



# NEWSLETTER

**THE HEATHERS SENIOR HOMES - NEWSLETTER - OCTOBER 2024**



## Letter from Jennifer

Dear Residents and Families,

As we transition into the beautiful fall season, we are thrilled to share some exciting news! The Heathers Senior Homes has been voted the Best Memory Care Facility and one of the Best Senior Living Communities in McHenry County! This is a significant milestone, and we couldn't be more proud. Our heartfelt thanks go out to our incredible staff, dedicated residents, and supportive families—this achievement truly belongs to all of us.

We're also delighted to welcome Craig, our newest resident at our Lake in the Hills home. We hope he feels right at home!



With colder weather approaching, we're sad to announce that our final ride of the season with Cycling Without Age will take place on October 14th. Their commitment to us, visiting twice a month, has been truly appreciated, and we look forward to seeing them again in the spring!

Looking ahead, we'll be hosting our Annual Flu and COVID Clinic on October 18th. If you'd like your loved one to receive either vaccine, please be sure to speak with the nurse on duty to make arrangements.

A friendly reminder: if you bring any treats or snacks for your loved one, please ensure they are placed in their designated cubby in the kitchen. For safety reasons and to prevent any issues like choking or ants, we ask that no food or drinks (besides water) be kept in residents' rooms.

While we say goodbye to September, we're excited for all the fun fall festivities we have lined up for October!

**Warmest regards,  
Jennifer Bohyer  
Executive Director**





Craig

## NEW RESIDENTS

In September, we welcomed Craig to our Lake in the Hills Home.



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

[READ MORE >>](#)



## We celebrated Cathy H, Sharon, Ellie, Lois & Jane's Birthday

# October 2024

\*Activity times and programs are subject

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 9:30 Morning News 10:30 Senior Exercise 2:00 Daily Chronicle 4:00 Board Games 6:00 Resident Choice Movie	2 9:30 Morning News 10:30 Senior Exercise 1:00 Daily Chronicle 2:00 Cooking Demo W/David 4:00 Fancy Nails 6:00 Puzzles	3 9:30 Morning News 10:30 Senior Exercise 1:00 Nature Walk 2:00 Daily Chronicle 4:00 Egg Shaker Exercise 5:00 Support Group-RW 6:00 Resident Choice	4 9:30 Morning News 11:30 Empower Home Health Mind Movers 2:00 Daily Chronicle 3:00 Social Hour 6:00 Movie Night	5 9:30 Morning News 10:30 Senior Exercise 2:00 Daily Chronicle 4:00 Bingo 6:00 Movie & Popcorn
6 9:30 Senior Exercise 10:00 Online Church Service 2:00 Daily Chronicle 4:00 Sing-Along 6:00 Game Night	7 9:30 Morning News 10:30 Senior Exercise 2:00 Daily Chronicle 3:00 Ice-Cream Social 6:00 Netflix	8 9:30 Morning News 10:30 Senior Exercise 1:00 Fall Craft 2:00 Daily Chronicle 4:00 Board Games 6:00 Resident Choice Movie	9 9:30 Morning News 10:30 Senior Exercise 11:00 Communion 2:00 Live Entertainment 4:00 Fancy Nails 6:00 Puzzles	10 9:30 Morning News 10:30 Senior Exercise 1:00 Spooky Tales 2:00 Daily Chronicle 4:00 Card Games 5:00 Financial Workshop-LITH 6:00 Resident Choice	11 9:30 Morning News 10:30 Morning Exercise 11:30 Empower Home Health Mind Movers 2:00 Daily Chronicle 3:00 Social Hour 6:00 Movie Night	12 9:30 Morning News 10:30 Senior Exercise 2:00 Daily Chronicle 4:00 Bingo 6:00 Movie & Popcorn
13 9:30 Senior Exercise 10:00 Online Church Service 2:00 Daily Chronicle 4:00 Sing-Along 6:00 Game Night	<b>Columbus Day</b> 14 9:30 Morning News 10:30 Senior Exercise 2:00 Craft Corner- Painting Leaves 1:00 Cycling without age 2:00 Daily Chronicle 3:00 Ice-Cream Social 6:00 Netflix	15 9:30 Morning News 10:30 Senior Exercise 11:00 Goddard Children 2:00 Daily Chronicle 4:00 Board Games 6:00 Resident	16 9:30 Morning News 10:30 Senior Exercise 11:00 Communion 2:00 Project W/ Maritssa 4:00 Fancy Nails 6:00 Puzzles	17 9:30 Morning News 10:30 Senior Exercise 1:00 Pumpkin Decorating 2:00 Daily Chronicle 4:00 Baking W/ your CP 5:00 Support Group-LITH 6:00 Resident Choice	18 9:30 Morning News 10:30 Morning Exercise 11:30 Empower Home Health Mind Movers 3:00 Social Hour 2:00 Daily Chronicle 6:00 Movie Night	19 <b>Sweetest Day</b> 9:30 Morning News 10:30 Senior Exercise 1:00 Sweetest Day Crafting 2:00 Daily Chronicle 4:00 Bingo 6:00 Movie & Popcorn
20 9:30 Senior Exercise 10:00 Online Church Service 2:00 Daily Chronicle 4:00 Sing-Along 6:00 Game Night	21 9:30 Morning News 10:30 Senior Exercise 2:00 Daily Chronicle 3:00 Ice-Cream Social 4:00 Bible study w/ Pastor Dan 6:00 Netflix	22 9:30 Morning News 10:30 Senior Exercise 2:00 Daily Chronicle 4:00 Coffee & Conversation 6:00 Resident Choice Movie	23 9:30 Morning News 10:30 Senior Exercise 11:00 Communion 2:00 In service project W/ Jennifer 4:00 Fancy Nails 6:00 Puzzles	24 9:30 Morning News 10:30 Senior Exercise 1:00 Dirt and worms! 2:00 Daily Chronicle 4:00 Egg Shaker Exercise 6:00 Resident Choice	25 9:30 Morning News 10:30 Morning Exercise 11:30 Empower Home Health Mind Movers 2:00 Daily Chronicle 3:00 Social Hour 6:00 Movie Night	26 9:30 Morning News 10:30 Senior Exercise 2:00 Daily Chronicle 4:00 Bingo 6:00 Movie & Popcorn
27 9:30 Senior Exercise 10:00 Online Church Service 2:00 Daily Chronicle 4:00 Sing-Along 6:00 Game Night	28 9:30 Morning News 10:30 Senior Exercise 1:00 Taffy Apples 2:00 Daily Chronicle 3:00 Ice-Cream Social 6:00 Netflix	29 9:30 Morning News 10:30 Senior Exercise 11:00 Goddard Children- Halloween Parade 2:00 Daily Chronicle 4:00 Board Games 6:00 Resident Choice Movie	30 9:30 Morning News 10:30 Senior Exercise 11:00 Communion 2:00 Daily Chronicle 4:00 Fancy Nails 6:00 Puzzles	<b>Halloween</b> 31 9:30 Morning News 10:30 Senior Exercise 2:00 Halloween Party 4:00 Egg Shaker Exercise 6:00 Resident Choice		

## Upcoming Events

- **Dementia Support Group – Ringwood – Oct 3**
- **Mary Kay Make Overs – Oct 8th**
- **Financial Planning Workshop LITH – Oct 10**
- **Dementia Support Group – LITH – Oct 17**
- **Cycling Without Age – Oct 14**
- **Annual Flu and COVID Clinic – October 18th**
- **Mind Movers – Oct 4, Oct 11, Oct 18 and Oct 25**
- **Goddard School – Oct 15 and Oct 29**

## Exercise & Physical Activity – Helping You Stay Healthy as You Age

As we age, staying active becomes more important than ever! Regular exercise helps maintain muscle strength, improves balance, and supports joint flexibility, reducing the risk of falls and injuries. It also boosts mental health, improves mood, and sharpens cognitive function. Plus, staying fit can help prevent chronic conditions like heart disease and diabetes.



Source: The Heathers Senior Homes

<https://heathersishome.com/exercise-physical-activity-helping-you-stay-healthy-as-you-age/>

## AUNT MARYANN'S JELLO MOLD

-From Kay Kruse

2 Small packages of red Jello  
 ½ Jar of Maraschino Cherries  
 Walnuts  
 Cool Whip  
 Small Can of Crushed Pineapples Drained

Mix 2 small packages red Jello with hot water only  
 Let cool slightly to gel  
 Add crushed drained pineapples, cherries, chopped walnuts  
 and Cool Whip  
 Mix to well blended and put into Jello Mold  
 Refrigerate until firm  
 Remove from mold, cut and enjoy



# SEPTEMBER PICTURE RECAP



**Cycling without Age**

## Manicures



**Outdoor Relaxing**

## Bingo with the Goddard Students



## GREAT FRIENDSHIPS



**Pet Therapy**



**Bible Study**

**Yoga with Kay**

