



NEWSLETTER

THE HEATHERS SENIOR HOMES - NEWSLETTER - APRIL 2025



Letter from Jennifer

Dear residents and families,

Happy Spring! We are eager to embrace the beautiful weather ahead and all the joy this season brings. March was filled with wonderful moments, and we were delighted to welcome Thomas, Joyce, Pat, and Chuck to our Lake in the Hills home—it already feels like they've been part of our family forever!

We also had a fantastic time at our Ringwood Family Night. A heartfelt thank you to everyone who joined us and helped make the evening so special.

Looking ahead to April, we are excited to host our Family Easter Brunch on April 12th from 10 AM – 12 PM at our Lake in the Hills home. The Easter Bunny will be making a special appearance for photos, so don't forget to take lots of pictures! We're also gearing up for our Cubs Lunch Party on April 4th, a perfect way to celebrate the start of baseball season together.

Wishing everyone a blessed Easter filled with love, joy, and precious memories. Thank you for trusting us with your loved one—we are grateful to be part of their journey.

Warm regards,

Jennifer Bohyer
Executive Director



Thomas



Joyce

NEW RESIDENTS

In March, we welcomed Thomas, Joyce, Pat and Chuck in Lake in the Hills Home.



Pat



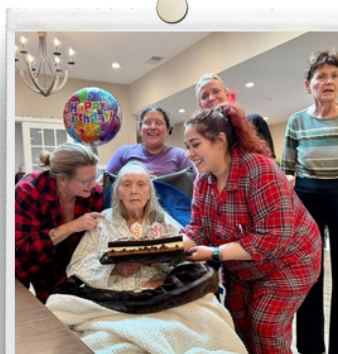
Chuck

For our Resident Spotlight at The Heather's this month we cast a line to learn more about Pat. Read on below to find out about Pat's Life of Family, Hard Work, and Joy...

READ MORE >>



Cathy K



Lori



Marianne

April 2025

*Activity times and programs are subject

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		April Fool's Day 1 9:30 Morning News 10:30 Senior Exercise 2:00 Craft Corner 4:00 Board Games 6:00 Resident Choice Movie	9:30 Morning News 10:30 Senior Exercise 11:00 Communion 11:00 Library hour W/ Chris 2:00 Bingo 4:00 Fancy Nails 6:00 Puzzles	9:30 Morning News 10:30 Senior Exercise 2:00 Adult Coloring 4:00 Activities W/ Chris 5:00 Support Group-RW 6:00 Resident Choice	9:30 Morning News 10:30 Morning Exercise 12:30 Cubs Party 2:00 Balloon Badminton 3:00 Social Hour 6:00 Movie Night	9:30 Morning News 10:30 Senior Exercise 1:00 Mind Movers 4:00 Bingo 6:00 Movie & Popcorn	
	9:30 Senior Exercise 10:00 Online Church Service 2:00 Board Games 4:00 Puzzles 6:00 Game Night	9:30 Morning News 10:30 Senior Exercise 2:00 Walking Club 3:00 Ice-Cream Social 6:00 Netflix	9:30 Morning News 10:30 Senior Exercise 2:00 Bowling 4:00 Soak in the sun 6:00 Resident Choice Movie	9:30 Morning News 10:30 Senior Exercise 11:00 Communion 11:00 Activities W/ Chris 2:00 Bingo 4:00 Fancy Nails 5:30 Understanding Dementia Presentation 6:00 Puzzles	9:30 Morning News 10:30 Senior Exercise 2:00 Adult Coloring 4:00 Activities W/ Chris 6:00 Resident Choice	9:30 Morning News 10:30 Morning Exercise 2:00 Walking Club 3:00 Social Hour 6:00 Movie Night	9:30 Morning News 10:00 Easter Family Brunch- LITH 2:00 Sing-Along 4:00 Bingo 6:00 Movie & Popcorn
	9:30 Senior Exercise 10:00 Online Church Service 2:00 Soak in the sun 4:00 Puzzles 6:00 Game Night	9:30 Morning News 10:30 Senior Exercise 2:00 Walking Club 3:00 Ice-Cream Social 6:00 Netflix	9:30 Morning News 10:30 Senior Exercise 11:00 Goddard Children 2:00 Craft Corner 4:00 Board Games 6:00 Resident Choice Movie	9:30 Morning News 10:30 Senior Exercise 11:00 Communion 11:00 Activities W/ Chris 2:00 Bingo 4:00 Fancy Nails 6:00 Puzzles	9:30 Morning News 10:30 Senior Exercise 2:00 Bingo 4:00 Activities W/ Chris 5:00 Support Group-LITH 6:00 Resident Choice	Pajama Day 18 9:30 Morning News 10:30 Morning Exercise 2:00 Walking Club 3:00 Social Hour 6:00 Movie Night	9:30 Morning News 10:30 Senior Exercise 1:00 Mind Movers 4:00 Bingo 6:00 Movie & Popcorn
	Easter Sunday 20 9:30 Senior Exercise 10:00 Online Church Service 2:00 Soak in the sun 4:00 Puzzles 6:00 Game Night	9:30 Morning News 10:30 Senior Exercise 2:00 Walking Club 3:00 Ice-Cream Social 4:00 Bible study w/ Pastor Dan 6:00 Netflix	Earth Day 22 9:30 Morning News 10:30 Senior Exercise 2:00 Gardening hour 4:00 Board Games 6:00 Resident Choice Movie	9:30 Morning News 10:30 Senior Exercise 11:00 Communion 11:00 Activities W/ Chris 2:00 Baking W/ your Care Partner 4:00 Fancy Nails 6:00 Puzzles	9:30 Morning News 10:30 Senior Exercise 2:00 Egg Shaker Exercise 4:00 Activities W/ Chris 6:00 Resident Choice	Arbor Day 25 9:30 Morning News 10:30 Morning Exercise 2:00 Walking Club 3:00 Social Hour 6:00 Movie Night	9:30 Morning News 10:30 Senior Exercise 2:00 Sing-Along 4:00 Bingo 6:00 Movie & Popcorn
	9:30 Senior Exercise 10:00 Online Church Service 2:00 Soak in the sun 4:00 Sing-Along 6:00 Game Night	Superhero Day 28 9:30 Morning News 10:30 Senior Exercise 11:00 Goddard Children 2:00 Bingo 3:00 Ice-Cream Social 6:00 Netflix	9:30 Morning News 10:30 Senior Exercise 2:00 Gardening hour 4:00 Board Games 6:00 Resident Choice Movie	9:30 Morning News 10:30 Senior Exercise 11:00 Communion 11:00 Activities W/ Chris 2:00 Baking W/ your Care Partner 4:00 Fancy Nails 6:00 Puzzles			

UPCOMING EVENTS

- **Dementia Support Group – Ringwood – April 3, 5-6 PM**
- **Cubs Lunch and Party LITH – April 4**
- **Understanding Alzheimer's and Dementia Presentation by Alzheimer's Association – LITH, April 9, 5:30 PM**
- **Easter Brunch, LITH – April 12, 10AM to 12 Noon**
- **Goddard School Visits LITH – April 15, 11 am**
- **Dementia Support Group – LITH – April 17, 5-6 PM**
- **Goddard School Visits LITH – April 29, 11 am**
- **Mind Movers, LITH – Every other Saturday, 1pm April 5 and April 19 1pm**

Communication and Alzheimer's Disease

Alzheimer's disease and other dementias gradually diminish a person's ability to communicate. Communication with a person with Alzheimer's requires patience, understanding and good listening skills.

READ MORE >>



Resident Recipe of the Month

Beef Barley Soup -By Howard B

Ingredients:

- 2 lbs chuck roast, trimmed of excess chunks of fat, cut into 3/4-inch cubes
- 3 Tbsp olive oil
- 1 1/2 cups chopped carrots (about 3)
- 1 cup chopped celery (about 2 ribs)
- 2 cups chopped yellow onion (1 large)
- 3 Tbsp tomato paste
- 1 1/2 Tbsp minced garlic (4 cloves)
- 2 (32 oz) cartons low-sodium chicken broth or beef broth
- 1 Tbsp low-sodium soy sauce
- 2 tsp Worcestershire sauce
- 2 tsp minced fresh rosemary, or 1/2 tsp dried
- 2 tsp minced fresh thyme, or 1/2 tsp dried
- Salt and freshly ground black pepper
- 1 cup pearl barley
- 3 Tbsp minced fresh parsley



Directions:

Heat 1 Tbsp olive oil in a large pot over medium-high heat. Dab beef dry and add 1/2 or 1/3 of beef, adding just enough not to overcrowd. Season with salt and pepper. Let sear until golden brown on bottom, about 3 minutes then flip and cook 1 minute longer. Transfer beef in pot to a plate along with juices and repeat process with remaining beef adding in another 1 Tbsp oil to pot. Add 1 Tbsp oil to now empty pot. Add carrots, celery and onion and saute 3 minutes. Add tomato paste and garlic and saute 1 minute longer. Pour in broth, soy sauce, Worcestershire sauce, rosemary, thyme and season with salt and pepper to taste. Return beef to pot. Bring mixture to a simmer then reduce heat to low, cover and simmer until beef is fairly tender, about 45 - 60 minutes. Add barley, cover and simmer until cooked through and beef is tender, about 45 - 60 minutes longer. Stir in parsley. Serve warm.

How to Make Beef Barley Soup in the Instant Pot
Select "saute" setting on pressure cooker. Add oil. Brown beef in 2 - 3 batches. Turn to "off" setting. Return all beef to Instant Pot. Add remaining ingredients (except parsley) also reduce broth to 7 cups (since it doesn't really steam off like other cooking methods). Cover and set valve to "sealing" position. Select "manual mode" and adjust time to 20 minutes. Once cooking time is up let pressure come down naturally for at least 10 minutes then carefully quick release any remaining pressure.

MARCH PICTURE RECAP

MARDI GRAS



RINGWOOD FAMILY FUN NIGHT



GAME NIGHT



ST PATRICK'S DAY CRAFTING



BINGO TIME



FRIENDSHIPS

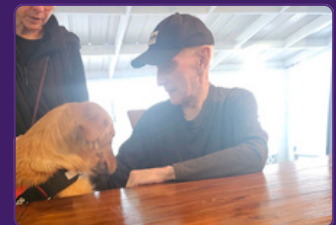


PAJAMA DAY



EXERCISE

GODDARD STUDENTS VISIT



PET THERAPY

SPRING CRAFTS



TRIVIA TIME