

Movie Summaries Showing in November

The Fault in Our Stars is a touching story about two teenagers, Hazel and Augustus, who meet at a cancer support group. Hazel, living with terminal cancer, and Augustus, in remission from bone cancer, form a deep connection and fall in love. Together, they travel to Amsterdam to meet Hazel's favorite author, leading them to reflect on life, love, and the meaning of their journey. The film explores themes of love, loss, and the impact we have on others, even in the face of illness.

Pretty Woman is a romantic comedy about Vivian, a struggling prostitute, who is hired by wealthy businessman Edward to be his escort for a week. As they spend time together, they develop a deep connection and begin to fall in love. The film shows how love can bridge different worlds and transform both of their lives.

Wonder is about Auggie Pullman, a boy with a facial deformity, as he starts school and faces challenges with bullying and making friends. With the support of his family, he learns to navigate these struggles. The film highlights themes of kindness, acceptance, and seeing beyond appearances, showing how Auggie and others grow through their experiences.

The Lucky One is about Logan Thibault, a Marine who survives a dangerous deployment, believing his luck came from a photograph of a woman he found. After returning home, he searches for her and meets Beth. As they grow closer, they must face their pasts and the challenges of their relationship. The film is about love, fate, and the power of belief.

Hotel for Dogs is a family comedy about two siblings, Andi and Bruce, who create a secret home for stray dogs in an abandoned hotel. As they care for the dogs, they face challenges keeping their secret from a nosy social worker and others. The film is a fun, heartwarming story about the bond between people and animals.

The Magic of Belle Isle is about Monte Wildhorn, a writer dealing with loss and writer's block, who moves to a small town. There, he meets a single mother and her children, and through his bond with them, he finds new inspiration to write and rediscover the joy in life. The film is about healing, second chances, and the power of connection.

Elf is a holiday comedy about Buddy, a human raised by elves at the North Pole, who travels to New York City to find his real father. While struggling to fit in, Buddy spreads Christmas cheer and helps save the holiday season. The film is a fun, heartwarming story about family and the magic of Christmas.

Silver Bells is a holiday drama about Matt, a photographer who returns to his hometown to reconnect with his estranged son, Ben. As they try to heal their relationship, the Christmas spirit helps bring them closer. The film is about redemption, forgiveness, and the importance of family during the holidays.

Christmas with the Kranks is a comedy about Luther and Nora Krank, who decide to skip Christmas and go on vacation after their daughter leaves for the Peace Corps. When she suddenly returns, they rush to prepare for Christmas, leading to a series of funny events. The film is a lighthearted story about family and the holiday spirit.

Planes, Trains and Automobiles is a comedy about Neal Page, a businessman trying to get home for Thanksgiving. After his flight is canceled, he teams up with Del Griffith, a talkative salesman, and they face a series of travel mishaps. Despite their differences, they form an unlikely friendship on their journey. The film is a funny and heartwarming story about friendship and the holiday spirit.

Community NEWSLETTER

Highland Senior Living



Enriching the lives of those we serve.



Highland
SENIOR LIVING
A Lifespark Community



Dietary Corner

Cinnamon Sugar Blondie

Ingredients

Batter

- 2 ½ cups all purpose flour
- 2 teaspoons baking powder
- 1 teaspoon salt
- 2 cups brown sugar, packed
- 1 cup butter, room temperature (2 sticks)
- 2 large eggs
- 1 tablespoon vanilla

Topping

- 2 tablespoons sugar
- 1 ½ tablespoons cinnamon

Glaze

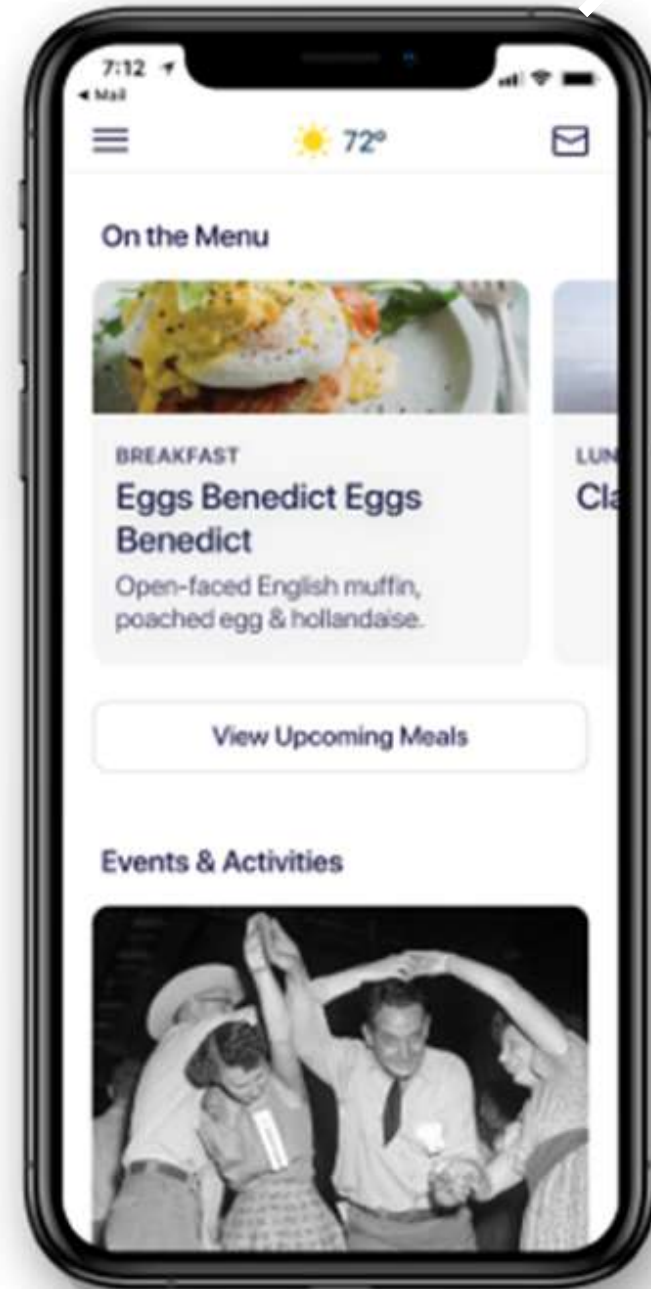
- 1 cup powdered sugar
- 2 tablespoons milk
- ½ teaspoon cinnamon

Instructions

Batter

Preheat oven to 350 degrees. Grease and line with parchment a 9 x 13 inch baking pan; set aside.

Whisk together flour, baking powder, and salt in a bowl; set aside. In a large bowl, beat together brown sugar and butter using an electric mixer until creamy, about a minute. Add in the eggs and vanilla and mix until incorporated. Add flour mixture to butter mixture and blend until well combined. Spread batter into prepared baking pan.



Download the new mobile app for Highland Senior Living

- View upcoming activities and events
- See what's on the menu each day
- Access common resources
- View and share community photos
- Receive emergency alerts & updates
- Check the local weather in Little Falls, MN

Access Quiltt for iOS, Android, and desktop

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



Enter code QBRAV after opening the Quiltt app for the first time.

Employee of The Month

Cheyene Shere Home Health Aid



Highland Senior Living is proud to announce Cheyene Shere as our Employee of the Month for December 2024. As an overnight home health aide, Cheyene consistently goes above and beyond in her role, providing exceptional care to our residents. Known for her positive attitude and strong teamwork, she is a valued member of our staff who always contributes to a supportive and collaborative environment. Her leadership team has commended her for her hard work, dedication, and unwavering commitment to ensuring the best possible care for the residents at all times. Cheyene's compassion, reliability, and work ethic make her truly deserving of this recognition. We are grateful to have her on our team at Highland Senior Living!

Residents of the Month

Linda Lorentzen



We are so grateful to have Linda Lorentzen as a cherished resident here at Highland Senior Living Community. Linda brightens every room with her beautiful smile and infectious laughter, instantly uplifting the spirits of everyone around her. Her warm personality and positive energy create a welcoming atmosphere for all, and her delightful jokes and fun-loving spirit bring joy to both residents and staff alike. Linda's presence is truly a gift, and we are thankful for the happiness and light she shares with our community each day. She exemplifies the heart of what makes our community so special, and we are proud to honor her as Resident of the Month.

Christmas Spirit At Highland for Residents & Staff

Every

Wednesday

is

Christmas

Themed

Dress

Up

in

December!

4
DECEMBER

11
DECEMBER

18
DECEMBER

25
DECEMBER



Christmas Door Decorating Contest!

Residents' Apartment Doors

Assigned to: Residents

Notes:

Due Date for Decorations: December
19th (Voting will take place on December
20th)

All supplies for decorating the doors are
provided by the people decorating the
doors.

Please have fun and get creative while
decorating your assigned door! 🎄 ✨

Chapel Corner At Highland



Rev. Shari Howell, Senior Living Chaplain

December Newsletter – Patience and Kindness

“When I was young, I admired clever people. Now that I am old, I admire kind people.” —Abraham Joshua Heschel (Rabbi and scriptural scholar)

“Hot tempers cause arguments, but patience brings peace.” - Proverbs 15:18

Chances are as you read this newsletter, patience is running thin. It's the holiday season, where no matter your faith tradition, there is a holiday – a Holy Day - you are likely preparing for. And you are likely worried about what is not getting done. Or grieving about what can never be done like in years past.

Whenever patience runs thin, kindness can run even thinner. Especially toward yourself. Remember this Holy Day season that you are enough. The gifts, the food, the merry festivities. They are fine but you and your loved ones are enough.

Know this: You are so loved just as you are. Go love others just as they are. Shower them with patience and kindness this season. Peace be with you all.

Resident Council Notes:



Senior Living Newsletter: Senior Living Newsletter: Eating Healthy - Tips



Eating Healthy Over the Holidays Without Feeling Deprived

Everyone knows that the “secret” to good health is eating right and exercising more. The holidays though bring sugary, sweet treats to the table and that can be hard to turn down. If you’re a diabetic or on a limited diet, here are a few tips to add in a few healthier options with those delicious desserts. If you’re craving something sweet, let yourself enjoy a small piece of chocolate or a cookie—and savor every bite! Make these an occasional treat rather than an everyday habit.

Here are some additional tips for healthy eating:

- Choose whole fruit instead of fruit juice, such as an apple or orange vs. orange juice. Whole fruit is packed with more vitamins and fiber which keeps hunger at bay and helps with regularity.
- Add protein to your breakfast, such as peanut butter, hardboiled egg, lean meat, cottage cheese, or nuts (good fat and protein), to help stabilize blood sugars.
- Go for whole grain foods, such as brown rice or potatoes (with the skin) instead of white rice or white pasta, to add fiber to your diet.
- For dessert, try fresh or frozen berries with a little whipped topping and a few nuts.
- Stay hydrated to help control your blood sugars, reduce hunger, and support kidney function.
- Right-size your portions using the Plate Method developed by the

American Diabetes Association (ADA).

Choosing your food wisely is an excellent investment and one way to Age Magnificently this holiday season!

Grievances

- Grievance forms are located by the hallway mailboxes on the first floor. Once completed, forms can be dropped off at the front desk with leadership staff or placed in the designated box.

New Business

Feedback/Suggestions

- CHI Senior Living Solutions Presentation: Presented to residents.
- Sheri from Vivie Hospice: Presented to residents.
- Fruit Flies: Discussion about the presence of fruit flies in certain areas, with plans to address the issue.
- Cleanliness of Halls: Staff and Residents please do not leave your items on the railings in the hall and inform someone if you spilled so it can be addressed immediately.

Responsible Party:

Leadership

Action Plan:

- Follow up on fruit fly issue and implement a solution.

Recorder:

Julia Austin, Community Life Director

Resident Council Notes:



Resident Council Meeting Agenda and Minutes

Date: 11-14-24

Time Started: 12:00 pm

Time Adjourned: 12:25 pm

Community: Highland Senior Living

Elected Representative(s): Julia A., Community Life Director

Residents in Attendance: 34

Invited Staff Members That Attended:

- Julia A., Community Life Director
- Shannyn U., Administrative Assistant
- Dolores B., Dietary Director
- Sam M., Director of Nursing

Minutes of Previous Council Meeting

Read and approved as read X

Read and approved as corrected X

Review of Old Business and Resolutions

Feedback/Suggestions

- Celebration of Life Ceremony: Scheduled for January 8th, 2025, at 3:00 pm in the Great Room.
- Grievance Process: Reminder to residents to use the grievance forms located by the elevator if they have concerns or feedback.

QAPI—Review of Current and Ongoing Projects

- An updated Resident Emergency Plan is available at the front office.
- An updated Resident Handbook is also available at the front office.

Resident Council Notes:



Individual Department Updates

Executive Director (Hannah H.)

- Grievance Process: Reminder for residents to use the grievance forms available by the elevator for submitting concerns or feedback.

- REAC Inspection: The recent inspection went well.

Nursing (Sam M.)

- Flu and Cold Season: Reminder to wash hands regularly and to stay in rooms if feeling unwell to avoid spreading germs.

Complimentary room trays will be provided for residents who need to stay in their rooms due to illness.

- Podiatry Visit: Scheduled for December 23rd.

Dietary (Dolores B.)

- No updates.

Wellness (Julia A.)

- Celebration of Life Ceremony: January 8th, 2025.

- December 2024 Calendar & Newsletter: Will be distributed to residents' rooms on November 27th.

- Tenant Volunteer Opportunities: We are ramping up our volunteer program. Residents are encouraged to volunteer in various areas including activities, reception, dining hostess, one-on-one visits, and more. Contact Julia at 320-632-1880 or visit our website's Careers and Volunteers tab for more details.

Housekeeping (Desiree P.)

- Residents in the future please do not leave your garbage outside of your apartments instead put your evacuation/trash sign in your room on the door handle outside. If you do not have one, please come to the front desk to talk to Desiree or Shannyn. Thank you.