

The HighView

Spring 2010

A Newsletter of Highview Hills



Spring Greetings from Highview Hills Senior Living in Lakeville

Highview Hills Chef Molly Dollarhide has been quite busy in our Exhibition Kitchen. She offers her Fresh for the Season class on Mondays, and the Chef's Table specials every Thursday at lunch time. On February 10th, Highview Hills hosted 60 women from the Lakeville Area Chamber of Commerce for a special luncheon. Chef Molly prepared and demonstrated a delicious 3 course meal, featuring pomegranate pan-grilled pork tenderloin. Each person in attendance received recipe cards for each item on the menu, plus tips from the Chef.

An exciting recent addition to the Highview Hills campus is our new 14 passenger van. The van comes equipped with a wheelchair lift, and accommodations for wheelchairs or motorized carts, comfortable seating, and beautiful exterior graphics. Our residents appreciate the convenience of scheduled van trips to area stores, clinics and churches, and enjoy a variety of recreational opportunities such as trips to area restaurants, theaters, libraries and casinos.

You might wonder about a few of the people featured in the photographs that adorn our vehicle. Two of our great residents, Vicki Mohn and Art Nielsen are pictured on the back window sharing some coffee and conversation. And on the passenger side of the van, Larry Mueller and Joe Sturlaugson are pictured testing their skill on our 9-hole putting green. Fittingly, Larry and Joe are the van drivers for Highview Hills! If you should happen to see our van driving around the Lakeville area, make sure to wave at Larry or Joe as you pass by – if they happen to see you, no doubt you will receive a friendly wave back!

David Smith, Housing Director



**For information and to
schedule a tour please call:
952-985-5155
www.highviewhills.com**



Highview
HILLS
BY WALKER

A Senior Living Community

Get Creative at Highview:

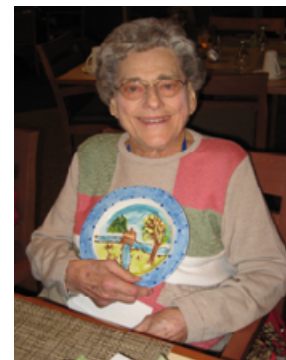
As spring approaches, it's a great time to get off the couch and try something new! At Highview Hills, we are launching a new series of Creative Arts classes, including beginner drawing and watercolor painting classes, as well as ceramics and hand molding clay classes, taught by area Art instructors. Spring is a great time to get out and take pictures too! We're hosting a "Basics in Photography" class, which will include trips to the Minnesota Landscape Arboretum to test out your skills! If you have a particular gift in the creative arts and would like to share it with us, please contact, Cassie Decker, for more information.



Resident Gen learns new painting technique while Cassie Decker observes



Highview Hills Art Studio



Charolette enjoys pottery classes in the Art Studio

Prairie Suites:

We have specialized daily therapeutic programs in our Prairie Suites Memory Care, specifically designed to meet the needs of those suffering from the affects of Alzheimer's disease. By providing simple activities several times throughout the day by trained recreation staff members, residents are frequently engaged and stimulated in social settings. One important aspect for us is to get to know the personal background of the residents in the Prairie Suites so that programs can be tailored to their interests. Daily programs focus on musical movement, memory exercises & games, simple creative arts & crafting, sensory stimulation with tactile items, and familiar tasks such as folding clothes, baking, gardening, setting up for meals and sending letters in the mail. We also use music throughout the day as a way to help residents connect with their environment and help with times of high anxiety. For example, we use upbeat music during exercise and memory games to help residents to stay alert and engaged and we often play relaxing or soothing music later in the afternoon when "sun downing syndrome" is more common. We do have area volunteers who spend time in the Prairie Suites providing 1:1 visits, pet visits and intergenerational visits with children and youth. Please feel free to contact me with specific questions about recreation programming cdecker@highviewhills.com or 952



Highview Hills is sponsoring two upcoming Coffee Concerts at the Lakeville Art Center:

April 11th: Vechione/Erdahl Duo & Friends (Oboe and Double Bass)
May 9th: Lanzelotte/Galhano Duo (Recorder and Harpsichord)

Tickets are \$10.00 per concert. We will be taking our residents in our new van to these events.

Welcome Brent Fuller, Highview Hills Fitness Specialist

Brent comes from Bemidji, Minnesota where he worked with the Leech Lake Diabetes Fitness Program. Brent graduated from Minnesota State University-Moorhead where he earned a Bachelor of Science degree in Exercise Science and minor in Community Health.



Starting as a Fitness Specialist, he spent the past three years helping control and prevent diabetes as well as working closely with area hospitals and clinics regarding other health related issues such as hypertension, COPD, Cardiovascular Disease, and mobility. He also created fitness challenges for employees, organized community events and increased members participation of the program. He then was named Fitness Program Director and took on the responsibility of bringing direction to the entire fitness program.

Brent's goal is to create a fun and engaging fitness program here at Highview Hills, through personally designed exercise programs including balance, endurance and cognitive function. The Highview Hills Fitness center features state of the art HUR fitness equipment. The Highview Hills Fitness center is open from 6:00 A.M. to 10:00 P.M. each day. Brent's hours are from 8:00 A.M. to 4:30 P.M. Monday –Friday. Brent can be reached at 952-985-9014 and bfuller@highviewhills.com. This program is open to Highview Hills residents, family members and the community members who are 55 and older.



Resident Profile: Susan Youngberg

Susan knows what it's like to live in nice places. She lived in southern California in a retirement community overlooking the ocean for a little "me" time after she had taken care of and lived with her mother who had dementia for 5 years. Susan said, 'It made me feel good that I could 'give back to my mom' in her time of need by taking care of her and being there for her when she needed me.'

Susan was born in Minneapolis, attended Wayzata High School, and obtained her degree from the University of MN. She worked for Control Data in their 'heyday' and traveled throughout the country as a paralegal. She then went to work in Silicon Valley and had several exciting years being on the cutting edge of technology. Then she worked for another 13 years in sales and marketing for CDC and transferred to California when there was an opening. Although she loved her friends and the ocean in California, she moved back 'home' to be close to family.

When she first walked into Highview Hills community, she immediately fell in love with the place. Susan said, "It's decorated so beautifully, and the staff bends over backwards to help me". Susan loves the Arboretum and has taken hundreds of photos. She is planning to show her favorite photos in the Highview Hills theater. She enjoys living close to her sister, three nephews and their families. She adds happily, "It's nice my sister shares her beautiful family with me."



A Senior Living Community

20150 Highview Avenue
Lakeville, MN 55044



**Residents Evie & Mary enjoy Chef's
Table Lunch with Chef Molly**

Chef's Table Luncheons
Join Chef Molly Dollarhide
Highview Hills Exhibition Kitchen
Weekly—Thursday's—12:30-1:30 P.M.

***Please call 952-985-5155 for
Reservations and Information***

Our Chef uses the freshest ingredients incorporating seasonal fruits and vegetables. The luncheon is prepared in front of our guests at our Chef's Exhibition Kitchen. During the winter months the focus has been travelling around the Equator. Future menus will include Irish Fare, Mexican, Italian and much more!

