

THE HIGHLANDS HAPPENINGS

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Sometimes you have to realize that the world is too beautiful to waste your time being angry or sad when you could be enjoying what life has to offer.

FALL/WINTER CLOTHING DRIVE

With Fall fast approaching, now's a great time to check those closets for no longer needed Fall/Winter clothing. Those items can be donated to the Hope Rescue Mission. The Highlands will be hosting a clothing drive the week of October 10th. Residents will be able to donate those new, gently used, or good condition Fall/Winter clothing and accessories such as belts by dropping them off in the Cultural Center. Appointments are available for those items to be picked up if you are unable to bring them to the Cultural Center. See flyer for full details. **Important:** Only the items indicated on the flyer are able to be donated. No receipts will be given receiving your donation. **No donations will be accepted after Friday, October 14th.**



Drop Off Dates

- Monday, October 10th – 10:00 a.m. to 12:00 p.m. (Cultural Center B)
- Tuesday, October 11th – 2:00 p.m. to 4:00 p.m. (Cultural Center B)
- Friday, October 14th – 10:00 a.m. to 12:00 p.m. (Cultural Center B)

RESIDENT COUNCIL CANDIDATES ANNOUNCED

The six candidates running for three positions on the Residents' Council beginning in 2022 were recently announced at the September 15th Residents' Association meeting. The candidates are:

Look for a flyer with their photos and biographical information in the Main Lounge. The election for the Residents' Council will take place on Friday, November 4th in the Cultural Center. Mark your calendars – don't forget to vote! Absentee ballots are available for those who will be away by signing up at the Concierge Desk. The absentee ballots will be placed in resident mailboxes.

CALLING ALL BAKERS!

Friday, November 4 will be our annual Resident Council Election Bakesale benefitting the Employee Assistance Fund. We are looking for volunteer bakers to contribute individually wrapped baked goods. Drop-off of these items will be on Thursday, November 3. Please consider signing up at the Concierge Desk! If you have any questions, please contact Carolyn Pirtle at pirtlec@thehighlands.org or (484)220-8267.

AMERICAN MUSIC THEATER

Come celebrate the wonder, warmth, and magic of the season as *American Music Theatre* presents its all new *AMT Christmas Show: Home for the Holidays* on Friday, December 16th. Inspired by the warm, cherished memories of family Christmases spent together with loved ones, *Home for the Holidays* opens on the joyous gathering of family and friends who celebrate with a rich tapestry of song, dance, and holiday traditions. We end our day at *Greenfield Inn* with a delicious dinner that includes an appetizer, starch and vegetable, dessert, and your choice of entrée listed on the registration slip. Enjoy this relaxed, upscale eatery in a warm and friendly atmosphere! **Note:** Registration deadline is Friday, October 28th. See flyer in Mailroom for full details.

YOUR MEDICARE BENEFITS WITH THE HIGHLANDS

Residents short term rehabilitation coverage through Medicare is vastly different than the benefits of their life care contract through The Highlands, which provides long term healthcare and assistance for residents as they age in place. Join Highlands' team members Jessica King, Clinical Liaison, and Kevin DeAcosta on **Tuesday, October 4 at 3:00 p.m. or on Monday, October 10 at 7:00 p.m.** as they present on Medicare insurance coverage and how it is utilized on campus at Aspire Rehabilitation and for outpatient therapy services. At the presentation residents will learn about the difference between traditional Medicare, Medicare Advantage plans and supplemental insurance policies and how they primarily fund a resident's rehabilitation needs. During this presentation, Jessica will help residents to understand the coverage, benefits and authorization process for each type of plan and how some plans can cause you more out of pocket expenses and frustration. Additionally, the insurance requirements for The Highlands will be reviewed as well as plan changes during open enrollment periods, and the impact to your future health care needs. Lastly, we will highlight the importance of resident choice after an acute episode. The same information will be presented at both presentation sessions. Family members are welcome to attend. Residents are encouraged to bring their Medicare and supplemental insurance cards along with them to the presentation.

POOL CLOSURE

The Fitness Center Pool will be closed on Monday, September 26th. This closure is to complete maintenance on the pool railing. The Pool should re-open on Tuesday, September 27th.

THE HIGHLANDS RESIDENTS' PORTAL

Did you know that residents have the ability to access a digital portal that displays information related to programming opportunities, digital copies of campus communications, resident and staff directories, submit notifications of absence, transportation requests, and so much more? If interested, residents can contact Residential Living Programming Manager, Jared Martz, at 484-220-8265 or martzj@thehighlands.org

INFLUENZA VACCINE CLINIC

Esterbrook Pharmacy will be on campus to administer the 65+ version of the influenza vaccine to Residential Living residents on Wednesday, October 12, 2022, from 9:00 a.m. to 11:55 a.m. and Thursday, October 13 from 11:00 a.m. to 1:55 p.m. Appointments are required to get your vaccine. NO walk-ins will be accepted. To register for an appointment, please sign up at the Concierge Desk before Friday, October 7. A consent form and appointment reminder will be placed in your mailbox prior to the vaccination clinic. Please bring your completed consent form, Medicare insurance card, and prescription insurance card to your appointment. Questions should be directed to Carolyn Pirtle, Social Services Coordinator, at 484-220-8267 or pirtlec@thehighlands.org.

INFLUENZA VACCINE CLINIC VOLUNTEERS NEEDED

We are looking for volunteers for the flu vaccine clinics on 10/12 and 10/13. Sign up at the Concierge desk. Contact Carolyn Pirtle at 4842208267 or pirtlec@thehighlands.org with questions

HIGHLANDAIRES & BELLAIRES RETURNING SOON

Monday, October 3rd will be the first rehearsal session of the Highlandaires and Bellaires Fall season. Making music is healthy for our brains and bodies. Singing improves the oxygen flow to the brain, while the intricacies of harmony and lyrics challenges the memory. Learning to read music is similar to learning a new language. If interested, residents can utilize the bottom portion of the flyer location in the Mailroom and drop it off at the Concierge Desk. Join us in the Berkshire Room and meet other music lovers and keep your brain young!

MOTORIZED MOBILITY AID INSPECTIONS

Annual inspections for Motorized Mobility Aids are once again due! If you use an electric scooter/wheelchair on The Highland's campus and you haven't yet received written correspondence about the requirements, please contact Carolyn Pirtle at pirtlec@thehighlands.org or by calling 484-220-8267

HIGHLANDS SHUTTLE BUS MAINTENED SCHEDULED

The Highlands' shuttle bus is scheduled for routine maintenance beginning Monday, October 3rd. The expected completion time is approximately three (3) weeks. During that time, all routine trips such as grocery shopping, transportation loop, the bank, etc. and medical appointment transportation will continue as normally scheduled. The Highlands' team is working hard to ensure transportation services run smoothly and are on time during the scheduled shuttle bus maintenance.

RINGGOLD BAND FALL DINNER CONCERT

Last day to register for tickets is Friday, October 1. Note: No transportation will be provided for this event.

PHILLIES GAMES

There will be several Phillies Game shown in Cultural Center Side B this week. Refer to the "Week At A Glance" section for dates and times of those games.

WEEKEND MOVIE: THE TALENTED MR. RIPLEY (1999)

The upcoming feature film is *The Talented Mr. Ripley*, produced in 1999. In late 1950s New York, Tom Ripley, a young underachiever, is sent to Italy to retrieve Dickie Greenleaf, a rich and spoiled millionaire playboy. But when the errand fails, Ripley takes extreme measures. Cast includes Matt Damon, Gwyneth Paltrow, Jude Law, Cate Blanchett, and Philip Seymour Hoffman. Run Time: 140 minutes.

ROSH HASHANAH SERVICE

The Highlands will be live streaming the Rosh Hashanah services from Reform Congregation Oheb Sholom on Sunday, September 25 at 8:00 p.m. in the Berkshire Room. Additionally, the morning service on Monday, September 26 at 10:00 a.m. in the Berkshire Room.

MONDAY MORNING QUARTERBACK

Do you root for a favorite college or pro football team? Do you want to rehash the previous weekend games with other residents? If so, grab a cup of coffee in the Bistro and gather in the adjacent Iris Club room as part of the Monday Morning Quarterback group from 10:00 a.m. to 11:00 a.m. in the Iris Room, next to the Bistro, this fall. Win the weekly Resident Football Pool of college and pro games. All residents invited!

REMEMBERING QUEEN ELIZABETH II

In tribute to Queen Elizabeth II, a special showing of a PBS special titled "Remembering Queen Elizabeth II" will be shown on Monday, September 26 at 2:00 p.m. in the Berkshire Room.

PASTOR KATIE LYON BIBLE STUDY

Pastor Katie Lyon from Atonement Lutheran Church in Wyomissing will be here on Tuesday, September 27 at 1:00 p.m. in the Berkshire Room. All are welcome to attend.

BRAIN FITNESS

Did you know that you that your brain can get stronger just like your muscles can? Keeping your mind engaged at Brain Fitness will help with brain strength. There will be a short topic and brain games every Tuesday at 2:00 p.m. in the Berkshire Room.

SOUND IMMERSION

Sound Immersion, led by instructor Jen Ryan, consists of a variety of instruments including: a crystal pyramid, hand pan, chimes and singing bowls as you are led through a guided meditation. The benefits include deeper relaxation, mindfulness, and calming any anxiety. Join us in the Fitness Studio on Tuesday, September 27 at 2:00 p.m. to give this program a try.

THE "DIRTY THIRTIES" PART 2

The 1930s were shaped by the contrasting moods of the Great Depression & the entertainment of that decade. Sporting events, comic books, movies, Broadway shows & the famous people made life a better place, a way to escape the bad times. The impact of radio brought the music & singers of the Big Bands into our homes. Join us in the Cultural Center at 7:00 p.m. on Tuesday, September 27 for "More Music & Images of the 1930s". There may be some dancing too!

CAREGIVER CONNECT GROUP

The small caregiver connect group will meet on Wednesday, September 28 at 3:00 p.m. in the Berkshire Room. Our purpose is to bring together residents who are active or potential dementia caregivers for spouses or other residents. To form connections, share our experiences, and gain knowledge during a friendly and confidential hour – and beyond. Sound like something you might need and be missing in the way of support on what can be a lonely and stressful journey – join us. Questions can be directed to residents

TOM WITMAN PERFORMANCE

Enjoy some pre-dinner music courtesy of Tom Witman on Wednesday, September 28 at 4:30 p.m. in the Main Lounge.

TECH TOPIC – STREAMING ON SMART PHONES & TABLETS

This specific session will cover how to utilize streaming services on your smart phones or tablets which includes how to download the streaming apps, register for an account, find your desired program, and much more. Residents should bring their smart devices to class to help facilitate the step-by-step tutorials. Stop by the Berkshire Room on Thursday, September 29 at 10:00 a.m.

SACRED HEART CATHOLIC MASS

Join us in the Berkshire Room on Thursday, September 29 at 2:00 p.m. for a Catholic Mass hosted by Sacred Heart Church, located in West Reading. All are welcome to attend.

FUTURE EVENTS

- Tuesday, October 11th – Octoberfest
- Thursday, October 13th – Egypt Lecture Part 1
- Monday, October 17th – Public Affairs Breakfast
- Tuesday, October 18th – Classic Movie
- Wednesday, October 19th – Tanesha Purohit Performance (Violin)
- Wednesday, October 19th – The 1950s
- Thursday, October 20th – Scott Samuels Performance (Guitar)

WEEK AT A GLANCE

SATURDAY, SEPTEMBER 24, 2022

4:05pm – Phillies vs Braves in CCB

6:30pm – Pinochle in the BR

7:00pm – *The Talented Mr. Ripley* in CCA

SUNDAY, SEPTEMBER 25, 2022

11:00am – Line Dancing in the FS

1:05pm – Phillies vs Braves in CCB

7:00pm – *The Talented Mr. Ripley* in CCA

8:00pm – Rash Hashanah Service in the BR

MONDAY, SEPTEMBER 26, 2022

9:00am – Yoga Flow in the FS

10:00am – Rosh Hashanah Service in the BR

10:00am – Monday Morning Quarterback in the IR

10:00am – Weis in the TD

11:00am – Mahjong in the CBR

2:00pm – Remembering Queen Elizabeth II in the BR

7:00pm – *The Talented Mr. Ripley* in CCA

7:00pm – Card Party in the BR

TUESDAY, SEPTEMBER 27, 2022

9:00am – Bone Builders in the FS

10:00am – Aqua Zumba in the FCP

10:00am – Supervised Gym in the FCG

11:00am – Pilates in the FS

11:00am – Supervised Swim in the FCP

1:00pm – Bible Study Katie Lyon in the BR

1:00pm – Cornhole in the FS

1:30pm – Blood Pressure Clinic in the RC

1:30pm – Fulton Bank, Wine & Spirits, CVS in the TD

2:00pm – Brain Fitness in the BR

2:00pm – Sound Immersion in the FS

7:00pm – The Dirty Thirties Part 2 in the CC

WEDNESDAY, SEPTEMBER 28, 2022

9:00am – Arthritis Ability in the FS

10:00am – Yoga Flow in the FS

11:00am – Supervised Gym in the FCG

1:30pm – Lancaster Ave Shopping in the TD

2:00pm – Chapel Service in the CC

3:00pm – Caregiver Connect Group in the BR

4:30pm – Tom Witman in the ML

7:30pm – Phillies vs Cubs in CCB

THURSDAY, SEPTEMBER 29, 2022

9:00am – Drum n' Fun in the FS

10:00am – Tech Topic in the BR

10:00am – Zumba Gold in the FS

10:00am – Helping Hands Knitting Group in the PR

10:00am – Transportation Loop Begins in the TD

1:00pm – 12 Step Recovery Group in the MR

1:00pm – Pilates in the FS

1:15pm – Aqua Ability in the FCP

2:00pm – Sacred Heart Catholic Mass in the BR

FRIDAY, SEPTEMBER 30, 2022

9:00am – Stayin' upright in the FS

10:00am – Stand n' Drum in the FS

10:00am – Giant in the TD

10:15am – Aqua Fit in the FCP

11:00am – Line Dancing in the FS

11:00am – Supervised Swim in the FCP

1:00pm – Wyomissing Farmers Market in the TD

7:00pm – Marbles in the BR

7:05pm – Phillies vs Nationals in CCB

SATURDAY, OCTOBER 1, 2022

6:30pm – Pinochle in the BR

7:00pm – *The Sum of All Fears* in CCA

7:05pm – Phillies vs Nationals in CCB

ABBREVIATION KEY

*	Pre-Registration	IR	Iris Room
BR	Berkshire Room	ML	Main Lounge
CBR	Bridge Room	MR	Meditation Room
CC	Cultural Center	PR	Parlor
FCG	Fitness Center Gym	RC	Resident Clinic
FCP	Fitness Center Pool	TD	Transportation Depot
FS	Fitness Studio		

RESIDENT BIRTHDAYS