



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 FITNESS & MOVEMENT

MAY MARKS A TIME OF FLOURISHING—AN OPPORTUNITY TO EMBRACE GROWTH, STRENGTHEN CONNECTIONS, AND CELEBRATE ACHIEVEMENTS. THIS MONTH, WE FOCUS ON FITNESS AND MOVEMENT, RECOGNIZING THE VITAL ROLE PHYSICAL ACTIVITY PLAYS IN OUR OVERALL WELL-BEING. WHETHER IT'S THROUGH A MORNING JOG, A YOGA SESSION, OR TRYING SOMETHING NEW, MAY ENCOURAGES US TO MOVE OUR BODIES, SET NEW GOALS, AND CELEBRATE THE PROGRESS WE'VE MADE. IT'S A TIME TO RECONNECT WITH OURSELVES, OTHERS, AND THE WORLD AROUND US, FOSTERING A SENSE OF COMMUNITY AND WELLNESS. LET'S MAKE MAY A MONTH OF ACTION, GROWTH, AND CELEBRATION OF ALL THE WAYS WE MOVE FORWARD!



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

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Highland Senior Living Supporting the Alzheimer's Association



Join Us for a Brat Sale Fundraiser to Support Alzheimer's Research!

AT HIGHLAND SENIOR LIVING, WE ARE PROUD OF THE CLOSE-KNIT COMMUNITY WE'VE BUILT TOGETHER. THIS MAY, OUR STAFF AND RESIDENTS HAVE A WONDERFUL OPPORTUNITY TO MAKE A DIFFERENCE IN THE LIVES OF THOSE AFFECTED BY ALZHEIMER'S DISEASE. ON MAY 16TH AND 17TH, WE'LL BE HOSTING A BRAT SALE AT COBORN'S IN LITTLE FALLS, MN, WITH ALL PROCEEDS GOING TOWARD THE ALZHEIMER'S ASSOCIATION RESEARCH EFFORTS.

THIS IS A CHANCE FOR EVERYONE AT HIGHLAND—STAFF, RESIDENTS, AND THEIR FAMILIES—TO COME TOGETHER AND CONTRIBUTE TO A CAUSE THAT AFFECTS MILLIONS OF PEOPLE WORLDWIDE. THE ALZHEIMER'S ASSOCIATION PLAYS A CRUCIAL ROLE IN FUNDING RESEARCH FOR BETTER TREATMENTS, AND ULTIMATELY, A CURE. WHETHER YOU'RE FLIPPING BRATS, WORKING THE GRILL, OR SIMPLY ENJOYING A DELICIOUS MEAL, YOUR INVOLVEMENT WILL HELP RAISE FUNDS FOR THIS IMPORTANT CAUSE.

INTERESTED IN HELPING OUT? IF YOU WOULD LIKE TO VOLUNTEER AND BE A PART OF THIS EXCITING FUNDRAISER, WE'D LOVE TO HAVE YOU! JULIA, OUR COMMUNITY LIFE DIRECTOR, IS COORDINATING SHIFTS FOR THOSE WHO ARE INTERESTED IN HELPING OUT AT THE BRAT STAND. WHETHER YOU HAVE A FEW HOURS TO SPARE OR CAN COMMIT TO A LONGER SHIFT, YOUR SUPPORT WILL MAKE A BIG IMPACT.

PLEASE REACH OUT TO JULIA TO SIGN UP FOR A SHIFT OR TO LEARN MORE ABOUT HOW YOU CAN CONTRIBUTE. SHE WILL BE HAPPY TO COORDINATE WITH YOU AND ENSURE WE HAVE ENOUGH HANDS ON DECK TO MAKE THIS EVENT A SUCCESS. TOGETHER, WE CAN MAKE A REAL DIFFERENCE IN THE FIGHT AGAINST ALZHEIMER'S DISEASE!

LET'S COME TOGETHER TO RAISE FUNDS, SHARE A MEAL, AND SUPPORT THOSE WHO NEED IT MOST. WE HOPE TO SEE YOU THERE!

CONTACT JULIA FOR MORE DETAILS: [JULIA.AUSTIN@LIFEPARKSL.COM]

LET'S SHOW OUR HIGHLAND SPIRIT AND MAKE THIS EVENT A MEMORABLE ONE FOR A CAUSE CLOSE TO ALL OF OUR HEARTS!



Spiritual Reflection for May

MAY INVITES US TO EMBRACE RENEWAL AND GROWTH. LIKE NATURE BLOOMING AROUND US, THIS IS A TIME TO SHED OLD LAYERS AND STEP INTO LIGHT WITH COURAGE. EACH DAY IS AN OPPORTUNITY FOR REBIRTH— A MOMENT TO REFLECT, SET INTENTIONS, AND CULTIVATE PEACE THROUGH MINDFULNESS. TRUST THE PROCESS OF LIFE, KNOWING EVERYTHING UNFOLDS IN DIVINE TIMING. MAY YOU BE GUIDED BY PURPOSE, PEACE, AND GROWTH THROUGHOUT THIS MONTH.

Staff Photo Booth



Highland Above and Beyond Award Recipient

GENE LASHINSKI HAS BEEN SELECTED AS A HIGHLAND ABOVE AND BEYOND AWARD RECIPIENT FOR HIS OUTSTANDING DEDICATION AND POSITIVE SPIRIT. GENE CONSISTENTLY GOES THE EXTRA MILE BY ACTIVELY SUPPORTING THE LIFESPARK CHALLENGES, SHOWING A GENUINE ENTHUSIASM FOR EVERY OPPORTUNITY TO ENGAGE AND GROW. HIS CURIOSITY, WILLINGNESS TO HELP, AND EAGERNESS TO LEARN MAKE HIM A VALUED AND INSPIRING PRESENCE WITHIN THE HIGHLAND COMMUNITY. GENE'S COMMITMENT TO PERSONAL GROWTH AND UPLIFTING THOSE AROUND HIM TRULY EXEMPLIFIES WHAT IT MEANS TO GO ABOVE AND BEYOND.

Mental Health Awareness Month

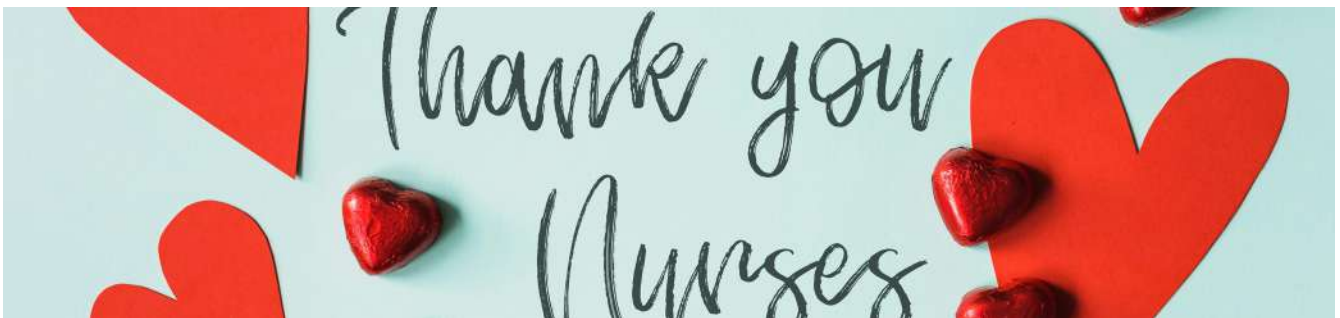


“Together in Wellness, Together in Strength”

MAY IS MENTAL HEALTH AWARENESS MONTH—a time to shine a light on the importance of emotional well-being, especially for our cherished senior citizens here at Highland Senior Living. As we celebrate the wisdom and resilience that comes with age, we also recognize that mental health remains just as vital as physical health. Life brings with it many changes, and it's okay to experience a range of emotions as we navigate those transitions. Whether it's through a friendly chat, engaging in hobbies, participating in group activities, or simply taking a quiet moment for reflection, caring for our mental wellness can lead to brighter, more fulfilling days.

AT HIGHLAND, WE ARE MORE THAN A PLACE TO LIVE—we are a supportive, compassionate community where no one should ever feel alone. This month, we encourage residents, families, and staff to join together in open conversations, share kind words, and lend a listening ear. Let's break the stigma, embrace the power of connection, and remind every resident that they are seen, heard, and deeply valued. Together, we can create an environment where mental health is nurtured, respected, and prioritized—this month and every month.

National Nurses Week May 6 through the 12, 2025



Celebrating National Nurses Week at Highland Senior Living

AT HIGHLAND SENIOR LIVING, WE ARE PROUD TO HONOR THE COMPASSIONATE, DEDICATED, AND SELFLESS INDIVIDUALS WHO MAKE UP OUR NURSING TEAM DURING NATIONAL NURSES WEEK. FROM THE EARLY MORNINGS TO THE LATE-NIGHT CHECK-INS, OUR NURSES GO ABOVE AND BEYOND TO ENSURE THAT EVERY RESIDENT FEELS CARED FOR, SAFE, AND VALUED—each and every day. Nurses are the heart of our community. They are not just caregivers; they are advocates, listeners, and friends. Their tireless commitment brings peace of mind to families and joy to the lives of our residents. Whether they're providing medical support, offering a comforting hand, or sharing a warm smile, our nurses are essential to everything we do.

THIS WEEK, WE INVITE EVERYONE IN OUR COMMUNITY—RESIDENTS, FAMILIES, AND TEAM MEMBERS—TO JOIN US IN CELEBRATING OUR NURSES. WE'LL BE HOSTING A SERIES OF APPRECIATION EVENTS, SURPRISE TREATS, AND SPECIAL MOMENTS TO SHOW JUST HOW MUCH WE VALUE THEIR DEDICATION.

"Joyful Moments at Highland Senior Living"

FOR A VISUAL GLIMPSE INTO THE LIVELY ATMOSPHERE AT HIGHLAND SENIOR LIVING, YOU CAN EXPLORE THE PHOTO GALLERIES, WHICH CAPTURE THE ESSENCE OF THEIR ENGAGING COMMUNITY EVENTS AND THE SMILES OF RESIDENTS ENJOYING THEIR TIME TOGETHER.



Super Star Shout Outs!

Nathan Your dedication, compassion, and care make such a positive impact on our residents, and we are truly grateful for everything you do!

Katie, your kindness and dedication in the field are inspiring. You go above and beyond to make sure those you care for feel safe, seen, and supported. Your warm heart and gentle approach make such a difference—thank you for all you do!

Harold, your care and dedication in the kitchen don't go unnoticed! You bring warmth and comfort through every meal you serve, and we appreciate how much heart you put into nourishing both body and soul. You're a true MVP in our dining area!

Clare, your compassion and professionalism shine in everything you do. From your clinical skills to the way you connect with patients and families, you bring a calm, confident presence that's deeply appreciated. Thank you for being such a steady and caring force on our team!



The Heart of Highland Award

WE'RE PROUD TO HONOR BECKY THROENER WITH THE HEART OF HIGHLAND AWARD! BECKY BEGAN HER JOURNEY WITH US AS A COOK AND DIETARY AIDE, AND NOW SERVES AS A HOUSEKEEPER—ALWAYS BRINGING POSITIVITY, GRACE, AND AN INCREDIBLE WORK ETHIC TO EVERYTHING SHE DOES.

BECKY IS KNOWN FOR HER KIND HEART, STRONG TEAMWORK, AND HER ABILITY TO BRIGHTEN ANY ROOM. WHETHER HELPING COWORKERS OR CARING FOR RESIDENTS, SHE GOES ABOVE AND BEYOND WITH A SMILE. HER DEDICATION AND SPIRIT TRULY MAKE HER THE HEART OF OUR HIGHLAND COMMUNITY.

THANK YOU, BECKY, FOR BEING SUCH AN AMAZING PART OF OUR TEAM!



Highland's Highlights

Diamond Art Bookmark Feather



JOIN US FOR A RELAXING DIAMOND ART CRAFT SESSION ON MAY 19TH AT 1:15 PM IN THE GREAT ROOM! UNWIND, GET CREATIVE, AND MAKE SOMETHING SPARKLY WITH FRIENDS!



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.



May Day Basket Craft May 1st at 12:30pm

CELEBRATE MAY DAY WITH A CHARMING DIY PROJECT: A MAY DAY BASKET MADE FROM CARDSTOCK PAPER AND TISSUE PAPER! THIS SIMPLE CRAFT IS PERFECT FOR EVERYONE AND CAN BRING A TOUCH OF FESTIVE SPIRIT TO YOUR HOME.

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

JOIN US FOR THE FORKLIFT CHALLENGE AT HIGHLAND SENIOR LIVING! EVEN IF YOU'RE NOT SURE IT'S YOUR THING, COME CHEER ON YOUR FRIENDS AND MAYBE EVEN GIVE IT A TRY – YOU MIGHT SURPRISE YOURSELF AND DISCOVER YOU ENJOY IT! IT'S A GREAT OPPORTUNITY TO TRY SOMETHING NEW, HAVE FUN, AND SUPPORT ONE ANOTHER. PLUS, IF WE WIN, WE'LL EARN MONEY TO EITHER GO OUT TO EAT OR BUY SOMETHING SPECIAL FOR THE WHOLE COMMUNITY TO CELEBRATE! IT'S ALL ABOUT HAVING FUN, BUILDING CONNECTIONS, AND MAKING LASTING MEMORIES TOGETHER. WHETHER YOU'RE PARTICIPATING OR JUST CHEERING OTHERS ON, DON'T MISS OUT ON THE EXCITEMENT – LET'S MAKE THIS A MEMORABLE EVENT FOR EVERYONE!



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:

MAY 15TH OUTING TO LUCYS CAFE

MAY 24TH OUTING TO WALMART

MAY 29TH OUTING TO NEW2YOU

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!

Celebration on May 28th at 1:30pm

JOIN US FOR A SWEET CELEBRATION OF BIRTHDAYS ON MAY 28TH 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 Help Group with Julia on May 5th at 1:30pm

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 June's Calendar of Activities with Julia on May 7th at 2:30pm

JOIN JULIA ON MAY 7TH AT 2:30 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

Garden Boxes & Planting Flowers!

SOMETIME IN MAY, WE'LL BE BRINGING IN BEAUTIFUL FLOWERS FOR A FUN GARDENING ACTIVITY! RESIDENTS WILL HAVE THE OPPORTUNITY TO CLAIM A GARDEN BOX AND EITHER PLANT THEIR OWN FLOWERS OR CHOOSE FROM THE LOVELY BLOOMS PROVIDED BY HIGHLAND. KEEP AN EYE ON THE TV SCREENS FOR THE EXACT DATE AND TIME—WE'LL ANNOUNCE IT THERE AS SOON AS IT'S SCHEDULED. LET'S GET READY TO DIG IN AND GROW SOMETHING BEAUTIFUL TOGETHER!

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



JOIN US EVERY OTHER TUESDAY 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!



Mix & Mingle: Sip, Savor, and Celebrate Happy Hour!

JOIN US EVERY FRIDAY FOR HAPPY HOUR—IT'S NOT JUST ABOUT HAVING AN ALCOHOLIC DRINK! WHETHER YOU PREFER A GLASS OF POP, SOMETHING REFRESHING, OR JUST GOOD COMPANY, IT'S A TIME TO MINGLE, RELAX, AND ENJOY EACH OTHER'S COMPANY WITH SOME LIGHT MUSIC PLAYING IN THE BACKGROUND. COME SIP, CHAT, AND UNWIND!



Trivia & Riddles Around The Table

JOIN US ON MAY 19TH AT 2:15 PM IN THE GREAT ROOM FOR A FUN-FILLED SESSION OF TRIVIA AND RIDDLES AROUND THE TABLE! TEST YOUR KNOWLEDGE, SOLVE SOME BRAIN TEASERS, AND COMPETE FOR A CHANCE TO WIN SWEET CANDY PRIZES. BRING YOUR THINKING CAP AND A SMILE!

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

JULIA WILL BE OUT OF OFFICE MAY 6TH AND 26TH.

- TRANSPORTATION UPDATE: TRI-CAP CONTINUES TO PROVIDE TRANSPORTATION SERVICES. JUST A REMINDER IF YOU HAVE SIGNED UP AND CHANGED YOUR MIND, PLEASE LET JULIA KNOW AS SOON AS POSSIBLE BECAUSE SHE HAS TO CALL TRI-CAP TO INFORM THEM OF THIS CHANGE. ALSO BE CONSIDERATE OF THE TIMEFRAME FOR SCHEDULING AS JULIA MUST CALL TRI-CAP 14 DAYS IN ADVANCE TO SCHEDULE THESE OUTINGS.

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

PODIATRY VISIT: PODIATRY WILL BE COMING BACK IN JUNE OF 2025

- HEALTH REMINDERS: CONTINUE PRACTICING PROPER HAND HYGIENE AND APPLY SUNSCREEN WHEN GOING OUTSIDE.

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: Hot Cocoa Cookies



CREAM BUTTER, SUGARS, EGGS, AND VANILLA. MIX IN DRY INGREDIENTS AND STIR IN MARSHMALLOW BITS AND CHOCOLATE CHIPS. DROP SPOONFULS ON GREASED BAKING SHEETS. BAKE AT 375°F FOR 10–12 MINUTES. COOL ON WIRE RACKS.

From the Executive Director

CAMERAS ARE INSTALLED IN COMMON AREAS (LOBBY, HALLS), BUT NOT IN PRIVATE ROOMS.

UPDATED RESIDENT HANDBOOKS ARE AVAILABLE AT THE FRONT DESK.

BED RAIL SAFETY: RESIDENTS WITH BED RAILS MUST INFORM NURSING FOR SAFETY DOCUMENTATION.

SIGN-OUT PROCEDURE: RESIDENTS MUST SIGN OUT WHEN LEAVING THE BUILDING.

EXTENDED ABSENCE: NOTIFY NURSING 24 HOURS IN ADVANCE IF YOU'LL BE AWAY, TO ARRANGE MEDICATIONS.

FALL CONCERNS: REPORT ANY FALLS TO NURSING FOR POSSIBLE ADDITIONAL SUPPORT.

TEMPERATURE: INDOOR TEMPERATURES MAY FLUCTUATE; THIS WILL BE ADDRESSED AS SPRING ARRIVES.

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

May 17th at 1:30pm in GR

TOP GUN IS A HIGH-OCTANE ACTION DRAMA THAT FOLLOWS HOTSHOT NAVY PILOT PETE "MAVERICK" MITCHELL AS HE TRAINS AT THE ELITE TOP GUN FLIGHT SCHOOL. KNOWN FOR HIS DARING FLYING AND REBELLIOUS STREAK, MAVERICK FACES INTENSE COMPETITION, PERSONAL CHALLENGES, AND A TRAGIC LOSS THAT FORCES HIM TO CONFRONT HIS LIMITS. PACKED WITH THRILLING AERIAL STUNTS, AN ICONIC SOUNDTRACK, AND THEMES OF COURAGE AND REDEMPTION, TOP GUN REMAINS A CLASSIC TALE OF AMBITION AND HEART IN THE SKIES.



May 24th at 1pm in GR

CHESAPEAKE SHORES IS A HEARTWARMING DRAMA SERIES THAT FOLLOWS ABBY O'BRIEN, A SUCCESSFUL CAREER WOMAN AND SINGLE MOTHER, AS SHE RETURNS TO HER CHARMING HOMETOWN OF CHESAPEAKE SHORES. RECONNECTING WITH HER FAMILY, OLD FRIENDS, AND A FORMER LOVE, ABBY NAVIGATES THE CHALLENGES OF BALANCING WORK, LOVE, AND FAMILY IN A PICTURESQUE COASTAL TOWN. FULL OF EMOTIONAL MOMENTS, PERSONAL GROWTH, AND SMALL-TOWN CHARM, CHESAPEAKE SHORES IS A FEEL-GOOD STORY ABOUT SECOND CHANCES AND THE IMPORTANCE OF HOME.

