



NEWSLETTER

THE HEATHERS SENIOR HOMES - NEWSLETTER - JUNE 2025



Letter from Jennifer

Dear residents and families,

As we enter June, we are so excited to celebrate the summer season with you! Warmer days are here, and we look forward to enjoying all that this time of year brings.

May was full of wonderful moments. We were thrilled to welcome Marilyn, our newest resident at Lake in the Hills. We hope it already feels just like home.

We also kicked off the season with Cycling Without Age through McHenry County. We are so thankful for this program and the volunteers who generously donate their time to give our residents such a meaningful and joyful experience.

Our Ringwood home has been taking full advantage of our beautiful three acres—residents have been enjoying the outdoors, relaxing with live entertainment, and benefiting from the joy and comfort of wonderful pet therapy sessions.

Save the date! Join us on Saturday, July 19th for our Annual Summer Concert at Lake in the Hills from 5 PM to 7 PM. We'll enjoy live outdoor entertainment, dinner, and ice cream—an evening full of fun and great company!

Thank you for trusting us with your loved one. We are honored to care for them and to share these special moments together.

Warm regards,

Jennifer Bohyer
Executive Director

NEW RESIDENTS

In May, we welcomed Marilyn in our Ringwood Home.



Marilyn

For our Resident Spotlight at The Heather's this month we cast a line to learn more about Marilyn. Read more story on website to find out about Marilyn's A Legacy of Leadership, Community, and Comfort



Mike

We celebrated Mike and Mary's Birthday



Mary

June 2025 *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 Soak in the sun 4:00 Puzzles 6:00 Game Night	2 9:30 Morning News 10:30 Senior Exercise 2:00 Walking Club 3:00 Ice-Cream Social 6:00 Netflix	3 9:30 Morning News 10:30 Senior Exercise 2:00 Craft Corner 4:00 Garden Watering 6:00 Resident Choice Movie	4 9:30 Morning News 10:30 Senior Exercise 11:00 Communion 2:00 Bingo 4:00 Fancy Nails 6:00 Puzzles	5 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	6 9:30 Morning News 10:30 Morning Exercise 2:00 Balloon Badminton 3:00 Social Hour 6:00 Movie Night	7 9:30 Morning News 10:30 Senior Exercise 2:00 Garden Watering 4:00 Bingo 6:00 Movie & Popcorn
8 9:30 Senior Exercise 10:00 Online Church Service 2:00 Soak in the sun 6:00 Game Night	9 9:30 Morning News 10:30 Senior Exercise 1:00 Cycling Without Age 2:00 Walking Club 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 4:00 Soak in the sun 6:00 Resident Choice Movie	11 9:30 Morning News 10:30 Senior Exercise 11:00 Communion 1:30 Mary Kay Makeovers 3:00 Bingo 4:00 Fancy Nails 6:00 Puzzles	12 9:30 Morning News 10:30 Senior Exercise 2:00 Adult Coloring 4:00 Activities W/ Chris 6:00 Resident Choice	13 9:30 Morning News 10:30 Morning Exercise 1:00 Wooden Crafting W/ Elara Home Health 3:00 Social Hour 6:00 Movie Night	14 Flag Day 9:30 Morning News 10:30 Senior Exercise 2:00 Flag craft 3:00 Garden Watering 4:00 Bingo 6:00 Movie & Popcorn
15 Father's Day 9:30 Senior Exercise 10:00 Online Church Service 2:00 Soak in the sun 4:00 Puzzles 6:00 Game Night	16 9:30 Morning News 10:30 Senior Exercise 1:00 Cycling Without Age 2:00 Walking Club 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 Craft Corner 3:00 Live Entertainment 4:00 Garden Watering 6:00 Resident Choice Movie	18 9:30 Morning News 10:30 Senior Exercise 11:00 Communion 2:00 Bingo 4:00 Fancy Nails 6:00 Puzzles	19 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	20 9:30 Morning News 10:30 Morning Exercise 11:00 Goddard School 2:00 Resident Luau 6:00 Movie Night	21 9:30 Morning News 10:30 Senior Exercise 2:00 Garden Watering 4:00 Bingo 6:00 Movie & Popcorn
22 9:30 Senior Exercise 10:00 Online Church Service 2:00 Soak in the sun 4:00 Puzzles 6:00 Game Night	23 9:30 Morning News 10:30 Senior Exercise 2:00 Walking Club 3:00 Ice-Cream Social 6:00 Netflix	24 9:30 Morning News 10:30 Senior Exercise 2:00 Craft Corner 4:00 Garden Watering 6:00 Resident Choice Movie	25 9:30 Morning News 10:30 Senior Exercise 11:00 Communion 2:00 Baking W/ your Care Partner 4:00 Fancy Nails 6:00 Puzzles	26 9:30 Morning News 10:30 Senior Exercise 2:00 Egg Shaker Exercise 4:00 Activities W/ Chris 6:00 Resident Choice	27 9:30 Morning News 10:30 Morning Exercise 2:00 Walking Club 3:00 Social Hour 6:00 Movie Night	28 9:30 Morning News 10:30 Senior Exercise 2:00 Sing-Along 3:00 Garden Watering 4:00 Bingo 6:00 Movie & Popcorn
29 9:30 Senior Exercise 10:00 Online Church Service 2:00 Soak in the sun 4:00 Puzzles 6:00 Game Night	30 9:30 Morning News 10:30 Senior Exercise 2:00 Baking W/ your Care Partner 3:00 Ice-Cream Social 6:00 Netflix	<i>Hello June</i>		The HEATHERS SENIOR HOMES		

Addressing Depression in Seniors: A Journey to Healing

Feeling down every once in a while is a normal part of life, but if these feelings last a few weeks or months, you may have depression. Read this article to find common signs and symptoms of depression, treatment options, and if you or your loved one may be at risk for depression.



Resident Recipe of the Month

Chocolate Chip Cookie

Ingredients: (for 12 cookies)

- ½ cup granulated sugar
- ¾ cup brown sugar, packed
- 1 teaspoon salt
- ½ cup unsalted butter, melted
- 1 large egg
- 1 teaspoon vanilla extract
- 1 ¼ cups all-purpose flour
- ½ teaspoon baking soda
- 4 oz milk or semi-sweet chocolate chunks
- 4 oz dark chocolate chunk, or your preference



Preparation:

In a large bowl, whisk together the sugars, salt, and butter until a paste forms with no lumps.

Whisk in the egg and vanilla, beating until light ribbons fall off the whisk and remain for a short while before falling back into the mixture.

Sift in the flour and baking soda, then fold the mixture with a spatula (Be careful not to overmix, which would cause the gluten in the flour to toughen resulting in cakier cookies).

Fold in the chocolate chunks, then chill the dough for at least 30 minutes. For a more intense toffee-like flavor and deeper color, chill the dough overnight. The longer the dough rests, the more complex its flavor will be.

Preheat oven to 350°F (180°C). Line a baking sheet with parchment paper.

Scoop the dough with an ice-cream scoop onto a parchment paper-lined baking sheet, leaving at least 4 inches (10 cm) of space between cookies and 2 inches (5 cm) of space from the edges of the pan so that the cookies can spread evenly.

Bake for 12–15 minutes, until the edges have started to barely brown.

Cool completely before serving.

Enjoy!

MAY PICTURE RECAP

FUN TIME



PUZZLE TIME



EXERCISE

