



NEWSLETTER

THE HEATHERS SENIOR HOMES - NEWSLETTER - SEPTEMBER 2024



Letter from Jennifer

Dear Residents and Families,

As we transition into the cooler days of September, we bid farewell to a beautiful summer that brought warmth, joy, and many cherished memories. We hope that the new season brings fresh energy and continued happiness to all our residents and their families.

August was a month of growth and new beginnings at our Lake in the Hills home, as we warmly welcomed new residents, Sharon, Cathy R, Cathy H., and Ann. We are thrilled to have them join our home. Please join us in extending a warm welcome to them!

We would like to inform you that one of our homes recently experienced a case of COVID-19. We are pleased to report that all of our residents are now feeling much better, and we are grateful for the quick recovery of everyone involved. The health and safety of our residents remain our top priority, and we are committed to maintaining a safe and healthy environment for all. Thank you to all of our dedicated care staff for their exceptional hands-on care and unwavering commitment during this time.



While we do our best to follow the activity calendar, our top priority is ensuring our residents feel comfortable and at home. This means that we sometimes adjust our activities to better suit our residents' preferences and wishes. Your happiness is our goal, and we're always here to listen and adapt!

One of the joys at The Heathers is seeing all departments of our dedicated staff engaging with our beloved residents. Whether it's through activities, shared meals, or just a friendly chat, our team members are committed to creating a warm, supportive environment where everyone feels valued and connected.



We are proud to feature JoAnn, who has been part of The Heathers family for over two years, in our Resident Spotlight this month. Be sure to read her inspiring article, where she shares her life journeys and remarkable achievements. JoAnn's story is a testament to the vibrant, fulfilling lives our residents lead.

Our residents in Ringwood had a wonderful time at the Ringwood picnic last month! A big thank you to the staff who assisted with this outing, ensuring everyone had a great time. It's these special moments that make our community feel like family.

Finally, we want to express our deepest gratitude to all the families who continue to place their trust in us. It wouldn't be the same without your loved ones here, and we are honored to care for them. Thank you for being a vital part of The Heathers community.

Here's to a wonderful September filled with new memories, joy, and togetherness!

**Warmest regards,
Jennifer Bohyer
Executive Director**



Cathy R.



Sharon



Cathy H.



Ann

NEW RESIDENTS

In August, we welcomed Cathy R, Sharon, Cathy H. & Ann 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 JoAnn. Read on below to find out about JoAnn's exciting adventures...

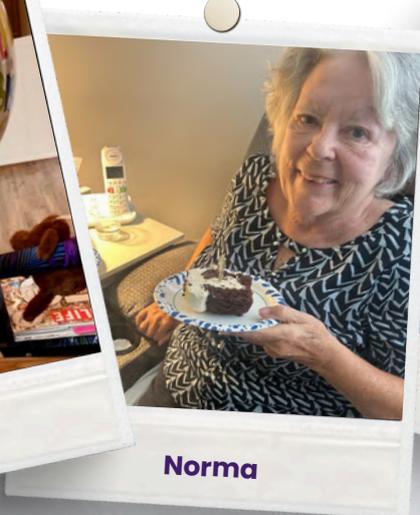
Source: The Heathers Senior Homes



<https://heathersishome.com/meet-joann-a-life-of-adventure-passion-and-self-sufficiency/>



Laura



Norma



Connie



Jim

We celebrated Laura, Norma, Connie and Jim 's Birthday

September 2024

*Activity times and programs are subject

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9:30 Senior Exercise 10:00 Online Church Service 2:00 Daily Chronicle 4:00 Therapeutic Coloring 6:00 Game Night	2 Labor Day 9:30 Morning News 10:30 Senior Exercise 2:00 Daily Chronicle 3:00 Ice-Cream Social 6:00 Netflix	3 9:30 Morning News 10:30 Senior Exercise 2:00 Daily Chronicle 4:00 Board Games 6:00 Resident Choice Movie	4 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	5 9:30 Morning News 10:30 Senior Exercise 2:00 Daily Chronicle 4:00 Egg Shaker Exercise 5:00 Support Group-RW 6:00 Financial Workshop-RW 6:00 Resident Choice	6 9:30 Morning News 11:00 Empower Home Health Mind Movers 2:00 Daily Chronicle 3:00 Social Hour 6:00 Movie Night	7 9:30 Morning News 10:30 Senior Exercise 2:00 Daily Chronicle 4:00 Bingo 6:00 Movie & Popcorn
8 9:30 Senior Exercise 10:00 Online Church Service 2:00 Daily Chronicle 4:00 Sing-Along 6:00 Game Night	9 9:30 Morning News 10:30 Senior Exercise 2:00 Live Entertainment 3:00 Ice-Cream Social 6:00 Netflix	10 9:30 Morning News 10:30 Senior Exercise 2:00 Daily Chronicle 4:00 Board Games 6:00 Resident Choice Movie	11 9:30 Morning News 10:30 Senior Exercise 11:00 Communion 2:00 Resident safety training W/ Davina 4:00 Fancy Nails 6:00 Puzzles	12 National Milkshake Day 9:30 Morning News 10:30 Senior Exercise 2:00 Daily Chronicle 4:00 Milkshake Making 6:00 Resident Choice	13 9:30 Morning News 10:30 Morning Exercise 11:00 Empower Home Health Mind Movers 2:00 Daily Chronicle 3:00 Social Hour 6:00 Movie Night	14 9:30 Morning News 10:30 Senior Exercise 2:00 Daily Chronicle 4:00 Bingo 6:00 Movie & Popcorn
15 9:30 Senior Exercise 10:00 Online Church Service 2:00 Daily Chronicle 4:00 Sing-Along 6:00 Game Night	16 9:30 Morning News 10:30 Senior Exercise 2:00 Craft Corner 1:00 Cycling without age 2:00 Daily Chronicle 3:00 Ice-Cream Social 4:00 4:00 Bible study w/ Pastor Dan 6:00 Netflix	17 9:30 Morning News 10:30 Senior Exercise 11:00 Goddard Children 2:00 Daily Chronicle 4:00 Board Games 6:00 Resident Choice Movie	18 9:30 Morning News 10:30 Senior Exercise 11:00 Communion 2:00 Project W/ Maritssa 4:00 Fancy Nails 6:00 Puzzles	19 9:30 Morning News 10:30 Senior Exercise 2:00 Daily Chronicle 4:00 Baking W/ your CP 5:00 Support Group-LITH 6:00 Resident Choice	20 9:30 Morning News 10:30 Morning Exercise 11:00 Empower Home Health Mind Movers 3:00 Social Hour 2:00 Daily Chronicle 6:00 Movie Night	21 9:30 Morning News 10:30 Senior Exercise 2:00 Daily Chronicle 4:00 Bingo 6:00 Movie & Popcorn
22 9:30 Senior Exercise 10:00 Online Church Service 2:00 Daily Chronicle 4:00 Sing-Along 6:00 Game Night	23 9:30 Morning News 10:30 Senior Exercise 2:00 Daily Chronicle 3:00 Ice-Cream Social 6:00 Netflix	24 9:30 Morning News 10:30 Senior Exercise 11:00 Goddard Children 2:00 Daily Chronicle 4:00 Coffee & Conversation 6:00 Resident Choice	25 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	26 9:30 Morning News 10:30 Senior Exercise 2:00 Daily Chronicle 4:00 Egg Shaker Exercise 6:00 Resident Choice	27 9:30 Morning News 10:30 Morning Exercise 11:00 Empower Home Health Mind Movers 2:00 Daily Chronicle 3:00 Social Hour 6:00 Movie Night	28 9:30 Morning News 10:30 Senior Exercise 2:00 Daily Chronicle 4:00 Bingo 6:00 Movie & Popcorn
29 9:30 Senior Exercise 10:00 Online Church Service 2:00 Daily Chronicle 4:00 Sing-Along 6:00 Game Night	30 9:30 Morning News 10:30 Senior Exercise 1:00 Cycling without age 2:00 Daily Chronicle 3:00 Ice-Cream Social 6:00 Netflix					

📣 Upcoming Events

- **Dementia Support Group – Ringwood – Sept 5**
- **Dementia Support Group – LITH – Sept 19**
- **Cycling Without Age – Sept 16 and Sept 30**
- **Mind Movers – Fridays in September**
- **Goddard School – Sept 17 and Sept 24**

5 Tips for Choosing Healthier Foods as You Age

Food provides the nutrients and energy you need as you age. Find tips for making healthy food choices a part of your daily life. [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/5-tips-for-choosing-healthier-foods-as-you-age/>

Resident Recipe of the Month

- 18 oz Cream Cheese
- 2 oz Sour Cream
- Salt, Pepper, Garlic Salt
- 1 Can Crabmeat
- 1 TB Minced Onion
- 1 TM Worcestershire Sauce
- 1 Tsp Lemon Juice

Mix well and Enjoy!

Carol's Crab Dip



Cycling without Age



Pet Therapy



Entertainment



Card Games



Cooking demo



Bible Study



Mary Kay Make Overs



Exercise



Gardening



Ringwood Picnic



Outside Fun



AUGUST PICTURE RECAP