



HIGHLANDS

SENIOR LIVING & HOME HELPERS

AUGUST 2026
NEWSLETTER



HERE'S WHAT HAS HAPPENED IN THE LAST MONTH AND WHAT'S TO COME!

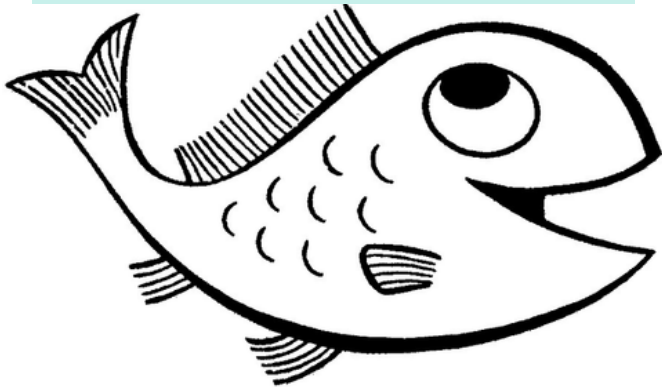
July was filled with fun, laughter, and memorable moments. We kicked things off with a Fourth of July cookout, enjoying great food, conversation, and time with friends and family. Throughout the month, our Wild Wednesdays were a highlight, with safari drives and up-close encounters with animals like Nilgai, Blackbuck antelope, and African Watusi. Each visit was a fun adventure and gave us plenty of stories to share.

As much as we loved July, we're excited for what August will bring—more outings, new activities, and meaningful time together. We look forward to making even more special memories as the summer continues.

A MESSAGE FROM OUR REGIONAL DIRECTOR



DID YOU KNOW?



Memory Care Fish Fry

This event is designed for Memory Care residents and their families to enjoy quality time together while savoring a delicious meal.

IMPORTANT DATES

8/14- Memorycare Fish Fry
8/24- Bingo W/ Rob
9/28- Country Store

August is here, bringing another month of opportunities to enjoy time together, strengthen friendships, and create new memories within our community. Every shared meal, friendly conversation, activity, and celebration reminds us that the people who live and work here are what truly make our community feel like home.

The final stretch of summer is upon us, and we look forward to making the most of these warm days together. Our team has been busy planning engaging activities and opportunities for our residents to connect, laugh, and create meaningful memories.

I want to extend my sincere appreciation to our families for the trust and support you continue to give us. It is a privilege to care for your loved ones and to have you as part of our extended family. I am equally grateful for our dedicated team members who bring compassion, patience, and kindness to our community each day.

Throughout August, I encourage everyone to enjoy the little moments that make life special—a conversation with a friend, a favorite activity, a shared laugh, or simply spending time together.

Thank you for being an important part of our community. Here's to a wonderful August filled with happiness, connection, and memories made together!

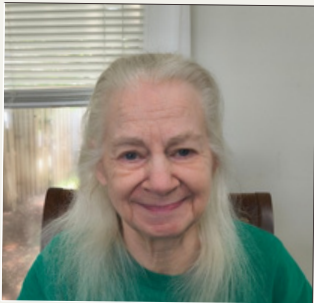
*-Liz Alexander
Regional Director*

HIGHLANDS

>>> HAPPY BIRTHDAYS

Staff Birthdays

Caitlyn Riggs- 8/13



MARY MEETZE
8/17



JO PADDOCK
8/24



GABRIELE JACKSO
8/27



ANTHONY HERDA
8/7



DONNA SHORT
8/2



JEFFERY YARBROUGH
8/2



RYAL DREHER
8/8



GLADYCE AMES
8/17

HIGHLANDS

HIGHLIGHTS



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ACTIVITIES



Every day is brighter because of the wonderful people who make up our community. We look forward to sharing laughter, creating memories, and enjoying special moments together through this month's activities. We can't wait to see you there!

With warm wishes,
Kassidy Gunter
Activities Director

ACTIVITIES CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 National Sunflower Day Independent Activities Coloring Pool Time
2 National Sisters Day Independent Activities Coloring Pool Time	3 National Watermelon day Morning walk 10:30 Snacks 11:00 Resident Council Meeting 1:00 Resident Food Council 2:30 Snacks	4 Chocolate Chip Cookie Day 9:30 Bingo 10:30 Snacks 11:00 Mo nail day 1:00 Nail day 2:30 Snacks	5 National Oyster Day 9:30 MC Music Mornings 10:00 Vet-to-Vet Cafe 10:30 Snacks 11:00 Worship Services 1:00 bingo w/ donavon 2:30 Snacks	6 National Fresh-breath Day 9:30 Chair yoga 10:30 Snacks 11:00 Bingo 11:30 Rushes lunch 2:30 Snacks	7 Purple Heart Day 9:30 Card Games 10:30 Snacks 11:00 Crafts 1:00 Hangman 2:30 Snacks	8 National Happiness Day Independent Activities Coloring Pool Time
9 National Book-lovers Day Independent Activities Coloring Pool Time	10 National Lazy day 9:30 Morning walk 10:30 Snacks 11:00 Crafts 1:00 Movie Monday 2:30 Snacks	11 Presidential Joke Day 9:30 Walmart 10:30 Snacks 1:00 Nail Day 2:30 Snacks	12 National Middle Child Day Family feud w/ donavon 9:30 MC Music Mornings 10:30 Snacks 11:00 Worship Services 1:00 Pool time 2:30 Snacks	13 National Left Handers Day 9:30 Tea and Talk 10:30 Snacks 10:30 Lexington Mobile Library 11:00 Bingo 1:00 Mo nail day 2:30 Snacks	14 National Creamsicle Day MC Fish Fry 9:30 Snacks 1:30 Creamcicles W/ Pathways Hospice 2:30 Snacks	15 National Relaxation Day Independent Activities Coloring Pool Time
16 National Tell a Joke Day Independent Activities Coloring Pool Time	17 National Nonprofit Day 9:30 Morning walk 10:30 Snacks 11:00 Crafts 1:00 Movie Monday 2:30 Snacks	18 National Fajita Day 9:30 Card Games 10:30 Snacks 11:00 Bingo 1:00 Nail day 2:30 Snacks	19 National Potato Day 9:30 MC Music Mornings 10:30 Snacks 11:00 Worship Services 1:00 Pool time 2:30 Snacks	20 Bacon Lovers Day 9:30 Chair yoga 10:30 Snacks 11:00 Trivia 1:00 Mo nail day 2:30 Snacks	21 Senior Citizens Day 9:30 Tea and Talk 10:30 Snacks 1:00 Painting 2:30 Snacks	22 Be An Angel Day Flea market Fundraiser Independent Activities Coloring Pool Time
23 Sponge Cake Day Independent Activities Coloring Pool Time	24 National Peach Pie Day 10:30 Snacks 1:00 Bingo with Rob from heartsong 2:30 Snacks	25 National Park Day 9:30 Walmart 10:30 Snacks 1:00 Nail day 2:30 Snacks	26 National Dog Day 9:30 dog visit w/ emily 10:30 Snacks 11:00 Worship Services 1:00 bingo w/ donavon 2:30 Snacks	27 National Just Because Day 9:30 Tea and Talk 10:30 Snacks 11:00 Bingo 1:00 Mo nail day 2:30 Snacks	28 National Bow Tie Day 9:30 Card Games 10:30 Snacks 11:00 Word in a Word 1:00 Country Store 2:30 Snacks	29 National Lemon Juice Day Independent Activities Coloring Pool Time
30 National Beach Day Independent Activities Coloring Pool Time	31 National Eat Outside Day 9:30 Morning walk 10:30 Snacks 12:00 Assisted Facility Birthday 1:00 Movie Monday 2:30 Snacks					

AUGUST

all activities subject to change without notice.

L-Front Lobby-T-Travel
IC-Memory Care-OS-outside
R-Activity Room-CH-Dining hall pool hall-PH

HIGHLANDS

>>> HOT SHOTS



ROCKSTAR RESIDENT

Nancy Blackmon

Selecting a Rockstar Resident each month is truly a challenging task, given the wealth of remarkable individuals we have among us. Each resident brings their own unique qualities to the table, making the decision all the more difficult. Nancy, without a doubt, stands out as one of these exceptional individuals. Her kindness is evident in everything she does, as she consistently goes out of her way to show genuine care and compassion for everyone around her. Whether it's lending a listening ear or offering a helping hand, Nancy's dedication to making others feel valued and supported is truly inspiring. Her ability to connect with people and make them feel special is just one of the many reasons she is such a cherished member of our community.



EMPLOYEE OF THE MONTH

Sammy Sanders

We're excited to recognize Sammy as our Employee of the Month! If something's broken, missing, or mysteriously making a weird noise, Sammy is the guy who somehow makes it all better. He may be a little hard to track down at times (we're pretty sure he's got a secret teleportation system), but when you need him, he always comes through. Sammy keeps everything running smoothly, often behind the scenes, and we'd probably all be in trouble without him. Thanks for all you do, Sammy—we really appreciate you keeping this place together!

MEET THE TEAM!



Liz Alexander
Regional Director
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Tami Ainsworth
Assistant Administrator
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Christine Thompson
Resident Care Coordinator
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Hope Laird
Resident Care Coordinator
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Kassidy Gunter
Activities Director
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Danielle Lynn
Receptionist

At the heart of our community is a dedicated management team committed to making this place feel like home. From daily operations to special events and personalized care, our team works behind the scenes (and often front and center!) to ensure every resident feels safe, heard, and valued.

Follow us on Facebook to stay up to date on all things Highlands!!
@HighlandsSeniorLivingGaston