



# NEWSLETTER

THE HEATHERS SENIOR HOMES - NEWSLETTER - JULY 2025



## Letter from Jennifer

Dear residents and families,

We hope you're enjoying this beautiful summer season as much as we are! It has been a joyful and eventful time at The Heathers.

We're thrilled to welcome Eileen, our newest resident at our Lake in the Hills home. We are so happy to have her join our family!

This month, we also celebrated Cathy and Pat for their birthdays—what a joy it was to honor them! Another highlight was our festive Luau celebration. A heartfelt thank you to the families who helped make the party extra special.

### **Save the Date:**

Please join us for our Family Event at our Lake in the Hills home on Saturday, July 19th from 5–7 PM.

We'll have live outdoor entertainment by the Boomer Buddies, grilled food, and a visit from an ice cream truck!

**To RSVP, please contact Kathy at 224-600-8431.**

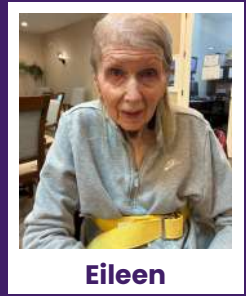
Thank you for trusting us with your loved one's care and for being such an important part of The Heathers family.

Warmly,

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

# NEW RESIDENTS

In June, we welcomed Eileen in our Lake in the Hills Home.



Eileen

For our Resident Spotlight at The Heather's this month we cast a line to learn more about Kay. Read more story on website to find out about Kay Kruse's A Lifetime of Love, Strength, and Family First



Cathy

We celebrated Cathy and Pat's Birthday



Pat

**July 2025** \*Activity times and programs are subject

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 9:30 Morning News 10:30 Senior Exercise 2:00 Craft Corner 4:00 Garden Watering 6:00 Resident Choice Movie	2 9:30 Morning News 10:30 Senior Exercise 11:00 Communion 2:00 Bingo 4:00 Fancy Nails 6:00 Puzzles	3 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	4 <b>Independence Day</b> 9:30 Morning News 10:30 Morning Exercise 2:00 Balloon Badminton 3:00 Social Hour 6:00 Movie Night	5 9:30 Morning News 10:30 Senior Exercise 2:00 Garden Watering 4:00 Bingo 6:00 Movie & Popcom
6 9:30 Senior Exercise 10:00 Online Church Service 2:00 Soak in the sun 6:00 Game Night	7 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	8 9:30 Morning News 10:30 Senior Exercise 2:00 Craft Corner 4:00 Soak in the sun 6:00 Resident Choice Movie	9 9:30 Morning News 10:30 Senior Exercise 11:00 Communion 2:00 Bingo 4:00 Fancy Nails 6:00 Puzzles	10 9:30 Morning News 10:30 Senior Exercise 2:00 Adult Coloring 4:00 Activities W/ Chris 6:00 Resident Choice	11 9:30 Morning News 10:30 Morning Exercise 2:00 Walking Club 3:00 Social Hour 6:00 Movie Night	12 9:30 Morning News 10:30 Senior Exercise 2:00 Garden Watering 4:00 Bingo 6:00 Movie & Popcom
13 9:30 Senior Exercise 10:00 Online Church Service 2:00 Soak in the sun 4:00 Puzzles 6:00 Game Night	14 9:30 Morning News 10:30 Senior Exercise 2:00 Walking Club 3:00 Ice-Cream Social 6:00 Netflix	15 9:30 Morning News 10:30 Senior Exercise 2:00 Craft Corner 4:00 Garden Watering 6:00 Resident Choice Movie	16 9:30 Morning News 10:30 Senior Exercise 11:00 Communion 2:00 Bingo 4:00 Fancy Nails 6:00 Puzzles	17 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	18 9:30 Morning News 10:30 Morning Exercise 2:00 Sing-Along 3:00 Social Hour 6:00 Movie Night	19 9:30 Morning News 10:30 Senior Exercise 2:00 Garden Watering 5:00 Family Event- LITH
20 9:30 Senior Exercise 10:00 Online Church Service 2:00 Soak in the sun 4:00 Puzzles 6:00 Game Night	21 9:30 Morning News 10:30 Senior Exercise 11:00 Goddard Children 1:00 Cycling Without Age 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 Craft Corner 4:00 Garden Watering 6:00 Resident Choice Movie	23 9:30 Morning News 10:30 Senior Exercise 11:00 Communion 2:00 Bingo 4:00 Fancy Nails 6:00 Puzzles	24 9:30 Morning News 10:30 Senior Exercise 2:00 Egg Shaker Exercise 4:00 Activities W/ Chris 6:00 Resident Choice	25 9:30 Morning News 10:30 Morning Exercise 2:00 Walking Club 3:00 Social Hour 6:00 Movie Night	26 9:30 Morning News 10:30 Senior Exercise 2:00 Sing-Along 3:00 Garden Watering 4:00 Bingo 6:00 Movie & Popcom
27 9:30 Senior Exercise 10:00 Online Church Service 2:00 Soak in the sun 4:00 Puzzles 6:00 Game Night	28 9:30 Morning News 10:30 Senior Exercise 11:00 Goddard Children 2:00 Balloon Badminton 3:00 Ice-Cream Social 6:00 Netflix	29 9:30 Morning News 10:30 Senior Exercise 2:00 Craft Corner 4:00 Garden Watering 6:00 Resident Choice Movie	30 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	31 9:30 Morning News 10:30 Senior Exercise 2:00 Bingo 4:00 Fancy Nails 6:00 Puzzles		

## Specialized Services for Dementia Patients

The journey through dementia can be challenging, and that's why tailored services are essential for ensuring quality care. Our approach places a strong emphasis on providing memory exercises, which are integral to keeping cognitive functions active. These activities not only stimulate memory recall but also foster social interaction among residents.



## Resident Recipe of the Month

### Chicken Noodle Recipe -by Kay

#### Ingredients:

- 2 large cans of chicken broth
- 1 potatoe peeled and chopped
- 2 carrots chopped
- 2 celery ribs chopped
- 1 store bought roasted chicken - shred as desired



#### Preparation:

Add some salt, pepper, garlic powder and basil.



Add in small pasta cooked first then add to soup before serving.



Simmer on low for 1 ½ hours until veggies are tender.

# JUNE PICTURE RECAP

## FUN TIME



## PUZZLE TIME



## PET THERAPY

