

Fall Prevention Awareness

Staying Safe and Steady This Autumn

As the leaves change and we spend more time indoors, preventing falls becomes especially important. Awareness, preparation, and simple daily habits can help us all stay confident and active this October.

Why Fall Prevention Matters

Falls are one of the most common causes of injury among older adults. The good news? Many falls can be prevented with small adjustments in daily routines, living spaces, and personal wellness habits.

★ Quick Facts

- 1 in 4 older adults experiences a fall each year.
- Falls are the leading cause of injury-related ER visits.
- Most falls happen at home or in familiar environments.

Environmental Safety

- ✓ Keep walkways clear of cords, rugs, and clutter.
- ✓ Add grab bars in bathrooms and railings on stairs.
- ✓ Use non-slip mats near sinks and showers.
- ✓ Check that hallways and entrances are well lit.

Maintenance can assist with additional lighting or equipment requests.

"An ounce of prevention is worth a pound of cure."

Healthy Habits for Balance

- ✓ Participate in gentle exercise like walking, tai chi, or chair yoga.
- ✓ Stay hydrated—dehydration can lead to dizziness.
- ✓ Wear supportive shoes with non-slip soles.
- ✓ Schedule regular vision and hearing checks.

Medication Awareness

Some medications can cause dizziness or drowsiness. Review prescriptions with your healthcare provider and ask about possible side effects that may increase fall risk.

Community Support

Ways We Help

- Exercise classes focused on strength and balance.
- Wellness checks to monitor blood pressure and hydration.
- On-site physical and occupational therapy support.
- Staff available to assist with mobility needs.

Take Action This October

Fall Prevention Awareness isn't just about avoiding accidents—it's about building confidence and maintaining independence. Talk with staff about joining a balance class, checking your living space, or simply learning new tips.

WHETHER IT'S YOUR FIRST TIME OR A REFRESHER, THIS IS A FUN OPPORTUNITY TO LEARN NEW SKILLS, GROW AS A LEADER, AND BE PART OF THE SPARK CHALLENGE EXCITEMENT—SIGN UP TODAY!



Age Magnificently



October Newsletter

Discover what's going on in our community.

FALL IS IN THE AIR, AND WITH IT COMES CRISP MORNINGS, COLORFUL LEAVES, AND PLENTY OF COZY MOMENTS TO SHARE. HERE AT HIGHLAND, OCTOBER IS FULL OF COMMUNITY SPIRIT — FROM MUSIC AND CELEBRATIONS TO OUR SPARK CHALLENGE COMPETITIONS AND SPECIAL GATHERINGS WITH FRIENDS.

THIS MONTH'S NEWSLETTER IS PACKED WITH UPDATES, HIGHLIGHTS, AND WAYS TO STAY CONNECTED, INCLUDING HOW TO JOIN US ON THE QUILTT APP FOR PHOTOS, DAILY UPDATES, AND IMPORTANT ANNOUNCEMENTS. WE ARE MORE THAN A COMMUNITY — WE ARE A FAMILY WHERE EVERY DAY IS FILLED WITH PURPOSE, CONNECTION, AND JOY.

LET'S CELEBRATE THE SEASON TOGETHER! 🍁

EVERY STRONG COMMUNITY NEEDS LIFEGUARDS—PEOPLE WHO STEP IN, WATCH OUT FOR OTHERS, AND HELP EVERYONE THRIVE! JOIN US FOR THE GOLD STAR SENIOR LIFEGUARD TRAINING THIS FALL, RUNNING TUESDAYS AT 1:00 P.M. FROM OCTOBER 14–NOVEMBER 25, AND HELP US REACH OUR GOAL OF 400 CERTIFIED LIFEGUARDS BY THE END OF 2025.

The Heart of Courtland Square

AT HIGHLAND, WE BELIEVE THAT OUR COMMUNITY IS MORE THAN A “MEMORY CARE UNIT.” IT IS A PLACE WHERE EACH PERSON BELONGS, CONTRIBUTES, AND THRIVES. WITH THIS IN MIND, WE ARE SHIFTING OUR FOCUS AWAY FROM THE TERMINOLOGY MEMORY CARE AND MOVING TOWARD SOMETHING THAT REFLECTS THE HEART OF WHO WE ARE: COURTLAND SQUARE.

COURTLAND SQUARE REPRESENTS STRENGTH, PURPOSE, AND CONNECTION. IT IS A VIBRANT COMMUNITY WHERE RESIDENTS, FAMILIES, AND TEAM MEMBERS COME TOGETHER TO SHARE LIFE, SUPPORT ONE ANOTHER, AND CELEBRATE EVERY MOMENT.

THIS SHIFT ISN’T JUST ABOUT A NAME—IT’S ABOUT HONORING THE PEOPLE WHO CALL HIGHLAND HOME. TOGETHER, WE ARE CREATING A SPACE OF BELONGING, WHERE EVERYONE HAS VALUE AND EVERY STORY MATTERS.

WELCOME TO COURTLAND SQUARE: A COMMUNITY STRONG TOGETHER, LIVING WITH PURPOSE.

SPARK CHALLENGE COMPETITIONS

RESIDENTS WILL SHOWCASE THEIR STRENGTH AND SPIRIT IN FRIENDLY COMPETITIONS LIKE WALKING, ARM CRANK, AND LEG CRANK THROUGHOUT THE MONTH. THESE EXCITING EVENTS BRING EVERYONE TOGETHER TO CHEER, LAUGH, AND CELEBRATE WELLNESS IN ACTION.

LIVE MUSIC EVENTS

OCTOBER IS FILLED WITH LIVELY PERFORMANCES FROM FAVORITES LIKE JIM OLSON, JIM ANDERSON, JERRY & JOYCE’S BAND, AND ALAN GODAGE. MUSIC ALWAYS BRINGS JOY, MOVEMENT, AND PLENTY OF TOE-TAPPING FUN TO OUR COMMUNITY.



BIRTHDAY CELEBRATION WITH CUPCAKES & COFFEE

ON OCTOBER 29, WE’LL GATHER TO CELEBRATE OUR WONDERFUL RESIDENTS’ BIRTHDAYS WITH SWEET TREATS AND WARM FELLOWSHIP. IT’S ALWAYS A HIGHLIGHT WHEN WE SHARE STORIES, LAUGHTER, AND DELICIOUS CAKE TOGETHER.

POSITIVITY & PIE WITH THE PALS

OCTOBER 25 BRINGS AN UPLIFTING AFTERNOON OF GOOD COMPANY, POSITIVE REFLECTIONS, AND A SLICE OF PIE TO ENJOY TOGETHER. THIS SPECIAL GATHERING IS SURE TO WARM BOTH THE HEART AND THE TASTE BUDS.

GRATITUDE, GOODIES & GATHERING

ON OCTOBER 11, RESIDENTS WILL COME TOGETHER TO SHARE GRATITUDE, ENJOY TASTY TREATS, AND CONNECT WITH FRIENDS. IT’S A SIMPLE YET MEANINGFUL WAY TO CELEBRATE COMMUNITY AND JOY.

Wellness Watch: Your Nursing Update

KEEPING OUR COMMUNITY
SAFE & HEALTHY

OUR NURSING TEAM IS DEDICATED TO ENSURING THE WELL-BEING OF ALL RESIDENTS. THIS OCTOBER, WE CONTINUE TO FOCUS ON:

FALL PREVENTION: JOIN DISCUSSIONS ON PROPER MOBILITY AND SAFETY TECHNIQUES.

SEASONAL HEALTH TIPS:

STAY HYDRATED, EAT WELL, AND DRESS IN LAYERS AS TEMPERATURES CHANGE.

MEDICATION REMINDERS: NURSING STAFF ARE ALWAYS AVAILABLE TO ANSWER QUESTIONS AND ENSURE MEDICATIONS ARE TAKEN SAFELY.

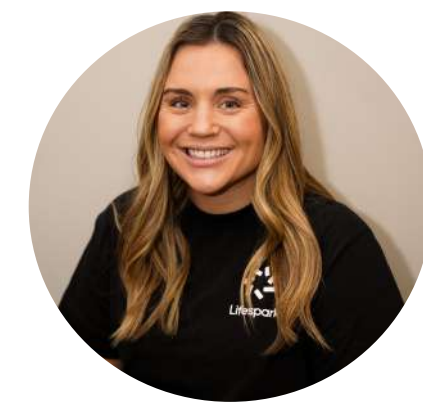
RESIDENT SPOTLIGHT:
HEALTHY HABITS

CELEBRATE RESIDENTS WHO PRACTICE HEALTHY ROUTINES—WHETHER IT’S DAILY WALKS, ATTENDING EXERCISE CLASSES, OR PARTICIPATING IN WELLNESS PROGRAMS. YOUR COMMITMENT INSPIRES US ALL!

**From the Director of Health
Services (Sam) & Assistant
Director of Health Services (Steph)**

SAM.MEYER@LIFESPARKSL.COM

STEPHANIE.WARDARSKI@LIFESPARKSL.COM



OCTOBER FUN FACT CORNER

DID YOU KNOW? OCTOBER IS NATIONAL PHYSICAL THERAPY MONTH, HIGHLIGHTING THE IMPORTANCE OF MOVEMENT AND MOBILITY FOR MAINTAINING INDEPENDENCE.

PUMPKIN POWER: PUMPKIN IS RICH IN VITAMIN A, WHICH SUPPORTS HEALTHY VISION—A TASTY WAY TO STAY HEALTHY THIS FALL!

REMINDERS FROM NURSING

LET NURSING STAFF KNOW IMMEDIATELY IF YOU NOTICE ANY CHANGES IN HEALTH OR MOBILITY.

ATTEND SCHEDULED WELLNESS CHECKS AND SCREENINGS TO STAY ON TOP OF YOUR HEALTH.

ASK QUESTIONS! OUR TEAM IS HERE TO SUPPORT YOU AND PROVIDE GUIDANCE FOR A SAFE, COMFORTABLE LIVING EXPERIENCE.

Your Questions, Our Support!

OCTOBER IS A BUSY MONTH HERE AT HIGHLAND, AND I'M HERE TO HELP MAKE SURE EVERYTHING RUNS SMOOTHLY FOR RESIDENTS, STAFF, AND FAMILIES. WHETHER IT'S HELP SCHEDULING APPOINTMENTS, ANSWERING QUESTIONS, OR HELPING COORDINATE , MY GOAL IS TO SUPPORT THE COMMUNITY AND KEEP THINGS ORGANIZED. I'M ALWAYS HAPPY TO HELP MAKE LIFE AT HIGHLAND EASIER AND MORE ENJOYABLE!

Housekeeping Supervisor (Desiree)

DESIREEE.PELZER@LIFESPARKSL.COM



Administrative Assistant (Shannyn)

SHANNYN.UDY@LIFESPARKSL.COM



OCTOBER IS A GREAT MONTH TO HIGHLIGHT THE HARD WORK OUR HOUSEKEEPING TEAM DOES TO KEEP HIGHLAND SPARKLING CLEAN AND COMFORTABLE FOR ALL RESIDENTS.

PLEASE LET STAFF KNOW IF YOU NOTICE ANY AREAS THAT NEED EXTRA ATTENTION OR ANY SPILLS, HAZARDS, OR CONCERNS.

KEEPING PERSONAL SPACES ORGANIZED AND NOTIFYING HOUSEKEEPING OF CLEANING NEEDS HELPS US SERVE YOU BETTER.

YOUR FEEDBACK IS ALWAYS APPRECIATED—IT HELPS US MAKE HIGHLAND AN EVEN CLEANER, MORE COMFORTABLE HOME.



Highland Above and Beyond Award Recipient

WE ARE PROUD TO ANNOUNCE THAT THIS MONTH'S HIGHLAND ABOVE AND BEYOND AWARD GOES TO KAILA TORGERSON, OUR DEDICATED NOC HOME HEALTH AIDE AT HIGHLAND SENIOR LIVING. KAILA WAS NOMINATED BY ONE OF OUR VERY OWN RESIDENTS, A TRUE TESTAMENT TO THE IMPACT SHE MAKES EACH DAY. SHE CONSISTENTLY SHOWS KINDNESS, COMPASSION, AND A STRONG COMMITMENT TO THE WELL-BEING OF OUR RESIDENTS, GOING THE EXTRA MILE TO ENSURE EVERYONE FEELS CARED FOR AND SUPPORTED. HER HARD WORK AND WARM HEART TRULY EMBODY WHAT IT MEANS TO LIVE OUT THE HIGHLAND MISSION. CONGRATULATIONS, KAILA — AND THANK YOU FOR ALL THAT YOU DO!

The Heart of Highland Award

THIS MONTH'S HEART OF HIGHLAND AWARD GOES TO BEV KRONBECK, A BELOVED RESIDENT OF COURTLAND SQUARE. BEV'S WARM SMILE, CARING NATURE, AND UPLIFTING SPIRIT BRIGHTEN EVERY ROOM SHE ENTERS. SHE IS ALWAYS LOOKING OUT FOR OTHERS, BRINGING CHEER TO HER NEIGHBORS, AND SHARING KINDNESS IN COUNTLESS WAYS. BEV IS ALSO WONDERFULLY CRAFTY AND ENJOYS EXPRESSING HER CREATIVITY, ADDING EVEN MORE JOY TO OUR COMMUNITY. AND OF COURSE, SHE LOVES A GOOD CARD GAME, WHERE HER LAUGHTER AND FRIENDLY SPIRIT REMIND US ALL OF THE SIMPLE PLEASURES OF FRIENDSHIP. CONGRATULATIONS, BEV — YOU ARE TRULY THE HEART OF HIGHLAND!



From Highland to Hollywood: A Night of Classic



I'M CORY BUSSE, A PROUD PARENT SUPPORTING JEFFERSON HIGH SCHOOL'S THEATER PROGRAM IN BLOOMINGTON, WHERE MY DAUGHTER AND DOZENS OF OTHER TALENTED STUDENTS ARE PREPARING FOR AN EXCITING 2025–2026 SEASON! THE CURTAIN RISES OCTOBER 1–5 WITH SHAKESPEARE'S TWELFTH NIGHT, A TIMELESS COMEDY OF MISTAKEN IDENTITIES, CLEVER DISGUISES, AND LAUGH-OUT-LOUD ANTICS THAT'S SURE TO WARM HEARTS AND LIFT SPIRITS. WE INVITE YOU AND YOUR RESIDENTS TO JOIN US FOR AN EVENING OF CLASSIC ENTERTAINMENT, COMMUNITY, AND SHARED SMILES. SENIOR CENTER GROUPS ARE ALWAYS WELCOME, WITH TICKETS JUST \$5 PER PERSON (INCLUDING THE SPECIAL SENIOR PREVIEW ON OCTOBER 1 AT 3:30 PM). PERFORMANCES RUN OCTOBER 1–5, WITH TICKETS AVAILABLE NOW—CLICK HERE OR CONTACT LIZZA CATALANO DIRECTLY FOR GROUP ARRANGEMENTS.

TWELFTH NIGHT PERFORMANCE DATES

OCTOBER 1 @ 3:30 PM (SENIOR PREVIEW – ALL TICKETS \$5.00)

OCTOBER 3 @ 9:00 AM (SCHOOL SHOW)

OCTOBER 3 @ 7:00 PM

OCTOBER 4 @ 7:00 PM

OCTOBER 5 @ 1:00 PM

Your Questions, Our Support!

OCTOBER IS A GREAT TIME TO CONNECT WITH OUR TEAM ABOUT LIVING AT HIGHLAND. WHETHER YOU'D LIKE TO SCHEDULE A TOUR, HAVE QUESTIONS ABOUT BILLS OR PAYMENTS, OR NEED HELP NAVIGATING FINANCIAL CONCERNS, WE ARE HERE TO SUPPORT YOU. OUR GOAL IS TO ENSURE RESIDENTS AND FAMILIES FEEL INFORMED, CONFIDENT, AND CARED FOR, SO DON'T HESITATE TO REACH OUT ANYTIME—WE'RE HAPPY TO HELP!

Maintenance Director (Gabe)

GABE.MEYER@LIFESPARKSL.COM



Marketing/Business Director (Jes)

JESSICA.HILMERSON@LIFESPARKSL.COM



OUR MAINTENANCE TEAM IS DEDICATED TO KEEPING HIGHLAND SAFE, COMFORTABLE, AND WELL-MAINTAINED. STARTING SEPTEMBER 2, 2025, ALL REPAIR REQUESTS WILL BE SUBMITTED THROUGH THE TELS SYSTEM ON STAFF TABLETS TO ENSURE TIMELY TRACKING AND COMPLETION. IF YOU NOTICE A REPAIR, SAFETY CONCERN, OR MAINTENANCE ISSUE, PLEASE LET A STAFF MEMBER KNOW RIGHT AWAY—YOUR REPORTS HELP US KEEP EVERY APARTMENT AND COMMON AREA SAFE, WELCOMING, AND IN TOP CONDITION.



LOVE TO READ AND CONNECT WITH FRIENDS?

JOIN OUR HIGHLAND BOOK CLUB ON OCTOBER 1ST AT
1:30PM IN THE COFFEE SHOP!

EACH MONTH, RESIDENTS SELECT A BOOK, AND WE
COME TOGETHER TO DISCUSS STORIES, SHARE
PERSPECTIVES, AND ENJOY LIVELY CONVERSATION.

MEETINGS ARE HELD IN THE COFFEE SHOP, GIVING
EVERYONE A COZY SPACE TO RELAX, SIP COFFEE, AND
DIVE INTO GREAT BOOKS.

WHETHER YOU'RE A LIFELONG READER OR JUST
LOOKING FOR A FUN WAY TO CONNECT, EVERYONE IS
WELCOME—COME SHARE YOUR THOUGHTS AND
DISCOVER YOUR NEXT FAVORITE READ!

Community Resources & Events



ROUND 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) ☎ (320) 632-7817

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



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

New Work Order Process Starting!

STARTING SEPTEMBER 2, 2025, ALL MAINTENANCE REQUESTS WILL BE SUBMITTED THROUGH OUR TELS SYSTEM RATHER THAN THE CLIPBOARD BY THE MAILBOXES. RESIDENTS ARE ENCOURAGED TO NOTIFY A STAFF MEMBER IF ANY REPAIRS OR MAINTENANCE NEEDS ARISE IN THEIR APARTMENTS OR ELSEWHERE IN THE BUILDING. STAFF AND LEADERSHIP CAN ACCESS TELS VIA THE ICON ON THEIR TABLETS TO PROMPTLY SUBMIT WORK ORDERS. PLEASE LET A STAFF MEMBER KNOW RIGHT AWAY IF YOU NOTICE A REPAIR THAT'S NEEDED, A LIGHT THAT NEEDS REPLACING, OR ANY SAFETY CONCERN—OUR GOAL IS TO KEEP THE BUILDING AND RESIDENTS' APARTMENTS SAFE, COMFORTABLE, AND WELL CARED FOR AT ALL TIMES.

Hauntingly Beautiful: Spooky Art History

LIFELONG LEARNING PROGRAM OCTOBER EDITION

CURIOUS MINDS ARE INVITED TO JOIN OUR LIFELONG LEARNING PROGRAM, A MONTHLY PRESENTATION DESIGNED TO SPARK CONVERSATION, EXPAND KNOWLEDGE, AND OFFER NEW EXPERIENCES—ALL FROM THE COMFORT OF THE GREAT ROOM. THIS OCTOBER, STEP INTO THE MYSTERIOUS AND FASCINATING WORLD OF SPOOKY ART HISTORY ON THURSDAY, OCTOBER 2 AT 2:00 P.M. [GR], WHERE YOU’LL EXPLORE EERIE TALES, HAUNTING MASTERPIECES, AND THE SECRETS BEHIND SOME OF THE ART WORLD’S MOST CHILLING CREATIONS.

COME FOR THE CAPTIVATING STORIES AND STAY FOR A TREAT—ALL ATTENDEES WILL RECEIVE A CANDY BAR FOR SHOWING UP AND BEING PART OF THE DISCUSSION!



The History of Halloween

From Ancient Harvest Rites to Today’s Community Celebration

Halloween has traveled a long road—from Celtic bonfires and medieval vigils to neighborhood parades and candy bowls. Explore how traditions blended and migrated to become the festive, family-friendly holiday we enjoy today.

Ancient Roots: Samhain

Many historians trace Halloween to *Samhain* (pronounced “SOW-in”), the Celtic harvest festival marking summer’s end and the new year. Bonfires were lit, food was shared, and people wore simple disguises to ward off mischief as the darker half of the year began.

Key Features of Samhain

- ◆ **Bonfires & feasts** to honor the harvest and prepare for winter.
- ◆ **Remembrance** of ancestors and loved ones who had died.
- ◆ **Protective customs**—carrying embers, wearing disguises, and sharing food.

Christian Influence: All Hallows’ Eve

As Christianity spread across Europe, the church established **All Saints’ Day** (All Hallows) on November 1 and **All Souls’ Day** on November 2. The evening before became **All Hallows’ Eve**—later shortened to Halloween. Medieval practices like *souling* (going door-to-door for food in exchange for prayers) foreshadowed today’s trick-or-treating.

Medieval Traditions

- **Souling**: offering prayers for the dead in return for “soul cakes.”
- **Guising**: costumed visits and simple performances for treats or coins.
- **Church processions** and bell-ringing to honor saints and souls.

*“Old customs rarely disappear—they adapt.”
Halloween is a tapestry woven from harvest rites,
church observances, and local community fun.*

Crossing the Atlantic

Immigrants from Ireland and Scotland brought Halloween folkways to North America in the 19th century. Communities adapted the holiday with autumn socials, games, and neighborhood gatherings. By the early 1900s, newspapers promoted **family-friendly parties** to reduce rowdy pranks.

Modern Traditions Take Shape

How We Got Today’s Halloween

- ✓ **Trick-or-treating**: widespread by the 1930s–1950s with store-bought candy and costumes.
- ✓ **Jack-o’-lanterns**: Irish tales of “Stingy Jack”; pumpkins replaced turnips in America.
- ✓ **Costumes**: from homemade masks to pop-culture characters and themed parties.
- ✓ **Community events**: school parades, charity drives, and fall festivals.

Symbols & Meanings

- **Pumpkins & lanterns** — guiding lights, harvest abundance, friendly “spooky.”
- **Black & orange** — night and mystery paired with autumn leaves and warmth.
- **Cats, bats, moons** — folklore creatures tied to night, farms, and seasonal change.

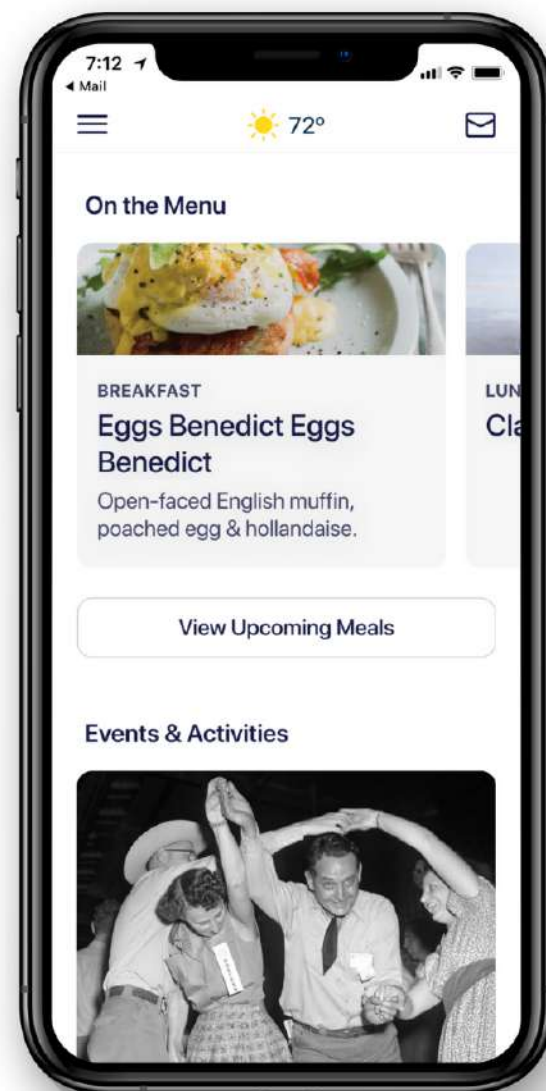
At-a-Glance Timeline

- **c. 2000+ years ago**: Celtic Samhain harvest festival.
- **7th–11th c.:** All Saints/All Souls formalized; “All Hallows’ Eve.”
- **1800s**: Irish & Scottish immigration spreads customs to North America.
- **Early 1900s**: Community parties and parades grow; pranks discouraged.
- **1930s–1950s**: Trick-or-treating and mass-market costumes popularized.
- **Today**: Inclusive, safety-minded celebrations for all ages and abilities.



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.



Taste the Month: October Edition

RECIPE: LUNCH LADY BROWNIES

BRING A BIT OF NOSTALGIA AND CHOCOLATEY GOODNESS TO YOUR MONTH WITH THIS CLASSIC TREAT!

INGREDIENTS:

1 CUP BUTTER

2 CUPS SUGAR

4 LARGE EGGS

1 TSP VANILLA EXTRACT

1 CUP ALL-PURPOSE FLOUR

1/2 CUP UNSWEETENED COCOA POWDER

1/4 TSP SALT

INSTRUCTIONS:

PREHEAT OVEN TO 350°F (175°C) AND GREASE A 9×13 PAN.

MELT BUTTER IN A SAUCEPAN OVER LOW HEAT. REMOVE FROM HEAT AND STIR IN SUGAR UNTIL COMBINED.

BEAT IN EGGS ONE AT A TIME, THEN ADD VANILLA EXTRACT.

SIFT TOGETHER FLOUR, COCOA, AND SALT, AND FOLD INTO THE BUTTER MIXTURE.

POUR BATTER INTO PREPARED PAN AND BAKE FOR 25–30 MINUTES, OR UNTIL A TOOTHPICK COMES OUT CLEAN.

LET COOL, CUT INTO SQUARES, AND ENJOY!



**From the Cullinary Director
((Dolores))**

DOLORES.BERGLUND@LIFESPARKSL.COM



FUN OCTOBER FACTS

OCTOBER'S BIRTHSTONE: OPAL, SYMBOLIZING HOPE, PURITY, AND CREATIVITY.

SEASONAL TREATS: PUMPKIN SPICE IS EVERYWHERE THIS MONTH—PERFECT FOR PIES, LATTES, AND MORE!

SPOOKY HISTORY: HALLOWEEN COMES FROM ANCIENT CELTIC FESTIVALS, WHERE COSTUMES AND JACK-O'-LANTERNS WERE USED TO WARD OFF SPIRITS.

FOOD FACT: APPLES ARE AT THEIR PEAK IN OCTOBER—GREAT FOR SNACKING OR BAKING INTO YOUR FAVORITE DESSERTS.

Spark the Excitement: October Competitions

GET READY FOR THE NEXT SPARK CHALLENGE!

OCTOBER IS AN EXCITING MONTH IN COMMUNITY LIFE AS WE GEAR UP FOR THE NEXT SPARK CHALLENGE COMPETITION! RESIDENTS ARE INVITED TO JOIN IN THE FUN, TEST THEIR SKILLS, AND CHEER EACH OTHER ON IN FRIENDLY, ENGAGING CHALLENGES DESIGNED TO PROMOTE TEAMWORK, LEARNING, AND LOTS OF LAUGHS.

UPCOMING EVENT DETAILS

SPARK CHALLENGE COMPETITION: OCT. 7, 8, 14, 15, 21, 22, 28 AND 29 AT 1:00 P.M. [GR]

REALLY BIG SHOW RECAPS: OCT. 10, 17, 24, AND 31 AT 1:00 P.M. [GR] – CATCH ALL THE HIGHLIGHTS AND CELEBRATE PARTICIPANTS’ ACCOMPLISHMENTS!

WHY PARTICIPATE?

BEING PART OF THE SPARK CHALLENGE IS A FUN WAY TO STAY ACTIVE, MENTALLY ENGAGED, AND CONNECTED WITH FRIENDS IN THE COMMUNITY. PLUS, IT’S A GREAT EXCUSE TO ENJOY SOME FRIENDLY COMPETITION AND CHEER ON YOUR NEIGHBORS!

Community Life Director (Julia)
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A NOTE TO SPARK CHALLENGE PARTICIPANTS

IF YOU’RE HESITANT ABOUT PARTICIPATING IN THE SPARK CHALLENGE, REMEMBER THIS IS AN OPPORTUNITY TO BECOME HEALTHIER MENTALLY, PHYSICALLY, AND EMOTIONALLY. IT ALSO PROVIDES A SENSE OF PURPOSE AND BELONGING AS PART OF A TEAM—WHETHER WE WIN OR LOSE, WE SHOW UP EACH WEEK FOR EACH OTHER, SUPPORTING, ENCOURAGING, AND CELEBRATING ONE ANOTHER. JOINING THE CHALLENGE IS ABOUT MORE THAN COMPETITION; IT’S ABOUT CONNECTION, GROWTH, AND HAVING FUN TOGETHER!

Leading with Care & Community

OCTOBER IS A WONDERFUL TIME TO CELEBRATE THE HEART OF HIGHLAND—OUR RESIDENTS, STAFF, AND FAMILIES WHO MAKE THIS COMMUNITY SO SPECIAL. OUR FOCUS REMAINS ON ENSURING A SAFE, ENGAGING, AND WELCOMING ENVIRONMENT, FROM WELL-MAINTAINED LIVING SPACES TO THOUGHTFULLY PLANNED ACTIVITIES THAT BRING JOY AND CONNECTION EVERY DAY. I ENCOURAGE RESIDENTS AND FAMILIES TO SHARE FEEDBACK, ASK QUESTIONS, AND PARTICIPATE IN COMMUNITY EVENTS, AS YOUR INPUT HELPS US GROW AND CONTINUALLY IMPROVE. TOGETHER, WE CAN MAKE HIGHLAND A PLACE WHERE EVERYONE FEELS VALUED, SUPPORTED, AND AT HOME. THANK YOU FOR BEING PART OF OUR VIBRANT AND CARING COMMUNITY.

Executive Director (Hannah)
HANNAH.HOLLENKAMP@LIFESPARKSL.COM



OCTOBER FUN CORNER

PUMPKIN FUN: DID YOU KNOW THE WORLD’S LARGEST PUMPKIN WEIGHED OVER 2,700 POUNDS? MAYBE WE WON’T TRY THAT IN HIGHLAND, BUT PUMPKIN DECORATING AND TREATS ARE A GREAT WAY TO CELEBRATE THE SEASON!

TRIVIA TIME: OCTOBER WAS NAMED AFTER THE LATIN WORD OCTO, MEANING EIGHT, BECAUSE IT WAS ORIGINALLY THE EIGHTH MONTH IN THE ROMAN CALENDAR.

SMILE MOMENT: STOP BY THE GREAT ROOM THIS MONTH FOR THEMED ACTIVITIES, TASTY TREATS, AND FRIENDLY CONVERSATIONS—YOU NEVER KNOW WHAT FUN SURPRISE MIGHT BE WAITING!