

Self Care Bingo

Cross of each activity as you complete it. Bring to the front desk to receive a reward when you complete the board!

Must be completed by January 30th 2026

try a new recipe	read a book	take an exercise class	get a haircut	talk to Hannah the executive director of highland
Talk to a nurse	meditate	start a daily journal	Have a conversation with Gabe the maintenance Director	call a friend
Go for a walk	Water a plant	FREE SPACE	Watch a movie	donate old clothing
Visit memory care	Talk to Dolores the Dietary Director	Thank the house keeping staff	Clean your apartment	Go to an activity that you normally wouldn't go to
Go to a live music at highland	try a new hobby	paint or draw a picture	treat yourself to dessert	give someone a simple gift



January 2026 Newsletter

At Highland, there's always something happening—come discover the magic in our community.

AT HIGHLAND, WINTER DAYS FEEL BRIGHT, EVEN IN THE SOFTEST LIGHT. THERE'S ALWAYS SOMETHING WARM TO SHARE—A SMILE, A LAUGH, A MOMENT OF CARE. JANUARY BRINGS ITS QUIET CHARM, BUT HERE, WE STAY COZY, SAFE, AND WARM. COME DISCOVER THE MAGIC WE CREATE, IN EVERY FRIENDSHIP, SMALL OR GREAT.

Highland Above and Beyond Award Recipient



PAM CONSISTENTLY GOES ABOVE AND BEYOND IN HER ROLE AS BOTH A COOK AND DIETARY AIDE, MAKING A MEANINGFUL DIFFERENCE IN THE DAILY LIVES OF OUR RESIDENTS AND TEAM AT HIGHLAND. SHE BRINGS CARE, CONSISTENCY, AND PRIDE INTO EVERY MEAL SHE PREPARES, ALWAYS KEEPING RESIDENT PREFERENCES, DIETARY NEEDS, AND COMFORT AT THE FOREFRONT. PAM'S WARM PRESENCE AND STRONG WORK ETHIC HELP CREATE A WELCOMING, HOME-LIKE DINING EXPERIENCE, AND SHE WILLINGLY STEPS IN WHEREVER HELP IS NEEDED. HER DEDICATION DOES NOT GO UNNOTICED—PAM TRULY EMBODIES THE SPIRIT OF SERVICE, TEAMWORK, AND COMPASSION THAT MAKES HIGHLAND SUCH A SPECIAL PLACE TO LIVE AND WORK.

The Heart of Highland Award

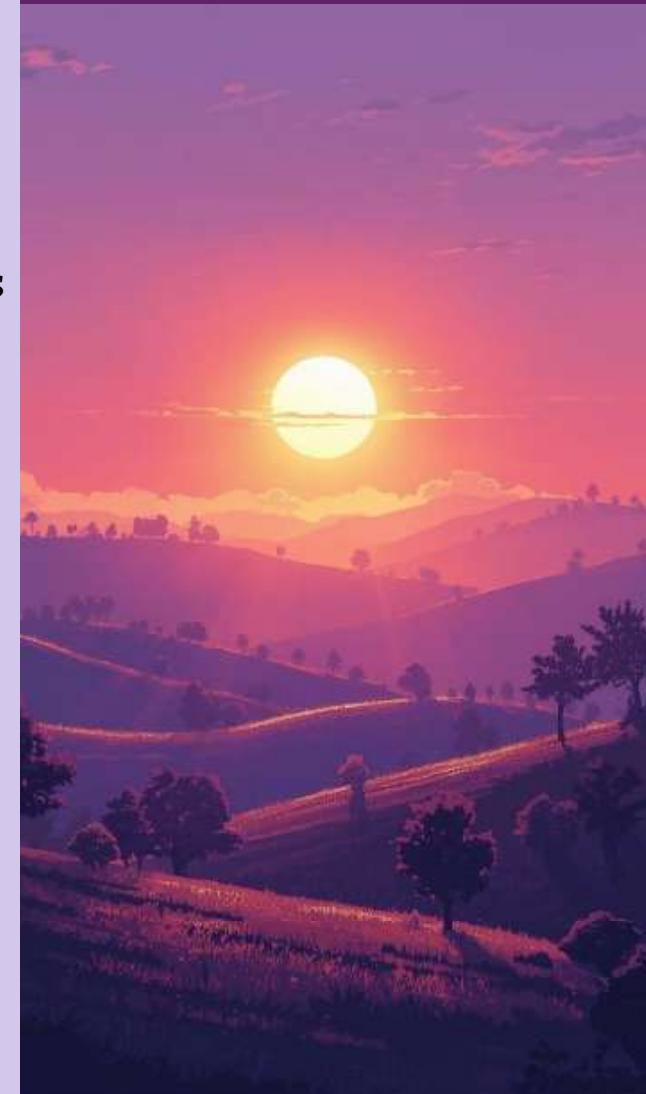
JOE LANNERS IS A SHINING EXAMPLE OF WHAT MAKES HIGHLAND SENIOR LIVING SUCH A SPECIAL PLACE, AND WE ARE PROUD TO HONOR HIM WITH THE HEART OF HIGHLAND AWARD. JOE BRINGS WARMTH, KINDNESS, AND A GENUINE SENSE OF CARE TO EVERYONE HE MEETS. WHETHER HE'S OFFERING A FRIENDLY SMILE, SHARING A THOUGHTFUL CONVERSATION, OR QUIETLY ENCOURAGING THOSE AROUND HIM, JOE CONSISTENTLY HELPS CREATE A WELCOMING AND CONNECTED COMMUNITY. HIS COMPASSION, POSITIVITY, AND STEADY PRESENCE EMBODY THE SPIRIT OF HIGHLAND, REMINDING US ALL OF THE IMPORTANCE OF LOOKING OUT FOR ONE ANOTHER AND LEADING WITH HEART.



Executive Director

WELCOMING 2026
WITH GRATITUDE
AND VISION.

HANNAH.HOLLENKAMP@LIFESPARKSL.COM



Welcoming the New Year

EMBRACING
NEW
OPPORTUNITIES
TOGETHER

Thank you, team
and community!

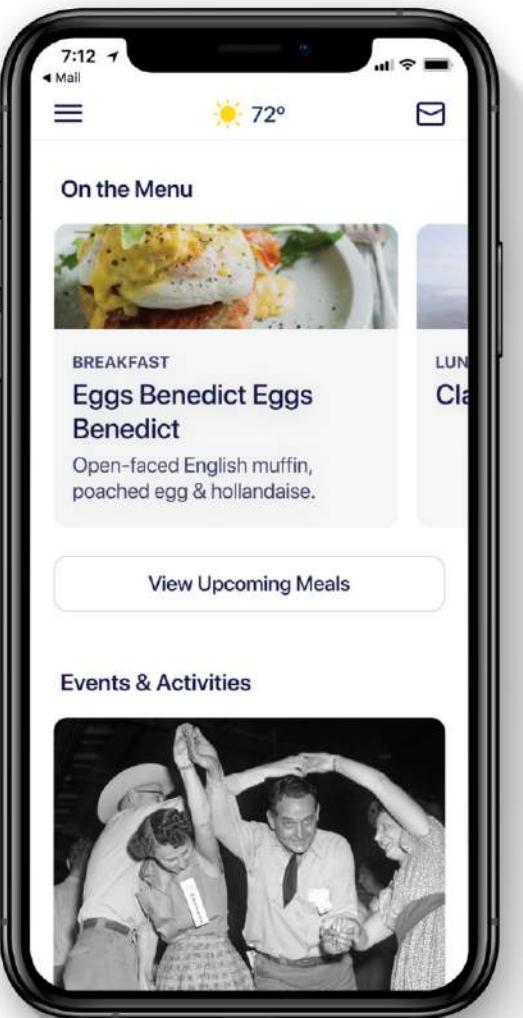
Reflecting on our achievements
and future goals





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.



Quiltt



Emotional Well-Being

PATHWAY TO JOY AND FULFILLMENT

Recognize your emotions and master coping strategies for inner harmony

Develop positive emotions and find joy in everyday life

Enhance the quality of your relationships through emotional openness and support



**From the Culinary Director
(Dolores)**

DOLORES.BERGLUND@LIFESPARKSL.COM

**Taste the Month:
January Edition**



Highland Senior Living Leadership



Ingredients:

- 1 1/2 cups all-purpose flour
- 1 packet (about 1 oz) hot cocoa mix
- 1 teaspoon baking powder
- 1/2 cup unsalted butter, softened
- 1/2 cup granulated sugar
- 1 large egg
- 1 teaspoon vanilla extract

**Warm Up Your Winter
Hot Chocolate Cookies**



Instructions:

1. Preheat oven to 350°F (175°C). Line a baking sheet with parchment paper.
2. Whisk together flour, hot cocoa mix, and baking powder in a bowl.
3. In another bowl, cream butter and sugar until light and fluffy.
4. Add egg and vanilla extract; mix until smooth.
5. Add dry ingredients and mix until a soft dough forms.
6. Scoop tablespoon-sized portions of dough and place on the baking sheet.
7. Bake for 10–12 minutes or until cookies are set but still soft in the center.
8. Cool on the baking sheet for 5 minutes before transferring to a wire rack.

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

BACK ROW (LEFT TO RIGHT):

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