



# The Highlands Happenings

## Friday, June 13



## Staff Directory

**Lisa Boylan**

Residential Living Social Services Coordinator  
[boylanl2@thehighlands.org](mailto:boylanl2@thehighlands.org), 484-220-8267

**Todd Canfield**

Life Enrichment Coordinator  
[canfieldt@thehighlands.org](mailto:canfieldt@thehighlands.org), 484-220-8284

**Mark Christy**

Chaplain  
[christym@thehighlands.org](mailto:christym@thehighlands.org), 484-220-8326

**Kevin DeAcosta**

President and Chief Executive Officer  
[deacostak@thehighlands.org](mailto:deacostak@thehighlands.org), 484-220-8220

**Lynann DeCusatis**

Administrator of Home Care  
[decusatisl@thehighlands.org](mailto:decusatisl@thehighlands.org), 484-220-8280

**Brenda Hugueny-Axline**

Fitness Center Coordinator  
[axlineb@thehighlands.org](mailto:axlineb@thehighlands.org), 484-220-8266

**Lorena Lazarchick**

Vice President of Human Capital & Fiscal Affairs  
[lazarchickl@thehighlands.org](mailto:lazarchickl@thehighlands.org), 484-220-8221

**Ashley Kirkpatrick**

Nursing Care / Assisted Living Administrator  
[Mesta2@thehighlands.org](mailto:Mesta2@thehighlands.org), 484-220-8376

**Anita Martin**

Personal Care Administrator  
[martina@thehighlands.org](mailto:martina@thehighlands.org), 484-220-8558

**Cameron Martin**

Vice President of Development and Marketing  
[martinc@thehighlands.org](mailto:martinc@thehighlands.org), 484-220-8508

**Jared Martz**

Director of Community Life and Engagement  
[martzj@thehighlands.org](mailto:martzj@thehighlands.org), 484-220-8265

**Chris Musselman**

General Manager of Dining Services  
[musselmanc@thehighlands.org](mailto:musselmanc@thehighlands.org), 484-220-8314

**Lauren Weand**

Executive Assistant  
[weandl@thehighlands.org](mailto:weandl@thehighlands.org), 484-220-8228

**Kristen Santangelo**

Vice President of Health Services & Operations  
[santangelok@thehighlands.org](mailto:santangelok@thehighlands.org), 484-220-8374

**Christine Shafor**

Hospice Administrator  
[shaforc@thehighlands.org](mailto:shaforc@thehighlands.org), 484-220-8283

**Terry Wagner**

Manager of Maintenance  
[wagnert@thehighlands.org](mailto:wagnert@thehighlands.org), 484-220-8293

## Department & Service Hotlines

**Front Desk**

(610) 775-2300

**Podiatry**

(610) 376-4880

**Residential Living Hotline**

[programming@thehighlands.org](mailto:programming@thehighlands.org)  
(484) 220-8268

**Support Services Hotline**

[housekeeping@thehighlands.org](mailto:housekeeping@thehighlands.org)  
(484) 220-8290

**Salon & Spa**

(484) 220-8569

**Dermatology**

(877) 345-5300

**Maintenance Hotline**

[maintenance@thehighlands.org](mailto:maintenance@thehighlands.org)  
(484) 220-8302

**Transportation Hotline**

[transportation@thehighlands.org](mailto:transportation@thehighlands.org)  
(484) 220-8319

**Lab Courier**

(484) 220-8268

**Physician Assistant**

(717) 738-2468

**Dining Services Hotline**

[diningorders@thehighlands.org](mailto:diningorders@thehighlands.org)  
(484) 220-8316



**35 for 35 Years**



**Happy Birthday**



## Community Connection

Our *Community Connection* section keeps you in the loop with important dates and events that bring us together—like Town Halls, Resident Council meetings, and more. It's your go-to space for staying engaged and making your voice heard in our community.

- Dining Enhancement Committee (6/2)
- Grounds & Maintenance Committee (6/4)
- Community Connect: Programming (6/5)
- Fitness Advisory Committee (6/10)
- Community Connect: PC/MS (6/12)
- Resident Council (6/13)
- Community Connect: Social Services (6/19)
- Activity Advisory Committee (6/23)
- Community Connect: Homecare (6/26)
- Town Hall (6/26)

## Community Staples

Stay in the loop with the weekly essentials that keep our community moving.

Supervised Gym  
Supervised Swim  
Card Party  
Game Night  
Shopping Loop

Mondays at 9:00 a.m. (Gym)  
Mondays at 11:00 a.m. (Pool)  
Mondays at 7:00 p.m. (Parlor)  
Wednesdays at 7:00 p.m. (Parlor)  
Fridays at 10:00 a.m. (Transportation Center)

## Community Clubs

**Duplicate Bridge:** 1:00 p.m. – Cultural Center A

**Resident Contact:** Mike Kastenbaum

**Meeting Date(s):** 2<sup>nd</sup> & 4<sup>th</sup> Saturdays

**American Mahjong:** 1:00pm – Cross Over Bridge

**Resident Contact:** Lucy Reifsnnyder

**Meeting Date(s):** Mondays

**Marbles:** 7:00pm – Cultural Center B

**Resident Contact:** Rose Marie Fogarty

**Meeting Date(s):** Fridays

**Ukulele:** 3:00pm

**Resident Contact:** Cindy Laubach

**Meeting Date(s):** Tuesdays

**Pinocle Lessons:** 1:00pm – Cross Over Bridge

**Resident Contact:** Shelba Pfleger

**Meeting Date(s):** Wednesdays

**Walking Club:** 9:00 a.m. – Main Lounge

**Resident Contact:** Paul Hetrich

**Meeting Date(s):** Wednesdays

**French Group:** 1:00 p.m. – Cross Over Bridge

**Resident Contact:** Pat Frankel

**Meeting Date(s):** 2<sup>nd</sup> & 4<sup>th</sup> Tuesdays

**12-Step Meeting:** 2:00 p.m. – Meditation Room

**Resident Contact:** Eve Kimball

**Meeting Date(s):** Thursdays

**Psuedo Mahjong:** 11:00am – Cross Over Bridge

**Resident Contact:** Gwen Fischer

**Meeting Date(s):** Mondays

**\*Genealogy:** 10:00am – Parlor

**Resident Contact:** Joan Gruber

**Meeting Date(s):** 3<sup>rd</sup> Friday of the month

**Pinocle:** 6:30pm – Cultural Center A

**Resident Contact:** Susannah Sterling

**Meeting Date(s):** Saturdays

**Knitting Group:** 10:00 a.m. – Parlor

**Resident Contact:**

**Meeting Date(s):** Thursdays

*\*The Genealogy Club is on summer hiatus until September.*

# Community News

## Are You Passionate About Helping Children Succeed?

Consider volunteering with *Ready Set Read*, a reading initiative through the United Way that supports second graders who are reading at or below grade level. Beginning in October and continuing throughout the school year, volunteers read with students each Wednesday, providing encouragement and helping to build literacy skills. Residents can choose to volunteer every week or alternate weeks with another resident. Your time and care can make a lasting difference in a child's life. If you are interested in getting involved, please contact Jared Martz at 484-220-8265.

## Lori's Candy Returns to the Gift Shop

We want your sweet suggestions! As we prepare to place our first candy order for the Gift Shop, we'd love to hear what treats you'd like to see on the shelves. Please share your favorite candy ideas with the volunteers at the Gift Shop during your next visit. We'll compile all the suggestions to help guide our first official order, thank you for helping us stock the sweets you'll love!

## ENGAGE Lifestyle Review – Deadline – Friday, June 13

Thank you to all who have already submitted their Lifestyle Review. This is a friendly reminder to please complete your Lifestyle Review form and return it in the sealed envelope provided no later than Friday, June 13. Completed forms should be placed in the designated drop box located in the Resident Services Suite area. Your input is valuable and helps us continue to enhance the programs, services, and experiences we offer at the Highlands. Thank you for your participation and timely response.

## ENGAGE BOOKLET DATE CORRECTION – Wyomissing Band

Please make the following date correction in your ENGAGE booklet (page 4 under Emotional Wellness): The correct date and time for the Wyomissing Band is Tuesday, June 24 at 7:00 p.m. in the Cultural Center.

## READING MUSICAL FOUNDATION ANNUAL NOON TUNES LUNCHEON & CONCERT

\*JUST ADDED: Join Reading Musical Foundation for their annual Noon Tunes luncheon and concert on Thursday, June 26, as they feature **Riley Butler, Piano, and Jillian Crotty, French Horn**, who received 2025 merit scholarship awards at their annual auditions. Lunch will be served from 12-12:30, with a concert lasting until about 1:00 PM.

**Event Date:** June 26 | **Event Time:** 11:30 a.m. – 1:30 p.m. | **Location:** Cultural Center | **Cost:** No Cost

\* Limited to 50 participants. Residents can register in Cubigo or by calling 484-220-8268.

## MUSIC and MEMORIES of the WWII YEARS PLANNED for Tuesday, July 29<sup>th</sup> at 7:00 p.m.

Were you born before 1946? If so, you should have memories of the WWII years when young men & women were going off to war & those of us at home were facing rationing, blackouts, victory gardens, etc. If you were born after 1946, your parents may have told you some stories about the years from 1941-1946. **Those memories are important to share so please jot down something you remember & send them via email to: [bdwit@outlook.com](mailto:bdwit@outlook.com) or mail #351 by July 1<sup>st</sup> so that they can be included in our program.**

## FEATURES THIS WEEK

Great Courses topics for Monday, June 16 | 11:00 a.m. | Cultural Center (24-part series: *World Heritage*)

**15 of 24: Virunga National Park, Gorilla Sanctuary**

**16 of 24: Angkor Wat, the Great Khmer Temple**

Chapel Service Leader for Wednesday, June 18 | 2:00 p.m. | Cultural Center is **Pastor Bonnie Oplinger**

Great Courses topic for Friday, June 20 | 11:00 a.m. | Cultural Center (8-part series: *Haydn*)

**08 of 08: The Creation, The Seasons, and The End**

# Community News

## **CHAUTAUQUA LAKE ELITE TOUR – Fabulous 4-Day/3-Night Trip (September 16 – 19)**

*The deadline to register is July 4. Make it a September to Remember!* The attractions include: a stop at The Little League Museum, a stay at the beautiful waterfront Chautauqua Harbor Hotel, explore Lucille Ball's hometown and visit the Lucy and Desi Museum, laugh at the National Comedy Center (deemed by TIME as one of the World's Greatest Places), cruise the lake aboard the historic Chautauqua Belle Paddle Wheel Steamboat, visit the Eliot Ness Museum and take in magnificent views of Pennsylvania's Grand Canyon on a horse drawn covered wagon ride. The price range is \$1080 to \$1455 depending on type of accommodation chosen. Hotel room choices are single, double, triple, and quad. Reservations can be made in Cubigo, by calling 484-220-8284 or by e-mail: [canfieldt@thehighlands.org](mailto:canfieldt@thehighlands.org).

## **CULINARY CLASSROOM – REGISTRATION IS NOW OPEN IN CUBIGO**

Introducing Culinary Classroom as a new program and the region's premiere cooking classes for the home chef! Located right here in Reading, PA, classes are held in a delightful home-style kitchen setting. Classes are designed to help the home chef become a kitchen rock star! You will learn not only the menu for the evening but basic culinary principles that will elevate your kitchen knowledge and confidence. After having fun making the full meal together, you will sit down in the perfect intimate, social environment to enjoy eating what you make and enjoy each other's company around the table. Participants are welcome to bring their own wine. This is an unforgettable and enjoyable time to spend with friends and family (as your guests), with high school or college classmates as a reunion activity, with new neighbors as a fun way to get to know each other better, as couples on a date, or as an individual meeting and making new friends! Refer to Cubigo for more details.

**Event Date:** July 10 | **Event Time:** 3:00 p.m. – 7:00 p.m. | **Location:** Transportation Center | **Cost:** 95.00

Due to space requirements, those using mobility aids (i.e., walkers) cannot be accommodated.

All participants are required to use the Highlands transportation and should meet at the Transportation Center no later than 2:30PM. Transportation fee is \$12.50.

\* Limited to 9 participants. Residents can register in Cubigo or by calling 484-220-8268.

## **RECORD-BREAKING YEAR FOR THE HIGHLANDS SCHOLARSHIP FUND**

Thanks to the unwavering support, generosity, and belief in our mission from residents, staff, and friends of The Highlands, this year's Scholarship Celebration was truly unforgettable. We were honored to award scholarships to 20 dedicated students – the most ever given in a single year. Since the fund's inception in 2019, more than \$90,000 has been awarded, and nearly \$60,000 has been raised just this year alone—a remarkable milestone that brings us closer to fully endowing the fund for future generations.

We are deeply grateful to every donor who has helped make these opportunities possible. Your kindness is not only transforming the lives of our team members, but also reinforcing a culture of growth, learning, and encouragement throughout our community.

A special thank you to our resident committee – both current and past members – who worked tirelessly to launch this fund and continue to champion its success. Your vision and dedication have laid the foundation for something truly meaningful.

If you have not yet contributed to the Scholarship Fund, we are still gratefully accepting donations – and every gift, large or small, makes a meaningful impact.

For questions or to make a contribution, please contact Cameron Martin, Vice President of Development and Marketing.

To all who have supported this effort – thank you. Your generosity is shaping brighter futures and strengthening the heart of The Highlands.

# Registration Required

## June 2025

<i>Event</i>	<i>Date</i>	<i>Registration Opens</i>	<i>Registration Closes</i>	<i>Cost</i>	<i>Program Capacity</i>
Theorem Stencil Painting	6/6	Open	-	\$40.00	10
Reading Museum Walk	6/11	Open	6/10	-	-
<del>Cooking With Kevin</del> <b>CANCELED</b>	<del>6/12</del>	<del>Open</del>	-	<del>\$3.00</del>	<del>50</del>

## July 2025

<i>Event</i>	<i>Date</i>	<i>Registration Opens</i>	<i>Registration Closes</i>	<i>Cost</i>	<i>Program Capacity</i>
Juliana's	7/2	Open	7/1	\$10.00	25
Bingo	7/3	Open	-	\$3.00	-
Cooking Creations	7/8	Open	7/8	-	10
Culinary Classroom	7/10	Open	7/9	\$95.00	9
Cooking With Kevin	7/10	Open	-	\$3.00	50
Fitness Assessment	7/17	6/23	7/16	-	40
Hazel & Empty Easel Play	7/23	Open	-	-	80
Drumming Circle	7/28	Open	7/25	-	25

## August 2025

<i>Event</i>	<i>Date</i>	<i>Registration Opens</i>	<i>Registration Closes</i>	<i>Cost</i>	<i>Program Capacity</i>
VegFest 2025!	8/2	Open	7/31	\$12.50	-
Ballroom Dancing	8/5	Open	8/4	-	-
Mimmo's	8/6	7/7	8/5	\$10.00	25
Bingo	8/7	Open	-	\$3.00	-
Ready Set Read!	8/8	6/30	8/8	-	-
Cooking With Kevin	8/14	Open	-	\$3.00	50
Murder Mystery	8/16	Open	8/14	\$30.00	120
Nutrition & Healthy Aging	8/27	7/14	8/27	-	-

## September 2025

<i>Event</i>	<i>Date</i>	<i>Registration Opens</i>	<i>Registration Closes</i>	<i>Cost</i>	<i>Program Capacity</i>
Shuffleboard Tournament	9/1	8/15	8/25	-	-
Anthony's Coal Fired Pizza	9/3	8/4	-	\$10.00	25
Bingo	9/4	Open	-	\$3.00	-
Grocery Store Tour	9/4	Open	-	\$12.50	14
Reading Phillies	9/9	Open	9/5	\$45.00	50
Summer Send Off Painting	9/9	Open	9/8	-	20
Cooking Creations	9/11	8/4	-	-	10
Cooking With Kevin	9/11	Open	-	\$3.00	50
Scavenger Hunt	9/15	Open	9/10	-	-
Lake Chautauqua Trip	9/16	Open	7/4	Varies	54

# Week At A Glance

## Saturday, June 14

7:00pm A Night at the Opera (1935) CCB

## Sunday, June 15 \*Happy Father's Day

2:00pm A Night at the Opera (1935) CCB

## Monday, June 16

9:00am Yoga Flow FS

9:00am Supervised Gym FCG

10:00am Sports Talk IR

~~10:00am Arthritis Ability CANCELED FS~~

11:00am The Great Courses CCB

11:00am Supervised Swim FCP

~~1:30pm Conversational Spanish CANCELED CCB~~

## Tuesday, June 17

9:00am Bone Builders FS

10:00am Aqua Zumba FCP

1:00pm Qigong FS

2:00pm Highlands Games – Bean Bag CCB

Baseball CCB

~~7:00pm Stella Crispo CANCELED CC~~

## Wednesday, June 18

8:00am Stand n' Drum FS

9:00am Arthritis Ability FS

10:00am SMARTfit FCG

1:30pm Line Dancing FS

2:00pm Chapel Service CC

6:00pm Summer Grilling TR

## Thursday, June 19

9:00am Bone Builders FS

10:00am Zumba Gold FS

11:00am Sea Sculpt FCP

1:00pm Pilates FCG

## Friday, June 20

9:00am Fists of Fury FS

10:00am Shopping Loop TC

11:00am The Great Courses CCB

2:00pm Highlands Games – Bocce CCA

## Saturday, June 21

7:00pm The Blind Side (2009) CCB

## Sunday, June 22

2:00pm The Blind Side (2009) CCB

## Monday, June 23

9:00am Yoga Flow FS

9:00am Supervised Gym FCG

10:00am Sports Talk IR

10:00am Generations of Joy: w/ Toddlers CC

10:00am Arthritis Ability FS

11:00am The Great Courses CCB

11:00am Supervised Swim FCP

~~1:30pm Conversational Spanish CANCELED CCB~~

## Room Locations

B = Bistro

BR = Billiards Room

CC = Cultural Center

FCG = Gym

FCP = Pool

FG = Fitness Garden

FS = Fitness Studio

IR = Iris Room

LR = Library

ML= Main Lounge

MR = Meditation Room

PCP = Personal Care Patio

OT = Other

PG = Putting Green

PR = Parlor

RC = Resident Clinic

TC = Transportation

TR = Terrace Room

WR = Wyomissing Club Room





*The Highlands Happenings is distributed by Resident Services.  
Questions related to the Highlands Happenings, or its contents should be directed to 484-220-8268.*