



NEWSLETTER

THE HEATHERS SENIOR HOMES - NEWSLETTER - SEPTEMBER 2025



Letter from Jennifer

Dear residents and families,

As we say goodbye to August and welcome September, we reflect on another wonderful month filled with special moments and celebrations at The Heathers.

In August, we had the joy of welcoming new residents into our homes. Jeanne joined us at our Lake in the Hills home, and Dorothy and Barbara became part of our Ringwood home.

Each of them has already brought warmth and joy, and we are truly blessed to have their bright smiles and kind spirits as part of our family.

We also celebrated the birthdays of Caroline, Norma, Jim, and Connie. It is always a joy to honor these milestones and share in such meaningful moments together.

Each quarter, we take time to recognize a team member with The Heather Award – an honor given to an individual who consistently goes above and beyond in their role. This quarter, we were proud to present the award to Krystal, one of our dedicated Care Partners at our Ringwood home. For four years, Krystal has served with compassion, commitment, and heart, truly treasuring the residents she cares for. Congratulations, Krystal, and thank you for all that you do.

To our families, thank you for your ongoing support and trust. We are deeply grateful to have you as part of The Heathers family, and we look forward to another wonderful month together.

Warmly,
Jennifer Bohyer
Executive Director

NEW RESIDENTS

Jeanne joined us at our Lake in the Hills home, and Dorothy and Barbara became part of our Ringwood home



Jeanne



Dorothy



Barbara

For our Resident Spotlight at The Heather's this month we cast a line to learn more about Jeanne. Read more story on website to find out about Jeanne's A Lifelong Appreciation for Life's Simple Beauty



Caroline



Norma



Jim



Connie

We celebrated the birthday's of Caroline, Norma, Jim, and Connie

September 2025						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Labor Day 1 9:30 Morning News 10:30 Senior Exercise 2:00 Walking Club 3:00 Ice-Cream Social 6:00 Netflix	2 9:30 Morning News 10:30 Senior Exercise 2:00 Craft Corner 4:00 Soak in the sun 6:00 Resident Choice Movie	3 9:30 Morning News 10:30 Senior Exercise 11:00 Communion 2:00 Bingo 4:00 Fancy Nails 6:00 Puzzles	4 9:30 Morning News 10:30 Senior Exercise 2:00 Adult Coloring 3:00 Activities W/ Chris 5:00 Support Group- RW 6:00 Resident Choice	5 9:30 Morning News 10:30 Morning Exercise 2:00 Balloon Badminton 3:00 Social Hour 6:00 Movie Night	6 9:30 Morning News 10:30 Senior Exercise 2:00 Garden Watering 4:00 Bingo 6:00 Movie & Popcorn
7 9:30 Senior Exercise 10:00 Online Church Service 2:00 Soak in the sun 6:00 Game Night	8 9:30 Morning News 10:30 Senior Exercise 2:00 Walking Club 3:00 Ice-Cream Social 6:00 Netflix	9 9:30 Morning News 10:30 Senior Exercise 2:00 Live Entertainment 4:00 Soak in the sun 6:00 Resident Choice Movie	10 9:30 Morning News 10:30 Senior Exercise 11:00 Communion 2:00 Bingo 4:00 Fancy Nails 6:00 Puzzles	11 9:30 Morning News 10:30 Senior Exercise 2:00 Adult Coloring 3:00 Activities W/ Chris 6:00 Resident Choice	12 9:30 Morning News 10:30 Morning Exercise 11:00 Goddard School 2:00 Walking Club 3:00 Social Hour 6:00 Movie Night	13 9:30 Morning News 10:30 Senior Exercise 2:00 Garden Watering 4:00 Bingo 6:00 Movie & Popcorn
Grandparents Day 14 9:30 Senior Exercise 10:00 Online Church Service 2:00 Soak in the sun 4:00 Puzzles 6:00 Game Night	15 9:30 Morning News 10:30 Senior Exercise 1:00 Cycling Without Age 3:00 Ice-Cream Social 4:00 Bible Study w/ Pastor Dan 6:00 Netflix	16 9:30 Morning News 10:30 Senior Exercise 1:30 Mary Kay Makeovers 4:00 Garden Watering 6:00 Resident Choice Movie	17 9:30 Morning News 10:30 Senior Exercise 11:00 Communion 2:00 Bingo 4:00 Fancy Nails 6:00 Puzzles	18 9:30 Morning News 10:30 Senior Exercise 2:00 Bingo 3:00 Activities W/ Chris 5:00 Support Group- LTH 6:00 Resident Choice	19 9:30 Morning News 10:30 Morning Exercise 2:00 Walking Club 3:00 Social Hour 6:00 Movie Night	20 9:30 Morning News 10:30 Senior Exercise 2:00 Garden Watering 4:00 Bingo 6:00 Movie & Popcorn
21 9:30 Senior Exercise 10:00 Online Church Service 2:00 Soak in the sun 4:00 Puzzles 6:00 Game Night	22 9:30 Morning News 10:30 Senior Exercise 3:00 Ice-Cream Social 6:00 Netflix	23 9:30 Morning News 10:30 Senior Exercise 2:00 Craft Corner 4:00 Garden Watering 6:00 Resident Choice Movie	24 9:30 Morning News 10:30 Senior Exercise 11:00 Communion 2:00 Bingo 4:00 Fancy Nails 6:00 Puzzles	25 9:30 Morning News 10:30 Senior Exercise 2:00 Egg Shaker Exercise 3:00 Activities W/ Chris 6:00 Resident Choice	26 9:30 Morning News 10:30 Morning Exercise 11:00 Goddard School 2:00 Walking Club 3:00 Social Hour 6:00 Movie Night	27 9:30 Morning News 10:30 Senior Exercise 2:00 Sing-Along 3:00 Garden Watering 4:00 Bingo 6:00 Movie & Popcorn
28 9:30 Senior Exercise 10:00 Online Church Service 2:00 Soak in the sun 4:00 Puzzles 6:00 Game Night	29 9:30 Morning News 10:30 Senior Exercise 11:00 Goddard Children 1:00 Cycling Without Age 3:00 Ice-Cream Social 6:00 Netflix	30 9:30 Morning News 10:30 Senior Exercise 2:00 Craft Corner 4:00 Garden Watering 6:00 Resident Choice Movie				

Exercise & Physical Activity – Helping You Stay Healthy 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.

To share the image, right-click on it and select "save image as" to save the file to your computer. We encourage you to use the hashtag #NIAHealth in your social media posts to connect with people and organizations with similar goals.

[Find tips for making healthy food choices a part of your daily life](#)

5 Tips for Choosing Healthier Foods as You Age

Follow these tips to help you maintain a healthy weight, get needed nutrients, and lower your risk of developing certain diseases.

Tip 1: Eat a variety of foods each day.

Fruits, Vegetables, Grains, Protein, Dairy

Tip 2: Read food labels to learn what's in your food.

Tip 3: Choose foods that don't have a lot of sugar, saturated fat, and sodium.

Tip 4: Be aware of how many calories you need per day.

Women 60+		Men 60+	
Physical activity	Calories	Physical activity	Calories
Not active	1,600	Not active	2,000-2,200
Moderately active	1,800	Moderately active	2,200-2,400
Very active	2,000-2,200	Very active	2,400-2,600

Learn more about healthy eating as you age at www.nia.nih.gov/healthy-eating.

NIH National Institute on Aging

Resident Recipe of the Month

Best Meatloaf -by Jeanne

This is the best meatloaf recipe ever and comes complete with a yummy glaze. It will knock your socks off! My mom never made meatloaf when I was growing up so when I moved out on my own, I started experimenting with different recipes and this is my best creation.

- Prep Time: 15 mins
- Cook Time: 1 hr 10 mins
- Total Time: 1 hr 25 mins
- Servings: 12
- Yield: 1 meatloaf



Ingredients

- 1 tablespoon butter
- 1/4 cup minced onion
- 2 cloves garlic, minced
- 1 1/2 teaspoons salt
- 1 1/2 teaspoons freshly ground black pepper
- 2 pounds extra-lean ground beef
- 3 slices bread, toasted and crumbled
- 7 buttery round crackers, crushed
- 1 egg, lightly beaten
- 3 1/2 tablespoons sour cream
- 1 1/2 tablespoons Worcestershire sauce
- 1 (15 ounce) can tomato sauce, divided
- 1/4 cup milk, or as needed (Optional)
- 3 tablespoons ketchup

Directions

Step 1

Preheat the oven to 350 degrees F (175 degrees C). Gather all ingredients.

Step 2

Melt butter in a skillet over medium heat, and cook onion and garlic until onion is soft and translucent, about 5 minutes. Remove from heat, and season with salt and pepper.

Step 3

Combine onion and garlic mixture, beef, crumbled bread, crushed crackers, egg, sour cream, Worcestershire sauce, and 1/2 can tomato sauce in a large bowl. Mix until well combined. Gradually stir in milk, 1 teaspoon at a time, until mixture is moist, but not soggy.

Step 4

Transfer the mixture to a 5x9-inch loaf pan. Bake uncovered in the preheated oven for 40 minutes. Increase oven temperature to 400 degrees F (200 degrees C). Continue baking 15 minutes, to an internal temperature of 160 degrees F (70 degrees C).

Step 5

Mix the remaining tomato sauce and ketchup in a small bowl. Pour over the top of the meatloaf, and continue baking for 10 minutes.

Step 6

Serve hot and enjoy!

Nutrition Facts

Per serving: 213 calories; total fat 12g; saturated fat 5g; cholesterol 76mg; sodium 649mg; total carbohydrate 9g; dietary fiber 1g; total sugars 3g; protein 18g; vitamin c 4mg; calcium 39mg; iron 3mg; potassium 335mg

AUGUST PICTURE RECAP

FUN TIME



THE HEATHER AWARD

CREATIVITY



CYCLING