



# NEWSLETTER

THE HEATHERS SENIOR HOMES - NEWSLETTER - AUGUST 2024



## Letter from Jennifer

Dear Residents and Families,

As we step into August, we want to take a moment to reflect on the wonderful month of July we shared together. We hope everyone had a safe and fun Fourth of July, filled with joy and celebration!

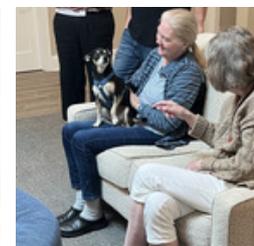
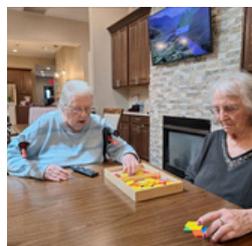
Our Fridays have been lively with Empower Home Health's Mind Movers sessions. These interactive sessions have been a hit, bringing smiles and stimulating minds. We're excited that these sessions will continue in August, though there will be a brief two-week pause. It's been wonderful to see our residents engaged and enjoying themselves.

**Ribfest** was another highlight of the month. It was an absolute blast, and it warmed our hearts to see so many familiar faces enjoying the festivities. The laughter, delicious food, and sense of community made it a truly special event.

We're thrilled to welcome our new resident, Virginia, who moved into our Lake in the Hills Home. We are so happy to have her as part of our family. Her presence already brings so much joy and warmth to our home and we look forward to creating many happy memories together.

A big thank you to **Heisler's Bootery** for coming out and helping with orthotic fittings. It was a great success, ensuring our residents have the support they need to stay active and comfortable.

Lastly, a heartfelt thank you to everyone who joined us for Family Fun Night at Lake in the Hills. The turnout was fantastic, and we all enjoyed great music, delicious food, and wonderful family time together. Seeing our residents and their loved ones having such a great time is what makes these events so special.



We are grateful to all our residents and families for making this summer so memorable. Your participation and enthusiasm are what make our homes thrive. Here's to more memorable moments in August and thank you for being a part of our family.

**Warmest regards,  
Jennifer Bohyer  
Executive Director**



## NEW RESIDENTS HEATHERS IS HOME



In July, we welcomed Virginia to our Lake in the Hills Home

[WWW.HEATHERSISHOME.COM](http://WWW.HEATHERSISHOME.COM)



For our Resident Spotlight at The Heather's this month we cast a line to learn more about Jane. Read on below to find out about Jane's exciting adventures...



Source: The Heathers Senior Homes  
<https://heathersishome.com/meet-jane-poems-fancy-feet-and-a-cubs-win-for-the-history-books/>



“  
We  
celebrated  
Joyce and  
Jean's  
Birthday  
”



## August 2024

\*Activity times and programs are subject

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				9:30 Morning News 10:30 Senior Exercise 2:00 Baking W/ your CP 4:00 Gardening Club 5:00 Support Group-RW 6:00 Resident Choice	9:30 Morning News 10:30 Empower Home Health Mind Movers-H1 11:00 Empower Home Health Mind Movers-H2 2:00 Walking Club 3:00 Social Hour 6:00 Movie Night	9:30 Morning News 10:30 Senior Exercise 2:00 Craft Corner 4:00 Bingo 6:00 Movie & Popcorn
4 9:30 Senior Exercise 10:00 Online Church Service 2:00 Hand Massages 4:00 Therapeutic Coloring 6:00 Game Night	5 9:30 Morning News 10:30 Senior Exercise 1:00 Cycling without age 3:00 Ice-Cream Social 6:00 Netflix	6 9:30 Morning News 10:30 Senior Exercise 11:00 Goddard Children 2:00 Walking Club 4:00 Board Games 6:00 Resident Choice Movie	7 9:30 Morning News 10:30 Senior Exercise 2:00 Cooking Demo David 4:00 Fancy Nails 6:00 Puzzles	8 9:30 Morning News 10:30 Senior Exercise 2:00 Egg Shaker Music Therapy 4:00 Gardening Club 6:00 Resident Choice	9 9:30 Morning News 10:30 Empower Home Health Mind Movers-H1 11:00 Empower Home Health Mind Movers-H2 2:00 Walking Club 3:00 Social Hour 6:00 Movie Night	10 9:30 Morning News 10:30 Senior Exercise 2:00 Sing Along 4:00 Bingo 6:00 Movie & Popcorn
11 9:30 Senior Exercise 10:00 Online Church Service 2:00 Movie & Popcorn 4:00 Therapeutic Coloring 6:00 Game Night	12 9:30 Morning News 10:30 Senior Exercise 2:00 Board Games 3:00 Ice-Cream Social 6:00 Netflix	13 9:30 Morning News 10:30 Senior Exercise 2:00 Live Entertainment 4:00 Walking Club 6:00 Resident Choice Movie	14 9:30 Morning News 10:30 Senior Exercise 2:00 Resident safety training W/ Davina 4:00 Fancy Nails 6:00 Puzzles	15 9:30 Morning News 10:30 Senior Exercise 2:00 Bingo 4:00 Gardening Club 5:00 Support Group-LITH 6:00 Resident Choice	16 9:30 Morning News 10:30 Morning Exercise 2:00 Egg Shaker Music Therapy 3:00 Social Hour 6:00 Movie Night	17 9:30 Morning News 10:30 Senior Exercise 2:00 Soak in the sun 4:00 Bingo 6:00 Movie & Popcorn
18 9:30 Senior Exercise 10:00 Online Church Service 2:00 Movie & Popcorn 4:00 Therapeutic Coloring 6:00 Game Night	19 9:30 Morning News 10:30 Senior Exercise 2:00 Craft Corner 3:00 Cycling without age 3:00 Ice-Cream Social 4:00 400 Bible study w/ Pastor Dan 6:00 Netflix	20 9:30 Morning News 10:30 Senior Exercise 1:00 Mary Kay Makeovers 4:00 Board Games 6:00 Resident Choice Movie	21 9:30 Morning News 10:30 Senior Exercise 2:00 Project W/ Maritssa 4:00 Fancy Nails 6:00 Puzzles	22 9:30 Morning News 10:30 Senior Exercise 2:00 Baking W/ your CP 4:00 Gardening Club 6:00 Resident Choice	23 9:30 Morning News 10:30 Morning Exercise 2:00 Egg Shaker Music Therapy 3:00 Social Hour 6:00 Movie Night	24 9:30 Morning News 10:30 Senior Exercise 2:00 Soak in the sun 4:00 Bingo 6:00 Movie & Popcorn
25 9:30 Senior Exercise 10:00 Online Church Service 2:00 Movie & Popcorn 4:00 Therapeutic Coloring 6:00 Game Night	26 9:30 Morning News 10:30 Senior Exercise 2:00 Board Games 3:00 Ice-Cream Social 6:00 Netflix	27 9:30 Morning News 10:30 Senior Exercise 4:00 Coffee & Conversation 6:00 Resident Choice Movie	28 9:30 Morning News 10:30 Senior Exercise 2:00 In service project W/ Jennifer 4:00 Fancy Nails 6:00 Puzzles	29 9:30 Morning News 10:30 Senior Exercise 2:00 Egg Shaker Music Therapy 4:00 Gardening Club 6:00 Resident Choice	30 9:30 Morning News 10:30 Morning Exercise 2:00 Walking Club 3:00 Social Hour 6:00 Movie Night	31 9:30 Morning News 10:30 Senior Exercise 2:00 Soak in the sun 4:00 Bingo 6:00 Movie & Popcorn



## Upcoming Events

- **Aug 1 – Dementia Support Group in Ringwood**
- **Aug 5 – Cycling without Age**
- **Aug 6 – Sponsoring Hillbilly Rockstarz Band Crystal Lake Concerts at Main Beach**
- **Aug 10 – Sponsoring Summerfest at St Mary's Church Huntley**
- **Aug 14 – Elderwerks Aging is Better Expo at Stonegate Banquets in Hoffman Estates**
- **Aug 15 – Dementia Support Group in Lake in the Hills**
- **Aug 19 – Cycling without Age**
- **Aug 20 – Mary Kay visits our homes for make overs**
- **Aug 29 – Co sponsor – Magic of Oz – McHenry Senior Services**

## Financial Planning for Alzheimer's and Dementia Care

Discover strategies to financially plan for Alzheimer's and dementia care. Explore resources and support to fund memory treatment needs.



Source: The Heathers Senior Homes  
<https://heathersishome.com/post-3131/>



## Resident Recipe of the Month

### Breakfast Hodge Podge

1 lb of bulk Italian sausage (hot or mild)  
4 potatoes (boiled and cut American fry style)  
 $\frac{1}{2}$  Medium Onion diced  
1 green pepper (cut up, not diced)  
6 eggs, beaten  
Salt and pepper to taste

Brown Italian sausage and break up into small pieces with diced onion. Add green pepper until cooked stirring to be sure not to stick. Add potatoes into mixture and be sure to heat through thoroughly. Add your beaten eggs to the pan, stir until cooked through and add salt and pepper to taste. You can add American or Mozzarella cheese on top and cover with lid to melt. Serve with toast or a grilled hard roll.

Lois Cederlund

Lois'  
Breakfast  
Hodge  
Podge





# FAMILY FUN NIGHT



## July Picture Recap



Cycling without Age



Morning Exercise