



NEWSLETTER

THE HEATHERS SENIOR HOMES - NEWSLETTER - MARCH 2026

Letter from Jennifer

Dear residents and families,

We are officially in full swing of March and looking ahead to the arrival of warmer weather and longer, sunnier days. This time of year always brings a renewed sense of energy, and we are excited for all that the season has in store.

I am incredibly excited to announce that The Heathers Senior Homes has been named **Best Family-Owned Business in McHenry County** and **Top Workplace in McHenry County!** We are truly honored to receive these recognitions. This would not have been possible without the unwavering support of the Garifo family, who have built such an exceptional family-owned business, along with our incredible staff, residents, and families. Your trust, dedication, and belief in our mission are what make achievements like this possible. We are deeply grateful and humbled to serve you each day.



I am pleased to share that Julie Ortiz has been promoted to Director of Nursing. Julie has been a valued nurse with us for several months and has proven to be a dedicated, compassionate professional. She brings strong clinical experience and a commitment to excellence in resident care. Please join me in congratulating Julie when you see her.

We have also had the pleasure of welcoming several new residents. Robert recently stayed with us for respite at our Ringwood home, and it was truly wonderful getting to know him and providing his care. Additionally, we warmly welcomed Maureen, John C., Beverly, and Mary Ellen to our Lake in the Hills home. We are so happy they have joined us and look forward to supporting them in this next chapter.

This month, we also celebrated several special birthdays. Please join us in wishing a very happy birthday to John C., Geraldine, and Marilyn at our Lake in the Hills home, and Jean at our Ringwood home. We are grateful to celebrate these meaningful milestones together.

Thank you to all of our residents and families for your continued trust and support. It is an honor and a privilege to be part of your journey, and we remain deeply thankful for the confidence you place in our team each day.

Warm regards,

Jennifer Bohyer

Executive Director

The Heathers Senior Homes



Maureen



John C



Beverly

NEW RESIDENTS

In February, we warmly welcomed Maureen, John C., Beverly, and Mary Ellen to our Lake in the Hills home. Also Robert recently stayed with us for respite at our Ringwood home.



Mary Ellen



Robert

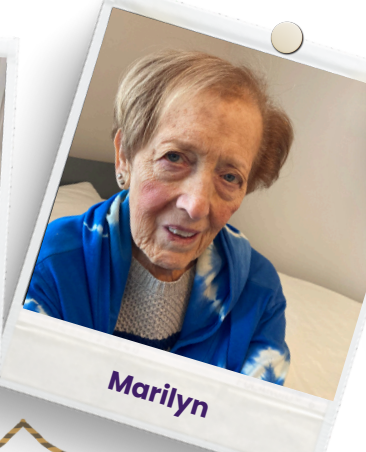
For our Resident Spotlight at The Heather's this month we cast a line to learn more about John Cieminski. Read more story on website to find out about John's A Life of Service, Teaching, and Craftsmanship



John C



Geraldine



Marilyn



Jean

We celebrated the birthday's of John C., Geraldine, and Marilyn at our Lake in the Hills home, and Jean at our Ringwood home.

March 2026

*Activity times and programs are subject to change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1 9:30 Senior Exercise 10:00 Online Church Service 2:00 Bingo 6:00 Game Night	2 9:30 Morning News 10:30 Senior Exercise 2:00 Bowling 3:00 Ice-Cream Social 6:00 Netflix	3 9:30 Morning News 10:30 Senior Exercise 2:00 Bingo 4:00 Trivia 6:00 Resident Choice Movie	4 9:30 Morning News 10:30 Senior Exercise 11:00 Communion 2:00 Activities W/ Nina 4:00 Fancy Nails 6:00 Puzzles	5 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	6 9:30 Morning News 10:30 Morning Exercise 2:00 Jeopardy 3:00 Social Hour 6:00 Movie Night	7 9:30 Morning News 10:30 Senior Exercise 1:00 Mind Movers 2:00 Coffee & Conversation 4:00 Bingo 6:00 Movie & Popcorn	
8 9:30 Senior Exercise 10:00 Online Church Service 2:00 Bingo 6:00 Game Night	9 9:30 Morning News 10:30 Senior Exercise 2:00 Jeopardy 3:00 Ice-Cream Social 6:00 Netflix	10 9:30 Morning News 10:30 Senior Exercise 2:00 Bingo 4:00 Trivia 6:00 Resident Choice Movie	11 9:30 Morning News 10:30 Senior Exercise 11:00 Communion 2:00 Activities with Nina 4:00 Fancy Nails 6:00 Puzzles	12 9:30 Morning News 10:30 Senior Exercise 2:30 Activities W/ Chris 4:00 Adult Coloring 6:00 Resident Choice	13 9:30 Morning News 10:30 Morning Exercise 11:00 Goddard School 2:00 Bowling 3:00 Social Hour 6:00 Movie Night	14 9:30 Morning News 10:30 Senior Exercise 2:00 Coffee and Conversation 4:00 Bingo 6:00 Movie & Popcorn	
15 9:30 Senior Exercise 10:00 Online Church Service 2:00 Bingo 4:00 Puzzles 6:00 Game Night	16 9:30 Morning News 10:30 Senior Exercise 2:00 Live Entertainment 3:00 Ice-Cream Social 4:00 Bible Study w/ Pastor Dan 6:00 Netflix	17 St. Patrick's Day 9:30 Morning News 10:30 Senior Exercise 2:00 St. Patrick's Day Party 4:00 Trivia 6:00 Resident Choice Movie	18 9:30 Morning News 10:30 Senior Exercise 11:00 Communion 2:00 Activities W/ Nina 4:00 Fancy Nails 6:00 Puzzles	19 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	20 9:30 Morning News 10:30 Morning Exercise 2:00 Bowling 3:00 Social Hour 6:00 Movie Night	21 9:30 Morning News 10:30 Senior Exercise 2:00 Coffee & Conversation 4:00 Bingo 6:00 Movie & Popcorn	
22 9:30 Senior Exercise 10:00 Online Church Service 2:00 Bingo 4:00 Puzzles 6:00 Game Night	23 9:30 Morning News 10:30 Senior Exercise 2:00 Jeopardy 3:00 Ice-Cream Social 6:00 Netflix	24 9:30 Morning News 10:30 Senior Exercise 2:00 Bingo 6:00 Resident Choice Movie	25 9:30 Morning News 10:30 Senior Exercise 11:00 Communion 1:30 Mary Kay Makeovers 4:00 Fancy Nails 6:00 Puzzles	26 9:30 Morning News 10:30 Senior Exercise 2:00 Activities W/ Chris 4:00 Adult Coloring 6:00 Resident Choice	27 9:30 Morning News 10:30 Morning Exercise 11:00 Goddard School 2:00 Bags Game 3:00 Social Hour 6:00 Movie Night	28 9:30 Morning News 10:30 Senior Exercise 2:00 Sing-Along 4:00 Bingo 6:00 Movie & Popcorn	
29 9:30 Senior Exercise 10:00 Online Church Service 2:00 Bingo 4:00 Puzzles 6:00 Game Night	30 9:30 Morning News 10:30 Senior Exercise 2:00 Jeopardy 3:00 Ice-Cream Social 6:00 Netflix	31 9:30 Morning News 10:30 Senior Exercise 2:00 Bingo 6:00 Resident Choice Movie					

Take a Caregiver Respite or Else!

If we don't take care of ourselves, how can we expect to care for another? Self-care is a sign of self-respect. If we don't value ourselves enough to take care of ourselves, can we truly be attentive caregivers?

If we don't take a respite...

We need respite from time to time. We know when we've hit the end of our energy reserves. We also know to take a break before we hit empty.

FOR MORE INFO CHECK OUR WEBSITE BLOG POST



Resident Recipe of the Month

GRANDMA'S CROCKPOT CHICKEN & EGG NOODLES

A Hearty, Slow-Cooked Family Favorite — Passed Down & Perfected

Inspired by his mother-in-law's original from-scratch version, lovingly updated by his wife using Reames frozen noodles for ease—without losing an ounce of comfort.



Ingredients

- 6 boneless, skinless chicken breasts
- Salt and freshly ground black pepper (to taste)
- 1 (15 oz) can cream of chicken soup
- 1 (15 oz) can cream of celery soup
- 1 (32 oz) carton chicken broth
- 1 stick (½ cup) unsalted butter, cut into small pieces
- 1 (24 oz) bag frozen egg noodles (such as Reames)

Instructions

- **Season & Layer:** Generously season chicken breasts with salt and pepper. Place them in the bottom of your slow cooker.
- **Add Soups & Butter:** Spoon both soups evenly over the chicken. Dot the top with butter pieces.
- **Pour Broth:** Gently pour in the chicken broth (no need to stir).
- **Cook:** Cover and cook on LOW for 6 hours or HIGH for 3–4 hours, until chicken is tender and shreds easily.
- **Shred Chicken:** Remove chicken, shred with two forks, and return to the pot.
- **Cook Noodles Separately:** Prepare frozen egg noodles according to package directions (usually 5–7 minutes in boiling water). Drain.
- **Combine:** Gently stir cooked noodles into the crockpot. Let sit for 10–15 minutes to meld flavors before serving.

FEBRUARY'S PICTURES RECAP

Lake In The Hills & Ringwood



AWARDED 2025 BEST OF MCHENRY COUNTY FOR

Top Workplace & Family-Owned Business

These awards reflect what matters most to us

- ✓ A family-first approach for residents and staff alike
- ✓ Compassionate high-quality care
- ✓ A dedicated, respected team

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Please join us in congratulating Julie on her promotion to Director of Nursing!

