



HIGHLAND HOUSE HERALD

Highland House Rehabilitation & Healthcare
Edition 1, Volume 2

April 2018

Spring is in bloom here at Highland House. We hope that you are enjoying the nice weather and the opportunity to get outdoors. We are doing spring cleaning here at our facility and working on some improvement projects to benefit our residents in our long-term care and assisted living communities. We hope you enjoy this edition of our quarterly newsletter.

If you prefer to receive this newsletter electronically, you may sign up for the email version by visiting <http://bit.ly/HeraldNL>.



Celebrate National Skilled Nursing Care Week with us May 13-19, 2018. There will be daily themes and activities for each day of the week in honor of our residents and staff.

Celebrating 50 years caring for our neighbors

Highland House is celebrating our 50th anniversary this July. We first opened our doors as Highland House of Fayetteville in 1968. Since then, we have been blessed to meet and care for many individuals and families who are our neighbors in this community.

Over the past 50 years we have grown to a 159-bed facility with long-term care, assisted living, and short-term rehabilitation to meet the changing needs of our surrounding community.

To celebrate this milestone, we will host an open house on July 28, 2018 for our residents and their families. Watch your mail boxes for your invitation to attend our open house and family weekend.

There will be a vendor fair showcasing the various organizations available to help meet the needs of your loved ones.

There will also be a picnic and barbeque for you and your loved ones to enjoy our beautiful outdoor courtyards.

We look forward to celebrating with our residents and their families. And, we would love to share stories from our residents, families, and staff to highlight our history in the community. If you have any stories you would like to share, please contact Samantha Inczauskis at 910.745.5401 or by email at: samanthai@highlandhousenc.com



Spring Cleaning – We need your help

Spring is a time of renewal and fresh starts. With that in mind we are asking our residents and their families for help. Over time rooms and closets can become crowded and cramped. It may be difficult to part with the items accumulated over the years, but hoarding things that are rarely used takes up space and has the potential to negatively impact physical and mental health. We are asking family members to help tackle this with our residents.

A good approach is to make three separate piles: yes, no and maybe. Place the items used often in the yes pile and turn items that are just taking up space to the no pile. For items you're unsure of parting with, place them in the maybe pile. For the things that you're willing to part with, determine the condition and either throw them in the trash, or donate them to charity.

You're getting a new Medicare card!

Cards will be mailed between April 2018 – April 2019

You're getting a new Medicare card! Between April 2018 and April 2019, Social Security numbers will be removed from Medicare cards. This will help keep your information more secure and help protect your identity. You'll get a new Medicare Number that's unique to you, and it will only be used for your Medicare coverage. The new card won't change your coverage or benefits. You'll get more information from Medicare when your new card is mailed.



Here's how you can get ready:

- Make sure your mailing address is up to date. If your address needs to be corrected, contact Social Security at ssa.gov/myaccount or 1-800-772-1213. TTY users can call 1-800-325-0778.
- Beware of anyone who contacts you about your new Medicare card. Medicare will never ask you to give personal or private information to get your new Medicare Number and card.
- Understand that mailing everyone a new card will take some time. Your card might arrive at a different time than your friend's or neighbor's.

Once you receive your cards, please bring a copy to our business office so we may update our records to ensure access to these important benefits for you or your loved one.

2018 Chili Cook-off



In February we hosted a chili cook-off for our residents. There was plenty of variety from traditional and vegetarian chili to white chicken and Texas chili.

Thanks to all who brought in their favorite recipes for our residents to enjoy.

Upcoming Events:

May 13 – Mother's Day Tea
Enjoy coffee, tea, and cake with our mothers. 10AM – 11AM

May 13-19 – National Skilled Nursing Care Week
Join the fun this week of themes and activities. Check the activity calendar for more details.

May 24 – Honoring our Veterans
Join us for a pinning ceremony at 2PM to honor our residents who served in the armed forces.

July 28, 2018 – 50th Anniversary Open House

Meet Our Assisted Living Caregivers

Compassion and Dedication

Our team is made up of experienced caregivers who help the residents in our assisted living communities with the activities of daily living and encourage them to participate in various activities and social events.

This diverse team brings many years of dedication and caring to Highland House. This year, the team purchased a new coffee cart and coffee maker and donated these to our assisted living residents. We are blessed to have such caring people in our community. Be sure to say hello next time you are here.

Nurse Supervisor:

- Towanaka Bass

Med Techs:

- Martha Cole
- Sharon Frank
- Helen Reece
- Tomasina Myers
- Tasheika Patterson
- Darlene Lincy
- Serea McDonald
- Reauna Holmes

CNAs

- Avis Keith
- Anna Ralph
- Jackie Maxwell
- Regina Moore
- Neida Hines
- Ally Benton



"Friendly atmosphere, caring environment, convenient location."

Assisted Living Family Member

Resident Showcase

Celebrating a Century – Residents who are 90 Years or Older

Join us as we celebrate with our Nonagenarians (90 years or older) and our Centenarians (100 years or older) for 2018. We will be honoring these ladies and gentlemen in our assisted living and skilled nursing communities with a birthday party and a visit from Fayetteville Mayor, Mitch Colvin.

Invitations will be sent to the family members who have loved ones that will be honored this year. The celebration will be held **Monday, May 14, 2018 from 12PM – 1PM.**

Weather permitting, we will host this birthday celebration in our central courtyard.





1700 Pamalee Drive
Fayetteville, NC 28301

The Highland House Herald

A quarterly newsletter highlighting our facility and residents.

Featured stories:

- Celebrating 50 Years Caring for our Neighbors.
- Assisted Living Caregivers – Caring and Dedication
- Spring Cleaning – Your help needed
- New Medicare Cards
- Resident Showcase – Centenarians and Nonagenarians
- Chili Cook-off



@HHRH1968