



# SEPT/OCT 2022 NEWSLETTER

## KEEPING YOU IN-THE-KNOW

### Senior Health Fair

Mark your calendar and be sure to stop by our booth at the ROCKWALL SENIOR HEALTH FAIR, 9am to noon on Wednesday, Sept. 7 at The Center, 108 E. Washington St. in Rockwall! Admission is FREE! There will also be free refreshments, free health screenings, and door prizes!

### Caring for the Caregiver

Are you helping care for an aging family member or friend? Join us Thursday, Sept. 15 at the Rockwall Cares 10th Annual Caregiver Conference where we'll be presenting. This FREE conference provides resources and education from expert speakers to help support you. Breakfast and lunch are provided! The program will be 9am to 2pm at Rest Haven, 500 State Hwy 66 East.

## VOTED BEST REHAB - AGAIN!



Highland Meadows was named BEST PHYSICAL REHABILITATION CENTER in Rockwall & Rowlett in Living Magazine's latest Readers Choice Contest. We are thrilled to have once again earned your trust for providing the highest quality care!



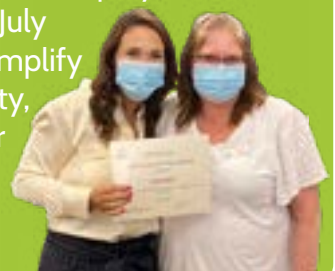
## NOW ACCEPTING aetna™

In addition to Aetna, Highland Meadows now accepts Medicare, United Healthcare, Humana, BCBS, WellMed, and Baylor Scott & White, as well as Superior, Wellcare, Nomi, Bright Health Plan – National, CHCS, Corvel Texas, Direct Contract, Friday Health Plan, Galaxy, HealthSmart, Imperial Texas, MultiPlan, Inc., PHCS, SmartCare by Imagine Health, USA MCO, Medicaid and Private Pay.



## EMPLOYEES OF THE MONTH

Please join us in celebrating JOHNNY JONES, our June Employee of the Month, and PAULA CREPS, our July Employee of the Month. They exemplify dedication to their work, integrity, character, and compassion for those we care for. Thanks for all you do!



[www.highlandmeadowshealth.com](http://www.highlandmeadowshealth.com)

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## HIGHLAND HIGHLIGHTS



We're all about promoting independence and community within our community! Here we're doing a little shopping in our resident store, operated by residents!



Our residents had a little fun surprising tuxedo-clad entertainer Brad Ackland by donning bow ties of their own when he came by Highland Meadows to perform. Brad croons tunes from the great American songbook, singing hits from Dean Martin and Nat King Cole.



What do you do when it's another hot Texas summer day but you want to play outside? You have a water balloon challenge!

One of our patients came back to visit, bringing her precious pup Lucy along. She expressed appreciation for the care she received while at Highland Meadows and said our team members are rock stars! The best part – she and Lucy plan to return every week to spend time with our patients and residents!



National Grandma Day was created to “embrace the age of the nana and encourage all women to flaunt their granny attitudes with purpose and style.” That’s just what we did, by showing our grandmothers just how special they are! Shout-out to our team member Wendy, who treated our lovely ladies to a make-up session and photo shoot.

