



JUNE 2022 NEWSLETTER

Upcoming Events

June 9
Horse Race **1:30pm**

June 10
Visiting Entertainer
Bill Creed **10:30am**

June 13
Flag Craft **10:30am**

June 17
National Eat Your
Vegetables Day
Fun with Veggies **3:30pm**

June 23
June Birthday Party **3pm**

June 28
National Alaska Day
Armchair Travel **3pm**

July 1
Hot Dogs For Heroes
First Responder Event
11:30am-1:30pm



KEEPING YOU IN-THE-KNOW

Join us at the JER Chilton YMCA (1210 N. Goliad St., Rockwall 75087) for a **FREE** Lunch and Learn event from noon to 1 p.m. Thursday, June 16 as Highland Meadows presents a fun and informative program on aging – covering topics like:

- Myths on Aging
- Sensory, Motor Changes
- Medication/Neuropathy/Low Vision
- Fall Prevention
- Exercise Relationships
- Diet & Hydration
- Proper Footwear



You do not need to be a member of the YMCA to attend and a light lunch is provided! **RSVP by calling the YMCA at 972-772-9622.**

For the Grad Pad

We recently invited graduating seniors to stop by to sign up to win big prizes in our 'Seniors Supporting Seniors' giveaway! Now in its third year, the program connects college-bound students with senior residents of Highland Meadows, giving graduating seniors the chance to win a big screen TV, mini fridge, and gas cards. Winners also received a handwritten, personal note containing words of wisdom from our residents!!



Congrats to our **winners**, who were announced on Facebook on May 31:

Kristian Pete – Big Screen TV

Rachel Eaton – Mini Fridge

Haley Petton, Ashlyn Davis, and Alex Hollingsworth – Gas Cards

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Activities Director Lissa Roberts



Lissa (aka Superwoman) has been busy keeping our residents active and engaged. On National NASCAR Day, residents enjoyed a little racing action of their own! They also discovered ways to have fun with flyswatters, pool noodles, and a balloon!

HIGHLAND HIGHLIGHTS



How does your garden grow?
At Highland Meadows - with the help of our residents! Just look at the handiwork of our resident green thumbs!



Nurses Week

It's a bird, it's a plane...No, it's just our awesome team celebrating National Nurses Week. Team members dressed according to our daily themes – including superheroes and groovy 70s!



EMPLOYEE OF THE MONTH (MAY)



Please join us in celebrating Lexee Palomo recognized for her character and compassion, dedication to her work, and her passion for patients!

More Rehab Success Stories!



We love celebrating patient achievements, especially as they are discharged home following intensive rehab – able to function independently and resume their activities of daily living.

Charles Armstrong is one such patient, and we were blessed to receive a beautiful letter of appreciation from him, thanking our doctors and staff for the care and support he received while at Highland Meadows.

Here's an excerpt from his letter, which he asked us to share. Thank you, Charles!