



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 COMMUNITY ENGAGEMENT & VOLUNTEERING

APRIL IS THE MONTH OF COMMUNITY ENGAGEMENT AND VOLUNTEERING AT HIGHLAND SENIOR LIVING, INVITING RESIDENTS TO CONNECT, SHARE THEIR TALENTS, AND MAKE A POSITIVE IMPACT. WHETHER IT'S LENDING A HAND TO A LOCAL PROJECT, PARTICIPATING IN ONE OF OUR MANY ACTIVITIES, OR SIMPLY OFFERING SUPPORT TO NEIGHBORS, WE ENCOURAGE EVERYONE TO GET INVOLVED AND CONTRIBUTE TO THE COMMUNITY.

ADDITIONALLY, IF ANY RESIDENT IS INTERESTED IN STARTING THEIR OWN CLUB OR ACTIVITY, WE WELCOME THOSE IDEAS AND ARE EXCITED TO HELP BRING THEM TO LIFE. LET'S MAKE APRIL A MONTH OF SERVICE, CONNECTION, PERSONAL GROWTH, AND NEW OPPORTUNITIES FOR ALL!



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

CULLINARY DIRECTOR: DOLORES BERGLUND

ADMINISTRATIVE ASSISTANT: SHANNYN UDY

HOUSEKEEPING SUPERVISOR: DESIREE PELZER

COMMUNITY LIFE DIRECTOR: JULIA AUSTIN

Get in Touch Via Email:

HANNAH.HOLLENKAMP@LIFESPARKSL.COM

SAM.MEYER@LIFESPARKSL.COM

STEPHANIE.WARDARSKI@LIFESPARKSL.COM

JESSICA.HILMERSON@LIFESPARKSL.COM

GABE.MEYER@LIFESPARKSL.COM

DOLORES.BERGLUND@LIFESPARKSL.COM

SHANNYN.UDY@LIFESPARKSL.COM

DESIREEE.PELZER@LIFESPARKSL.COM

JULIA.AUSTIN@LIFESPARKSL.COM

Celebrating Earth Day at Highland Senior Living



Making a Difference Locally

EARTH DAY, CELEBRATED ON APRIL 22, REMINDS US THAT SMALL LOCAL ACTIONS CAN MAKE A BIG DIFFERENCE IN PROTECTING THE ENVIRONMENT. AT HIGHLAND SENIOR LIVING, RESIDENTS CAN CONTRIBUTE BY PLANTING GARDENS, RECYCLING, AND REDUCING WASTE THROUGH REUSING ITEMS OR DONATING GOODS. ORGANIZING COMMUNITY CLEANUPS HELPS BEAUTIFY LOCAL SPACES, WHILE SIMPLE SUSTAINABLE PRACTICES LIKE CONSERVING ENERGY AND WATER CAN REDUCE OVERALL CONSUMPTION. SPREADING AWARENESS THROUGH DISCUSSIONS OR WORKSHOPS ENCOURAGES ECO-FRIENDLY HABITS, AND SUPPORTING LOCAL GREEN BUSINESSES STRENGTHENS THE COMMUNITY'S COMMITMENT TO SUSTAINABILITY. ADDITIONALLY, PROMOTING WALKING, BIKING, OR CARPOOLING REDUCES CARBON EMISSIONS AND SUPPORTS HEALTHIER LIFESTYLES. THE STAFF AT HIGHLAND SENIOR LIVING ALSO PLAY A KEY ROLE IN THESE EFFORTS, NOT ONLY BY SUPPORTING RESIDENTS IN THEIR ECO-FRIENDLY INITIATIVES BUT ALSO BY ORGANIZING EVENTS, PROVIDING RESOURCES, AND LEADING BY EXAMPLE. THEY CAN HELP IMPLEMENT SUSTAINABLE PRACTICES IN COMMON AREAS AND ENSURE THAT ENVIRONMENTALLY CONSCIOUS CHOICES ARE ACCESSIBLE TO EVERYONE. TOGETHER, STAFF AND RESIDENTS CAN MAKE A MEANINGFUL IMPACT, FOSTERING A COMMUNITY THAT IS NOT ONLY CONNECTED BUT ALSO COMMITTED TO PROTECTING THE ENVIRONMENT. THIS COLLECTIVE EFFORT EXTENDS BEYOND EARTH DAY AND CREATES LASTING POSITIVE CHANGE WITHIN THE COMMUNITY, ENRICHING BOTH THE PLANET AND THE LIVES OF THOSE WHO CALL HIGHLAND SENIOR LIVING HOME.

Spiritual Section



A Month of Embracing Renewal and Growth

APRIL BRINGS THE PROMISE OF SPRING, A SEASON OF RENEWAL, REBIRTH, AND GROWTH, OFFERING US A TIME TO REFLECT, HEAL, AND DEEPEN OUR SPIRITUAL JOURNEY. JUST AS NATURE AWAKENS FROM ITS WINTER SLUMBER, WE ARE INVITED TO EMBRACE TRANSFORMATION, RELEASING OLD HABITS OR BURDENS TO MAKE ROOM FOR NEW OPPORTUNITIES FOR PEACE, JOY, AND SPIRITUAL GROWTH. THIS MONTH ENCOURAGES GRATITUDE, AS WE WITNESS THE BEAUTY OF NATURE AROUND US AND EXPRESS THANKS FOR THE BLESSINGS IN OUR LIVES, BOTH BIG AND SMALL. AS WE WATCH THE EARTH COME ALIVE, WE ARE INSPIRED TO NOURISH OUR OWN INNER LIVES, DEEPENING OUR SPIRITUAL PRACTICES AND STRENGTHENING OUR CONNECTION WITH THE DIVINE AND ONE ANOTHER. APRIL ALSO OFFERS A CHANCE FOR INNER PEACE AND BALANCE AS WE SEEK MOMENTS OF STILLNESS AND REFLECTION AMID THE SEASON'S BUSY ENERGY. THROUGH PRAYER, MEDITATION, OR QUIET CONTEMPLATION, WE CAN GROUND OURSELVES IN FAITH, ALLOWING US TO APPROACH THE CHALLENGES OF LIFE WITH A RENEWED SENSE OF HOPE AND GRACE. MAY THIS MONTH BRING PEACE, INSPIRATION, AND A RENEWED SENSE OF FAITH, REMINDING US THAT EVERY DAY IS AN OPPORTUNITY TO GROW AND BECOME THE BEST VERSION OF OURSELVES, GROUNDED IN LOVE, SPIRITUAL GROWTH, AND CONNECTION.

Staff Photo Booth



Highland Above and Beyond Award Recipient

WE ARE THRILLED TO ANNOUNCE THAT JEANNE GAINES, DIETARY AIDE AT HIGHLAND SENIOR LIVING, HAS BEEN HONORED WITH THE PRESTIGIOUS HIGHLAND ABOVE AND BEYOND AWARD. JEANNE HAS CONSISTENTLY DEMONSTRATED EXCEPTIONAL DEDICATION AND PASSION IN HER ROLE, ALWAYS GOING THE EXTRA MILE TO ENSURE THE COMFORT AND SATISFACTION OF OUR RESIDENTS. HER POSITIVE ATTITUDE, ATTENTION TO DETAIL, AND COMPASSIONATE CARE HAVE MADE A LASTING IMPACT ON BOTH HER COLLEAGUES AND THE SENIORS SHE SERVES. JEANNE'S UNWAVERING COMMITMENT TO EXCELLENCE EXEMPLIFIES THE VALUES OF OUR COMMUNITY, AND WE ARE PROUD TO CELEBRATE HER OUTSTANDING CONTRIBUTIONS. CONGRATULATIONS, JEANNE, AND THANK YOU FOR EVERYTHING YOU DO!

Stress Awareness Month



A Focus on Well-being at Highland Senior Living

APRIL IS STRESS AWARENESS MONTH, A TIME TO RECOGNIZE THE IMPACT OF STRESS, ESPECIALLY FOR SENIORS NAVIGATING LIFE CHANGES SUCH AS TRANSITIONING TO A NEW LIVING ENVIRONMENT OR MANAGING HEALTH CONCERNS. AT HIGHLAND SENIOR LIVING, WE UNDERSTAND THAT STRESS CAN AFFECT BOTH MENTAL AND PHYSICAL WELL-BEING, BUT WE OFFER A SUPPORTIVE ENVIRONMENT TO HELP RESIDENTS MANAGE IT EFFECTIVELY. THROUGH ENGAGING IN PHYSICAL ACTIVITIES LIKE YOGA, WALKING GROUPS, AND EXERCISE CLASSES, ENJOYING NUTRITIOUS MEALS, PRACTICING MINDFULNESS, AND BUILDING MEANINGFUL SOCIAL CONNECTIONS, SENIORS CAN REDUCE STRESS AND IMPROVE THEIR OVERALL QUALITY OF LIFE. WE ALSO PROVIDE COMFORTABLE LIVING SPACES THAT ENCOURAGE REST, RELAXATION, AND A STRONG SENSE OF COMMUNITY. ADDITIONALLY, RESIDENTS HAVE ACCESS TO PERSONALIZED WELLNESS PROGRAMS DESIGNED TO MEET THEIR UNIQUE NEEDS, AS WELL AS COMPASSIONATE STAFF MEMBERS WHO OFFER BOTH EMOTIONAL AND PRACTICAL SUPPORT. AT HIGHLAND SENIOR LIVING, WE BELIEVE IN FOSTERING A SENSE OF EMPOWERMENT, WHERE RESIDENTS ARE ENCOURAGED TO TAKE SMALL STEPS TO REDUCE STRESS AND FIND BALANCE IN THEIR LIVES. WITH A FOCUS ON HEALTH, CONNECTION, AND COMFORT, WE CREATE AN ENVIRONMENT WHERE SENIORS CAN TRULY THRIVE, FEELING BOTH SUPPORTED AND UPLIFTED IN EVERY ASPECT OF THEIR WELL-BEING. OUR COMMUNITY IS COMMITTED TO HELPING SENIORS ENJOY THEIR GOLDEN YEARS WITH A SENSE OF CALM AND CONTENTMENT.

Enhancing Community Life at Highland Senior Living



Personal Training Opportunity at Highland Senior Living

JULIA, OUR COMMUNITY LIFE DIRECTOR, IS A CERTIFIED PERSONAL TRAINER THROUGH THE AMERICAN COUNCIL ON EXERCISE AND IS CURRENTLY PURSUING HER SENIOR FITNESS SPECIALIST CERTIFICATION. SHE IS OFFERING HIGHLAND SENIOR LIVING RESIDENTS THE CHANCE TO WORK WITH HER IN 30-MINUTE, ONE-ON-ONE WORKOUT SESSIONS.

DURING THE FIRST SESSION, JULIA WILL CONDUCT A FITNESS ASSESSMENT, WHICH HELPS EVALUATE YOUR CURRENT FITNESS LEVEL. BASED ON THIS, SHE WILL DESIGN A PERSONALIZED WORKOUT PROGRAM THAT FOCUSES ON YOUR INDIVIDUAL GOALS, WHETHER IT'S IMPROVING STRENGTH, FLEXIBILITY, BALANCE, OR OVERALL WELLNESS.

STARTING IN APRIL, SIGN-UP SHEETS WILL BE AVAILABLE IN THE FRONT LOBBY. JULIA WILL HOLD TWO SESSIONS EACH WEEK ON TUESDAYS AND THURSDAYS FROM 12:30 TO 1:00 PM.

SIGN UP TO TRY OUT A PERSONALIZED FITNESS SESSION WITH JULIA!

Fit Testing & Forklift Practices

SAM AND STEPH, DIRECTORS OF HEALTH SERVICES AT HIGHLAND, ARE DILIGENTLY ENSURING ALL STAFF ARE FIT-TESTED FOR COMMUNITY SAFETY. LEADERSHIP IS ALSO PREPARING FOR THE FORKLIFT SPARK CHALLENGE. NO NEED TO BE ALARMED BY ALL THE MASKS – IT'S JUST PROTOCOL.



Super Star Shout Outs!

"Sam Meyer consistently goes above and beyond in her role at DHS, demonstrating exceptional dedication and commitment to supporting both the team and the community."

"Jessica Hilmerson's constant positive presence and willingness to help others make her an invaluable asset to the team."

"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!"

"Jeanne is truly a joy to work with! She goes above and beyond every day to make sure our residents happy."



The Heart of Highland Award

WE ARE PROUD TO ANNOUNCE TOM FLETCHER AS THIS MONTH'S RECIPIENT OF THE HEART OF HIGHLAND AWARD! TOM HAS TRULY EARNED THIS RECOGNITION, NOT JUST FOR HIS REMARKABLE MUSICAL TALENT BUT ALSO FOR HIS INFECTIOUS KINDNESS AND WIT THAT BRIGHTENS THE DAY OF EVERYONE AROUND HIM.

TOM IS WIDELY KNOWN AMONG RESIDENTS AND STAFF FOR HIS INCREDIBLE SKILL AS A HARMONICA PLAYER. WITH JUST A SNAP OF HIS FINGERS, HE CAN EFFORTLESSLY RECITE ANY TUNE, BRINGING JOY AND NOSTALGIA TO ALL WHO HEAR HIM PLAY. WHETHER IT'S A CLASSIC TUNE OR A SPONTANEOUS MELODY, TOM'S HARMONICA SKILLS ARE A CHERISHED HIGHLIGHT AT HIGHLAND SENIOR LIVING.

BUT IT'S NOT JUST HIS MUSIC THAT MAKES TOM SPECIAL—IT'S HIS WARM AND GENUINE PERSONALITY. TOM IS ALWAYS READY WITH A KIND WORD, A HELPFUL GESTURE, AND THE WITTIEST COMMENTS THAT LEAVE EVERYONE SMILING. HIS HUMOR, QUICK WIT, AND GENUINE CARE FOR OTHERS MAKE HIM A TRUE TREASURE IN OUR COMMUNITY.

TOM, THANK YOU FOR BEING SUCH A BRIGHT LIGHT AT HIGHLAND SENIOR LIVING. YOUR TALENT, KINDNESS, AND SENSE OF HUMOR ARE AN INSPIRATION TO US ALL. WE ARE SO LUCKY TO HAVE YOU AS PART OF OUR COMMUNITY!



Highland's Highlights

The Veteran's Cafe April 7th at 1pm



HIGHLAND SENIOR LIVING COMMUNITY IS EXCITED TO INTRODUCE A NEW VETERANS CAFÉ GROUP, WHERE VETERANS FROM THE COMMUNITY CAN COME TOGETHER TO SHARE STORIES, ENJOY COFFEE, COOKIES, AND MEANINGFUL CONVERSATION. HELD IN THE COFFEE SHOP, THIS GATHERING OFFERS A WARM, WELCOMING SPACE FOR VETERANS TO CONNECT AND SUPPORT ONE ANOTHER IN A RELAXED, FRIENDLY ENVIRONMENT. WHETHER YOU'RE LOOKING TO REMINISCE WITH OLD FRIENDS OR MAKE NEW CONNECTIONS, THE VETERANS CAFÉ GROUP IS A PERFECT PLACE TO BUILD CAMARADERIE AND ENJOY GOOD COMPANY. JOIN US FOR THIS SPECIAL NEW INITIATIVE!



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.

Opportunity to Sit in On a Fraud Presentation at Highland Senior Living!

JOIN US FOR A FRAUD PREVENTION PRESENTATION ON APRIL 29TH AT 2:00 PM IN THE GREAT ROOM. THIS INFORMATIVE SESSION WILL PROVIDE VALUABLE TIPS AND RESOURCES TO HELP PROTECT YOURSELF FROM FRAUD. LIGHT REFRESHMENTS WILL BE PROVIDED, AND A SPEAKER WILL BE AVAILABLE TO ANSWER ANY QUESTIONS YOU MAY HAVE. DON'T MISS THIS OPPORTUNITY TO STAY INFORMED AND SAFEGUARD YOUR PERSONAL INFORMATION!

SCAM
ALERT

Forklift Challenge Every Tuesday: Come be apart of the team!

GET READY FOR SOME FUN AND FRIENDLY COMPETITION AT THE UPCOMING FORKLIFT CHALLENGE, HAPPENING ON APRIL 8TH AT 1:00 PM! THIS EXCITING EVENT INVITES BOTH RESIDENTS AND STAFF TO SHOWCASE THEIR FORKLIFT SKILLS IN A SERIES OF ENGAGING AND LIGHTEARTED CHALLENGES. WHETHER YOU'RE A SEASONED PRO OR A FIRST-TIMER, THIS IS YOUR CHANCE TO TEST YOUR ABILITIES, LEARN NEW TRICKS, AND HAVE A BLAST WITH YOUR FELLOW PARTICIPANTS. DON'T MISS OUT ON THE OPPORTUNITY TO BE A PART OF THIS UNIQUE AND THRILLING EVENT—MARK YOUR CALENDARS, AND WE'LL SEE YOU THERE!



Highland's Hotspot

Notice to Residents: Highland Bus Service Discontinued

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

APRIL 5TH OUTING TO WALMART

APRIL 14TH OUTING TO PIZZA RANCH

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!



Technology with Julia on April 14th at 2:30pm & April 28th at 2:15pm

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 May's Calendar of Activities with Julia on April 3rd at 1:15pm in GR!

JOIN JULIA ON APRIL 3RD 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!

Birthday Bash: Cupcake and Coffee Celebration on April 30th at 1:30pm

JOIN US FOR A SWEET CELEBRATION OF BIRTHDAYS ON APRIL 30TH 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!



Highland Happenings

Flower Arranging with Laurie (Intermediate with 10 spots available—sign up in lobby)

FLOWER ARRANGING WITH LAURIE 🌸

JOIN LAURIE ON APRIL 30TH AT 3:00 PM IN THE GREAT ROOM FOR AN INTERMEDIATE-LEVEL FLOWER ARRANGING WORKSHOP.

ONLY 10 SPOTS AVAILABLE, SO SIGN UP AT THE FRONT DESK TODAY!

PLEASE NOTE THAT THIS ACTIVITY IS AT AN INTERMEDIATE LEVEL, SO SOME PRIOR FLOWER ARRANGING EXPERIENCE IS RECOMMENDED.

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



JOIN US EVERY OTHER TUESDAY IN APRIL 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 MESSAGES 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!



Goats & Bunnies!



COME DOWN TO THE GREAT ROOM ON APRIL 7TH AT 2:00 PM FOR A FUN AND ADORABLE AFTERNOON WITH BABY GOATS AND BUNNIES! IT'S A PERFECT WAY TO UNWIND AND ENJOY SOME CUDDLY CUTENESS. BRING YOUR FRIENDS AND FAMILY – WE CAN'T WAIT TO SEE YOU THERE!

Discussion about Vision with Michelle Physical Therapist

JOIN US ON APRIL 10TH AT 12:30 PM IN THE DINING ROOM FOR AN INSIGHTFUL PRESENTATION ON VISION BY MICHELLE, THE PHYSICAL THERAPIST AT HIGHLAND SENIOR LIVING. LEARN VALUABLE TIPS TO MAINTAIN AND IMPROVE YOUR EYE HEALTH. DON'T MISS THIS OPPORTUNITY TO GAIN EXPERT ADVICE AND ASK ANY QUESTIONS YOU MAY HAVE! WE HOPE TO SEE YOU THERE!

Suncatcher Craft on April 22nd at 3pm in GR

SUNCATCHER CRAFT WITH JULIA ☀️

JOIN JULIA ON APRIL 22ND AT 3:00 PM IN THE GREAT ROOM FOR AN INTERMEDIATE-LEVEL SUNCATCHER CRAFT.

ONLY 10 SPOTS AVAILABLE—SIGN UP IN THE LOBBY TODAY!

Department Updates

From the Maintenance Director

RESIDENTS ARE ASKED TO REPORT ANY MAINTENANCE CONCERNS DIRECTLY TO GABE FOR PROMPT ATTENTION AND RESOLUTION.

From The Community Life Director

THE NEXT FAMILY COUNCIL MEETING IS SCHEDULED FOR APRIL 23RD AT 3:00 PM. THE TECHNOLOGY HELP GROUP, ORIGINALLY SET FOR MARCH 31ST AT 2:15 PM, HAS BEEN CANCELED, AND THIS INFORMATION IS POSTED ON THE BUILDING'S TVS. TRI-CAP CONTINUES TO PROVIDE TRANSPORTATION SERVICES, WITH ADDITIONAL OUTINGS TO BE SCHEDULED IN THE NEAR FUTURE.

From The Housekeeping Supervisors

RESIDENTS ARE REMINDED TO ENSURE THEY HAVE A DOOR TRASH SIGN FOR PROPER WASTE DISPOSAL. IF YOU NEED A TRASH SIGN, PLEASE CONTACT DESIREE OR SHANNYN AT THE FRONT DESK.

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 Director of Health Services Directors

A REMINDER THAT THE PODIATRIST WILL BE VISITING ON MONDAY, MARCH 17TH. RESIDENTS WITH SCHEDULED APPOINTMENTS ARE ENCOURAGED TO ATTEND. IN ADDITION, RESIDENTS ARE REMINDED TO MAINTAIN PROPER HAND HYGIENE AND APPLY SUNSCREEN WHEN SPENDING TIME OUTDOORS TO ENSURE THEIR HEALTH AND WELL-BEING.

From the Marketing & Business Director

WE ARE PLEASED TO WELCOME THREE NEW RESIDENTS TO OUR COMMUNITY THIS MONTH. PLEASE TAKE A MOMENT TO GREET AND MAKE THEM FEEL WELCOME. A REMINDER THAT RENT IS DUE ON THE 1ST OF EACH MONTH; PAYMENTS RECEIVED AFTER THE 5TH WILL INCUR A LATE FEE.



From the Cullinary Director: Red Velvet Cookies

1 BOX OF RED VELVET CAKE MIX
1/3 CUP VEGETABLE OIL
2 EGGS
1/2 CUP POWERDERED SUGAR

350 DEGREES OVEN FOR 8 TO 10 MINUTES

From the Executive Director

THE UNIFORM DISCLOSURE STATEMENT FOR ASSISTED LIVING (UDALSA) HAS BEEN UPDATED WITH NEW INFORMATION REGARDING THE CAMERAS IN THE BUILDING. RESIDENTS ARE REQUIRED TO SIGN AN ACKNOWLEDGMENT FORM. THE UPDATED RESIDENT HANDBOOK IS NOW AVAILABLE AT THE FRONT DESK FOR RESIDENTS TO PICK UP. RESIDENTS WITH BED RAILS IN THEIR APARTMENTS ARE ASKED TO NOTIFY THE NURSING STAFF IMMEDIATELY, AS THIS IS A SAFETY CONCERN THAT MUST BE DOCUMENTED. ADDITIONALLY, RESIDENTS ARE REMINDED TO FOLLOW THE SIGN-OUT PROCEDURE WHEN LEAVING THE BUILDING, SO STAFF CAN TRACK THEIR WHEREABOUTS. FOR EXTENDED ABSENCES, RESIDENTS ARE REQUESTED TO NOTIFY THE NURSING DEPARTMENT 24 HOURS IN ADVANCE TO ALLOW FOR PROPER MEDICATION PREPARATION. IF RESIDENTS ARE EXPERIENCING AN INCREASE IN FALLS, THEY ARE ENCOURAGED TO INFORM NURSING FOR ADDITIONAL SERVICES OR SUPPORT. WITH FLUCTUATING TEMPERATURES, RESIDENTS ARE REMINDED THAT THE BUILDING TEMPERATURE MAY VARY, THOUGH THIS WILL BE ADDRESSED AS WE TRANSITION INTO SPRING.

GRIEVANCES:

GRIEVANCE FORMS ARE AVAILABLE NEAR THE HALLWAY MAILBOXES ON THE FIRST FLOOR. COMPLETED FORMS MAY BE SUBMITTED AT THE FRONT DESK WITH LEADERSHIP STAFF OR PLACED IN THE DESIGNATED GRIEVANCE BOX.

Movie Showings in April



April 11th at 2:30pm in GR

SOUL SURFER IS AN INSPIRATIONAL 2011 FILM BASED ON THE TRUE STORY OF BETHANY HAMILTON, A YOUNG SURFER WHO LOSES HER ARM IN A SHARK ATTACK BUT REFUSES TO GIVE UP HER PASSION FOR SURFING. DESPITE THE TRAUMA AND CHALLENGES SHE FACES, BETHANY, WITH THE SUPPORT OF HER FAMILY AND FAITH, MAKES A REMARKABLE COMEBACK TO COMPETITIVE SURFING. THE FILM HIGHLIGHTS HER RESILIENCE, DETERMINATION, AND THE POWER OF OVERCOMING ADVERSITY.

April 24th at 1:15pm in GR

"PICTURE THIS" IS A BRITISH ROMANTIC COMEDY RELEASED ON AMAZON PRIME VIDEO ON MARCH 6, 2025. THE FILM FOLLOWS PIA (PLAYED BY SIMONE ASHLEY), A LONDON-BASED PHOTOGRAPHER STRUGGLING TO KEEP HER PORTRAIT STUDIO AFLOAT. AT HER SISTER SONAL'S ENGAGEMENT PARTY, A SPIRITUAL GURU PREDICTS THAT PIA WILL MEET HER SOULMATE AMONG HER NEXT FIVE DATES. THIS PROPHECY LEADS HER FAMILY TO SET UP A SERIES OF INCREASINGLY UNCONVENTIONAL BLIND DATES. COMPLICATING MATTERS, HER EX-BOYFRIEND CHARLIE (HERO FIENNES TIFFIN) REAPPEARS, ADDING FURTHER CHAOS TO BOTH HER PERSONAL AND PROFESSIONAL LIFE.

