



Highland
SENIOR LIVING
A Lifespark Community

Age Magnificently



Highland Senior Living – June Newsletter

Discover what's going on in our community.

GET IN TOUCH!

Address:

**1012 3rd Avenue NE
Little Falls, MN 56345
United States**

Phone:

(320) 632-1880

Facebook:

Highland Senior Living, LLC

Website:

highlandseniorliving.com



Highland Senior Living's Leadership Team



TEAM CONTACT INFORMATION **(ALL EMAILS ARE @LIFEPARKSL.COM)**

BACK ROW (LEFT TO RIGHT):

GABE MEYER – MAINTENANCE DIRECTOR – GABE.MEYER@LIFEPARKSL.COM

DOLORES BERGLUND – CULINARY DIRECTOR – DOLORES.BERGLUND@LIFEPARKSL.COM

HANNAH HOLLENKAMP – EXECUTIVE DIRECTOR – HANNAH.HOLLENKAMP@LIFEPARKSL.COM

SHANNYN UDY – ADMINISTRATIVE ASSISTANT – SHANNYN.UDY@LIFEPARKSL.COM

FRONT ROW (LEFT TO RIGHT):

SAM MEYER – DIRECTOR OF HEALTH SERVICES – SAM.MEYER@LIFEPARKSL.COM

JESSICA HILMERSON – MARKETING & BUSINESS OFFICE DIRECTOR – JESSICA.HILMERSON@LIFEPARKSL.COM

DESIREE PELZER – HOUSEKEEPING SUPERVISOR – DESIREEE.PELZER@LIFEPARKSL.COM

**STEPHANIE WARDARSKI – ASSISTANT DIRECTOR OF HEALTH SERVICES –
STEPHANIE.WARDARSKI@LIFEPARKSL.COM**

JULIA AUSTIN – COMMUNITY LIFE DIRECTOR – JULIA.AUSTIN@LIFEPARKSL.COM

Alzheimer's Awareness Month



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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.

Thank you for your support!

1,000

OUR GOAL

2025 Walk to End Alzheimer's - St. Cloud, MN
Saturday, October 11th, 2025 at 10am

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

- 1. Take a picture of this barcode and it will bring you to the team page**
- 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**

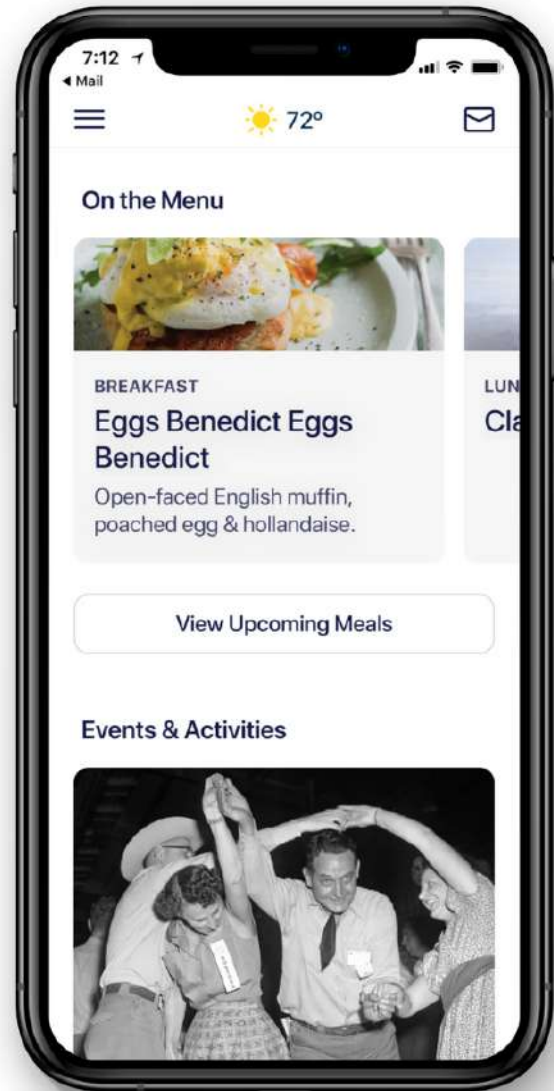


Never Miss An Update From Highland!



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.



Photo Booth



Highland Above and Beyond Award Recipient

WE ARE THRILLED TO RECOGNIZE DANNI AS HIGHLAND'S ABOVE AND BEYOND AWARD RECIPIENT FOR THE MONTH OF JUNE! DANNI CONSISTENTLY DEMONSTRATES EXCEPTIONAL DEDICATION, A POSITIVE ATTITUDE, AND A WILLINGNESS TO GO THE EXTRA MILE IN EVERYTHING SHE DOES. WHETHER SUPPORTING HER TEAM, TACKLING CHALLENGES WITH CREATIVITY, OR UPLIFTING THOSE AROUND HER WITH HER COLLABORATIVE SPIRIT, DANNI EXEMPLIFIES THE CORE VALUES THAT MAKE HIGHLAND A GREAT PLACE TO WORK. HER COMMITMENT TO EXCELLENCE AND HER UNWAVERING SUPPORT OF HER COLLEAGUES TRULY SET HER APART. CONGRATULATIONS, DANNI — THIS RECOGNITION IS WELL DESERVED!

Juneteenth: A Celebration of Freedom and Reflection



Honoring the past, understanding the present, and inspiring thoughtful conversations

JUNETEENTH, OBSERVED ON JUNE 19TH, MARKS A SIGNIFICANT MOMENT IN AMERICAN HISTORY—THE DAY IN 1865 WHEN UNION SOLDIERS ARRIVED IN GALVESTON, TEXAS TO ANNOUNCE THAT ALL ENSLAVED PEOPLE WERE FREE, MORE THAN TWO YEARS AFTER PRESIDENT LINCOLN SIGNED THE EMANCIPATION PROCLAMATION. THIS DAY REPRESENTS THE END OF SLAVERY IN THE UNITED STATES AND HAS BECOME A TIME TO HONOR AFRICAN AMERICAN HISTORY, CULTURE, AND CONTRIBUTIONS. FOR SENIORS, JUNETEENTH OFFERS A VALUABLE OPPORTUNITY TO REFLECT ON THE ONGOING JOURNEY TOWARD EQUALITY AND JUSTICE, TO LEARN MORE ABOUT THE STRUGGLES AND TRIUMPHS OF THE PAST, AND TO ENGAGE IN MEANINGFUL CONVERSATIONS THAT HELP CONNECT GENERATIONS THROUGH SHARED HISTORY AND UNDERSTANDING.

Pride Month: Honoring Identity, Love, and Equality



Reflecting on the journey toward LGBTQ+ rights and celebrating diversity in all its forms

PRIDE MONTH, CELEBRATED EACH JUNE, IS A TIME TO RECOGNIZE AND HONOR THE LGBTQ+ COMMUNITY, THEIR HISTORY, AND THE ONGOING FIGHT FOR EQUAL RIGHTS. IT BEGAN IN REMEMBRANCE OF THE STONEWALL UPRISING OF 1969, A PIVOTAL MOMENT IN THE MOVEMENT FOR LGBTQ+ LIBERATION. FOR SENIORS, PRIDE MONTH OFFERS A MEANINGFUL OPPORTUNITY TO LEARN ABOUT THE MILESTONES AND CHALLENGES FACED BY LGBTQ+ INDIVIDUALS OVER THE DECADES, TO CELEBRATE THE POWER OF AUTHENTICITY AND ACCEPTANCE, AND TO FOSTER UNDERSTANDING ACROSS GENERATIONS. IT'S A CHANCE TO REFLECT ON HOW FAR SOCIETY HAS COME—AND THE WORK THAT STILL LIES AHEAD IN CREATING A MORE INCLUSIVE WORLD FOR EVERYONE.

National Safety Month: Staying Aware, Staying Safe



Promoting everyday safety and prevention for a healthier, more secure life

NATIONAL SAFETY MONTH, OBSERVED EACH JUNE, IS DEDICATED TO RAISING AWARENESS ABOUT WAYS TO PREVENT ACCIDENTS AND INJURIES IN OUR DAILY LIVES. FROM FALL PREVENTION AND EMERGENCY PREPAREDNESS TO MEDICATION SAFETY AND HOME HAZARD AWARENESS, THIS MONTH ENCOURAGES EVERYONE—ESPECIALLY OLDER ADULTS—TO TAKE SIMPLE STEPS THAT CAN MAKE A BIG DIFFERENCE. FOR SENIORS, IT'S AN OPPORTUNITY TO LEARN PRACTICAL TIPS FOR STAYING SAFE AT HOME AND IN THE COMMUNITY, REFLECT ON PAST EXPERIENCES, AND ENGAGE IN CONVERSATIONS ABOUT HOW TO MAINTAIN INDEPENDENCE WHILE MINIMIZING RISKS. STAYING INFORMED AND PROACTIVE HELPS ENSURE NOT JUST SAFETY, BUT PEACE OF MIND.

Community Resources & Events

GROUND TRANSIT INFORMATION

LITTLE FALLS TAXI

📍 12988 HIGHWAY 27

☎ (320) 632-4104

GREYHOUND BUS LINES

FARE & SCHEDULE INFO: (800) 231-2222

LOCAL TERMINAL: (320) 632-3823 (LOCATED AT McDONALD'S)

TRI-CAP TRANSPORTATION

📍 1200 23RD AVE S, P.O. BOX 683, WAITE PARK, MN 56387

☎ (320) 251-1612 | ☎ 1-888-765-5597

📠 FAX: (320) 529-4841

COMMUNITY ORGANIZATIONS

LITTLE FALLS AREA CHAMBER OF COMMERCE & TOURISM

📍 200 1ST ST NW, LITTLE FALLS, MN 56345

☎ (320) 632-5155

✉ ASSISTANCE@LITTLEFALLSM.COM

LITTLE FALLS SENIOR CENTER

📍 510 NE 7TH STREET, LITTLE FALLS, MN 56345

☎ (320) 632-8009

🕒 MONDAY–FRIDAY, 8:00 AM–3:00 PM

✉ OFFICE@LFSENIORCENTER.COM

UPCOMING COMMUNITY EVENTS

COZY CORNER BOOK DISCUSSION (IN-PERSON)

📍 LITTLE FALLS PUBLIC LIBRARY, 8 WARREN ST, LITTLE FALLS TOWNSHIP, NJ 07424

📅 JUNE 3, 2025 | 🕒 3:00 PM – 4:00 PM EDT

ADULT CRAFTERNOONS (IN-PERSON)

📍 LITTLE FALLS PUBLIC LIBRARY, 8 WARREN ST, LITTLE FALLS TOWNSHIP, NJ 07424

📅 JUNE 4, 2025 | 🕒 2:00 PM – 5:00 PM EDT

OPEN MIC NIGHT

📍 GREAT RIVER ARTS, 122 1ST ST SE, LITTLE FALLS, MN 56345

📅 JUNE 5, 2025 | 🕒 7:00 PM – 10:00 PM CDT

📅 OCCURS EVERY 1ST THURSDAY OF THE MONTH

WATCH THE DOCUMENTARY:

📺 SPELLERS ON YOUTUBE

MORRISON COUNTY FAIR 2025

📍 MORRISON COUNTY FAIR GROUNDS, 15575 HAWTHORN RD, LITTLE FALLS, MN 56345

📅 JUNE 26, 2025 – JUNE 29, 2025

🕒 10:00 AM – 5:00 PM CDT

SKETCHING CLASS

📍 GREAT RIVER ARTS, 122 1ST ST SE, LITTLE FALLS, MN 56345

📅 JUNE 28, 2025 | 🕒 12:00 PM – 1:00 PM CDT

📅 OCCURS EVERY 4TH SATURDAY THROUGH AUGUST 24, 2025

ANNUAL LITTLE FALLS SENIOR CENTER GARAGE SALE

📍 LITTLE FALLS SENIOR CENTER

📅 THURSDAY, JUNE 26 & FRIDAY, JUNE 27, 2025

🕒 8:00 AM – 4:00 PM BOTH DAYS

☎ QUESTIONS? CALL KATHY BURGARDT AT (320) 632-8009

HEALTH & WELLNESS

ST. FRANCIS HEALTH & WELLNESS

📍 116 8TH AVENUE SE, LITTLE FALLS, MN 56345

☎ (320) 632-0627

✉ INFO@STFRANCISHEALTHWELLNESS.ORG

MORRISON COUNTY DROP-IN CENTER

📍 120 EAST BROADWAY, LITTLE FALLS, MN, UNITED STATES

☎ (320) 632-7817

CHI ST. GABRIEL'S HEALTH – SENIOR LIFE SOLUTIONS

815 2ND ST SE

LITTLE FALLS, MN 56345

PHONE: (320) 631-5020

WEBSITE: CHISTGABRIELS.COM/SENIOR-LIFE-SOLUTIONS

TECH HELP FOR SENIORS

SENIOR PLANET HOTLINE

SPEAK WITH A TECHNOLOGY TRAINER: 888-713-3495

WEBSITE: SENIORPLANET.ORG

CYBER-SENIORS

PHONE: 844-217-3057

EMAIL: INFO@CYBERSENIORS.ORG

INSTAGRAM | TWITTER | YOUTUBE

Super Star Shout Outs!

LIL WARNER – COMMUNITY LIFE ASSISTANT
LIL BRINGS ENERGY AND HEART TO EVERY
INTERACTION, MAKING OUR COMMUNITY FEEL
MORE LIKE HOME EACH DAY. HER DEDICATION
TO CREATING MEANINGFUL MOMENTS DOESN'T
GO UNNOTICED—THANK YOU, LIL!

BECKY THROENER – HOUSEKEEPING
ASSISTANT

BECKY'S ATTENTION TO DETAIL AND HARD
WORK KEEPS OUR SPACES CLEAN,
COMFORTABLE, AND WELCOMING. HER
BEHIND-THE-SCENES EFFORTS MAKE A BIG
DIFFERENCE EVERY SINGLE DAY!

GABE MEYER – MAINTENANCE DIRECTOR
GABE IS ALWAYS READY TO JUMP IN AND SOLVE
PROBLEMS WITH A SMILE. HIS COMMITMENT
TO KEEPING EVERYTHING RUNNING
SMOOTHLY IS SOMETHING WE CAN ALL COUNT
ON!

MEGAN ANDERSON – NURSE
MEGAN'S COMPASSION AND PROFESSIONALISM
SHINE IN EVERYTHING SHE DOES. HER CARE
BRINGS COMFORT AND CONFIDENCE TO
EVERYONE SHE SUPPORTS—THANK YOU,
MEGAN!



The Heart of Highland Award

WE ARE THRILLED TO INTRODUCE OUR NEWEST
RESIDENT, RACHEL MADGES, WHO JOINS OUR
COMMUNITY WITH BOTH A COMPASSIONATE HEART
AND AN INSPIRING SPIRIT. RACHEL HAS RECENTLY
BEEN HONORED WITH THE HEART OF HIGHLAND
AWARD, A PRESTIGIOUS RECOGNITION CELEBRATING
INDIVIDUALS WHO EXEMPLIFY DEDICATION,
KINDNESS, AND AN UNWAVERING COMMITMENT TO
UPLIFTING THOSE AROUND THEM.

AS SHE BECOMES PART OF OUR HIGHLAND FAMILY,
WE ARE NOT ONLY WELCOMING A NEW
RESIDENT—WE ARE EMBRACING A PERSON WHO
ALREADY EMBODIES THE HEART AND SOUL OF OUR
COMMUNITY. WE LOOK FORWARD TO THE MANY WAYS
RACHEL'S PASSION AND POSITIVITY WILL CONTINUE
TO INSPIRE US ALL.

PLEASE JOIN US IN CONGRATULATING RACHEL
MADGES ON THIS WELL-DESERVED HONOR, AND IN
EXTENDING A WARM HIGHLAND WELCOME TO HER!

Highland's Highlights

Rainbow Pride Spirit Day



EVERY FRIDAY THIS MONTH, SHOW YOUR SUPPORT AND PRIDE BY WEARING JEANS AND YOUR BRIGHTEST RAINBOW GEAR! LET'S CELEBRATE DIVERSITY, INCLUSION, AND UNITY TOGETHER.



Juneteenth Documentary Screening – June 19 at 1:00 PM

JOIN US IN THE GREAT ROOM ON WEDNESDAY, JUNE 19 AT 1:00 PM FOR A SPECIAL SCREENING OF JUNETEENTH: FAITH & FREEDOM. THIS POWERFUL DOCUMENTARY EXPLORES THE HISTORY AND SIGNIFICANCE OF JUNETEENTH THROUGH A DEEPLY PERSONAL LENS, OFFERING INSIGHT INTO THE LONG ROAD TO FREEDOM FOR AFRICAN AMERICANS. ALL ARE WELCOME TO ATTEND AND REFLECT ON THIS IMPORTANT PART OF OUR SHARED HISTORY.



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.

Beat the Heat – Summer Solstice Ice Cream Social

COOL DOWN WITH US ON WEDNESDAY, JUNE 25 AT 1:30 PM IN THE GREAT ROOM FOR OUR BEAT THE HEAT SUMMER SOLSTICE ICE CREAM SOCIAL! WE'LL CELEBRATE THE SEASON WITH SWEET TREATS, GOOD COMPANY, AND A SPECIAL SHOUT-OUT TO OUR JUNE BIRTHDAYS. DON'T MISS THIS FUN AND FESTIVE AFTERNOON!



Father's Day Appreciation

THIS FATHER'S DAY, WE'RE CELEBRATING ALL THE AMAZING DADS ON STAFF WITH AN ICE-COLD ROOT BEER! COME ONE, COME ALL TO JOIN THE CELEBRATION AND SHOW OUR APPRECIATION. THANK YOU FOR ALL YOU DO — DADS, BE SURE TO STOP BY AND PICK ONE UP DURING YOUR SHIFT!

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:

JUNE 4TH OUTING TO LUCY'S CAFE

JUN 12TH OUTING TO NEW2YOU

JUNE 26TH OUTING TO DAIRY QUEEN

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!

If Residents have Technology Help Questions please utilize the community resources page or ask to set up an appointment with Julia in Activities.

Come Help Build July's Calendar of Activities with Julia on June 4th at 2:30 in GR

Splash into Summer – Water Balloon Fun!



GET READY TO COOL OFF AND LAUGH OUT LOUD! JOIN US OUT BACK ON THE PATIO BEHIND THE GREAT ROOM ON TUESDAY, JUNE 4 AT 1:30 PM FOR A FRIENDLY WATER BALLOON FIGHT. WHETHER YOU'RE IN ON THE ACTION OR JUST WATCHING THE FUN, IT'S A PERFECT WAY TO KICK OFF THE SUMMER SEASON WITH SOME LIGHTEARTED JOY!

Wine, Cheese, & Fruit Party!

SIP, SAVOR, AND SOCIALIZE! JOIN US ON SUNDAY, JUNE 16 AT 1:30 PM IN THE GREAT ROOM FOR A DELIGHTFUL AFTERNOON OF WINE, CHEESE, AND FRESH FRUIT. IT'S THE PERFECT WAY TO RELAX, MINGLE WITH NEIGHBORS, AND ENJOY SOME ELEGANT SUMMER REFRESHMENTS. CHEERS!



Community Happenings

Little Falls Senior Center Dominoes on Tuesdays at 9am

START YOUR TUESDAYS WITH A LITTLE FRIENDLY COMPETITION! JOIN US EVERY TUESDAY AT 9:00 AM AT THE SENIOR CENTER FOR A LIVELY GAME OF DOMINOES. ALL SKILL LEVELS ARE WELCOME—COME FOR THE FUN, STAY FOR THE CAMARADERIE!

Little Falls Senior Center Bone Builders Program

JOIN US AT THE LITTLE FALLS SENIOR CENTER EVERY MONDAY AND WEDNESDAY AT 9:30 AM FOR THE BONE BUILDERS PROGRAM. THIS STRENGTH AND BALANCE CLASS IS DESIGNED TO HELP IMPROVE BONE DENSITY, FLEXIBILITY, AND OVERALL WELLNESS. IT'S A GREAT WAY TO STAY ACTIVE AND ENERGIZED!



Little Falls Senior Center Gentle Fitness for Joints & Joy

STAY ACTIVE AND FEEL GREAT WITH GENTLE FITNESS FOR JOINTS & JOY AT THE LITTLE FALLS SENIOR CENTER! CLASSES MEET MONDAYS AND WEDNESDAYS AT 11:00 AM AND RUN THROUGH JUNE 25. EACH SESSION IS DESIGNED TO SUPPORT JOINT HEALTH, MOBILITY, AND OVERALL WELL-BEING. COST: \$8 PER CLASS OR \$12 PER WEEK (STARTING FROM THE DATE YOU JOIN). PLEASE NOTE: NO CLASS ON MAY 26.

Little Falls Senior Center Card Playing Schedule

WILD RUMMY 9AM ON MONDAYS AND FRIDAYS

BRIDGE 12PM ON TUESDAYS

WHIST 1:00PM ON TUESDAYS

500 9:30AM ON WEDNESDAYS

SMEAR 1:00PM ON WEDNESDAYS

CRIBBAGE 1:00PM ON THURSDAYS



Lifelong Learning Program: American West Art & Artifacts

EXPAND YOUR HORIZONS WITH OUR NEXT LIFELONG LEARNING SESSION! JOIN US ON WEDNESDAY, JUNE 5 AT 2:00 PM IN THE HIGHLAND SENIOR LIVING GREAT ROOM FOR A FASCINATING PRESENTATION ON AMERICAN WEST ART & ARTIFACTS. DISCOVER THE STORIES BEHIND ICONIC ARTWORKS AND HISTORICAL ITEMS THAT SHAPED THE SPIRIT OF THE WEST.

Wheel of Fortune with Lil



COME SPIN THE WHEEL AND TEST YOUR LUCK! JOIN US ON MONDAY, JUNE 10 AT 3:15 PM IN THE GREAT ROOM FOR WHEEL OF FORTUNE WITH LIL. IT'S SURE TO BE A FUN-FILLED AFTERNOON OF PUZZLES, PRIZES, AND PLENTY OF LAUGHS—DON'T MISS IT!

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

• TRANSPORTATION: REMINDER TO INFORM JULIA AS SOON AS POSSIBLE IF YOU CHANGE YOUR MIND ABOUT A SCHEDULED OUTING WITH TRI-CAP. SHE MUST CONTACT THEM 14 DAYS IN ADVANCE.

From The Housekeeping Supervisor

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

- PODIATRY VISIT: SCHEDULED TO RETURN IN JUNE 2025.
- HEALTH REMINDERS: CONTINUE PRACTICING GOOD HAND HYGIENE AND WEAR SUNSCREEN OUTDOORS.

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 Culinary Director: CRINKLE SUNFLOWER COOKIES



1 C. BUTTER

1 C. SUGAR

1 C. PACKED BROWN SUGAR

2 EGGS, SLIGHTLY BEATEN

1 TSP. VANILLA

2 C. SIFTED FLOUR

1 TSP. BAKING SODA

1/2 TSP. BAKING POWDER

1/4 TSP. SALT

2 C. OATMEAL

1 C. FLAKED COCONUT

1 C. SALTED ROASTED SUNFLOWER NUTS

CREAM BUTTER AND SUGARS UNTIL LIGHT AND FLUFFY. BEAT IN EGGS AND VANILLA. ADD SIFTED DRY INGREDIENTS. STIR IN OATS, COCONUT AND NUTS. CHILL THOROUGHLY. SHAPE INTO 1 INCH BALLS. PLACE 2 INCHES APART ON LIGHTLY GREASED COOKIE SHEET. BAKE 350 FOR ABOUT 12 MINUTES.

From the Executive Director

HIGHLAND SENIOR LIVING IS CURRENTLY WITHIN THE STATE HEALTH INSPECTION WINDOW. A SURVEYOR WILL BE VISITING THE BUILDING WITHIN THE NEXT FEW WEEKS.

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.



*June
national days
word search
printable
from Always
the Holidays*

G	O	F	I	S	H	I	N	G	D	A	Y	Y	A	D
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COCONUT DAY
JUNETEENTH
LGBT PRIDE DAY
GO FISHING DAY
VCR DAY
COLOR TV DAY
MARTINI DAY

SELFIE DAY
EYEWEAR DAY
YOYO DAY
REPEAT DAY
UFO DAY
BLOOD DONOR DAY
GIN DAY

FOOD TRUCK DAY
FATHERS DAY
EGG DAY
WIDOWS DAY
CHEESE DAY
OLIVE DAY
SAFE DAY