



NEWSLETTER

THE HEATHERS SENIOR HOMES - NEWSLETTER - JANUARY 2026

Letter from Jennifer

Dear residents and families,

Happy New Year to all! We hope everyone had a wonderful Christmas and enjoyed a joyful holiday season. It was truly special celebrating together, and we are so grateful for the warmth and togetherness shared throughout our homes.

Thank you to the families and staff who joined us for our Ringwood Family Christmas Party. It was a pleasure spending time together, and the surprise visit from Santa Claus himself made the evening even more memorable.

We are looking forward to hosting our New Year's Eve Party at our Lake in the Hills location on January 9th from 5:00–7:00 PM, and we hope many of you can attend. Please RSVP to Kathy Biron at **224-600-8431**.



We are pleased to share that the new flooring has been fully completed in Home One at our Lake in the Hills home, and Home Two is currently in progress. The floors look beautiful, and we sincerely appreciate everyone's patience and understanding during this time. We are also excited to announce that we have officially broken ground on Home Three at our Lake in the Hills location. It is wonderful to see this vision come to life and to continue growing together.

We are delighted to welcome our newest residents, Delores and Joan at our Lake in the Hills home and Jean at our Ringwood home. We also enjoyed spending time with Alvin during his respite stay and hope to welcome him back again soon. In addition, we would like to wish Lynn a very happy birthday and hope it was a wonderful celebration.

So many exciting things have been happening, and none of it would be possible without the support of our residents, families, and staff. Thank you for being a part of The Heathers family and for the kindness and holiday cheer you continue to share.

Warm regards,

Jennifer Bohyer
Executive Director

The Heathers Senior Homes



Delores



Jean

NEW RESIDENTS

We welcomed Delores and Joan at our Lake in the Hills home and Jean at our Ringwood home. Also enjoyed spending time with Alvin during his respite stay



Alvin



For our Resident Spotlight at The Heather's this month we cast a line to learn more about Jean. Read more story on website to find out about Jean's A Life Rooted in Family, Tradition, and Love



Lynn

We celebrated Lynn's Birthday

January 2026 *Activity times and programs are subject to change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
The HEATHERS SENIOR HOMES ASSISTED LIVING AND MEMORY CARE		HAPPY NEW YEAR		New Years Day 1 9:30 Morning News 10:30 Senior Exercise 2:30 Activities W/ Chris 4:00 Adult Coloring 5:00 Support Group-RW 6:00 Resident Choice	2 9:30 Morning News 10:30 Morning Exercise 2:00 Bowling 3:00 Social Hour 6:00 Movie Night	3 9:30 Morning News 10:30 Senior Exercise 2:00 Coffee & Conversation 4:00 Bingo 6:00 Movie & Popcorn
4 9:30 Senior Exercise 10:00 Online Church Service 2:00 Bingo 6:00 Game Night	5 9:30 Morning News 10:30 Senior Exercise 2:00 Bowling 3:00 Ice-Cream Social 6:00 Netflix	6 9:30 Morning News 10:30 Senior Exercise 2:00 Bingo 4:00 Trivia 6:00 Resident Choice Movie	7 9:30 Morning News 10:30 Senior Exercise 11:00 Communion 2:00 Activities with Nina 4:00 Fancy Nails 6:00 Puzzles	8 9:30 Morning News 10:30 Senior Exercise 2:30 Activities W/ Chris 4:00 Adult Coloring 6:00 Resident Choice	9 9:30 Morning News 10:30 Morning Exercise 2:00 Balloon Badminton 5:00 Family Holiday Party-LITH 6:00 Movie Night	10 9:30 Morning News 10:30 Senior Exercise 2:00 Coffee & Conversation 4:00 Bingo 6:00 Movie & Popcorn
11 9:30 Senior Exercise 10:00 Online Church Service 2:00 Bingo 4:00 Puzzles 6:00 Game Night	12 9:30 Morning News 10:30 Senior Exercise 2:00 Sing Along 3:00 Ice-Cream Social 6:00 Netflix	13 9:30 Morning News 10:30 Senior Exercise 1:30 Mary Kay Makeovers 4:00 Trivia 6:00 Resident Choice Movie	14 9:30 Morning News 10:30 Senior Exercise 11:00 Communion 2:00 Activities W/ Nina 4:00 Fancy Nails 6:00 Puzzles	15 9:30 Morning News 10:30 Senior Exercise 2:00 Activities W/ Chris 4:00 Egg Shaker Exercise 5:00 Support Group-LITH 6:00 Resident Choice	16 9:30 Morning News 10:30 Morning Exercise 11:00 Goddard School 2:00 Bowling 3:00 Social Hour 6:00 Movie Night	17 9:30 Morning News 10:30 Senior Exercise 2:00 Coffee & Conversation 4:00 Bingo 6:00 Movie & Popcorn
18 9:30 Senior Exercise 10:00 Online Church Service 2:00 Bingo 4:00 Puzzles 6:00 Game Night	Martin Luther King Day 19 9:30 Morning News 10:30 Senior Exercise 2:00 Bags 3:00 Ice-Cream Social 4:00 Bible Study w/ Pastor Dan 6:00 Netflix	20 9:30 Morning News 10:30 Senior Exercise 2:00 Bingo 6:00 Resident Choice Movie	21 9:30 Morning News 10:30 Senior Exercise 11:00 Communion 2:00 Activities W/ Nina 4:00 Fancy Nails 6:00 Puzzles	22 9:30 Morning News 10:30 Senior Exercise 2:00 Live Entertainment 4:00 Adult Coloring 6:00 Resident Choice	23 9:30 Morning News 10:30 Morning Exercise 2:00 Bags Game 3:00 Social Hour 6:00 Movie Night	24 9:30 Morning News 10:30 Senior Exercise 2:00 Sing-Along 4:00 Bingo 6:00 Movie & Popcorn
25 9:30 Senior Exercise 10:00 Online Church Service 2:00 Bingo 4:00 Puzzles 6:00 Game Night	26 9:30 Morning News 10:30 Senior Exercise 2:00 Trivia 3:00 Ice-Cream Social 6:00 Netflix	27 9:30 Morning News 10:30 Senior Exercise 11:00 Goddard School 2:00 Baking W/ your Care Partner 4:00 Sing-Along 6:00 Resident Choice	28 9:30 Morning News 10:30 Senior Exercise 11:00 Communion 2:00 Activities W/ Nina 4:00 Fancy Nails 6:00 Puzzles	29 9:30 Morning News 10:30 Senior Exercise 2:30 Activities W/ Chris 4:00 Adult Coloring 6:00 Resident Choice	30 9:30 Morning News 10:30 Morning Exercise 2:00 Bags Game 3:00 Social Hour 6:00 Movie Night	31 9:30 Morning News 10:30 Senior Exercise 2:00 Sing-Along 4:00 Bingo 6:00 Movie & Popcorn

Risk factors of dementia and Alzheimer's

Researchers have performed numerous studies to determine what happens in the brain as Alzheimer's progresses, but the results have been inconclusive. However, many researchers believe most Alzheimer's cases are due to genetics, lifestyle, and environment. The main risk factors include:

Age, Family history, Medical conditions.

How long does Alzheimer's disease last?

The brain changes that result in Alzheimer's disease may be

FOR MORE INFO CHECK OUR WEBSITE BLOG POST



Resident Recipe of the Month

Jean's APPLE CRISP

9 apples, peeled and cut into chunks – drizzle honey and sprinkle cinnamon over – stir

TOPPING

- 2/3 of a cup of flour
- 1/4 cup of sugar
- 2 1/2 cups of oatmeal
- 1 stick +2 tablespoons butter
- Mix dry ingredients in a bowl and cut butter into mixture until crumbly
- Spread on top of apples
- Bake 375* for 1/2 hour



Directions

Peel and slice apples in to a large mixing bowl.

Tumble with the spice, salt, sugar and lemon juice.

Pour out into a 9" x 13" baking pan.

In a smaller bowl, place the flour and brown sugar.

Cut in the butter
Until the mixture feels cornmeal.

Crumble this topping over the apples.

Bake uncovered in a preheated 375* for 1/2 hour

May be served hot or cold.

DECEMBER FUN TIME PICTURE RECAP

