



The Highlands Happenings

Friday, August 29



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Terry Wagner

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

Department & Service Hotlines

Front Desk

(610) 775-2300

Salon & Spa

(484) 220-8569

Lab Courier

(484) 220-8268

Podiatry

(610) 376-4880

Dermatology

(877) 345-5300

Comcast / Xfinity

1-800-934-6489

Residential Living Hotline

programming@thehighlands.org
(484) 220-8268

Maintenance Hotline

maintenance@thehighlands.org
(484) 220-8302

Dining Services Hotline

diningorders@thehighlands.org
(484) 220-8316

Support Services Hotline

housekeeping@thehighlands.org
(484) 220-8290

Transportation Hotline

transportation@thehighlands.org
(484) 220-8319

Certified Registered Nurse

Practitioner
(717) 639-3240

Chaplain Office Hours:

Monday through Friday: 10:00 a.m. - 2:00 p.m.

Mark Christy: christym@thehighlands.org, 484-220-8326



Community News



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.

- Dining Enhancement Committee (9/1)
- Grounds & Maintenance Committee (9/3)
- Fitness Advisory Committee (9/9)
- Coffee w/ Chris (9/9)
- Marketing Committee (9/10)
- Hospitality Committee (9/10)
- Community Connect – Social Services (9/11)
- Resident Council (9/12)
- Resident Association (9/18)
- Activity Advisory Committee (9/22)

Community Staples

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

Supervised Gym: Mondays at 9:00 a.m. (Gym)
Supervised Swim: Mondays at 11:00 a.m. (Pool)
Card Party: Mondays at 7:00 p.m. (Parlor)

Game Night: Wednesdays at 7:00 p.m. (Parlor)
Shopping Loop: Fridays at 10:00 a.m. (Transportation)

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

Rosary Devotion: 2:00 p.m. – Meditation Room
Resident Contact: Paulette Krall
Meeting Date(s): Fridays

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: Bob Fleck
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

Cubigo Update: Daily Assurance Check-In

Cubigo has enhanced their Daily Assurance Check-In feature. Residents who have opted out will no longer see or receive the morning check-in message on Cubigo. This change applies only to residents who have already chosen to opt out of the check-in. This process will begin on Monday, September 1, 2025. Any resident who has already opted out will not be required to submit a new form. If you no longer wish to receive the daily check-in, please contact the Front Desk to request and complete the opt-out form.

Vaccine Clinic – October 8, 2025

We are planning a vaccination clinic for residential residents to take place on October 8, 2025. We are planning to offer the high-dose Influenza vaccine approved and recommended for adults 65 years or older. Also, the Covid-19 vaccine will be offered. At this time, we do not have any details as to manufacturer of the Covid-19 vaccination being provided.

The Centers for Disease Control and Prevention (CDC) issued guidance/recommendation that indicate that Flu and Covid-19 vaccines can be administered at the same time. The CDC refers to this practice as coadministration. Coadministration is a common practice that refers to receiving more than one vaccine during a visit or clinic. For additional information please refer to the CDC's website at: www.cdc.gov/flu/prevent.org. As a reminder, demand for vaccines, especially for senior adults, will be high.

Register for the vaccine clinic will go live on Residents can register beginning Tuesday, September 2 at 9:00 a.m. via Cubigo or by calling 484-220-8265. While registering, ensure you register for the vaccination your desire. If you would like both the Flu and Covid-19 vaccinations, you will need to register for both events. While both vaccines will be administered on the same date and time, this is to ensure the proper amount of doses are brought to The Highlands.

In addition, vaccine consent forms will be distributed to residents on Tuesday, September 2, 2025, via their in-house mailboxes in the Vistas or Main Building mailroom. In addition to the completed consent form, please bring all insurance cards (Medicare, Medicare Advantage, Supplemental Insurance, etc.) to the clinic.

Transportation Trips – Large Bus:

We are thrilled to share some exciting news: the new Highlands 24-passenger bus is officially ready for us! This addition opens the door to even more opportunities for residents to engage in programs, outings, and events together.

Driving this new bus requires a Commercial Driver's License (CDL), and our dedicated Transportation team worked hard at earning their credentials so we can begin using the bus right away. Thanks to their efforts, we can expand our services immediately.

One of the most exciting opportunities we're able to bring back is a single shuttle to the Reading Symphony Orchestra concerts. Starting with the upcoming performances, residents will once again enjoy a direct ride at the original 6:45 p.m. departure time, a convenient and familiar service we know many have missed.

Look for more details in upcoming issues of Highlands Happenings and on Cubigo as we highlight the new possibilities this bus brings to our community.

Community News

Welcome Kellyanne Rittle, RN, CRNP

Welcome Kellyanne Rittle, RN, CRNP to the Highlands Healthcare team serving the residents in Independent Living! Ms. Rittle is a Certified Registered Geriatric Nurse Practitioner affiliated with WellSpan Geriatric Care. Her role will add a new and exciting dimension to health services for Highlands' residents. Certified Registered Nurse Practitioners (CRNPs) in Pennsylvania work independently, prescribe from a large formulary of medications and have a collaborating physician for consultation when needed.

Appointments with Ms. Rittle are currently available at the Health Center (second floor) here at the Highlands on Tuesdays from 1:00 pm- 3:00 pm and Thursdays from 10:00 am 12:00 pm by calling 717-639-3240. Same day appointments are a possibility IF there are open appointment times for the scheduled clinic hours. You must call the office to see if there are any available appointments, please do not come to the clinic to request a same day appointment. As more of us get to know her, we hope that Ms. Rittle's hours can be expanded. In addition to her clinic hours, she currently works with Wellspan physician, Dr. Ann M. Langham, DO (specialist in Geriatric Medicine), serving the Highlands Aspire for Well Being Rehabilitation Center.

Ms. Rittle's training includes a Master of Science in Nursing from Penn State and Nurse Practitioner Certification in Geriatric Medicine, with three years of clinical experience. She is uniquely qualified to diagnose and treat new health issues as well as chronic medical problems which challenge senior wellness.

When new or urgent health problems arise and your Primary Care Physician is not available, consider addressing the problem with Ms. Rittle in the convenient setting of the Highlands campus. For those residents with mobility and transportation issues, our CRNP is available for managing chronic healthcare concerns as well. If you wish, your primary care Physician will be updated regularly by Kellyann following your visits with her at The Highlands at Wyomissing.

As a reminder, weekly appointments are available Tuesdays (1pm to 3pm) and Thursdays (10am to 12pm).

- Appointments are required. Call 717-639-3240 to schedule an appointment. Be sure to specify that you are a Highlands Resident and you wish to be seen at The Highlands clinic.
- Bring your insurance card with you

Please note, the Residential Clinic works the same way it did in previous years; the only difference is the person providing the services.

If you have any questions, please do not hesitate to contact Jared Martz at 484-220-8265 or martzj@thehighlands.org.

Wednesday Lab Appointments – Tower Health

Residents are reminded that the phlebotomists require a physical copy of the lab orders from the prescribing provider. Should a resident need their provider to fax an order to The Highlands for labs, they should be faxed to 484-220-8274.

Cord Mates: Accessibility

Starting immediately, Cord Mates from the fitness center are available at the front desk only. Residents wanting to utilize Cord Mates are required to pick one up at the front desk before using the fitness center and return the Cord Mate to the front desk when finished. If there are any questions or concerns, please contact Brenda Hugueny-Axline at 484-220-8266 or at axlineb@thehighlands.org.

Community News

Reporting Emergencies: Ensuring a Timely Response

The Highlands Maintenance Department is committed to keeping our community safe, comfortable, and well-maintained. While the team handles both emergency problems and routine repairs, safety-related issues always take top priority and are addressed before non-urgent requests. However, when a situation is emergent in nature, it is essential to act quickly: please report all emergencies directly to the Front Desk by phone so we can ensure the fastest possible response.

What Qualifies as an Emergency?

Emergencies are issues that need an immediate response, typically within two hours. Examples include, but are not limited to:

- Major water leaks
- Loss of heat or air conditioning
- Backed up toilet or kitchen sink

By reporting urgent issues to the Front Desk immediately, you help ensure that the right resources are dispatched quickly to protect your home and the community.

Comcast/Xfinity Customer Service Update

The Highlands has recently been informed that Comcast/Xfinity has implemented a new customer service system. As part of this update, residents should now contact 1-800-XFINITY (1-800-934-6489) for all support needs. While the previously provided 855 number is still in service, it will take longer to get support. When calling, residents are advised to use a phone number that is associated with their Xfinity account and to follow the prompts of the automated system to reach a customer service representative quicker. Please note: In most cases, simply power cycling your equipment—unplugging your internet modem or cable box and plugging it back in can resolve common issues. The customer service line is best used for situations that are not resolved by a power cycle.

Gratitude Challenge: Entire Month of September

Join our *Gratitude Challenge* and take a moment each week to focus on the good around you. Every weekend, stop by the Mailroom in the Main Building to pick up that week's set of simple, thoughtful challenges designed to spark reflection, kindness, and connection. Whether you're writing a thank-you note, complimenting a neighbor, or just pausing to appreciate the little things, each activity helps build a stronger, more positive community. Let's make gratitude a habit—together!

Annual Highlands Golf Tournament Set for Wednesday, September 24: Details and How to Register

The Highlands Golf Tournament Committee invites you to attend the Annual Highlands Golf Tournament. Those interested in participating can submit their registration payment of **\$65** made out to and sent to **Gary Rightmire at 2129 Inverness Court**. Registration and payment are due **no later than September 10, 2025**. The annual tournament will take place at the Historic Reading Country Club on Wednesday, September 24, 2025. Check-in will begin at 9:00 A.M. with play to start at 10:00 A.M. The Tournament will be a nine-hole event for men and women. Pre-assigned teams of four golfers will compete in a scramble format with prizes awarded for closest to the pin and longest drive on designated holes. The Tournament trophy will also be awarded to the winning team at a luncheon occurring at the completion of play.

Attention Nittany Lions Fans

The Monday, September 8 meeting of Sports Talk will feature Rich Scarcella to discuss the state of Penn State Football.

Community News

Town Hall Meeting Format Change

Starting in August, the Monthly Town Hall meeting format will change. There will be multiple smaller group meetings by “geographic” location or neighborhood. Senior Leadership feels this change will improve responsiveness, make it easier to address the group’s challenges, problems, and concerns and to have constructive and meaningful dialogue. While not required to attend, we have invited Resident’s Council Members to attend any or all meetings.

The first sessions have been identified and scheduled:

- Vistas at Fox Hill – Thursday, September 4, 2025
- Apartment numbers ending # 01-30 - Wednesday, September 17, 2025
- Apartment numbers ending # 31-64 – Thursday, September 25, 2025
- Apartment numbers ending # 66-97 – Thursday, October 2, 2025

Calling All Highlands Veterans

We are compiling a list of all veterans residing at The Highlands so that we may honor you at our Veterans and Memorial Day programs. If you have already completed a questionnaire in 2023 or 2024, you do not need to submit more information. If you are new to The Highlands, we would like you to complete a questionnaire and attach a photo from your time in the military. If you have no photo of yourself, indicate something we could portray that tells something about your service such as the ship you served on or station location.

Questionnaires are available in the Main Building Mailroom. Please submit the questionnaire to in-house mailbox #351 as soon as possible. We hope to have all our veterans participate and attend our Veterans Day program on Tuesday, November 11 at 3:00 p.m.

Resident Playwright’s *Art of Leaving* Heads to Off-Broadway

The Highlands is proud to celebrate one of our own: resident Anne Marilyn Lucas, whose latest play *Art of Leaving* is preparing for a strictly limited engagement at the Alice Griffin Jewel Box Theatre at the Pershing Square Signature Center in New York City. Directed by Matt Gehring, performances begin October 10, with opening night set for October 22. The run continues through December 14.

Following a sold-out premiere at Theatre for the New City under the title *Party?*, Lucas’ new comedy brings her sharp wit and heartfelt storytelling to a larger stage. Produced by AH Productions, LLC and Margie Lou Productions LLC, with KGM Theatrical serving as Executive Producer and General Manager, the play has already been praised as “*A Doll’s House meets Neil Simon.*”

Art of Leaving explores modern marriage through three couples — in their 20s, 50s, and 70s — each confronting a crossroads that tests love, freedom, and identity. At the center are Diana, a lifelong people-pleaser, and her husband Aaron, a devoted follower of a controversial self-help guru. As relationships bend and break under the pressure of changing expectations, the play delivers a laugh-out-loud yet deeply human look at what it means to hold on — and to let go.

The cast features Audrey Heffernan Meyer (Diana), Jordan Lage (Aaron), Alan Ceppos (Felix), Pamela Shaw (Esther), Molly Chiffer (Caitlyn), and Brian Mason (Jason). The full creative team will be announced soon.

The Highlands is thrilled to see Anne’s work recognized in such an exciting way and we wish her the very best as *Art of Leaving* makes its Off-Broadway debut.

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	Closed	Closed	\$10.00	-
Iron Chef	7/3	Closed	Closed	-	-
Bingo	7/3	Closed	Closed	\$3.00	Unlimited
Cooking Creations	7/8	Closed	Closed	-	-
Culinary Classroom	7/10	Closed	Closed	\$75.00	-
Cooking With Kevin	7/10	Closed	Closed	\$3.00	-
Fitness Assessment	7/17	Closed	Closed	-	-
Hazel & Empty Easel Play	7/23	Closed	Closed	-	-
Drumming Circle	7/28	Closed	Closed	-	-

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	Closed	Closed	\$12.50	-
Ballroom Dancing	8/5	Closed	Closed	-	-
Mimmo's	8/6	Closed	Closed	\$10.00	-
Bingo	8/7	Closed	Closed	\$3.00	-
Ready Set Read!	8/8	Closed	Closed	-	-
Cooking With Kevin	8/14	Closed	Closed	\$3.00	-
Bingo	8/21	Closed	Closed	\$3.00	-
Murder Mystery	8/16	Closed	Closed	\$30.00	-
Nutrition & Healthy Aging	8/27	Closed	Closed	-	-

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	Closed	-	-
Anthony's Coal Fired Pizza	9/3	8/4	-	\$10.00	Wait List
Bingo	9/4	Open	-	\$3.00	Unlimited
Grocery Store Tour	9/4	Open	-	\$12.50	Wait List
Reading Phillies	9/9	Open	9/5	\$20.00	3
Summer Send Off Painting	9/9	Open	9/8	-	19
Cooking Creations	9/11	8/4	-	-	2
Cooking With Kevin	9/11	Open	-	\$3.00	13
Scavenger Hunt	9/15	Open	9/10	-	Unlimited
Bingo	9/18	Open	-	\$3.00	Unlimited
Reading Symphony Orchestra Shuttle	9/27	Open	9/26	\$12.50	10

* Register on Cubigo or call the Residential Living Hotline (484) 220-8268 to register.

Week At A Glance

Saturday, August 30			Friday, September 5		
7:00pm	The Wizard of Oz (1939)	CCB	9:00am	Fists of Fury	FS
			10:00am	Shopping Loop	TC
Sunday, August 31			11:00am	The Great Courses	CCB
2:00pm	The Wizard of Oz (1939)	CCB			
			Saturday, September 6		
Monday, September 1 *Labor Day			7:00pm	Julie & Julia (2009)	CCB
9:00am	Yoga Flow	FS			
10:00am	Sports Talk	CCA	Sunday, September 7		
10:00am	Arthritis Ability	FS	2:00pm	Julie & Julia (2009)	CCB
11:00am	The Great Courses	CCB			
			Monday, September 8		
			9:00am	Yoga Flow	FS
			10:00am	Sports Talk	IR
			10:00am	Arthritis Ability	FS
Tuesday, September 2			11:00am	The Great Courses	CCB
9:00am	Bone Builders	FS	1:30pm	92 nd Street Y	CCA
10:00am	Aqua Zumba	FCP			
11:00am	Rabbi Michelson	CCA			
1:00pm	Qigong	FS			
2:00pm	Bean Bag Baseball	CCB			
Wednesday, September 3					
8:00am	Stand n' Drum	FS			
9:00am	Arthritis Ability	FS		Room Locations	
10:00am	SMARTfit	FCG		B = Bistro	
11:30am	Anthony's Coal Fire Pizza	OT		BR = Billiards Room	
1:30pm	Line Dancing	FS		CC = Cultural Center	
2:00pm	Chapel Service	CC		FCG = Gym	
7:00pm	Red Hill Band	CC		FCP = Pool	
				FG = Fitness Garden	
Thursday, September 4				FS = Fitness Studio	
9:00am	Bone Builders	FS		IR = Iris Room	
10:00am	Grocery Store Tour	TC		LR=Library	
10:00am	Zumba Gold	FS		ML = Main Lounge	
10:00am	Knit & Crochet Connection	PR		MR = Meditation Room	
11:00am	Sea Sculpt	FCP		PCP = Personal Care Patio	
1:00pm	Pilates	FS		OT = Other	
7:00pm	Bingo	CCA		PG = Putting Green	
				PR = Parlor	
				RC = Resident Clinic	
				RSS= Resident Services Suite	
				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.*