



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 CREATIVE ARTS

THE MONTH OF CREATIVE ARTS STANDS AS A VIBRANT TESTAMENT TO THE POWER OF ARTISTIC EXPRESSION, MARKING A TIME OF GROWTH, CONNECTION, AND CELEBRATION. THROUGHOUT THIS SPECIAL MONTH, INDIVIDUALS AND COMMUNITIES COME TOGETHER TO EXPLORE THEIR CREATIVE POTENTIAL, SHARE DIVERSE TALENTS, AND FOSTER MEANINGFUL CONNECTIONS THROUGH ART. WHETHER THROUGH VISUAL ARTS, MUSIC, DANCE, OR THEATER, THE MONTH SERVES AS AN OPPORTUNITY TO REFLECT ON THE IMPACT OF CREATIVITY IN OUR LIVES AND TO CELEBRATE THE JOURNEYS OF PERSONAL AND COLLECTIVE ARTISTIC GROWTH. IT'S A TIME TO EMBRACE NEW IDEAS, FORGE LASTING BONDS, AND HONOR THE TRANSFORMATIVE POWER OF THE CREATIVE PROCESS.



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

MAINTENANCE DIRECTOR: GABE MEYER

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National Women's History Month



Celebrating Women's Contributions

DURING NATIONAL WOMEN'S HISTORY MONTH IN MARCH, WE TAKE TIME TO HONOR THE EXTRAORDINARY CONTRIBUTIONS OF WOMEN THROUGHOUT HISTORY. FROM GROUNDBREAKING ACHIEVEMENTS IN SCIENCE, POLITICS, AND THE ARTS TO EVERYDAY ACTS OF COURAGE AND PERSEVERANCE, WOMEN HAVE SHAPED OUR WORLD IN PROFOUND WAYS. THIS MONTH ENCOURAGES US TO REFLECT ON THEIR STORIES, CELEBRATE THEIR LEGACIES, AND ENSURE THAT THEIR VOICES ARE HEARD AND VALUED. BY RECOGNIZING THE STRENGTH, RESILIENCE, AND LEADERSHIP OF WOMEN, WE CONTINUE TO EMPOWER FUTURE GENERATIONS AND ACKNOWLEDGE THE ONGOING WORK TO ACHIEVE GENDER EQUALITY. NATIONAL WOMEN'S HISTORY MONTH REMINDS US TO UPLIFT AND APPRECIATE THE COUNTLESS WOMEN WHO HAVE SHAPED SOCIETY AND CONTINUE TO INSPIRE CHANGE TODAY. NATIONAL WOMEN'S HISTORY MONTH ALSO HIGHLIGHTS THE OFTEN-OVERLOOKED STORIES OF WOMEN FROM DIVERSE BACKGROUNDS WHO HAVE FOUGHT FOR JUSTICE, EDUCATION, AND CHANGE. FROM PIONEERS LIKE HARRIET TUBMAN TO MODERN LEADERS LIKE RUTH BADER GINSBURG, WOMEN'S CONTRIBUTIONS SPAN EVERY FIELD. THIS MONTH REMINDS US TO RECOGNIZE AND AMPLIFY THESE ACHIEVEMENTS YEAR-ROUND, INSPIRING FUTURE GENERATIONS TO CONTINUE THE WORK FOR GENDER EQUALITY AND SOCIAL PROGRESS.

Spiritual Section



A Month of Spiritual Renewal and Reflection

MARCH OFFERS A UNIQUE OPPORTUNITY FOR SPIRITUAL RENEWAL AND INTROSPECTION. WITH THE ARRIVAL OF SPRING, SYMBOLIZING NEW BEGINNINGS, THIS MONTH INVITES US TO CULTIVATE INNER PEACE, GRATITUDE, AND MINDFULNESS. IT'S A TIME TO REFLECT ON OUR SPIRITUAL JOURNEYS, EMBRACE COMPASSION, AND STRENGTHEN OUR CONNECTIONS WITH OTHERS. AS THE SEASON OF REBIRTH UNFOLDS, WE ARE REMINDED TO NOURISH OUR SOULS, ALIGN WITH OUR TRUE VALUES, AND OPEN OURSELVES TO HEALING AND TRANSFORMATION.

MARCH ALSO ENCOURAGES FORGIVENESS—BOTH OF OURSELVES AND OTHERS—HELPING US RELEASE BURDENS AND MOVE FORWARD WITH AN OPEN HEART. JUST AS NATURE AWAKENS, OUR SPIRITS CAN TOO, REMINDING US THAT GROWTH IS CYCLICAL AND ONGOING. BY EMBRACING THIS FLOW, WE HONOR THE LIGHT WITHIN, CONTRIBUTING TO PERSONAL AND COLLECTIVE HEALING. AS WE STEP INTO THIS NEW SEASON, MAY WE FIND CLARITY AND PEACE IN OUR SPIRITUAL PRACTICE, TRUSTING IN THE POWER OF RENEWAL AND HOPE FOR THE FUTURE.

Staff Photo Booth



Highland Above and Beyond Award Recipient

HEATHER NOOTER IS TRULY DESERVING OF THE HIGHLAND ABOVE AND BEYOND AWARD FOR MARCH. AS A DEDICATED CERTIFIED NURSING ASSISTANT AT HIGHLAND SENIOR LIVING, HEATHER CONSISTENTLY DEMONSTRATES AN UNWAVERING COMMITMENT TO EXCELLENCE. SHE GOES ABOVE AND BEYOND NOT ONLY FOR THE NURSING DEPARTMENT BUT FOR EVERY DEPARTMENT THAT HELPS MAKE HIGHLAND A TRUE COMMUNITY. HEATHER'S WILLINGNESS TO SUPPORT ANYONE IN NEED, REGARDLESS OF THEIR ROLE, SHOWCASES HER SELFLESSNESS AND DEDICATION. SHE IS ALWAYS READY TO GO THE EXTRA MILE, PROVIDING EXCEPTIONAL CARE AND SUPPORT TO BOTH RESIDENTS AND COLLEAGUES ALIKE. HER COMPASSIONATE AND HARDWORKING SPIRIT MAKES HER AN INVALUABLE ASSET TO THE HIGHLAND TEAM.

Celebrating the Infinite Wonder of Mathematics



Pi Day

PI DAY, CELEBRATED ANNUALLY ON MARCH 14TH (3/14), HONORS THE MATHEMATICAL CONSTANT π (PI), WHICH REPRESENTS THE RATIO OF A CIRCLE'S CIRCUMFERENCE TO ITS DIAMETER. PI IS AN IRRATIONAL AND TRANSCENDENTAL NUMBER, STARTING WITH 3.14159 AND CONTINUING INFINITELY WITHOUT REPEATING. ITS SIGNIFICANCE STRETCHES FAR BEYOND THE CLASSROOM—PI IS FUNDAMENTAL TO FIELDS RANGING FROM GEOMETRY AND ENGINEERING TO PHYSICS, COMPUTER SCIENCE, AND EVEN ART, HELPING TO SHAPE OUR UNDERSTANDING OF THE WORLD. PI DAY HAS BECOME A GLOBAL CELEBRATION OF MATH AND SCIENCE, SPARKING INTEREST IN THESE FIELDS THROUGH ACTIVITIES SUCH AS PIE-EATING CONTESTS, PI RECITATION CHALLENGES, AND MATH-RELATED GAMES. SCHOOLS, UNIVERSITIES, AND RESEARCH INSTITUTIONS OFTEN HOST EVENTS TO INSPIRE STUDENTS, TEACHERS, AND THE PUBLIC TO EXPLORE THE BEAUTY AND COMPLEXITY OF MATHEMATICS. THE DAY ALSO HONORS MATHEMATICIANS LIKE ARCHIMEDES, WHO MADE EARLY CONTRIBUTIONS TO APPROXIMATING PI, AND REMINDS US OF THE IMPORTANCE OF CURIOSITY, EXPLORATION, AND CRITICAL THINKING. FOR MANY, PI DAY IS A PLAYFUL REMINDER OF THE JOY OF LEARNING, COMBINING THE LOVE OF NUMBERS WITH A SLICE OF PIE, MAKING MATH ACCESSIBLE, ENJOYABLE, AND MEMORABLE. ADDITIONALLY, PI DAY OFFERS A CHANCE TO REFLECT ON HOW MATHEMATICS IMPACTS NEARLY EVERY ASPECT OF OUR LIVES—FROM ARCHITECTURE AND TECHNOLOGY TO NATURE AND ART—AND REINFORCES THE IDEA THAT MATH IS NOT JUST A SUBJECT BUT A UNIVERSAL LANGUAGE THAT HELPS US UNDERSTAND AND NAVIGATE THE WORLD AROUND US.

The Vital Role of American Women in the Revolution



Unseen Patriots

DURING THE AMERICAN REVOLUTION, WOMEN PLAYED CRUCIAL YET OFTEN OVERLOOKED ROLES IN SUPPORTING THE FIGHT FOR INDEPENDENCE. WHILE THEY DID NOT PARTICIPATE DIRECTLY IN COMBAT, AMERICAN WOMEN WERE DEEPLY INVOLVED IN THE WAR EFFORT. THEY MANAGED HOUSEHOLDS, FARMS, AND BUSINESSES IN THE ABSENCE OF MEN, OFTEN TAKING ON NEW RESPONSIBILITIES TO KEEP COMMUNITIES FUNCTIONING. MANY WOMEN SERVED AS SPIES, COURIERS, AND EVEN SOLDIERS IN DISGUISE, LIKE DEBORAH SAMPSON, WHO FOUGHT UNDER THE NAME ROBERT SHURLIFF. WOMEN ALSO PLAYED A KEY ROLE IN MAINTAINING MORALE, ORGANIZING BOYCOTTS OF BRITISH GOODS, AND PROVIDING ESSENTIAL SUPPLIES TO SOLDIERS. FIGURES LIKE ABIGAIL ADAMS ACTIVELY ADVOCATED FOR WOMEN'S RIGHTS, AND THEIR INVOLVEMENT IN THE REVOLUTION HELPED LAY THE FOUNDATION FOR LATER MOVEMENTS IN THE QUEST FOR GENDER EQUALITY. THOUGH LARGELY SIDELINED IN HISTORICAL NARRATIVES, THE CONTRIBUTIONS OF AMERICAN WOMEN DURING THE REVOLUTION WERE INTEGRAL TO THE NATION'S STRUGGLE FOR INDEPENDENCE.

Shared Memories & Connections

COURTLAND SQUARE AT HIGHLAND SENIOR LIVING OFFERS A UNIQUE, PERSONALIZED APPROACH TO MEMORY CARE WITH TWO DEDICATED STAFF MEMBERS ON-SITE, ENSURING CONSTANT SUPPORT. THE COMMUNITY ALSO FEATURES AN ACTIVITY ASSISTANT WHO LEADS ONE-ON-ONE SESSIONS AND ENGAGING ACTIVITIES DAILY. RECENT PHOTOS IN THE NEWSLETTER ON THIS PAGE BEAUTIFULLY CAPTURE THE WARMTH, CARE, AND MEANINGFUL CONNECTIONS THAT MAKE COURTLAND SQUARE TRULY SPECIAL.



Super Star Shout Outs!

"Nathan is always willing to help out when needed. He will go the extra mile. It is an asset to have him on the Highland team!"

"Nathan Anderson is a Team Player."

"Heather Nooter deserve to be employee of the month. She always works very hard."

"Heather Nooter works so hard! She is a team player! She cares so much for the residents. She is a superstar! She is so amazing at her job!"

"Laurie Ochoa is an amazing person! She cares so much for the residents and always goes above and beyond for them."

"Lily Katzenberger is always willing to help out if needed. She is a good addition to the Highland PM Staff!"



The Heart of Highland Award

HELEN GREEN HAS BEEN NAMED THE RECIPIENT OF THE PRESTIGIOUS HEART OF HIGHLAND AWARD FOR THE MONTH OF MARCH, AND IT'S AN HONOR TRULY WELL-DESERVED. HELEN IS A BELOVED FIGURE KNOWN FOR HER KIND SPIRIT AND THE WARMTH SHE BRINGS TO EVERYONE SHE MEETS.

SHE HAS A NATURAL ABILITY TO MAKE PEOPLE FEEL WELCOME, AND HER APPROACHABLE NATURE MAKES HER EASY TO GET ALONG WITH. HELEN'S BRIGHT PERSONALITY AND RADIANT ENERGY LIFT UP THOSE AROUND HER, BRINGING A SENSE OF JOY WHEREVER SHE GOES. HER POSITIVITY IS INFECTIOUS, AND SHE CONSISTENTLY INSPIRES THOSE LUCKY ENOUGH TO KNOW HER.

HELEN'S GENEROSITY AND HEART ARE EXACTLY WHAT THE HEART OF HIGHLAND AWARD REPRESENTS, AND HER RECOGNITION THIS MARCH IS A FITTING TRIBUTE TO THE INCREDIBLE PERSON SHE IS. CONGRATULATIONS, HELEN! YOUR KINDNESS AND WARMTH CONTINUE TO MAKE HIGHLAND A BETTER PLACE FOR EVERYONE.

Congratulations to:

Sidney

From Highland Senior Living
in Little Falls, Minnesota!



WE'RE THRILLED TO ANNOUNCE SIDNEY FROM HIGHLAND SENIOR LIVING, LLC AS A WINNER OF A \$100 FIGS GIFT CARD IN OUR 2024 NATIONAL ALZHEIMER'S MONTH GIVEAWAY! HER EXCEPTIONAL DEDICATION, SKILL, AND COMPASSION HAVE BEEN NOTICED AND CELEBRATED BY HER COLLEAGUES—AND NOW BY US! SIDNEY'S EFFORTS MAKE A LASTING DIFFERENCE IN THE LIVES OF THE RESIDENTS SHE SERVES.

HELP US CELEBRATE SIDNEY AND HER AMAZING CONTRIBUTIONS TO ALZHEIMER'S CARE!

Highland's Highlights

Little Falls transitioning Students Volunteer at Highland

LITTLE FALLS TRANSITIONING STUDENTS RECENTLY VOLUNTEERED AT HIGHLAND, GAINING HANDS-ON EXPERIENCE WHILE GIVING BACK TO THE COMMUNITY. THIS INITIATIVE HELPED THEM BUILD ESSENTIAL SKILLS AND CONFIDENCE AS THEY PREPARE FOR THE FUTURE.



Resident Council Meeting Notes

THE NOTES FROM THE RESIDENT COUNCIL MEETING WILL BE POSTED IN THE FRONT LOBBY ON THE COMMUNITY LIFE UPDATE BOARD. IF RESIDENTS NEED A COPY OF THE NOTES PLEASE REQUEST AT THE FRONT OFFICE.



Memory Care Visitors

AT HIGHLAND SENIOR LIVING, WE LOVE SEEING OUR RESIDENTS VISIT COURTLAND SQUARE MORE FREQUENTLY TO ENJOY THE FUN AND ENGAGING ACTIVITIES IN MEMORY CARE! WHETHER IT'S PLAYING A FRIENDLY GAME OF CARDS, RELAXING WITH A MOVIE, OR PARTICIPATING IN EXCITING EVENTS, THERE'S ALWAYS SOMETHING ENJOYABLE HAPPENING. COURTLAND SQUARE OFFERS A WARM AND WELCOMING ENVIRONMENT WHERE RESIDENTS CAN SOCIALIZE, RELAX, AND CONNECT WITH ONE ANOTHER. WE ENCOURAGE EVERYONE TO STOP BY, TAKE PART IN THE ACTIVITIES, AND CREATE NEW MEMORIES TOGETHER. IT'S A WONDERFUL OPPORTUNITY TO BOND, LAUGH, AND MAKE THE MOST OF ALL THE ENJOYABLE MOMENTS AVAILABLE!

Triathlon Spark Challenge Needs More Team Members!

HIGHLAND SENIOR LIVING IS EXCITED TO EXPAND OUR TRIATHLON TEAM, AND WE WANT YOU TO BE PART OF IT! WE'RE LOOKING FOR ENERGETIC, MOTIVATED INDIVIDUALS TO ASSIST WITH WALKING AND HELP RESIDENTS WITH THEIR ARM AND LEG CRANK EXERCISES ON TUESDAYS AND THURSDAYS. THIS IS A FANTASTIC OPPORTUNITY TO GET ACTIVE, SUPPORT YOUR FELLOW RESIDENTS, AND BE PART OF A FUN, ENCOURAGING TEAM THAT LIFTS EACH OTHER UP. IF YOU'RE INTERESTED IN JOINING OR WANT TO LEARN MORE, COME JOIN US FOR A SESSION AND EXPERIENCE FIRSTHAND HOW WE'RE MAKING THIS TEAM EVEN STRONGER. LET'S MOVE, MOTIVATE, AND MAKE MEMORIES TOGETHER!



Highland's Hotspot

Notice to Residents: Highland Bus Service Discontinued

THE HIGHLAND BUS SERVICE IS NO LONGER AVAILABLE, AND THERE WILL BE NO MORE SCHEDULED OUTINGS WITH THE HIGHLAND BUS.

HOWEVER, THERE WILL BE OUTINGS SCHEDULED FOR MARCH BY JULIA, THE COMMUNITY LIFE DIRECTOR, THROUGH TRICAP TRANSPORTATION:

MARCH 12TH TO WALMART

MARCH 20TH TO NEW2YOU

MARCH 27TH TO DOLLAR TREE

PLEASE SIGN UP IN THE FRONT LOBBY.

BE CONSIDERATE OF THE TIME DEADLINE FOR SIGN-UPS, AS JULIA NEEDS TO SUBMIT THE NAMES TO THE BUS DISPATCH IN A TIMELY MANNER.

IF YOU'D LIKE TO SCHEDULE TRANSPORTATION ON YOUR OWN, YOU CAN CONTACT TRICAP TRANSPORTATION AT 320-251-1612. YOU CAN SCHEDULE UP TO 2 WEEKS IN ADVANCE.

PLEASE REMEMBER:

YOU MAY ONLY BRING OR PURCHASE WHAT YOU CAN CARRY YOURSELF.

YOU MUST BE ABLE TO TRANSPORT YOUR BELONGINGS INDEPENDENTLY, AS THE DRIVER CANNOT ASSIST.

THANK YOU FOR YOUR UNDERSTANDING!

Birthday Bash: Cake and Coffee Celebration on March 26th!

JOIN US FOR A SWEET CELEBRATION OF BIRTHDAYS ON MARCH 26TH AT 1:30PM IN THE GREAT ROOM! WE'LL BE SERVING CAKE AND COFFEE AS WE GATHER TO HONOR THOSE CELEBRATING ANOTHER YEAR OF LIFE. IT'S A WONDERFUL OPPORTUNITY TO RELAX, ENJOY DELICIOUS TREATS, AND SHARE IN THE JOY OF CELEBRATING WITH FRIENDS AND NEIGHBORS. DON'T MISS OUT ON THIS FUN AND FESTIVE AFTERNOON—SEE YOU THERE!



Technology with Julia on March 4th 3:15pm in GR & 24th 1:15pm 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!



Come Help Build April's Calendar of Activities with Julia!

JOIN JULIA ON MARCH 5TH AT 1:15 PM IN THE GREAT ROOM TO HELP CREATE APRIL'S ACTIVITY CALENDAR! YOUR IDEAS AND INPUT WILL MAKE NEXT MONTH'S EVENTS EVEN MORE EXCITING. DON'T MISS OUT ON THIS OPPORTUNITY TO GET INVOLVED AND SHARE YOUR THOUGHTS!



Highland Happenings

Creative Arts Project in Courtland Square (MC)

MARCH 4TH AT 4:15 PM – TIME TRAVELING TO IRELAND WITH LIL JOIN LIL FOR A FUN SESSION TO EXPLORE THE UNIQUENESS OF THIS AREA!

MARCH 12TH AT 2:15PM-LAURIE IS LEADING A CRAFT BASED ON THE THEME OF HOW LUCKY AM I!

MARCH 13TH AT 6:15 PM – CREATE YOUR OWN IRISH BLESSINGS WITH LIL CELEBRATE IRISH TRADITION BY CRAFTING YOUR OWN BLESSINGS! LIL WILL GUIDE YOU IN CREATING PERSONALIZED, HEARTFELT MESSAGES FILLED WITH WISDOM AND CREATIVITY.



Pi Day Celebration: Enjoy a Slice of Pie for Lunch on March 14th!



Relax and Unwind: Nail Care & Hand Massages Every other Tuesday in March!

JOIN US EVERY OTHER TUESDAY IN MARCH AT 2:15PM IN IN GREAT ROOM FOR A RELAXING AND REJUVENATING NAIL CARE AND HAND MASSAGE SESSION! THIS SOOTHING EXPERIENCE IS THE PERFECT WAY TO UNWIND, WITH GENTLE HAND MASSAGES AND NAIL CARE DESIGNED TO REFRESH AND PAMPER. IT'S A WONDERFUL OPPORTUNITY TO TAKE A MOMENT FOR YOURSELF, ENJOY SOME SELF-CARE, AND CONNECT WITH OTHERS IN A CALMING ATMOSPHERE. WE LOOK FORWARD TO SEEING YOU THERE!

St. Patrick's Day Party at Highland

JOIN US FOR A FESTIVE ST. PATRICK'S DAY CELEBRATION AT OUR ASSISTED LIVING AND MEMORY CARE COMMUNITIES! ENJOY AN AFTERNOON FILLED WITH LAUGHTER, GOOD COMPANY, AND DELICIOUS TREATS AS WE SIP ON WINE AND INDULGE IN A VARIETY OF FINE CHEESES. WHETHER YOU'RE IN ASSISTED LIVING OR MEMORY CARE, COME RAISE A GLASS WITH US TO CELEBRATE THE SPIRIT OF THE SEASON!

DATE: ST. PATRICK'S DAY TIME: 1:30 PM LOCATION: ASSISTED LIVING & MEMORY CARE

WE CAN'T WAIT TO CELEBRATE WITH YOU!



Department Updates

From the Maintenance Director

THIS MARCH, THE MAINTENANCE TEAM IS PREPPING FOR SPRING, HANDLING INSPECTIONS, AND ADDRESSING REPAIR REQUESTS. NOTE: THE BUS IS NO LONGER IN USE, AND WE'LL NOW USE TRICAP TRANSPORTATION.

From The Community Life Director

THANK YOU FOR YOUR FEEDBACK! WE'LL OFFER MOVIES IN BOTH ASSISTED LIVING AND MEMORY CARE, WITH OCCASIONAL JOINT EVENTS, AND WE'RE ADDING MORE MODERN, INCLUSIVE ACTIVITIES. STARTING IN MARCH, WE'LL HOLD TWO TECHNOLOGY HELP GROUPS PER MONTH.

NOTE: ONE COMMUNITY LIFE ASSISTANT WILL BE OUT FOR TWO MONTHS, SO THERE WILL BE FEWER ACTIVITIES IN APRIL. THANKS FOR YOUR UNDERSTANDING!

From The Housekeeping Supervisor

FOR ANY HOUSEKEEPING NEEDS OR REQUESTS, PLEASE REACH OUT TO DESIREE, OUR HOUSEKEEPING SUPERVISOR. SHE'S HERE TO ASSIST AND ENSURE YOUR COMFORT.

From The Administrative Assistant

HELLO, RESIDENTS! THIS IS SHANNYN, YOUR ADMINISTRATIVE ASSISTANT. IF YOU NEED ANY ASSISTANCE OR HAVE QUESTIONS, I'M HERE TO HELP WITH ANYTHING YOU MAY NEED. FEEL FREE TO REACH OUT ANYTIME – I'M HAPPY TO SUPPORT YOU AND ENSURE A SMOOTH EXPERIENCE HERE AT HIGHLAND SENIOR LIVING.

From the Executive Director

AS WE STEP INTO MARCH, I WANT TO TAKE A MOMENT TO EXPRESS MY GRATITUDE FOR EACH OF YOU WHO MAKES HIGHLAND SENIOR LIVING SUCH A WONDERFUL COMMUNITY. WE ARE COMMITTED TO MAINTAINING A HIGH STANDARD OF CARE AND ENSURING THAT EVERY RESIDENT FEELS VALUED AND SUPPORTED. THIS MONTH, WE'LL CONTINUE WORKING TO ENHANCE YOUR EXPERIENCE BY FOCUSING ON BOTH DAY-TO-DAY NEEDS AND LONG-TERM IMPROVEMENTS. IF YOU HAVE ANY QUESTIONS, CONCERNS, OR SUGGESTIONS, PLEASE DON'T HESITATE TO REACH OUT. I'M HERE TO LISTEN AND MAKE SURE WE ARE MEETING YOUR NEEDS. THANK YOU FOR BEING SUCH AN IMPORTANT PART OF OUR COMMUNITY!



From the Cullinary Director: Molasses Cookies

- 1 BOX SPICE CAKE MIX
- 1 1/2 TSP OF GROUND GINGER
- 1 TSP OF GROUND CINNAMON
- 1/4 CUP MOLASSES
- 1/4 CUP VEGETABLE OIL
- 1 TSP OF VANILLA EXTRACT
- 2 EGGS
- 1/2 CUP POWDERED SUGAR



From the Director of Health Services Directors

IN MARCH 2025, THE NURSING DEPARTMENT CELEBRATES THE DEDICATION OF OUR STAFF IN PROVIDING HIGH-QUALITY CARE. WE'RE INTRODUCING NEW INITIATIVES TO ENHANCE PATIENT CARE, INCLUDING ADVANCED TRAINING AND CUTTING-EDGE TECHNOLOGY. OUR TEAM CONTINUES TO WORK COLLABORATIVELY FOR THE BEST PATIENT OUTCOMES. WE'RE GRATEFUL FOR OUR NURSES' ONGOING COMMITMENT TO SHAPING A HEALTHIER FUTURE FOR OUR COMMUNITY.

From the Marketing & Business Director

AS WE MOVE INTO MARCH 2025, OUR FOCUS REMAINS ON STRENGTHENING OUR BRAND AND EXPANDING OUR REACH. WE ARE EXCITED ABOUT UPCOMING CAMPAIGNS DESIGNED TO CONNECT WITH OUR AUDIENCE AND HIGHLIGHT THE UNIQUE VALUE WE BRING. OUR EFFORTS WILL CONTINUE TO DRIVE GROWTH, ENHANCE CUSTOMER EXPERIENCES, AND REINFORCE OUR POSITION IN THE MARKET. I'M PROUD OF THE TEAM'S DEDICATION AND LOOK FORWARD TO THE OPPORTUNITIES AHEAD AS WE WORK TOGETHER TO ACHIEVE OUR GOALS AND MAKE A LASTING IMPACT.

Movie Showings in March

March 1st 1pm in Memory Care

THE PERFECT GAME (2009) TELLS THE TRUE STORY OF A GROUP OF MEXICAN BOYS WHO, COACHED BY A DETERMINED LEADER, BECOME THE FIRST NON-AMERICAN TEAM TO WIN THE LITTLE LEAGUE WORLD SERIES IN 1957, OVERCOMING PREJUDICE AND CHALLENGES ALONG THE WAY.



March 4th 6:15pm in Memory Care & March 6th 5:45pm in Great Room

1000 TO 1 (2014), IS A DRAMA ABOUT A YOUNG MAN NAMED DANIEL WHO IS A PROMISING HIGH SCHOOL ATHLETE. AFTER A TRAGIC ACCIDENT, DANIEL'S LIFE IS CHANGED FOREVER, AND HE MUST FIND THE STRENGTH TO OVERCOME THE PHYSICAL AND EMOTIONAL CHALLENGES THAT FOLLOW. THE FILM EXPLORES THEMES OF PERSEVERANCE, FRIENDSHIP, AND REDEMPTION AS DANIEL FIGHTS TO REGAIN HIS DREAM OF PLAYING SPORTS AGAIN.

March 11th 6:15pm in Memory Care

PUPPY LOVE (2013) IS A ROMANTIC COMEDY ABOUT TWO HIGH SCHOOL STUDENTS, EMMA AND CHARLIE, WHO DEVELOP AN UNEXPECTED ROMANCE WHILE WORKING ON A PROJECT TOGETHER.

March 14th 5:30pm in Great Room & March 15th 1:15pm in Memory Care

ARTHUR THE KING (2023) IS AN ADVENTURE FILM ABOUT A MAN NAMED ARTHUR WHO EMBARKS ON A DANGEROUS JOURNEY WITH HIS LOYAL DOG. AS THEY FACE NUMEROUS CHALLENGES IN THE WILD, ARTHUR DISCOVERS HIS TRUE POTENTIAL AND FORMS A DEEP BOND WITH HIS DOG, LEARNING VALUABLE LESSONS ABOUT COURAGE, LOYALTY, AND PERSEVERANCE.

March 18th 3:15pm in Memory Care

IF (2024) STARS RYAN REYNOLDS AS BEN, A MAN WHO GAINS THE ABILITY TO SEE THE WORLD THROUGH OTHERS' EYES. AS HE USES THIS POWER TO IMPROVE HIS LIFE AND RELATIONSHIPS, HE LEARNS THAT MEDDLING WITH OTHERS' EXPERIENCES HAS UNPREDICTABLE CONSEQUENCES. THE FILM BLENDS HUMOR AND HEART, EXPLORING EMPATHY AND PERSONAL GROWTH.

March 25th 3:15pm in Memory Care

HIGH STRUNG (2016) IS A ROMANTIC DRAMA ABOUT A DANCER, RUBY, AND A VIOLINIST, JOHN, WHO BOND OVER THEIR SHARED PASSION FOR MUSIC AND DANCE WHILE PREPARING FOR A PRESTIGIOUS COMPETITION IN NEW YORK CITY.

