



**Highland**  
SENIOR LIVING  
A Lifespark Community

# Age Magnificently



## Our Community Newsletter

*Discover what's going on in our community.*

### **A Year of Growth, Connection, and Celebration: The Month of Legacy Building**

FEBRUARY IS THE PERFECT TIME TO REFLECT ON OUR LIVES AND BUILD A LASTING LEGACY. THIS MONTH ENCOURAGES US TO FOCUS ON GROWTH AND CONNECTION THROUGH TIME CAPSULES AND LETTERS OF LIFE LESSONS. A LEGACY IS ABOUT PASSING DOWN THE WISDOM WE'VE GAINED. CREATING TIME CAPSULES LETS US CAPTURE THE PRESENT FOR FUTURE GENERATIONS, WHILE WRITING LETTERS SHARES LIFE LESSONS AND ADVICE WITH OTHERS. TIME CAPSULES ARE A WAY TO PRESERVE MEMORIES AND MESSAGES FOR THE FUTURE, WHILE LETTERS OF LIFE LESSONS HELP PASS ON WISDOM TO YOUNGER GENERATIONS. FEBRUARY IS ALSO A TIME TO CELEBRATE OUR GROWTH AND CONNECTIONS. IT'S A CHANCE TO REFLECT ON OUR JOURNEY AND HONOR THE PEOPLE WHO'VE SHAPED US. LET'S USE FEBRUARY TO CREATE SOMETHING MEANINGFUL—WHETHER THROUGH TIME CAPSULES, LETTERS, OR SIMPLE REFLECTIONS—TO INSPIRE AND CONNECT WITH FUTURE GENERATIONS.



# Highland Senior Living's Leadership Team



EXECUTIVE DIRECTOR: HANNAH HOLLEKAMP

DIRECTOR OF HEALTH SERVICE: SAM MEYER

ASSISTANT DIRECTOR OF HEALTH SERVICE: STEPHANIE WARDARSKI

MARKETING & BUSINESS OFFICE DIRECTOR: JESSICA HILMERSON

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CULLINARY DIRECTOR: DOLORES BERGLUND

ADMINISTRATIVE ASSISTANT: SHANNYN UDY

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# American Heart Month Awareness



## Raising Awareness for Heart Health

FEBRUARY IS AMERICAN HEART MONTH, A TIME TO RAISE AWARENESS ABOUT HEART DISEASE, THE LEADING CAUSE OF DEATH IN THE U.S. ESTABLISHED BY PRESIDENT LYNDON B. JOHNSON IN 1964, THE MONTH ENCOURAGES INDIVIDUALS TO PRIORITIZE HEART HEALTH, REDUCE RISKS, AND SUPPORT CARDIOVASCULAR RESEARCH.

HEART DISEASE AFFECTS MILLIONS, BUT MANY FORMS ARE PREVENTABLE THROUGH LIFESTYLE CHANGES. KEY ACTIVITIES DURING THE MONTH FOCUS ON PROMOTING PHYSICAL ACTIVITY, HEART-HEALTHY EATING, AND MANAGING HIGH BLOOD PRESSURE AND CHOLESTEROL. THE "GO RED FOR WOMEN" CAMPAIGN IS A MAJOR INITIATIVE HIGHLIGHTING HEART DISEASE IN WOMEN.

TO PARTICIPATE, INDIVIDUALS ARE ENCOURAGED TO WEAR RED ON NATIONAL WEAR RED DAY, MONITOR THEIR HEART HEALTH NUMBERS, AND SUPPORT RESEARCH THROUGH DONATIONS. BY MAKING SMALL CHANGES, SUCH AS EATING BETTER OR BEING MORE ACTIVE, WE CAN ALL CONTRIBUTE TO REDUCING THE IMPACT OF HEART DISEASE AND FOSTERING HEALTHIER COMMUNITIES.

## Spiritual Section



## Spiritual Wellness and Heart Health

SPIRITUAL WELLNESS PLAYS A SIGNIFICANT ROLE IN OVERALL HEALTH, INCLUDING HEART HEALTH. PRACTICES LIKE MINDFULNESS, PRAYER, MEDITATION, OR SIMPLY TAKING TIME FOR REFLECTION CAN REDUCE STRESS AND PROMOTE EMOTIONAL WELL-BEING, WHICH IS CRUCIAL FOR MAINTAINING A HEALTHY HEART. SPIRITUALITY ENCOURAGES A SENSE OF INNER PEACE, PURPOSE, AND CONNECTION, HELPING INDIVIDUALS MANAGE THE PRESSURES AND CHALLENGES THAT CAN NEGATIVELY AFFECT HEART HEALTH. BY NURTURING OUR SPIRITUAL LIVES, WE CAN CULTIVATE RESILIENCE, ENHANCE COPING SKILLS, AND FOSTER A DEEPER CONNECTION TO OURSELVES AND OTHERS, ULTIMATELY SUPPORTING OUR PHYSICAL WELL-BEING AND HEART HEALTH. SPIRITUAL PRACTICES ALSO ENCOURAGE A HOLISTIC APPROACH TO SELF-CARE, WHERE MIND, BODY, AND SPIRIT ARE CONSIDERED INTERCONNECTED. EMBRACING GRATITUDE, COMPASSION, AND FORGIVENESS CAN HELP RELEASE EMOTIONAL BURDENS THAT CONTRIBUTE TO STRESS AND ANXIETY, KNOWN RISK FACTORS FOR CARDIOVASCULAR DISEASE. MANY SPIRITUAL TRADITIONS EMPHASIZE THE IMPORTANCE OF LOVE, KINDNESS, AND COMMUNITY, WHICH FOSTER POSITIVE SOCIAL CONNECTIONS—ANOTHER KEY FACTOR IN MAINTAINING HEART HEALTH.

# Staff Photo Booth



## Highland Above and Beyond Award Recipient

WE ARE PROUD TO ANNOUNCE CLARE VANDENBOOM, LPN, AS THE RECIPIENT OF THE HIGHLAND ABOVE AND BEYOND AWARD. CLARE HAS CONSISTENTLY DEMONSTRATED OUTSTANDING DEDICATION TO THE WELL-BEING OF OUR RESIDENTS, PROVIDING COMPASSIONATE AND ATTENTIVE CARE THAT GOES FAR BEYOND HER DUTIES AS A NURSE. WHETHER THROUGH HEALTH ASSESSMENTS, PATIENT ADVOCACY, OR SIMPLY OFFERING A LISTENING EAR, CLARE ENSURES THAT EVERY RESIDENT FEELS VALUED AND HEARD.

IN ADDITION TO HER EXCEPTIONAL CARE, CLARE IS A TRUE TEAM PLAYER WHO FOSTERS COLLABORATION AND SUPPORT AMONG HER COLLEAGUES. HER POSITIVE ATTITUDE, PROACTIVE APPROACH, AND LEADERSHIP HAVE EARNED HER THE RESPECT AND ADMIRATION OF BOTH RESIDENTS AND STAFF. CLARE'S UNWAVERING COMMITMENT TO EXCELLENCE AND HER PASSION FOR IMPROVING THE LIVES OF OTHERS MAKE HER AN INVALUABLE MEMBER OF THE HIGHLAND SENIOR LIVING FAMILY. CONGRATULATIONS, CLARE, AND THANK YOU FOR ALL THAT YOU DO!

# The benefits of Exercise Class at Highland



## Empowering Health and Community

AT HIGHLAND SENIOR LIVING COMMUNITY, OUR EXERCISE CLASSES ARE A CORNERSTONE OF PROMOTING PHYSICAL HEALTH, MENTAL WELL-BEING, AND A STRONG SENSE OF COMMUNITY. LED BY JULIA, OUR COMMUNITY LIFE DIRECTOR AND CERTIFIED PERSONAL TRAINER, THESE CLASSES ARE TAILORED TO MEET THE UNIQUE NEEDS AND ABILITIES OF OUR RESIDENTS, FOCUSING ON STRENGTH, BALANCE, FLEXIBILITY, AND MOBILITY—KEY ELEMENTS IN MAINTAINING INDEPENDENCE AND PREVENTING FALLS. REGULAR PARTICIPATION BOOSTS ENERGY, ELEVATES MOOD, IMPROVES COGNITIVE FUNCTION, AND PROMOTES BETTER SLEEP, CONTRIBUTING TO A HIGHER QUALITY OF LIFE. JULIA FOSTERS A SUPPORTIVE ENVIRONMENT WHERE RESIDENTS ARE ENCOURAGED TO CHALLENGE THEMSELVES AND CELEBRATE THEIR PROGRESS. BEGINNING IN FEBRUARY, WE’LL INTRODUCE NEW AND IMPROVED EXERCISE PROGRAMS WITH A STRONGER FITNESS FOCUS. EVERY WEEKDAY, WE’LL OFFER A BEGINNER-LEVEL STRETCH AND STRENGTH CHAIR FITNESS CLASS. ON MONDAYS, WEDNESDAYS, AND FRIDAYS, A NEW BALANCE AND FLEXIBILITY CLASS WILL OFFER A STEP UP FROM BEGINNER, WHILE STILL WELCOMING ALL RESIDENTS TO PARTICIPATE AT THEIR OWN PACE. TUESDAYS AND THURSDAYS WILL FEATURE A WEIGHTS AND STRENGTH CLASS, INCORPORATING LIGHT WEIGHTS FOR THOSE WHO ARE READY, THOUGH RESIDENTS CAN CHOOSE NOT TO USE THEM. THESE UPDATED CLASSES NOT ONLY PROVIDE PHYSICAL BENEFITS BUT ALSO SERVE AS A SOCIAL OUTLET, FOSTERING FRIENDSHIPS, LAUGHTER, AND A SENSE OF BELONGING. BY EMBRACING AN ACTIVE LIFESTYLE, OUR RESIDENTS ARE EMPOWERED TO TAKE CONTROL OF THEIR HEALTH AND CULTIVATE A RENEWED SENSE OF VITALITY.

## Mindful Moments: A Time for Reflection



## A Month of Reflection, Love, and New Beginnings

FEBRUARY IS A MONTH OF REFLECTION, CONNECTION, AND NEW BEGINNINGS, OFFERING SENIOR CITIZENS A PERFECT OPPORTUNITY TO EMBRACE BOTH THE QUIET JOYS OF WINTER AND THE WARMTH OF LOVE AND COMMUNITY. WHETHER IT'S CELEBRATING RELATIONSHIPS THROUGH HEARTFELT GESTURES, ENGAGING IN CREATIVE PROJECTS LIKE PAINTING OR WRITING, OR NURTURING PHYSICAL AND MENTAL WELL-BEING WITH INDOOR EXERCISES AND NOURISHING MEALS, FEBRUARY INVITES MOMENTS OF PEACE AND GROWTH. IT'S A TIME TO REFLECT ON LIFE'S JOURNEY, ENJOY NATURE'S WINTER BEAUTY, VOLUNTEER TO HELP OTHERS, OR SIMPLY SHARE CHERISHED MEMORIES WITH LOVED ONES. THIS MONTH ENCOURAGES MINDFULNESS, SELF-CARE, AND THE JOY OF NEW EXPERIENCES, WHILE ALSO CELEBRATING THE LOVE AND WISDOM THAT COME WITH AGE. BY TAKING TIME TO RECONNECT WITH THE THINGS THAT BRING HAPPINESS, WE CAN FIND DEEPER MEANING IN BOTH THE SMALL AND SIGNIFICANT MOMENTS. WITH EACH PASSING DAY, FEBRUARY REMINDS US THAT, NO MATTER THE SEASON, THERE'S ALWAYS SPACE FOR CREATIVITY, CONNECTION, PERSONAL FULFILLMENT, AND A DEEPER APPRECIATION FOR THE RICHNESS OF LIFE.

# Shared Memories & Connections

WELCOME TO HIGHLAND SENIOR LIVING COMMUNITY, WHERE COMFORT, CARE, AND CONNECTION COME TOGETHER IN A BEAUTIFUL SETTING. OUR VIBRANT COMMUNITY IS DESIGNED TO PROVIDE A WARM AND WELCOMING ENVIRONMENT FOR RESIDENTS TO THRIVE. THE IMAGES ON THIS PAGE SHOWCASE THE MANY WAYS WE FOSTER A SENSE OF BELONGING, FROM OUR THOUGHTFULLY DESIGNED LIVING SPACES TO THE ENGAGING ACTIVITIES AND SUPPORTIVE CARE THAT ENRICH DAILY LIFE. EXPLORE THE MOMENTS OF JOY, COMPANIONSHIP, AND WELL-BEING THAT MAKE HIGHLAND A PLACE TO CALL HOME.



# Super Star Shout Outs!

**"Mandy Robinson always has an upbeat, positive attitude. She is always going the extra mile for our residents."**

**"Jessica Heinz is a great team player, she is always going above and beyond for our residents and other staff."**

**"Nathan Anderson is super patient with residents and detailed oriented in his work. It is clear he genuinely cares. As an oncall staff, he also makes it super easy to pick up, is patient, and has natural leadership skills. I love when I pick up and he is working too."**



## The Heart of Highland Award

IT IS WITH GREAT JOY THAT WE PRESENT THE HEART OF HIGHLAND AWARD TO ROSE ANN MAGNAN, WHOSE KINDNESS, WARMTH, AND GENEROSITY MAKE HER THE HEART OF OUR COMMUNITY. ROSE ANN'S ABILITY TO MAKE EVERYONE FEEL WELCOME, WHETHER THROUGH A KIND WORD, A THOUGHTFUL GESTURE, OR HER INFECTIOUS SMILE, HAS TOUCHED THE LIVES OF ALL WHO KNOW HER. SHE CONSISTENTLY GOES ABOVE AND BEYOND TO CREATE A SENSE OF BELONGING FOR EVERY RESIDENT AT HIGHLAND.

ROSE ANN'S POSITIVE ENERGY AND CARING SPIRIT BRING PEOPLE TOGETHER AND CREATE A WELCOMING, SUPPORTIVE ATMOSPHERE FOR ALL. HER UNWAVERING KINDNESS AND LOVE FOR OTHERS INSPIRE US ALL, AND WE ARE GRATEFUL FOR THE LIGHT SHE BRINGS TO OUR COMMUNITY. CONGRATULATIONS, ROSE ANN, ON THIS WELL-DESERVED RECOGNITION!



# Highland's Highlights

## Activity Professional's Week

JANUARY 2025 MARKS THE CELEBRATION OF ACTIVITY PROFESSIONAL WEEK, A TIME TO RECOGNIZE THE DEDICATED EFFORTS OF THOSE WHO ENHANCE THE QUALITY OF LIFE IN OUR COMMUNITIES. LAURIE, LIL, AND PATTY, OUR INCREDIBLE COMMUNITY LIFE ASSISTANTS, HAVE BEEN INSTRUMENTAL IN CREATING MEANINGFUL AND ENGAGING ACTIVITIES FOR RESIDENTS, ENRICHING THEIR DAILY EXPERIENCES. WHETHER IT'S PLANNING CREATIVE PROGRAMS, ORGANIZING EVENTS, OR SIMPLY OFFERING A KIND PRESENCE, THEY EMBODY THE HEART AND SOUL OF COMMUNITY LIFE. THIS WEEK, WE HONOR THEIR PASSION, COMMITMENT, AND THE POSITIVE IMPACT THEY HAVE ON THE LIVES OF OTHERS. THANK YOU, LAURIE, LIL, AND PATTY, FOR ALL THAT YOU DO!



## Memory Care Visitors

AT HIGHLAND, RESIDENTS ARE ALWAYS MORE THAN WELCOME TO VISIT COURTLAND SQUARE AND TAKE PART IN A VARIETY OF FUN ACTIVITIES! WHETHER IT'S ENJOYING A FRIENDLY GAME OF CARDS, RELAXING WHILE WATCHING MOVIES, OR ENGAGING IN OTHER EXCITING EVENTS, THERE'S SOMETHING FOR EVERYONE. COURTLAND SQUARE OFFERS A WELCOMING SPACE WHERE RESIDENTS CAN SOCIALIZE, RELAX, AND CONNECT WITH ONE ANOTHER. WE ENCOURAGE EVERYONE TO COME ON OVER AND MAKE THE MOST OF THE OPPORTUNITIES TO CREATE NEW MEMORIES AND ENJOY ALL THE ACTIVITIES AVAILABLE!

## Triathlon Spark Challenge Needs More Team Members!

HIGHLAND IS LOOKING FOR MORE TEAM MEMBERS TO JOIN OUR TRIATHLON TEAM! WE NEED EXTRA HANDS TO HELP WITH WALKING AND ASSISTING WITH THE ARM AND LEG CRANK EXERCISES ON TUESDAYS AND THURSDAYS. THIS IS A WONDERFUL OPPORTUNITY TO GET ACTIVE, SUPPORT FELLOW RESIDENTS, AND BE PART OF A FUN, MOTIVATING TEAM. IF YOU'RE INTERESTED IN JOINING OR WANT TO LEARN MORE, COME JOIN US FOR A SESSION AND HELP MAKE THIS TEAM EVEN STRONGER!





# Highland's Hotspot

## Outings in February

1. LITTLE FIESTA OUTING (FEBRUARY 5TH, WEDNESDAY AT 4:30 PM)

RESIDENTS WHO PARTICIPATED IN THE LIFESPARK COMPETITION CAN JOIN US FOR A FUN DINNER OUTING AT LITTLE FIESTA AT 4:30 PM.

2. WALMART SHOPPING TRIP (FEBRUARY 15TH, SATURDAY AT 8:30 AM)

JOIN JULIA FOR A TRIP TO WALMART ON FEBRUARY 15TH, DEPARTING AT 8:30 AM. IT'S A GREAT CHANCE TO PICK UP ESSENTIALS AND ENJOY THE MORNING.

3. NEW2YOU THRIFT STORE (FEBRUARY 20TH, THURSDAY) ON FEBRUARY 20TH, WE'LL VISIT NEW2YOU IN LITTLE FALLS FOR A FUN THRIFT SHOPPING EXPERIENCE.

4. DOLLAR GENERAL TRIP (FEBRUARY 26TH, WEDNESDAY) END THE MONTH WITH A VISIT TO DOLLAR GENERAL ON FEBRUARY 26TH FOR A RELAXING SHOPPING OUTING.

BE SURE TO MARK YOUR CALENDARS AND ENJOY THESE FUN TRIPS!



## Goodies with the Gals on February 2nd & Pies with the Guys on February 16th

GOODIES WITH THE GALS (FEBRUARY 2ND)  
LADIES, JOIN US FOR GOODIES WITH THE GALS ON FEBRUARY 2ND! ENJOY SPECIAL COOKIES FROM THE KITCHEN AND GOOD CONVERSATION WITH FRIENDS.

PIES WITH THE GUYS (FEBRUARY 16TH)  
GENTLEMEN, COME TO PIES WITH THE GUYS ON FEBRUARY 16TH! SAVOR DELICIOUS PIE MADE BY THE KITCHEN STAFF AND ENJOY CHATTING WITH FELLOW RESIDENTS.



## Technology with Julia on February 17th at 2:15pm in GR

NEED HELP WITH YOUR PHONE, COMPUTER, IPAD, OR SMART TV? JULIA MAY NOT BE AN EXPERT, BUT SHE'S HAPPY TO ASSIST WITH ANY TECH QUESTIONS YOU HAVE TO THE BEST OF HER ABILITY. FEEL FREE TO STOP BY, AND SHE'LL DO HER BEST TO HELP YOU OUT!



## Happy Hour on Friday's

JOIN US EVERY FRIDAY FOR HAPPY HOUR AT HIGHLAND SENIOR LIVING! RESIDENTS CAN ENJOY A REFRESHING DRINK OR A POP, WHILE MUNCHING ON POPCORN AND CATCHING UP WITH FRIENDS. IT'S A GREAT WAY TO UNWIND, SOCIALIZE, AND KICK OFF THE WEEKEND. DON'T MISS OUT ON THE FUN!



# Highland Happenings

## We Love Our Staff & Residents Activity on February 12th at 1pm in GR

WE LOVE OUR STAFF & RESIDENTS ACTIVITY

LET'S COME TOGETHER TO CELEBRATE WHAT MAKES HIGHLAND TRULY SPECIAL! ON FEBRUARY 12TH, AT 1:00 PM, WE INVITE ALL RESIDENTS AND STAFF TO PARTICIPATE IN A HEARTWARMING ACTIVITY WHERE WE SHARE WHY WE LOVE OUR STAFF AND FELLOW RESIDENTS. IT'S A CHANCE TO EXPRESS GRATITUDE, HIGHLIGHT THE AMAZING QUALITIES THAT MAKE OUR COMMUNITY UNIQUE, AND SPREAD POSITIVITY THROUGHOUT HIGHLAND!

DON'T MISS OUT ON THIS UPLIFTING EVENT—LET'S FILL THE ROOM WITH APPRECIATION AND JOY! SEE YOU THERE!



## Valentine's Day February 14th Auction in GR

GET INTO THE VALENTINE'S SPIRIT AT HIGHLAND! JOIN US ON FEBRUARY 14TH AT 3:15 PM FOR A FUN, HASSLE-FREE AUCTION—WHERE YOU CAN RAISE YOUR PADDLE WITHOUT USING REAL MONEY. BID ON FABULOUS ITEMS AND EXPERIENCES IN A LIVELY, FESTIVE ATMOSPHERE. IT'S THE PERFECT WAY TO CELEBRATE LOVE, COMMUNITY, AND A LITTLE FRIENDLY COMPETITION. SEE YOU THERE!



## Horse Racing Activity February 4th & 18th at 3:15pm in CS

JOIN US FOR A FUN AND FAST-PACED GAME OF HORSE RACING! HERE'S HOW IT WORKS:

**SET UP:** SHUFFLE CARDS, PLACE THE HORSES AT THE START, AND CHOOSE A CURRENCY (CHIPS/COINS).

**SCRATCHING HORSES:** ROLL THE DICE TO ELIMINATE HORSES. DISCARD MATCHING CARDS AND ADD A CHIP TO THE POT.

**GAMEPLAY:** ROLL THE DICE, MOVE A HORSE, AND ADD A CHIP IF YOUR CARD MATCHES A SCRATCHED HORSE. PLAY UNTIL A HORSE WINS.

**WINNING:** PLAYERS WITH MATCHING CARDS WIN THE POT. PLAY MULTIPLE ROUNDS FOR MORE FUN!



# Department Updates

## From the Maintenance Director

AT HIGHLAND SENIOR LIVING COMMUNITY, OUR MAINTENANCE TEAM ENSURES A SAFE AND COMFORTABLE ENVIRONMENT FOR ALL. WE PRIORITIZE SAFETY DURING BUILDING UPDATES BY USING CLEAR SIGNAGE AND TAKING EXTRA PRECAUTIONS TO MINIMIZE DISRUPTIONS. OUR GOAL IS TO MAINTAIN A SECURE, WELCOMING SPACE FOR EVERYONE.

## From the Marketing & Business Director

AS THE MARKETING AND BUSINESS OFFICE DIRECTOR, IT'S CRUCIAL TO WELCOME NEW RESIDENTS INTO OUR COMMUNITY WITH OPEN ARMS AND STAY ON TOP OF BILLING AND UPCOMING CRP'S. TIMELY ATTENTION TO THESE FINANCIAL TASKS ENSURE THE SMOOTH OPERATION OF OUR COMMUNITY AND CONTINUED EXCELLENT SERVICE.

## From The Community Life Director

THE COMMUNITY LIFE DEPARTMENT ENCOURAGES EVERYONE TO BRING A POSITIVE ATTITUDE TO OUR ACTIVITIES! ENGAGING IN OUR EVENTS NOT ONLY PROMOTES FUN AND CONNECTION BUT ALSO BOOSTS WELL-BEING. A POSITIVE MINDSET MAKES EVERY EXPERIENCE MORE ENJOYABLE, SO LET'S KEEP THE ENERGY HIGH AND MAKE THE MOST OF OUR TIME TOGETHER. WE LOOK FORWARD TO SEEING YOU AT OUR UPCOMING ACTIVITIES!

## From the Executive Director

AS WE START THE NEW YEAR, I WANT TO EXPRESS MY HEARTFELT GRATITUDE TO EVERYONE AT HIGHLAND SENIOR LIVING. IT IS A PRIVILEGE TO SERVE THIS VIBRANT COMMUNITY, WHERE WE PRIORITIZE PERSONALIZED CARE, MEANINGFUL CONNECTIONS, AND ENRICHING EXPERIENCES FOR ALL OUR RESIDENTS. THIS YEAR, WE'RE COMMITTED TO LISTENING TO YOUR FEEDBACK, ENHANCING OUR SERVICES, AND ENSURING THAT EVERY DAY AT HIGHLAND IS FILLED WITH PURPOSE AND JOY. THANK YOU FOR BEING AN ESSENTIAL PART OF OUR FAMILY—I LOOK FORWARD TO ANOTHER YEAR OF GROWTH AND SHARED MOMENTS TOGETHER.



## From the Cullinary Director Strawberry Cake Box Cookies

- 1 BOX STRAWBERRY CAKE MIX
- 2 LARGE EGGS, ROOM TEMPERATURE
- 1/2 CUP VEGETABLE OIL
- 1 1/4 CUPS OF WHITE CHOCOLATE CHIPS
- 1/2 CUP POWDERED SUGAR



## From the Nursing Department

AT HIGHLAND SENIOR LIVING COMMUNITY, THE HEALTH AND SAFETY OF OUR RESIDENTS IS OUR TOP PRIORITY. OUR NURSING DEPARTMENT FOLLOWS STRICT HAND HYGIENE PROTOCOLS TO PREVENT THE SPREAD OF INFECTION AND ENSURE A CLEAN AND SAFE ENVIRONMENT FOR EVERYONE. SAFE HAND WASHING IS A VITAL PRACTICE WE EMPHASIZE DAILY—STAFF WASH HANDS THOROUGHLY WITH SOAP AND WATER FOR AT LEAST 20 SECONDS, ESPECIALLY BEFORE AND AFTER PATIENT CARE. THIS SIMPLE YET POWERFUL ACTION HELPS PROTECT BOTH RESIDENTS AND TEAM MEMBERS, PROMOTING A HEALTHIER, MORE SECURE COMMUNITY FOR ALL.

# Movie Showings in February

## February 1st 12:45pm in Memory Care

**ME BEFORE YOU (2016)** FOLLOWS LOUISA, A CHEERFUL WOMAN WHO BECOMES THE CAREGIVER FOR WILL, A PARALYZED MAN DETERMINED TO END HIS LIFE. AS THEY FORM A DEEP BOND, LOUISA TRIES TO SHOW HIM THE JOYS OF LIVING, BUT ULTIMATELY MUST CONFRONT HIS DECISION TO PURSUE ASSISTED SUICIDE.

## February 4th 6pm in Memory Care

**THE CHOICE (2016)** IS A ROMANTIC DRAMA ABOUT TRAVIS, A CHARMING YOUNG MAN, AND GABBY, A DEDICATED MEDICAL STUDENT, WHO FALL IN LOVE DESPITE THEIR DIFFERING LIFE GOALS. THEIR RELATIONSHIP FACES A MAJOR TEST WHEN GABBY IS FACED WITH A DIFFICULT DECISION INVOLVING HER LONG-TERM BOYFRIEND AND A TRAGIC ACCIDENT, FORCING HER TO CHOOSE BETWEEN HER PAST AND A FUTURE WITH TRAVIS.

## February 11th 6pm in Memory Care

**LIFE AS WE KNOW IT (2010)** IS A ROMANTIC COMEDY-DRAMA ABOUT TWO PEOPLE, HOLLY AND ERIC, WHO ARE RELUCTANTLY FORCED TO BECOME GUARDIANS OF THEIR CLOSE FRIENDS' YOUNG DAUGHTER AFTER A TRAGIC ACCIDENT. DESPITE THEIR DIFFERENCES, THEY GRADUALLY FORM A BOND WHILE NAVIGATING THE CHALLENGES OF RAISING THE CHILD TOGETHER, ULTIMATELY DISCOVERING LOVE AND NEW FAMILY DYNAMICS.

## February 15th 12:45pm in Memory Care

**MIRACLES FROM HEAVEN (2016)** IS A FAITH-BASED DRAMA BASED ON THE TRUE STORY OF A YOUNG GIRL NAMED ANNA WHO SUFFERS FROM A RARE, INCURABLE DIGESTIVE DISORDER. AFTER A MIRACULOUS ACCIDENT, ANNA'S CONDITION IS INEXPLICABLY HEALED, LEADING HER FAMILY TO BELIEVE IN THE POWER OF FAITH AND DIVINE INTERVENTION AS THEY NAVIGATE THEIR DIFFICULT JOURNEY.

## February 18th 6pm in Memory Care

**GIRLS JUST WANT TO HAVE FUN (1985)** IS A TEEN COMEDY ABOUT A YOUNG GIRL NAMED JANEY WHO MOVES TO CHICAGO AND DREAMS OF BECOMING A DANCER ON A POPULAR TV DANCE SHOW. WITH THE HELP OF HER NEW FRIENDS, SHE DEFIES HER STRICT FATHER AND COMPETES IN THE SHOW, ALL WHILE NAVIGATING FRIENDSHIP, LOVE, AND PURSUING HER PASSION FOR DANCE.



## February 21st 3pm in Memory Care

**THE LITTLE RASCALS (1994)** IS A FAMILY COMEDY ABOUT A GROUP OF MISCHIEVOUS KIDS, LED BY SPANKY AND ALFALFA, WHO FORM A CLUB CALLED THE HE-MAN WOMAN HATERS CLUB. WHEN ALFALFA FALLS FOR A GIRL NAMED DARLA, IT CAUSES TENSION WITHIN THE GROUP, LEADING TO HUMOROUS AND HEARTWARMING ANTICS AS THE KIDS LEARN ABOUT FRIENDSHIP, LOVE, AND LOYALTY.

## February 25th 6pm in Memory Care

**IF (2024)** IS A SCIENCE FICTION THRILLER THAT EXPLORES AN ALTERNATE REALITY WHERE THE PROTAGONIST, A YOUNG WOMAN NAMED ZOE, DISCOVERS A MYSTERIOUS DEVICE THAT ALLOWS HER TO CHANGE KEY MOMENTS IN HER PAST. AS SHE EXPERIMENTS WITH THESE CHANGES, SHE FACES UNFORESEEN CONSEQUENCES THAT THREATEN HER FUTURE AND HER RELATIONSHIPS. THE FILM DELVES INTO THEMES OF CHOICE, DESTINY, AND THE IMPACT OF ALTERING ONE'S REALITY.

