



# NEWSLETTER

THE HEATHERS SENIOR HOMES - NEWSLETTER - MAY 2026



## Letter from Jennifer

*Dear residents and families,*

May is here, and we are so excited to finally be enjoying the outdoors again! There is something so special about this time of year, and we look forward to spending more time outside with our residents.

Thank you to all the families who joined us for our Easter brunch at our Lake in the Hills home. It was wonderful to gather together and celebrate—it truly means so much to us to share those moments with you.

We are also excited to welcome back Cycling Without Age this month! Our residents absolutely love these rides, and we can't wait to see the smiles as they return. Please join us in giving a warm welcome to Therese, who recently moved in. We are so glad she is here and already part of our home. We also had the joy of celebrating birthdays for Sandy, Bonnie, and Kay—we hope each of you had a beautiful and special day!

There continues to be a lot of exciting progress with our third home, Highlands. We have been thoughtfully planning every detail, from flooring selections to interior and exterior design. It has been incredible to watch it continue to come to life, and we are so excited for what's ahead. As always, thank you for trusting us with your loved ones and for being part of The Heathers family. Your support and partnership mean everything to us.

Warm regards,  
Jennifer Bohyer  
Executive Director  
The Heathers Senior Homes



Therese

# NEW RESIDENTS

In April, we warmly welcomed Therese Cloutier to our Lake in the Hills home

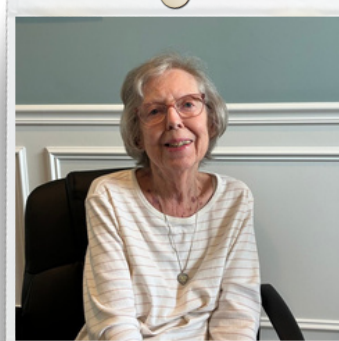
For our Resident Spotlight at The Heather's this month we cast a line to learn more about Therese Cloutier. Read more story on website to find out about Therese's whose life has been filled with Faith, Community, and Joy.



Bonnie



Kay



Sandy

This month, we also celebrated birthday's for Bonnie, Kay and Sandy!

*The Heathers*  
SENIOR HOMES

*May*  
Resident-Directed Engagement Calendar

|           | Morning<br>10:00 - 11:00                  | Afternoon<br>1:30 - 2:30               | Evening<br>6:00 - 7:00       |
|-----------|---|--|------------------------------|
| Monday    | Café & Conversation:<br>News & Memories ☕ | Bingo: Veggie Garden<br>Outdoor Game 🍅 | Movie Night 📺                |
| Tuesday   | Reminiscing & Current<br>Events 📖         | Crafts & Baking 🍰                      | Music & Sing-Along 🎵         |
| Wednesday | Chair Exercises<br>Resident Choice 🧘      | Gardening Club 🌱                       | Netflix & Popcorn 🍿          |
| Thursday  | Nature Walk &<br>Puzzles 🧩                | Bingo & Outdoor Walk 🚶                 | Games & Snack Night 🎲        |
| Friday    | Puzzles 🧩                                 | Crafts & Baking 🍰                      | Wind Down<br>& Meditation 🕯️ |
| Saturday  | Café & Special Time ☕                     | Light Activities ☀️                    | Story Time 📖                 |

*Daily Engagement*

- Personalized Attention
- Walk & Mobility Support
- Sensory & Comfort Activities
- Resident Choice Throughout the Day

*Our activities are flexible and based on resident preferences, abilities, and moods. Participation is always encouraged but voluntary.*

New FDA-approved treatments like lecanemab (Leqembi®) and donanemab (Kisunla®) can modestly slow cognitive decline in early Alzheimer's by reducing amyloid plaques, but require IV infusions, regular MRIs, and carry risks like brain swelling or bleeding. These are only for specific patients and need specialist evaluation.

For symptom relief, cholinesterase inhibitors (Aricept®, Exelon®, Razadyne®) and memantine (Namenda®) may temporarily help memory and daily function in Alzheimer's, Lewy body, and Parkinson's dementia—but don't stop disease progression. Treatment varies by type: vascular dementia focuses on heart health, while frontotemporal dementia often uses SSRIs for behavior. Always consult a specialist for personalized care.

**FOR MORE INFO CHECK OUR WEBSITE BLOG POST**



# Resident Recipe of the Month

## Classic French Recipe

### Beef Bourguignon



#### TOPPING

- 2 lbs beef cubes
- 3 onions
- 2 carrots
- 2 garlic cloves
- 2 celery branches
- 1 Bay leaf
- 1/2 tsp thyme
- 2 cups red wine
- 2 cups of beef stock
- 1 package of mushrooms
- 1 small bunch of parsley
- Salt and pepper to taste

#### Directions

In a large skillet, heat 1/4 cup of your oil of preference.

Roll beef cubes in a light amount of flour and brown on all sides in oil.

Remove from skillet. Add ground beef cubes to a large cooking pot. Add chopped carrots, celery, garlic, onion and all spices. Stir together.

Add beef stock and wine. Bring to a low boil and reduce heat to simmer for 3 hours. 30 minutes before the end of cook time add chopped mushrooms. Garnish with parsley. Enjoy!!!

# APRIL FUN TIME PICTURE RECAP

