

## Movie Summaries Showing in August

**Letters to Juliet:** An American girl on vacation in Italy finds an unanswered "letter to Juliet" -- one of thousands of missives left at the fictional lover's Verona courtyard, which are typically answered by the "secretaries of Juliet" -- and she goes on a quest to find the lovers referenced in the letter.



**One Flew Over The Cuckoo's Nest:** is a seminal novel that explores the dehumanizing effects of institutionalization and the struggle for individuality. The story is narrated by Chief Bromden, a patient in a mental hospital, who observes oppressive routines and power dynamics within the institution



**The Jackie Robinson Story (1950):** The film focuses on Robinson's struggle with the abuse of bigots as he becomes the first African-American Major League Baseball player of the modern era. The film is in part based on Robinson's own autobiography, My Own Story.



**The Phantom of the Opera (1925):** A mad, disfigured composer seeks love with a lovely young opera singer. At the Opera of Paris, a mysterious phantom threatens a famous lyric singer, Carlotta, and forces her to give up her role (Marguerite in Faust) for unknown Christine Daae. Christine meets this phantom (a masked man) in the catacombs, where he lives.



**The Last Song:** is a poignant narrative of family, first loves, and the bittersweet symphony of life, inviting watchers to reflect on their own paths to forgiveness and the enduring power of connection.



**Royal Wedding (1951):** is a 1951 Metro-Goldwyn-Mayer musical comedy film starring Fred Astaire and Jane Powell, with music by Burton Lane and lyrics by Alan Jay Lerner. The film was directed by Stanley Donen; it was his second film and the first he directed on his own. It was released as Wedding Bells in the United Kingdom. The story is set in London in 1947 at the time of the wedding of Princess Elizabeth and Philip Mountbatten, Duke of Edinburgh. Astaire and Powell play siblings in a song and dance duo, echoing the real-life theatrical relationship of Fred and Adele Astaire.



**ET: THE EXTRA-TERRESTRIAL,** a young boy named Elliott (Henry Thomas) discovers an extraterrestrial being who was left behind when his spaceship departed without him. After Elliott brings E.T. home, it becomes clear that the benevolent otherworldly creature can't survive in Earth's environment and must return to his home planet.



**Charade (1963):** Regina is about to divorce her husband when she finds that he has been murdered after converting every penny they owned to cash, which is also missing. She meets Cary Grant who changes his name every 15 minutes or so and is interested in her husband's money, which seems to have come from a WWII payroll he stole.



ISSUE N°: 04 / August 2024

# Community NEWSLETTER

## Highland Senior Living



Enriching the lives of those we serve.

# Administration Office

Please ring the bell on the front desk for assistance.

## Offices in Administration: Front Lobby

- Shannyn Administrative Assistant
- Sam Director of Nursing
- Jessica Director of Marketing & Business Office Manager
- Julia Community Life Director
- Hannah Executive Director

## Maintenance Office: On Second Floor

- Gabe Maintenance Director
- Desiree Housekeeping Supervisor

## Dietary Office: On Second Floor

- Delores Dietary Manager

## Nurses Station: On First Floor

- Stephanie Assistant Director of Nursing



Highland  
SENIOR LIVING  
A Lifespark Community

Age Magnificently

### \*\*\*NEW Resident & Family

### Application to be Involved with Activities

Quiltt is designed for the residents' natural supports (family, friends, etc.) to see all the positive things happening at your community. It's a network for good news!

Families will be able to see activities offered, resident attendance, send and receive messages, share pictures and videos, and much more!

*\*Quiltt should not be used for urgent, clinical, or financial related messages\**

*\*\*\*This application will take place of the Engage system that families and residents are currently utilizing. The Start date for Quiltt is August 1st, 2024 but families and residents can begin exploring now if they would like.*

Mobile App Install Link:

<https://get.quiltt.com/org/QBRAV>



Any questions ask Julia A. Community Life Director

# *Highland Senior Living Ceremony of Life Celebration*

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This celebration of life is to honor those that we have lost over the year. We dedicate this time to their families, loved ones, and friends that they have left behind. Please join us in recognizing them during this time in the main entrance lobby at Highland Senior Living or via the zoom link sent to the family members. Zoom link for those unable to attend in person will be provided upon request.

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**Leadership & Staff will be leading the ceremony**

**Date: January 8th, 2025**

**Time: 3:00 pm**

**Location: Lobby**



## **Welcome**

**BY Hannah Hollenkamp  
Executive Director**

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SPARK CHALLENGES HAVE KICKED OFF AGAIN! WE ARE DOING THE "GRIP GAMES" IF YOU WANT TO LEARN MORE OR BE A PART OF THE TEAM IN ANYWAY, PLEASE JOIN US IN THE GREAT ROOM TO CHEER ON HIGHLAND FLYERS ALL CAN COME AND ALL ARE WELCOME TO PARTICIPATE IN THE TEAM!

E-MENU KICKED OFF ON JULY 22, 2024, ALL STAFF AND RESIDENT ARE LEARNING HOW TO ORDER THEIR FOOD CHOICES THROUGH OUR INTEGRATED SYSTEM WE HAVE SOME PROCESSES TO WORK THROUGH AND WE APPRECIATE EVERYONE'S PATIENTS AND UNDERSTANDING AS WE ALL LEARN TOGETHER.

GRIEVANCES AND OR FEEDBACK I WANT TO ENCOURAGE YOU IF YOU HAVE FEEDBACK THAT IS GOOD AND BAD WE ARE LOOKING FOR IT TO BE DOCUMENTED ON THE FORMS BY THE MAILBOXES IF YOU NEED ASSISTANCE, PLEASE REACH OUT TO ANY STAFF MEMBER TO ASSIST.

THANK YOU EVERYONE AS ALWAYS, WE TRY TO DO OUR BEST FOR ALL OF YOU!

# Let's Get Started!



What is "Complete Senior Health?"

What is health? Is it simply a state of living without disease? Or is it living with conditions that are under control? Could it be something else?

Complete senior health means a complete picture of you. It's living a full and independent life. It's a complete picture of who you are, the things you love and the things you love to do: a holistic integration of the things that make life feel complete.

- Living with purpose
- Feeling happy at home
- Feeling loved
- Feeling good
- Feeling connected to others



Complete senior health is understanding and embracing your ability to lead a purpose-filled and engaged life. At Lifespark we believe that with a more complete picture of you as a person, we're able to integrate all aspects of your well-being, from medical information to the things that really matter, into insights and options that support your overall health and goals. In one place, for a completely integrated experience.

Of course, feeling good is a big part of health and our senior-savvy doctors, nurse practitioners, registered nurses, and clinicians are all experts in aging and will come to you wherever you call home. Your preferences, priorities, even your pets. The result: easier coordination, more personalized services, and best of all, better outcomes.

Complete health is more about living life fully; it's living life in the way that feels right for you.

Read More: [www.lifespark.com/complete-senior-health-what-it-takes-to-age-magnificently](http://www.lifespark.com/complete-senior-health-what-it-takes-to-age-magnificently)

Want more info? Talk to your campus provider about how you can get access to COMPLETE senior health.

# Dietary Corner

## Sloppy Joe Bake

### Ingredients

- 2 pound ground beef
- 2 medium onions, chopped (1 cup)
- 2 cans (15.5 ounces each) original sloppy joe sauce
- 2 cups shredded Cheddar cheese (8 ounces)
- 2 cups Original Bisquick™ mix
- 1 cup milk
- 2 eggs

### Steps

**1 Heat oven to 400°. Cook beef and onions in ovenproof 12-inch skillet over medium heat 8 to 10 minutes, stirring occasionally, until beef is brown; drain. Stir in sloppy joe sauce. Sprinkle with cheese.**

**2 Stir remaining ingredients until blended. Pour over beef mixture. If skillet is not ovenproof, cover handle with aluminum foil.**

**3 Bake uncovered about 30 minutes or until golden brown.**



Please add to your Calender

# Highland Senior Living Family Council Meeting

**Purpose:** To ensure there is a forum for residents & family members to discuss key issues, document properly and then relay for facility follow up of concerns if any.

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### Leadership:

Hannah Hollenkamp Executive  
Director & Julia Austin Community  
Life Director

**Video on Resident's Rights**

**Trivia on Resident's Rights**

**Date:** October 30th 2024

**Time:** at 3:00 pm

**Location:** in the great room

## Life Spark Challenge Update:

Julia Austin, Community Life Director



Age Magnificently

## Milking the Purple Cow!



- Every Tuesday starting July 16th Game at 1pm in Great Room.
- Every Thursday Practice at 3pm in Great Room starting July 11th.
- Every Friday Recap Show of the weeks progress in Great Room at 1pm.

**Join the Flyers each week to sing the Team Song!**

Highland Flyers Song

Purple and white, we're feeling so fly  
Highland's our team, we'll reach for the sky  
With Flyers on our side, we'll surely win



Our purpose and belonging,  
aging magnificently within



So let's cheer and shout, let's show our might  
Highland Flyers, we'll shine so bright!

# Chapel Corner At Highland

Little Falls Church Services  
on Local Access Channel 180

\*Zion Lutheran  
Church, Sundays,  
8:30am and  
8:30pm. and  
Mondays, 8:30am.

\*First Lutheran  
Church Sundays at  
1pm. and Mondays,  
at 1am and 1pm.

\*Our Lady of  
Lourdes, Sundays at  
2:30pm and  
Mondays at 2:30am  
and 2:30pm.

\*First United  
Church, Sundays at  
4pm and Mondays  
at 4am and 4pm.

\*Faith Lutheran  
Church, Sundays at  
5:30pm and  
Mondays at 5:30am  
and 5:30pm.



BY Jeremiah Lideen  
LifeSpark Chaplain Director

Stay Curious!

As we age it is important to exercise and stimulate our mind. Good, open ended questions can help depend our exploration of nearly any and all topics. Legendary financier and later advisor to President Woodrow Wilson, Bernard Baruch is quoted as saying, "Millions saw the apple fall, but Newton asked why?" Why, it just may be the beginning question that sparks a mindful stimulating adventure, opening up possibilities you have yet to have ever encountered, pondered, or explored. Asking deepening questions can enrich relationships and knowledge and keep our mind exercised, improve our cognitive skills, and lead to vibrancy throughout all areas of our lives and relationships! Stay curious, it's a certain cure to boredom and may just lead to wonderful new discoveries.



## Sparkfest

## Online Art Festival

Tap your creative side –  
be a part of **SparkFest!**

Join in the fun! SparkFest is an opportunity for our communities to collaborate and pay homage to the unique talents and artistic excellence of our seniors and staff!

This year's theme is *A Summer Safari*. From photography, paintings, and florals to group art, travel journals and sharing personal adventures we're looking forward to showcasing our senior communities' talents.

Both seniors and staff are encouraged to participate and share their art in this one-of-a-kind online festival event!

Submissions will be open  
August 19 – September 3, 2024

Live voting will take place  
September 9-13

Winners announced in September



Scan the code or visit  
[SparkFestivals.com](https://SparkFestivals.com)  
to learn more and to  
submit your entries and  
vote for your favorites!

Categories for entry include:

**Personal Adventures:** A collection of artifacts and/or photographs from your personal travels.

**Travel Journal:** Poetry, short stories or journal entries that reflect your own personal adventures.

**Education:** A PowerPoint (submit in pdf) based on an adventure of any kind! This can include space, travel, sports, wildlife encounters etc.

**Needlecrafts:** Embroidery, quilting, rugs, crochet items, knitted items reflecting the theme and completed in the past 12 months.

**Handcrafts:** Woodworking, models, sculptures, weaving, metalwork, dolls reflecting the theme and completed in the past 12 months.

**Painting/Drawing:** Oils, acrylics, watercolors, pencil, ink, charcoal, multimedia pieces reflecting the theme and completed in the past 12 months.

**Photograph:** Color or black and white reflecting the theme.

**Flower Arranging:** Arrangements and bouquets reflecting the theme of travel or adventure.

**Group Collections:** Any group art project created by two or more individuals. This can be a combination of seniors and staff working together. This must reflect the theme and have been completed within the past 12 months.



Lifespark™



**Join us in celebrating Marlene W. for her outstanding dedication and commitment to making a positive impact on our community every day. You truly deserve the Resident of the Month!**

## **Shout out to Residents!**

\* Shout out to Karen, Cindy, Tom, Rita, Susie, Gene M., Deanna M, Marlene, Pat, Diane, Morris, Gisela, Elaine, Helen G., and Caroline for being on the Milking the purple cow team this season!

\*Shout out to Lind G. for always spreading positivity in the community!

\*Shout out to Jay and Pat B. for always smiling and bringing good energy to Highland!

\*Shout out to Donna R. and Marie E. as they are always participating in activities having a great time!

\*Shout out to Dan C. for actively walking the halls and staying physically active! You Rock!

**IF YOU HAVE SHOUTOUTS FOR RESIDENTS AND WANT THEM TO APPEAR IN THE NEWSLETTER PUT THEM IN JULIA AUSTIN THE COMMUNITY LIFE DIRECTORS BOX OUTSIDE HER DOOR.**

Team page of Highland Senior Living Life Spark

## **DONATE TO THE TEAM JOIN OUR TEAM**

Welcome to our team page for the Alzheimer's Association Walk to End Alzheimer's\*!

Walk is the largest event to raise funds and awareness for the care, support and research efforts of the Alzheimer's Association\*. It's held annually in more than 600 communities nationwide, and our team is excited to participate this year.

Currently, more than 6 million Americans are living with Alzheimer's and over 11 million family and friends provide their unpaid care. We need your help to end this devastating disease. You can make an impact with a donation or even joining our team. Your kindness and generosity truly make a difference in the fight against Alzheimer's and all other dementia.

**\$2,000  
OUR GOAL**

2024 Walk to End Alzheimer's - St. Cloud, MN Saturday, September 21, 2024

### **How to Donate & How to Become Apart of the Team:**

**1.Go to this link: [https://act.alz.org/site/SPageServer?pagename=walk\\_champions\\_club](https://act.alz.org/site/SPageServer?pagename=walk_champions_club) or search alz walk champion**

**2.Click on Donate**

**3.Then type in the captain's name which is Julia Austin and the team's name is Highland Senior Living Life Spark**

Alzheimer's impacts our families, colleagues and communities.

**Our company is fighting back.**

**WALK TO END  
ALZHEIMER'S**  
ALZHEIMER'S ASSOCIATION



**Join us in celebrating Liberty for her outstanding dedication and commitment to making a positive impact on our community every day. You truly deserve the Employee of the Month title!**

## Shout out to Staff!

**\* Amber Dunn, she has done a fantastic job with virtual and hands on training. She has also had an upbeat and positive attitude.**

**\*Audra Loveless, the dedication and drive this women has is unstoppable!**

**\*Shout out to all staff for completing their relias on time! Let us do it again!**

**\*Thank you Gabe, maintenance director, for always going above and beyond to help the community!**

**\*Shout out to Shannyn for always staying on top of everything and helping out when needed!**

**IF YOU HAVE SHOUTOUTS FOR STAFF AND WANT THEM TO APPEAR IN THE NEWSLETTER PUT THEM IN JULIA AUSTIN THE COMMUNITY LIFE DIRECTORS BOX OUTSIDE HER DOOR.**

### Resident Meeting Agenda and Minutes

Date: 7-18-24	Time started: 12:33pm	Time Adjourned: 1:16pm
Community: Highland Senior Living		
Elected Representative(s)	Julia A. Community Life Director	
Residents in attendance	15	
Invited Staff Members that Attended.	Julia community life director, Hannah H. Executive Director, Steph W. Assistant Director of Nursing, Jes H. Marketing/ Business Director	

Minutes of previous Council Meeting: Read and approved as read  Read and approved as corrected

### Review of Old Business and Resolutions

Feedback/Suggestions	Action	Resolution and Date	Responsible Party
<ul style="list-style-type: none"> <li>Smoke by the flag</li> </ul>			

### QAPI--Review current and on-going projects and plans

An updated Resident Emergency plan is available at the front office. An Updated Resident Handbook is available at the front office.

### Individual Department Updates

#### Executive Director: (Annual Date of Emergency Preparedness Information).

- E-menu goes active/live on July 22nd, options with the menu will slightly change.
- Dining room temperature will be addressed through Hannah, discussion of turning air conditioner off in dining room or turning it up.
- Boundaries for residents to respect staff and vice versa. Please do not be negative towards staff.

#### Nursing:

- Nursing will be introducing plan in a can, (cans will be put in residents' room with information to help assist in case EMS arrives)

#### Dietary:

- Dolores out will be back near the end of August**
- Styrofoam is being eliminated from the dining room, if residents want to bring items back to their room they must bring their own containers to the dining room.**

#### Wellness:

- Quilt handout about the new application on the tv's
- August 7<sup>th</sup> at 2pm residents will have an activity to decorate their plan in a can
- Life spark challenges: Milking the purple cow/grip games will begin July 16<sup>th</sup> at 1pm and will continue games every Tuesday at 1pm and practice will be on Thursday at 3pm.

**\*Tenant Volunteer Opportunities:** We are excited to be ramping up our volunteer program! Join us in making memories and spreading joy in Highland by volunteering your time in any number of areas from activities, reception, dining hostess, one to one visit with residents and a host of other opportunities. Contact us through our Careers and Volunteers tab on our website or give us a call at 320-632-1880 to speak with Julia.

#### Marketing:

- No updates currently

#### Maintenance:

- No updates currently

**Grievances:** To ensure that staff, residents, and family members have a mechanism to communicate comments, suggestions, and opportunities for improvement. At Highland the grievance forms are located by the hallway where the mailboxes on the first floor are in the building. Once completed feel free to drop it off at the front desk with leadership staff or put into the box where the forms are provided.

### New Business

Feedback/Suggestions	Responsible Party:	Action Plan:
<ul style="list-style-type: none"> <li>No new business</li> </ul>		
Recorder (Signature/title)	//Julia Austin// Community Life Director	