



HIGHLANDS

SENIOR LIVING & HOME HELPERS

AUGUST 2026
NEWSLETTER



Here's what has happened in the last month and what's to come!

As we wrap up an exciting July, we can't help but reflect on all the wonderful memories we've made together! From celebrating America's 250th birthday with patriotic fun and fellowship to hosting our very first quarterly Caregiver Support Group, this month has been filled with meaningful moments. Although the weather has brought plenty of hot and humid days, we've stayed cool by enjoying lots of popsicles, ice cream, and refreshing treats with our residents. Most importantly, we are incredibly grateful for our dedicated team whose compassion, hard work, and commitment make Highlands feel like home each and every day.

We've also been blessed to welcome many new faces into our Highlands family this month, and we are excited to spend time getting to know each of them and learning their unique stories. As we look ahead to the coming month, we look forward to helping everyone settle in, building new friendships, and enjoying a variety of fun games, creative activities, and special events together. We can't wait to see what memories we'll create next!

A MESSAGE FROM OUR EXECUTIVE DIRECTOR



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.

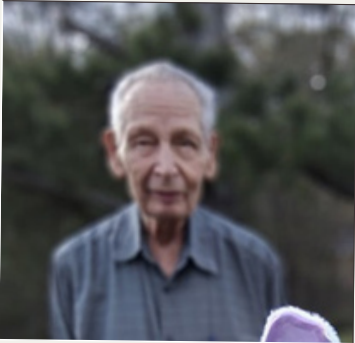
Thank you for being an important part of our community. Here's to a wonderful August filled with happiness, connection, and memories made together!

-Erica Watley McDaniel
Executive Director

HIGHLANDS

>>> HAPPY BIRTHDAYS

Staff Birthdays



PRESTON

Krystle- August 9
Alexas- August 15
Zena- August 28
Erica- August 29



THOMAS



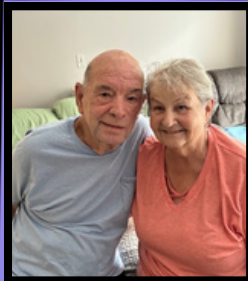
ELIZABETH



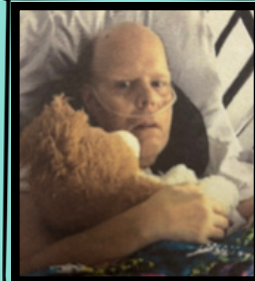
FRANCES

HIGHLANDS

NEW NEIGHBORS



CAROLYN &
RONALD
PERRY



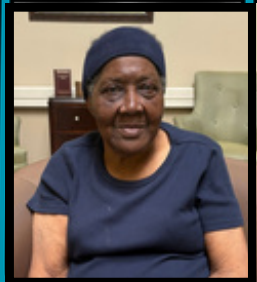
ANDREW
MOSS



BILL
LOVELESS



ROBERT
LEDFORD



PAULINE
MORELAND



ROBERT
NEGRELLI



GEORGE
TAYLOR

HIGHLANDS

DIETARY

	WEEK 1 8/2-8/8	WEEK 2 8/9-8/15	WEEK 3 8/16-8/22	WEEK 4 8/23-8/29
SUN	B: SAUSAGE AND GRITS L: CHICKEN COB SALAD D: AMERICAN GOULASH	B: CINNAMON ROLL WITH FRESH FRUIT L: FRIED FISH D: BEEF ROAST	B: CEREAL WITH FRESH FRUIT L: FRIED CHICKEN LEGS D: GLAZED HAM	B: OATMEAL WITH BOILED EGGS L: CHICKEN CASSEROLE D: HAM AND CHEESE SANDWICH
MON	B: WAFFLES WITH SAUSAGE L: MIXED BEANS WITH STEAMED CABBAGE D: BAKED SWAI FISH	B: OATMEAL WITH SAUSAGE L: CHICKEN SALAD SANDWICH D: TURKEY MEATLOAF	B: GRITS AND BACON L: TURKEY AND CHEESE SANDWICH D: CHICKEN AND RICE	B: GRITS WITH BACON L: CHICKEN POT PIE D: CHILI CHEESE DOG WITH COLESLAW
TUE	B: MUFFINS WITH SCRAMBLED EGGS L: FRIED PORKCHOP D: HERB CRUST CHICKEN	B: DANISH WITH BACON L: PHILLY CHEESESTEAK SANDWICH D: VEGGIE LASAGNA	B: CEREAL WITH FRESH FRUIT L: BBQ PORK CHOPS D: FRIED FISH STICKS	B: CEREAL WITH FRESH FRUIT L: BBQ PULLED PORK D: GLAZED HAM
WED	B: SAUSAGE GRAVY BISCUIT L: TURKEY BURGER D: BEEF TACOS	B: SAUSAGE GRAVY BISCUIT L: BBQ CHICKEN LEGS D: SMOTHERED PORK LOIN WITH GRAVY	B: PANCAKES WITH BACON L: VEGETABLE NOODLE SOUP D: DELUXE CHEESEBURGER	B: SAUSAGE GRAVY BISCUIT L: CHICKEN NOODLE SOUP D: LEMON PEPPER BAKED FISH
THU	B: CEREAL WITH SAUSAGE LINK L: BBQ PORK RIBS D: FRIED CHICKEN	B: HASHBROWN WITH BACON L: CHICKEN TORTELLINI D: HAMBURGER STEAK WITH GRAVY	B: SAUSAGE GRAVY BISCUIT L: BAKED SWEET POTATO WITH LIMA BEANS D: SMOTHERED CHICKEN	B: HASHBROWN WITH SAUSAGE L: STEAMED CABBAGE WITH BLACK EYED PEAS D: SMOTHERED TENDERLOIN
FRI	B: HASBROWN WITH BACON L: CHICKEN AND DUMPLINGS D: SMOTHERED CHICKEN WITH GRAVY	B: GRITS WITH BISCUIT AND EGGS L: BAKED SPAGHETTI D: SMOTHERED CHICKEN	B: OATMEAL WITH FRESH FRUIT L: FRIED CHICKEN D: ROASTED PORK LOIN	B: DANISH WITH BACON L: GLAZED MEATLOAF D: MIXED BEANS WITH SLICED TOMATO AND ONION
SAT	B: GRITS WITH SAUSAGE L: BUTTERBEANS WITH SQUASH & ZUCCHINI D: BEEF STROGANOFF	B: FRENCH TOAST WITH BACON L: PINTO BEANS AND MASHED POTATOES D: CHEESEBURGER HELPER	B: GRITS WITH BACON L: SLOPPY JOE SANDWICH D: SHRIMP ALFREDO	B: WAFFLES WITH BACON L: BAKED CHICKEN D: BEEF SPAGHETTI

HIGHLANDS

HIGHLIGHTS



HIGHLANDS

>>> ACTIVITIES



As we welcome the month of August, we're excited to continue creating opportunities for our residents to laugh, learn, and connect with one another. This month, we'll be showcasing even more trivia games to encourage conversation, reminiscence, and friendly competition, along with a variety of motor activities designed to keep everyone active and engaged. Whether we're testing our knowledge, exercising our minds, or enjoying movement-based games together, our goal is to promote social interaction while creating meaningful moments each day. We look forward to another month filled with smiles, new friendships, and plenty of fun here at Highlands!



HIGHLANDS DID YOU KNOW??



Step Right Up! Carnival Trunk or Treat

🎪 Step Right Up to Our Second Annual Carnival Trunk or Treat! 🎃 Join us on Friday, October 30, from 5:00 PM–7:00 PM for an evening of carnival-themed fun for the whole family! Come enjoy exciting games, delicious snacks, plenty of candy, and festive entertainment as we celebrate the season together. We'd love for you to decorate a trunk and be part of the fun! If you're interested in hosting a trunk, please reach out to Charlesha Lawrence by email or text to sign up. We can't wait to see everyone for a night filled with laughter, treats, and carnival excitement! Email: charlesha.l@highlands.care/ text: 706-584-0152.



Highlands Annual Thanksgiving Luncheon

🦃 Join Us for Our Thanksgiving Luncheon! 🍁 We warmly invite you to our Thanksgiving Luncheon on Thursday, November 20, at 1:00 PM. Gather with us for a delicious meal, fellowship, and an opportunity to celebrate the season of gratitude. Plates are \$5.00 per person, and all proceeds will benefit Christmas gifts for our residents and staff, helping make the holiday season extra special for our Highlands family. Please RSVP by November 12 to reserve your spot. Additional details will be shared as the event approaches. We look forward to celebrating with you!

PERSONAL CARE CALENDAR

AUGUST 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 10:30- Sherwood Church Service LIVESTREAM 3PM- Bible study with Mrs. Kathy 2	 11AM- Music Show with Donnie provided by Tapestry Hospice 3	 11AM- Craft Corner 2PM- Tic- Tac-Toss 4	11AM- Puzzles and Board Games 2PM- Activity with Traci from Willowbrook Hospice 5	10:30AM- Activity with Ericka Allen from Willowbrook Hospice 2PM- Craft Corner 6	10:30AM- Monthly Health Clinic with Pruitt Hospice 2PM- Bingo with Lindsey from Affinity Hospice 7	10:30- Bible Study with Tom Bing 2PM- Activity Sheets 1
10:30- Sherwood Church Service LIVESTREAM 3PM- Bible study with Mrs. Kathy 9	10AM- Devotional service with Terry from Tapestry Hospice 2PM- Cornhole Toss 10	11AM- Craft Corner 2PM- Tic- Tac-Toss 11	11AM- Bingo 2PM- Trivia with Redonna from Transistions Hospice 12	11AM- Nail day with Celina form Tapestry 2PM- Afternoon Activity 13	11AM- Twister Bean Bag Toss 2PM- Paint and Sip Class 14	10:30- Bible Study with Tom Bing 2PM- Activity Sheets 15
10:30- Sherwood Church Service LIVESTREAM 3PM- Bible study with Mrs. Kathy 16	10:30AM- Noodle Race 2PM- Elvis movietthon with Brook from Pruitt Health 17	11AM- Roller Plate Surprise 2PM- Afternoon Activity 18	11AM- Morning Movement 2PM- Afternoon Activity 19	10:30- Worship service with George from Heyman Hospice 11:30AM- Craft Corner with Ericka Allen from Willowbrook Hospice 20	11AM- Morning Movement 2PM- Afternoon Activity 21	10:30- Bible Study with Tom Bing 2PM- Activity Sheets 22
10:30- Sherwood Church Service LIVESTREAM 3PM- Bible study with Mrs. Kathy 23	10AM- Morning Movement 4PM- Devotional service with Terry from Tapestry Hospice 24	10AM- Trivia Shuffle 3PM- Ice Cream Social 25	10AM- Wheel of Fortune 2PM- One on One meetings 26	10AM- Bingo Ball Toss 2PM- Balloon Batminton 27	11AM- Art Class 2PM- Birthday party with Traci from Willlobrook 28	10:30- Bible Study with Tom Bing 2PM- Activity Sheets 29
10:30- Sherwood Church Service LIVESTREAM 3PM- Bible study with Mrs. Kathy 30	 31	Personal Care				

MEMORY CARE CALENDAR

AUGUST 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 10:30- Sherwood Church Service LIVESTREAM 3PM- Bible study with Mrs. Kathy 2	 11AM- Music Show with Donnie provided by Tapestry Hospice 3	 11AM- Craft Corner 3PM- Tic- Tac-Toss 4	11AM- 2PM- Activity with Traci from Willowbrook Hospice 5	10:30AM- Activity with Ericka Allen from Willowbrook Hospice 2PM- Craft Corner 6	10:30AM- Monthly Health Clinic with Pruitt Hospice 2PM- Bingo with Lindsey from Affinity Hospice 7	10:30- Bible Study with Tom Bing 2PM- Activity Sheets 1
10:30- Sherwood Church Service LIVESTREAM 3PM- Bible study with Mrs. Kathy 9	10AM- Devotional service with Terry from Tapestry Hospice 3PM- Cornhole Toss 10	11AM- Craft Corner 3PM- Tic- Tac-Toss 11	11AM- Bingo 2PM- Trivia with Redonna from Transistions Hospice 12	11AM- Nail day with Celina form Tapestry 2PM- Afternoon Activity 13	11AM- Twister Bean Bag Toss 3PM- Craft Corner 14	10:30- Bible Study with Tom Bing 2PM- Activity Sheets 15
10:30- Sherwood Church Service LIVESTREAM 3PM- Bible study with Mrs. Kathy 16	11:30AM- Noodle Race 2PM- Elvis movietthon with Brook from Pruitt Health 17	11AM- Roller Plate Surprise 2PM- Afternoon Activity 18	11AM- Morning Movement 2PM- Afternoon Activity 19	10:30- Worship service with George from Heyman Hospice 11:30AM- Craft Corner with Ericka Allen from Willowbrook Hospice 20	11AM- Morning Movement 2PM- Afternoon Activity 21	10:30- Bible Study with Tom Bing 2PM- Activity Sheets 22
10:30- Sherwood Church Service LIVESTREAM 3PM- Bible study with Mrs. Kathy 23	11AM- Morning Movement 3PM- Dance Party! 24	11AM- Balloon Batminton 3:30PM- Ice Cream Social 25	11AM- Wheel of Fortune 3PM- One on One meetings 26	11AM- Bingo Ball Toss 3PM- Balloon Batminton 27	10AM- Art Class 3PM- Birthday party with Traci from Willlobrook 28	10:30- Bible Study with Tom Bing 2PM- Activity Sheets 29
10:30- Sherwood Church Service LIVESTREAM 3PM- Bible study with Mrs. Kathy 30	 31	Memory Care				

HIGHLANDS

>>> HOT SHOTS



ROCKSTAR RESIDENT

Janice Nelson

Congratulations to our Rockstar Resident, Janice Nelson! Janice is the fire-red, spunky heart of our facility, bringing energy, laughter, and a vibrant spirit wherever she goes. She never misses a good nail day or a meaningful devotion service, and her enthusiasm for life is truly inspiring. We have been especially delighted to see Janice bounce back after her recent health setback with the same strength, determination, and smile that everyone knows and loves. Her resilience has been an encouragement to both residents and staff alike. Janice's joyful personality and unwavering spirit make Highlands Senior Living a brighter place every day. Congratulations, Janice—we're so thankful to celebrate you as our Rockstar Resident! I can also make this sound more like a Facebook spotlight post with emojis and a warmer, more engaging tone if you'd like.



EMPLOYEE OF THE MONTH

Telina McCoy

Please join us in congratulating our Employee of the Month, Telina! Her caring heart, compassionate spirit, and enthusiastic attitude are exactly what make an exceptional caregiver. She goes above and beyond each day to ensure our residents feel loved, respected, and cared for, and it doesn't go unnoticed. In fact, our residents voted for this recognition, and we couldn't agree more that she is truly the best! If you've ever looked around and couldn't find Telina, don't worry... she's probably just hiding behind the nurses' station! 😊 While she may be a little short in height, she has one of the biggest hearts in the building. And if you know her, you know she's also our biggest Stitch fan—bringing just the right amount of fun, laughter, and "ohana" wherever she goes.

MEET THE TEAM!



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Kayla Burns
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Nisha Hanner
Resident Care Coordinator
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Charlesha Lawrence
Activities Director
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Marrissa Rampley
Digital Marketing Director
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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.