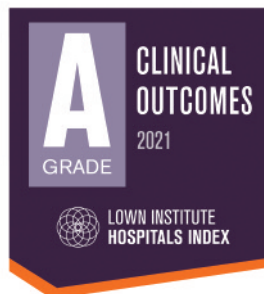
you are "crazy" or "weak." It means you value your worth enough to invest in yourself. It means you are wise enough and strong enough to ask for help when you need it.

Are you ready to experience life-changing therapy? Contact us today at 484.973.6661 for comprehensive, customized therapy. For additional information, please visit: www.elurimdpc.com



FOCUS ON POTTSTOWN

Pottstown Hospital Is Committed to and Ranked for Social Responsibility



Pottstown Hospital has been ranked in the Top 100 Hospitals in the Country and second in Pennsylvania for Pay Equity by the Lown Institute, a nonpartisan health care think tank.

Pottstown Hospital earned a place on the Lown Institute's Honor Roll by earning "A" grades in inclusivity, clinical outcomes, cost efficiency, and pay equity within the following measures that determine overall social responsibility:

- Health equity — commitment to inclusivity, pay equity and community investment.
- Value of care — how efficiently hospital delivers care and avoids low-value services.
- Outcomes — success at clinical outcomes, patient safety and patient satisfaction.

Health equity has become a top priority for American hospitals amidst the Covid-19 pandemic and movements for racial justice. "It's not enough for hospitals to say they're committed to social responsibility. They need to put their commitment into action," said Dr. Vikas Saini, president of the Lown Institute in a news release announcing the rankings. "Doing well on the Lown Index is one way they can demonstrate progress."

The Lown Institute Hospitals Index examined the inclusivity of 3,709 U.S. hospitals to assess their success at serving the people of color living in their communities. To create the rankings, the Lown Institute assessed how well the demographics of a hospital's Medicare patients matched the demographics of the hospital's surrounding communities.

"At Pottstown Hospital, we are committed to providing the highest level of care to our community including our most economically challenged and diverse urban populations," said Rich Nowell, MPT, DPT, President and Chief Executive Officer. "The dedication from our entire staff to provide healing for all, above all, has earned us this recognition."

Additional ranking information, including an explanation of methods, is available at: LownHospitalsIndex.org/inclusivity.

ABOUT POTTSTOWN HOSPITAL:

Located in Pottstown, Pa., and a member of Tower Health, Pottstown Hospital is a 219-bed hospital that offers a full range of health services, including inpatient and outpatient, medical and surgical, and diagnostic and

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150 Shoemaker Rd, Pottstown, PA 19464

Phone: 610.323.7474

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Monday-Saturday: 8am - 5pm (Winter)

Sunday: 9am - 5pm



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Navid Moosa consultancy provides individuals & businesses with professional counsel, direction, and concrete solutions for situations they can't handle in-house. Every person is destined to have issues, and his consulting services was headhunted to help them solve their issues.

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313 E. High Street, Pottstown, PA 19464

emergency care. Accredited by The Joint Commission, Pottstown Hospital has been recognized for its quality outcomes and clinical expertise across many service lines. The Hospital is Joint Commission-certified for hip and knee replacement and is also an accredited Chest Pain Center. Recently, Pottstown Hospital was recognized as a recipient of Get with the Guidelines/American Heart Association/American Stroke Association — Stroke Gold Plus Quality Achievement Award with Honor Roll Elite and Target: Type 2 Diabetes Honor Roll. The Cancer Center at Pottstown Hospital is also nationally recognized, bringing over a decade of award-winning care to our region. The Pottstown Hospital Emergency Department, a Primary Stroke Center, is the second busiest in Montgomery County, seeing more than 45,000 patients a year. For more information, visit pottstown.towerhealth.org.

ABOUT THE LOWN INSTITUTE AND ITS METHODOLOGY:

Founded in 1973 by Nobel Peace Prize winner Bernard Lown, MD, developer of the defibrillator and cardioverter, the Lown Institute believes that a radically better system of health is possible and generates bold ideas towards that goal. The Lown Hospitals Index, a signature project of the Institute, is the first ranking to assess the social responsibility of U.S. hospitals by applying measures never used before like racial inclusivity,

avoidance of overuse, and pay equity.

The Lown Institute Hospitals Index evaluated 3,709 general acute hospitals in the U.S. Information on hospital characteristics was taken from the Fiscal Year 2018 American Hospital Association (AHA) annual survey and Medicare Impact File as well as the CMS Hospital Compare database

Non-acute care hospitals, federal hospitals (e.g. Veterans Health Administration) and those outside of the 50 states and Washington, D.C. were excluded, as were hospitals run by Medicare Advantage programs (e.g. Kaiser Permanente), and specialty hospitals with more than 45% admissions for orthopedic, cardiac, or surgical procedures. Hospitals that were closed as of October 2020 by checking against Hospital Compare, a website run by the Centers for Medicare and Medicaid Services (CMS), were eliminated. Hospitals with patient volume below 50 annual patient stays were also eliminated as well as hospitals that did not perform any surgery in each of the three years spanning 2016 to 2018. This left a list of 3,709 hospitals: 568 for-profits, 2,405 private nonprofits, and 736 public nonprofits.

The Lown Institute Hospitals Index has 54 metrics distributed across four tiers. Additional ranking information, including an explanation of methods, is available at LownHospitalIndex.org.



Dance School Prepares for Demonstration Concert

The Pottstown Dance Theatre, directed by international dance artist Michelle Jones Wurtz, is preparing for its first full Demonstration Concert in two years. Pottstown Dance Theatre (PDT) is different from other local dance schools in that students are not required to perform for a big end-of-year recital, purchase a catalog costume, and work on the show for most of the school year. PDT focuses more on the "art of dance" and has a Demo Concert to showcase to parents and friends where the student artists are in their training. True artists know that formal training is a lifelong process and there is never a moment of finality. The show is a little "moment of sharing."

PDT also has a Repertory Ensemble for dancers who want more performance opportunities in various venues. The dancers have performed at Ursinus College, Pottstown High School, The Hill School Center for the Arts, Boyertown High School, Lincoln Center and Carnegie Hall in New York City; and most notably in London during the 2012 Olympic Games. Currently the school is accepting dancers to join the Ensemble



that will travel to Paris, France for the 2024 Olympic Games. These trips change lives and provide life-long memories.

The Demonstration Concert is scheduled for May 22 at 2:00 pm for "Tots and Tweens" and 3:30 for "Teens and Adults" at Boyertown High School. Two alumnae that are currently Pre-Professionals at Pennsylvania Academy of Ballet and the Rock School for Dance Education, Michelline Bender and Lizzie Rasmussen, will perform as guest artists in both shows. Tickets will be available in May and can be purchased by calling 610.323.2569 or visiting us in our facility at 72 West Main Street, Pottstown, 19465. Summer classes are forming soon so feel free to visit the website at www.pottstowndance.com.

Got Dance?

**New Classes and Camps
forming now for Summer!**

We are currently seeking dancers to travel with us to Paris, France in the summer of 2024 to perform for tourists arriving for the Summer Olympic Games.

610.323.2569

www.pottstowndance.com



Pottstown Dance Theatre
Michelle Jones Wurtz, Director

610-323-2569

72 W. Main St., Pottstown PA 19465

www.pottstowndance.com

Ballet and pointe, tap, hip-hop, jazz, modern/contemporary/lyrical, Irish Dance, African Dance, break dance, creative movement, and Pilates!