



# NEWSLETTER

THE HEATHERS SENIOR HOMES - NEWSLETTER - DECEMBER 2024



## Letter from Jennifer

Dear Residents and Families,

As we say goodbye to November, we hope everyone had a blessed Thanksgiving filled with love and gratitude. Here at The Heathers, we cherish every opportunity to come together, and we are so grateful for the wonderful moments we've shared.

In November, we were thrilled to welcome Don to our Ringwood home, as well as Pat G. and Pat K. to our Lake in the Hills home. We hope they feel right at home and look forward to the many memories we'll make together.

One of our highlights last month was the Ringwood Family Chili Cookoff! It was a heartwarming day filled with delicious chili, great company, and exciting football. Thank you to everyone who joined us and made the event so special!

Looking ahead, we are excited to kick off the holiday season with our Holiday Brunch on Saturday, December 7th, at 10:00 AM. in our Lake in the Hills Home. Santa himself will be stopping by for a visit, so come ready for festive fun, laughter, and good food as we celebrate this magical time of year.

We also want to extend a big congratulations to Trish for receiving The Heather Award! Trish has been an incredible nurse with us for over three years, consistently going above and beyond to ensure our residents receive the highest level of care. Please join us in celebrating her outstanding dedication and compassion when you see her.

From all of us at The Heathers, we wish you and your loved ones a very Merry Christmas and a joyful holiday season. May it be filled with peace, love, and togetherness. Thank you for being part of our family—we are so grateful for each and every one of you.

Warmest regards,

**Jennifer Bohyer**  
**Executive Director**

# NEW RESIDENTS

In November, we welcomed Donald B in Ringwood and Patricia K and Patricia G in Lake in the Hills Home.



Donald B



Patricia K

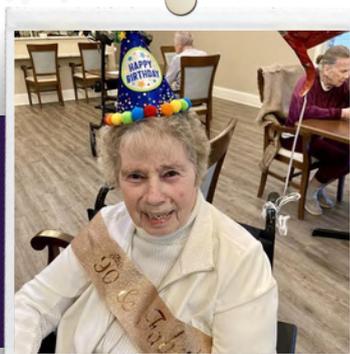


Patricia G

For our Resident Spotlight at The Heather's this month we cast a line to learn more about Laura. Read on below to find out about Laura's Life of music, teaching and World Travels...



READ MORE >>



Joy

## We celebrated Joy's Birthday

### December 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 Coffee & Conversation 4:00 Puzzles 6:00 Game Night	2 9:30 Morning News 10:30 Senior Exercise 2:00 Bags Game 3:00 Ice-Cream Social 6:00 Netflix	3 9:30 Morning News 10:30 Senior Exercise 1:00 Mary Kay Makeovers 4:00 Board Games 6:00 Resident Choice Movie	4 9:30 Morning News 10:30 Senior Exercise 11:00 Communion 1:30 Gift Wrapping 4:00 Fancy Nails 6:00 Puzzles	5 9:30 Morning News 10:30 Senior Exercise 2:00 Coffee & Conversation 4:00 Card Games 5:00 Support Group-RW 6:00 Resident Choice	6 9:30 Morning News 11:30 Empower Home Health Mind Movers 2:00 Bowling 3:00 Social Hour 6:00 Movie Night	7 9:30 Morning News 10:00 Family Holiday Brunch- LITH 2:00 Sing-Along 4:00 Bingo 6:00 Movie & Popcorn	
8 9:30 Senior Exercise 10:00 Online Church Service 2:00 Board Games 4:00 Football Game 6:00 Game Night	9 9:30 Morning News 10:30 Senior Exercise 2:00 Bags Game 3:00 Ice-Cream Social 6:00 Netflix	10 9:30 Morning News 10:30 Senior Exercise 11:00 Goddard School 2:00 Craft Corner-Christmas Stockings 4:00 Board Games 6:00 Elf Movie	11 9:30 Morning News 10:30 Senior Exercise 2:00 Safety Awareness W/ Davina 4:00 Fancy Nails 6:00 Puzzles	12 9:30 Morning News 10:30 Senior Exercise 2:00 Coco & Conversation 4:00 Card Games 6:00 Resident Choice	13 9:30 Morning News 10:30 Morning Exercise 11:30 Empower Home Health Mind Movers 2:00 Balloon Badminton 3:00 Social Hour 6:00 Movie Night	14 9:30 Morning News 10:30 Senior Exercise 2:00 Sing-Along 4:00 Bingo 6:00 Movie & Popcorn	
15 9:30 Senior Exercise 10:00 Online Church Service 2:00 Coffee & Conversation 4:00 Puzzles 6:00 Game Night	16 9:30 Morning News 10:30 Senior Exercise 2:00 Balloon Badminton 3:00 Ice-Cream Social 4:00 Bible study w/ Pastor Dan 6:00 Netflix	17 9:30 Morning News 10:30 Senior Exercise 2:00 Baking W/ your Care Partner-Cookies 4:00 Board Games 6:00 Resident Choice Movie	18 9:30 Morning News 10:30 Senior Exercise 11:00 Communion 2:00 Live Entertainment 4:00 Fancy Nails 6:00 Puzzles	19 9:30 Morning News 10:30 Senior Exercise 2:00 Egg Shaker Exercise 4:00 Hand Massages 5:00 Support Group-LITH 6:00 Resident Choice	20 Ugly Sweater Day 9:30 Morning News 10:30 Morning Exercise 11:00 Goddard School 11:30 Empower Home Health Mind Movers 3:00 Social Hour 6:00 Movie Night	21 9:30 Morning News 10:30 Senior Exercise 2:00 Sing-Along 4:00 Bingo 6:00 Movie & Popcorn	
22 9:30 Senior Exercise 10:00 Online Church Service 2:00 Coffee & Conversation 4:00 Puzzles 6:00 Game Night	23 9:30 Morning News 10:30 Senior Exercise 2:00 Bingo 3:00 Ice-Cream Social 6:00 Netflix	24 Christmas Eve 9:30 Morning News 10:30 Senior Exercise 2:00 Gingerbread Houses 4:00 Board Games 6:00 It's a Wonderful Life	25 Christmas Day 9:30 Morning News 10:30 Senior Exercise 11:00 Communion 12:00 Christmas Lunch 2:00 Christmas Carols 4:00 Christmas Bingo 6:00 A Christmas Story	26 9:30 Morning News 10:30 Senior Exercise 2:00 Egg Shaker Exercise 4:00 Hand Massages 5:00 Support Group-LITH 6:00 Resident Choice	27 9:30 Morning News 10:30 Morning Exercise 11:30 Empower Home Health Mind Movers 2:00 Bags Game 3:00 Social Hour 6:00 Movie Night	28 9:30 Morning News 10:30 Senior Exercise 2:00 Sing-Along 4:00 Bingo 6:00 Movie & Popcorn	
29 9:30 Senior Exercise 10:00 Online Church Service 2:00 Coffee & Conversation 4:00 Sing-Along 6:00 Game Night	30 9:30 Morning News 10:30 Senior Exercise 2:00 Bingo 3:00 Ice-Cream Social 6:00 Netflix	31 New Years Eve 9:30 Morning News 10:30 Senior Exercise 2:00 New Years Eve Party 4:00 Board Games 6:00 Resident Choice Movie					

# UPCOMING EVENTS

- Dementia Support Group – Ringwood – Dec 5
- Mary Kay Make Overs LITH – Dec 3
- Gift Wrapping with Elara Care LITH – Dec 4
- Breakfast with Santa LITH – Dec 7
- Holiday Craft with Heartland Hospice – Dec 10
- Goddard School Visits – Dec 10 and Dec 20
- Dementia Support Group – LITH – Dec 19
- Mind Movers – Dec 6, 13, 20 and 27

## The Holidays and Alzheimer's

The holidays are often filled with sharing, laughter and memories, but they can also bring stress, disappointment or sadness.

[READ MORE >>](#)



## Resident Recipe of the Month

### Date Nut Bread -By Joy M.



*Double* Serves: \_\_\_\_\_

From the Kitchen of: \_\_\_\_\_

Mom's Date Nut Bread

<p>2 1/4 C. bread flour</p> <p>2 t. soda</p> <p>1/2 t. salt</p> <p>2 C. Chopped dates</p> <p>1 C. Chopped walnuts</p> <p>1 1/2 C. boiling water</p>	<p>1 C. sugar</p> <p>1 T melted butter</p> <p>1 egg</p> <p>1 t. vanilla</p>
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Add dates to boiling water & let stand 20 minutes. Add melted butter & well beaten egg to sugar. Sift dry ingredients and add alternately with date mixture. Add vanilla and nuts.

Fill well buttered ten cans 2/3 full. Bake in a pre-heated 350° oven for 45-50 minutes

single recipe = 4 cans / mini loaf pans



# NOVEMBER PICTURE RECAP



**BOWLING**



**COOKING WITH YOUR CARE PARTNER**



**PET THERAPY**



**RINGWOOD FOOTBALL PARTY**



**TURKEY CRAFT**



**NATIONAL NACHO DAY**



**GODDARD STUDENTS VISIT**



**PUZZLES DAY**