



The Highlands Happenings

Friday, July 18



Staff Directory

Lisa Boylan

Residential Living Social Services Coordinator
boylanl2@thehighlands.org, 484-220-8267

Todd Canfield

Life Enrichment Coordinator
canfieldt@thehighlands.org, 484-220-8284

Mark Christy

Chaplain
christym@thehighlands.org, 484-220-8326

Kevin DeAcosta

President and Chief Executive Officer
deacostak@thehighlands.org, 484-220-8220

Lynann DeCusatis

Administrator of Home Care
decusatisl@thehighlands.org, 484-220-8280

Brenda Hugueny-Axline

Fitness Center Coordinator
axlineb@thehighlands.org, 484-220-8266

Lorena Lazarchick

Vice President of Human Capital & Fiscal Affairs
lazarchickl@thehighlands.org, 484-220-8221

Ashley Kirkpatrick

Nursing Care / Assisted Living Administrator
Mesta2@thehighlands.org, 484-220-8376

Anita Martin

Personal Care Administrator
martina@thehighlands.org, 484-220-8558

Cameron Martin

Vice President of Development and Marketing
martinc@thehighlands.org, 484-220-8508

Jared Martz

Director of Community Life and Engagement
martzj@thehighlands.org, 484-220-8265

Chris Musselman

General Manager of Dining Services
musselmanc@thehighlands.org, 484-220-8314

Lauren Weand

Executive Assistant
weandl@thehighlands.org, 484-220-8228

Kristen Santangelo

Vice President of Health Services & Operations
santangelok@thehighlands.org, 484-220-8374

Terry Wagner

Manager of Maintenance
wagnert@thehighlands.org, 484-220-8293

Department & Service Hotlines

Front Desk

(610) 775-2300

Podiatry

(610) 376-4880

Residential Living Hotline

programming@thehighlands.org
(484) 220-8268

Support Services Hotline

housekeeping@thehighlands.org
(484) 220-8290

Salon & Spa

(484) 220-8569

Dermatology

(877) 345-5300

Maintenance Hotline

maintenance@thehighlands.org
(484) 220-8302

Transportation Hotline

transportation@thehighlands.org
(484) 220-8319

Lab Courier

(484) 220-8268

CRNP

(717) 639-3240

Dining Services Hotline

diningorders@thehighlands.org
(484) 220-8316

Happenings



CONNECTING STAFF & RESIDENTS WITHIN OUR COMMUNITY OF THE HIGHLANDS AT WYOMISSING

Cubigo is an app (i.e., portal, platform) adopted by The Highlands at Wyomissing® that helps to transform the **quality of life for residents**. Cubigo connects **prospects, residents, and staff** through a comprehensive suite of services like Activities, Maintenance, Housekeeping, Dining, Transportation, and more (portrayed as cubes on the app). The platform **increases operational efficiency** and **improves the resident experience**.

TOP 3 REASONS FOR USING CUBIGO:

1. In an ever changing world of information, Cubigo is the #1 MAIN SOURCE of INFORMATION that keeps you informed so that you do not miss out on doing what you love to do!
2. Cubigo empowers you as the communicator/user to sign-up for what you want to go to, change or cancel your registration if conflicts arise, report issues, chat with other residents and with staff, access minutes from committee meetings, see schedules, and so much more!
3. Cubigo acts as your very own personal assistant giving you confirmations of what you signed-up for, sending you reminders, providing detailed descriptions of offerings, keeping track of dining balances, receiving important news about the community, etc.

If you need help with establishing Cubigo on your device (computer, laptop, or smartphone) or want help with knowing how to navigate Cubigo, contact Todd Canfield, Life Enrichment Coordinator, at canfieldt@thehighlands.org or 484-220-8284.

In the interim, until you get established with Cubigo and are accustomed to using Cubigo, information can be found in the following resources:

Programming Information: Quarterly ENGAGE booklet, Highlands Happenings, flyers and posters in the mail room, and by calling the Residential Living Hotline 484-220-8268. Note: information in the above listed sources may be limited compared to more complete information found on Cubigo.

News Related Information: Community News weekly newsletter and Highlands Happenings

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. Stay engaged and make your voice heard.

- Town Hall (7/24)
- Activity Advisory Committee (7/28)
- Coffee with Chris (7/29)
- Dining Enhancement Committee (8/4)
- Resident Council (8/8)

Grounds and Maintenance Committee will not meet in August. The next meeting will be 9/3 at 10AM—Parlor.
Fitness Advisory Committee will not meet in August. The next meeting will be 9/9 at 8AM—Parlor.

Community Staples

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

Supervised Gym: Mondays at 9:00 a.m. (Gym)	Game Night: Wednesdays at 7:00 p.m. (Parlor)
Supervised Swim: Mondays at 11:00 a.m. (Pool)	Shopping Loop: Fridays at 10:00 a.m. (Transportation)
Card Party: Mondays at 7:00 p.m. (Parlor)	

Community Clubs

Duplicate Bridge: 1:00 p.m. – Cultural Center A
Resident Contact: Mike Kastenbaum
Meeting Date(s): 2nd & 4th Saturdays

American Mahjong: 1:00pm – Cross Over Bridge
Resident Contact: Lucy Reifsnyder
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

Pinochle Lessons: 1:00pm – Cross Over Bridge
Resident Contact: Shelba Pfleger
Meeting Date(s): Wednesdays

Bluebird Club: 9:30 a.m. – Parlor
Resident Contact: Lucy Cairns
Meeting Date(s): 1st Monday of March/May/July
and *September 15, 2025 and *September 14, 2026

French Group: 1:00 p.m. – Parlor
Resident Contact: Pat Frankel
Meeting Date(s): 2nd & 4th 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

Walking Club: 9:00 a.m. – Main Lounge
Resident Contact: Paul Hetrich
Meeting Date(s): Wednesdays

Pinochle: 6:30pm – Cultural Center A
Resident Contact: Susannah Sterling
Meeting Date(s): Saturdays

Knitting Group: 10:00 a.m. – Parlor
Resident Contact: (No Lead Contact)
Meeting Date(s): Thursdays

Community News

Transportation Request Forms

The two-page carbon copy Transportation Forms are being discontinued immediately, as they are outdated and have content that is not accurate. These forms were previously available in the in-house mailroom, at the transportation depot, and in Resident Services. Transportation services remain available. Residents needing to schedule transportation services may communicate using Cubigo or by telephoning the front desk at 610-775-2300. All requests for transportation will be entered into our databases and confirmed electronically or by telephone. If you have any questions, please do not hesitate to contact Jared Martz at 484-220-8265 or martzj@thehighlands.org.

How To Submit Request On Cubigo:

1. Open Cubigo
2. Click on “Suggestions” Cube
3. Click on “Make A Suggestion”
4. Select “Transportation” from drop-down menu
5. Enter information of appointment (Date, Time, Location)
6. Click on “Submit”

Stay in the Know - Find All Your Program Info!

Want to stay updated on all the fun, engaging programs happening at The Highlands? It's easy! All the details you need, from event times and locations to sign-up instructions, can be found right at your fingertips. Whether you like to scroll or flip pages, everything you need to stay connected and involved is always at your fingertips.

Cubigo Resident Portal:

- News Wall – Check here for the latest updates, highlights, and important announcements.
- Activities Cube – Explore the full calendar of events, sign up for programs, full program descriptions including presenters, hosts, etc.

ENGAGE Booklet:

- Complete quarterly listing of programs, activities, and special events.

Highlands Happenings:

- Quick “Week At A Glance” overview of the upcoming programs (dates, times, locations)

Join Us for the 22nd Annual Morning Reading Phillies Game & 67' Club Picnic!

Get ready for one of the most anticipated events of the year! The 67' Club Picnic is back for its 22nd annual celebration, and it promises to be a day packed with fun, food, and fantastic company. For just \$20, you'll enjoy an unforgettable outing that brings together laughter, games, and a delicious feast, all in the great outdoors.

Your ticket includes:

- Transportation to and from the picnic grounds
- All You Can Eat Buffet featuring classic picnic favorites

Only 50 tickets are available, so don't wait! This annual tradition fills up fast. Whether you're in it for the food, the fun, or the fellowship, the 67' Club Picnic is the place to be. Reserve your spot today and be part of the excitement!

New Weekly Rosary Devotion

Rosary Devotion is a new activity which will be held every Friday at 2:00 p.m. in the Meditation Room. For more information, contact Paulette Krall (ph.) 610-777-9844.

Community News

Resident Submitted Program Ideas - ENGAGE

As we continue to enhance our ENGAGE programming, we want to remind residents of the importance of submitting program ideas by the posted quarterly deadlines. Timely submissions allow us to thoughtfully plan, promote, and fully support each event, the Highlands Way. This ensures that every program receives the attention it deserves, from appropriate room set-up and staffing to marketing and participant engagement. Advance planning also helps prevent scheduling too many special programs on the same day, time, or within the same week, which can impact attendance and diminish the overall experience for all. Your cooperation helps us build a vibrant, well-balanced calendar that reflects the diverse interests of our community.

The deadline to submit a program idea for October, November, and December 2025 is **Friday, August 1, 2025**. Please note that submitting an idea does not guarantee it will be scheduled; however, it allows Resident Services the necessary time to evaluate the proposal, calendar availability, and overall feasibility.

Protect Your Privacy at Our Annual Shred Day:

Join your fellow residents for the Annual Shred Day, a secure and convenient way to dispose of sensitive documents. Iron Mountain will be onsite to provide professional shredding services. Residents are encouraged to bring their items to the Transportation Center between **10 a.m. and 1 p.m.** on Saturday, August 16, where you are welcome to watch your documents being shredded for peace of mind. If you need assistance transporting your items, Home Care can help for a fee, just call 484-220-8281 to schedule a pickup. For general questions, please contact Annie Segarra at 484-220-8290.

What's Accepted:

- Financial and personal papers
- Staples and paper clips
- Manila and hanging folders
- Credit cards

What's Not Accepted:

- Computer discs and digital media
- Newspapers and plastic bags
- Binder clips, needles, and batteries
- Notebooks and magazines

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.

New Monthly Afternoon Bingo Begins August 21!

Beginning Thursday, August 21st there will be afternoon bingo from 2:00 p.m. until 3:30 p.m. in the Cultural Center (side B). This new Bingo offering is once per month (excluding October) and is in addition to the "evening" Bingo. Other dates for "afternoon" Bingo through the end of this year will be Sept. 18th and Nov. 20th. Come join us for an afternoon of fun and laughs. Please sign up in Cubigo. If you have any questions, contact Vicki Hoover (610)-927-3145.

Community News

Summer Sale at the Gift Shop – Now Through August 1!

Stop by the Gift Shop for our limited-time summer sale! Find great deals on clothing and accessories while supplies last—perfect for treating yourself or picking up a gift. Hurry in—sale ends August 1!

Sale Items:

- All clothing – \$20.00
- Large purses (on shelf) – \$25.00
- Small purses (on table) – \$15.00

Bake & Craft Sale Returns November 14 – Crafters and Musicians Needed!

Save the date of Friday, November 14th (9:00 a.m. to 1:00 p.m.). This year's bake sale will also include a craft show! Crafters willing to sell their crafts and donate proceeds to the Employee Compassion Fund should contact Vicki Hoover or Tucker Erisman ASAP! Musicians are needed to provide music for listening during the sale. Contact Vicki Hoover or Carol Anderson if you are willing to play music during the sale.

Clothing Drive for Hope Rescue Mission – August 25–29

We're hosting a clothing drive to support Hope Rescue Mission! You can donate clothing, belts, shoes, and purses from any season. All items must be placed in a bag – trash bags are preferred. Thank you for helping us make a difference in our community!

Drop Off Location: Resident Services Conference Room A

Drop Off Dates: Monday, August 25 through Friday, August 29

Accepted Items: Clothing (All seasons), Shoes (All seasons), Purses, Belts

Explore Your Community: Indoor Walking Tour on July 25

Get better acquainted with the place we call home! Resident volunteers of The Hospitality Club are offering a walking tour of The Highlands geared to new residents but open to everyone. The tour will last one hour or less depending on what you are interested in seeing. Gather in the Main Lounge at 1:00 p.m. The walk will start at 1:05 after a 5-minute grace period.

The Highlands Sports Talk Special Guests – July 21st Meeting

Sports Talk is a resident club that meets every Monday at 10:00 a.m. in Cultural Center Side B to, well, talk sports! A special session is planned for July 21st, where the West Reading All-Stars team (Head Coach, Tony Balistrere, along with additional staff and student athletes) will be honored guests. They will be sharing information about their experience participating in the West Reading – Sacramento Cultural Exchange.

Music & Memories During the WWII Years – July 29 | 7:00pm | Cultural Center

Barbara Witman & Cindy Laubach present a program that is both informative and entertaining. "Music & Memories during the WWII Years" will focus on the challenges & issues of those years along with the music, some of which we still enjoy today. We will sing along with familiar songs & listen to a guest singer as she portrays entertainers from that era. This will be a program you will not want to miss!

ENGAGE – Resident Community Report

Residents are invited to attend a special presentation of the 2025 Lifestyle Review Community Report on **Tuesday, July 29 at 10:30 a.m.** in the **Cultural Center**. During this session, we'll share key findings from the recent assessment, highlight strengths across our wellness dimensions, and discuss areas where we can grow together as a community. You'll also learn about upcoming next steps, including how resident feedback is shaping future wellness initiatives. We hope you'll join us for this important conversation about well-being at The Highlands.

Registration Required

July 2025

<i>Event</i>	<i>Date</i>	<i>Opens</i>	<i>Closes</i>	<i>Cost</i>	<i>Spots Remaining</i>
Juliana's	7/2	Open	Closed	\$10.00	-
Iron Chef	7/3	Open	Closed	-	-
Bingo	7/3	Open	Closed	\$3.00	unlimited
Cooking Creations	7/8	Open	Closed	-	-
Culinary Classroom	7/10	Open	Closed	\$75.00	-
Cooking With Kevin	7/10	Open	Closed	\$3.00	-
Fitness Assessment	7/17	Open	Closed	-	-
Hazel & Empty Easel Play	7/23	Open	-	-	45
Drumming Circle	7/28	Open	7/25	-	12

August 2025

<i>Event</i>	<i>Date</i>	<i>Opens</i>	<i>Closes</i>	<i>Cost</i>	<i>Spots Remaining</i>
VegFest 2025!	8/2	Open	7/31	\$12.50	13
Ballroom Dancing	8/5	Open	8/4	-	unlimited
Mimmo's	8/6	7/7	8/5	\$10.00	1
Bingo	8/7	Open	-	\$3.00	unlimited
Ready Set Read!	8/8	6/30	8/8	-	-
Cooking With Kevin	8/14	Open	-	\$3.00	8
Bingo	8/21	Open	-	\$3.00	unlimited
Murder Mystery	8/16	Open	8/14	\$30.00	42
Nutrition & Healthy Aging	8/27	7/14	8/27	-	unlimited

September 2025

<i>Event</i>	<i>Date</i>	<i>Opens</i>	<i>Closes</i>	<i>Cost</i>	<i>Spots Remaining</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	unlimited
Grocery Store Tour	9/4	Open	-	\$12.50	9
Reading Phillies	9/9	Open	9/5	\$45.00	38
Summer Send Off Painting	9/9	Open	9/8	-	19
Cooking Creations	9/11	8/4	-	-	10
Cooking With Kevin	9/11	Open	-	\$3.00	32
Scavenger Hunt	9/15	Open	9/10	-	-
Bingo	9/18	Open	-	\$3.00	unlimited

Week At A Glance

Saturday, July 19

11:00am	Menchey Music Summer Recital	CC
7:00pm	Rebecca (1940)	CCB

Sunday, July 20

2:00pm	Rebecca (1940)	CCB
--------	----------------	-----

Monday, July 21

9:00am	Yoga Flow	FS
9:00am	Supervised Gym	FCG
10:00am	Sports Talk	CCB
10:00am	Arthritis Ability	FS
11:00am	The Great Courses	CCB
11:00am	Supervised Swim	FCP

Tuesday, July 22

9:00am	Bone Builders	FS
10:00am	Aqua Zumba	FCP
1:00pm	Living with Loss	TR
1:00pm	Qigong	FS
2:00pm	Cornhole	CCB
7:00pm	Matthew Richards Concert	CC

Wednesday, July 23

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
7:00pm	Hazel & The Empty Easel Play	CC

Thursday, July 24

9:00am	Bone Builders	FS
10:00am	Knit & Crochet Connection	PR
10:00am	Zumba Gold	FS
11:00am	Sea Sculpt	FCP
7:00pm	Resident Town Hall	CC

Friday, July 25

9:00am	Cardio Blast	FS
10:00am	Tech Topic	CCA
10:00am	Shopping Loop	TC
11:00am	The Great Courses	CCB
2:00pm	Bocce	CC

Saturday, July 26

7:00pm	The Age of Adaline (2015)	CCB
--------	---------------------------	-----

Sunday, July 27

2:00pm	The Age of Adaline (2015)	CCB
--------	---------------------------	-----

Monday, July 28

9:00am	Yoga Flow	FS
9:00am	Supervised Gym	FCG
10:00am	Sports Talk	IR
10:00am	Arthritis Ability	FS
11:00am	The Great Courses	CCB
11:00am	Supervised Swim	FCP
2:30pm	Drumming Circle	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.*