

*Guided by goodness, loyalty, faith, and fun*



**HeatherWood Leadership Team**  
**715.552.5511**  
**heatherwoodal.com**

**Kelly Deutscher**  
Administrator

**Jere Schroeder**  
Community Relations Director

**Melissa Warwick**  
Wellness Director

**Cecilia Manowski**  
Life Enrichment Director

**Jenny Hall**  
Dining Service Director

**Noel Larson**  
Maintenance Director

## **Resident Birthdays**

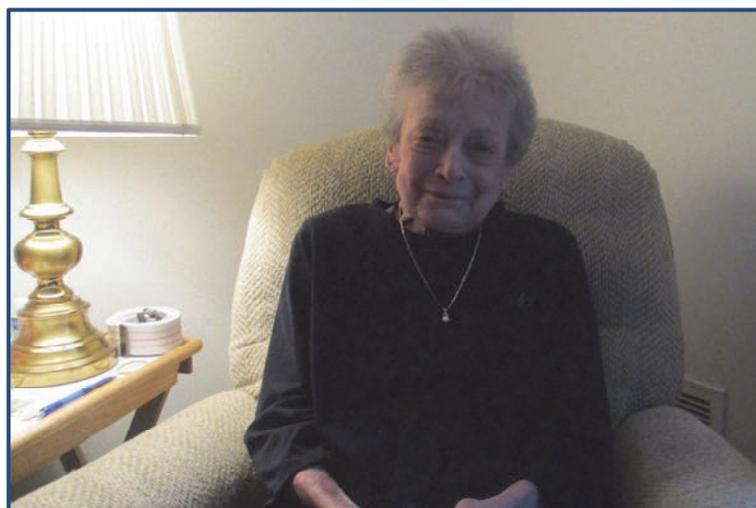
**Lazette McLeod May 14**  
**Andy Anderson May 15**  
**Carol Christman May 16**  
**Florence Omtvedt May 20**  
**Verne Miller May 29**

## **Resident Journey**

**Janet Wiechmann**

Janet was born June 8, 1938 in Rice Lake, WI. Jan has one sister, Shirley whom she is extremely close with. Jan later moved to Hastings, MN where she finished school and later raised her 3 sons, Bob, Brian, & Bradley. Jan worked in the Government Building in Hastings until she retired.

Jan had many things that she loved to do. At the top of her list of enjoyment is spending time with her children. She recently was blessed with a great grandson Jaxon. In addition, she enjoys taking walks, baking, sewing and knitting. Every chance she gets she will take advantage of watching her favorite teams, the MN Vikings and the MN Twins. She is an enthusiast for all levels of play. When asked if she had anything on her bucket list, she stated "No, I've done everything." What a great life Jan!



**May Life Enrichment  
Events  
Please join us!**

Lunch out  
Shopping  
Happy Hour  
Birthday Bash  
Manicures  
Circle of Friends  
Chapel  
Bible Study  
Sittercise  
Bingo  
Word Games  
Board Games  
Dice games  
Bridge  
Crafts  
Therapy Dogs  
Gen2000 Project

**Monthly Community Event**

May 16, 2017  
Wellness Fair

See the Life Enrichment calendar for  
dates and times.

**Each Day is A Gift**

The 92 year old, petite, well poised and proud lady, who is fully dressed each morning by eight, with her hair fashionably coifed and makeup perfectly applied, even though she is legally blind, moved to a nursing home today.

Her husband of 70 years recently passed away, making the move necessary. After many hours of waiting patiently in the lobby of the nursing home, she smiled sweetly when told her room was ready.

As she maneuvered her walker to the elevator, I provided a visual description of her tiny room, including the eyelet sheets that had been hung on her window.

“I love it”, she stated with the enthusiasm of an eight year old having just been presented with a new puppy!

“Mrs. Jones, you haven’t seen the room, just wait.”

“That doesn’t have anything to do with it”, she replied. “Happiness is something you decide on ahead of time. Whether I like my room or not doesn’t depend on how the furniture is arranged, it’s how I arrange my mind.

I already decided to love it. It’s a decision I make every morning when I wake up. I have a choice; I can spend the day in bed recounting the difficulty I have with the parts of my body that no longer work, or get out of bed and be thankful for the ones that do.

Each day is a gift, and as long as my eyes open I’ll focus on the new day and all the happy memories I’ve stored away just for this time in my life.

Old age is like a bank account: you withdraw from what you’ve put in.

## **Spring**

HeatherWood residents are so excited that spring is finally in the air. We have lots of events planned that will be able to take place outside on our lovely porch or patio. The flowers will soon be in bloom and the garden will be planted. Watch the calendar for the happenings at HeatherWood!

### **Greetings from the HeatherWood Kitchen**

With all of this warm weather we have been having, we decided it was time to break out our grill. Our residents have been enjoying a variety of delicious grilled meats along with a variety of our homemade summer salads. One of our residents' favorite summer side dish, here at HeatherWood, is our homemade baked bean hot dish. If you are looking for a delicious dish to bring to your next picnic, this one is sure to be a crowd pleaser! We hope you enjoy this recipe as much as we do! Happy cooking from our kitchen to yours!!

#### **Baked Bean Hot dish**

- 1 Pound of hamburger
- 1 Pound of bacon
- 1 Medium onion
- 1 Large can of Bush's baked beans
- 1 Can of northern beans
- 1 Can black beans
- 1 Can of Lima beans
- $\frac{3}{4}$  Cup of brown sugar
- 1 Tablespoon of dry mustard
- 1 Tablespoon of garlic salt

Fry hamburger, set aside. Slice bacon into 1 inch pieces and fry until crisp. Chop and Saute onion in bacon drippings. Combine all beans in a 9X13 baking dish or crock pot, add cooked hamburger, bacon, onion and dry mustard. Mix and top with garlic salt. Bake or simmer in crock pot for 2 hours or until heated through.

*HeatherWood*

Assisted Living and Memory Care

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Eau Claire, WI 54701

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# Wellness Fair

**May 16, 2017 • 2-4pm**  
**4510 Gateway Drive, Eau Claire**

Join us to learn about some of the great opportunities to enhance our lives and our wellness in general.

Meet with providers of services you may not have known even existed and others that you had always been meaning to visit.

**Refreshments and prizes will be available as you enjoy the various booths.**



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