



NEWSLETTER

THE HEATHERS SENIOR HOMES - NEWSLETTER - JULY 2026



Letter from Jennifer

Dear residents and families,

I hope everyone is enjoying a wonderful summer!

We are grateful and excited to continue watching our third home, Highlands, grow so quickly. We look forward to welcoming the many new residents who will soon be filling our newest home with the same love, warmth, and sense of family that make our other homes so special.

This month, we also had the opportunity to celebrate Pat's birthday. Pat, we hope your special day was filled with joy, laughter, and wonderful memories!

We were also pleased to welcome some new faces to our Lake in the Hills home. We had the pleasure of hosting Mary Ellen for a respite stay and truly enjoyed getting to know her. We hope to see her again soon! We also welcomed Lita back to our home. Lita has stayed with us previously for respite care, and we are delighted to have her with us again.

Please be sure to save the date for our Annual Outdoor Concert on August 28th from 5:00 PM to 7:00 PM at our Lake in the Hills home. We will enjoy live outdoor music, delicious grilled food, an ice cream truck, and, most importantly, time spent together with residents, families, and friends.

Please RSVP to Kathy Biron at 224-600-8431

Thank you for your continued trust in The Heathers Senior Homes. It is a privilege to care for your loved ones, and we are honored to have them as part of our family. We look forward to creating many more special memories together.

Warm regards,

Jennifer Bohyer

Executive Director

The Heathers Senior Homes



Lita

NEW RESIDENTS

In June, we warmly welcomed Lita at our Lake in the Hills home. We had the pleasure of hosting Mary Ellen for a respite stay and truly enjoyed getting to know her.



Mary Ellen

For our Resident Spotlight at The Heather's this month we cast a line to learn more about Lita Comelli-D'Anza. Read more story on website to find out about Lita's whose life has been filled with Courage, Family, and Unwavering Faith.



Pat

We celebrated Pat's birthday in Lake in the Hills Home

The Heathers SENIOR HOMES July
Resident-Directed Engagement Calendar

	Morning 9:30-11:30	Afternoon 1:30-3:30	Evening 5:30-7:00
Monday	Coffee & Conversation Music & Movement	Bingo & Group Games	Movie Night
Tuesday	Reminiscing & Current Events	Patriotic Crafts & Baking	Music & Sing-Along
Wednesday	Chair Exercises Resident Choice	Gardening & Flower Arranging	Ice Cream Social
Thursday	Nature Walks & Sensory Bins	Bingo & Outdoor Time	Trivia & Word Games
Friday	Puzzles & Brain Games	Crafts & Baking	Relaxation & Hand Massage
Saturday	Coffee & Spiritual Time	Light Activities & Resident Choice	Sensory Time & Soothing Music
Sunday	Devotions & Hymns	Family Visit Time	Classic TV & Popcorn

Daily Engagement

- Personalized Activities
- Walks & Mobility Support
- Sensory & Comfort Activities
- Music Throughout the Day
- Outdoor Patio Time (Weather Permitting)
- Resident Choice Opportunities Daily

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

The Heathers SENIOR HOMES July SPECIAL EVENTS

- JULY 7 MONDAY** **LIVE ENTERTAINMENT WITH MANNY J**
2:00 PM
Enjoy an afternoon of great music, sing-alongs, and good company!
- JULY 20 SUNDAY** **GODDARD SCHOOL**
11:00 AM
The children from Goddard School will be visiting to share songs, smiles, and special moments!
- JULY 21 MONDAY** **CYCLING WITHOUT AGE**
1:00 PM
Feel the breeze and enjoy a ride through the neighborhood with our friends from Cycling Without Age!
- JULY 21 MONDAY** **MARY KAY MAKEOVERS**
1:30 PM
Pamper yourself with a little beauty and self-care! Enjoy hand massages, makeup tips, and facial treatments!

MARY KAY

We can't wait to see you there!

When a person with dementia says, "I want to go home," they usually aren't talking about a physical house. They're expressing a need for the comfort, security, and familiarity they once felt when life was easier and less confusing. Instead of correcting them or insisting they're already home, it's more helpful to respond to the emotion behind their words by offering reassurance, comfort, and a sense of safety.

FOR MORE INFO CHECK OUR WEBSITE BLOG POST



Resident Recipe of the Month

Chicken Noodle Recipe

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 FUN TIME PICTURE RECAP

