



HIGHLANDS

SENIOR LIVING & HOME HELPERS

AUGUST 2026
NEWSLETTER



As July fades away, August arrives, bringing us the last beautiful stretch of summer!

Last month we began our fun by having the Howards Women's Center come and delight our entire community with a delicious cheesecake bar! Then we took the opportunity to celebrate our Independence Day with more yummy treats and an alternate version of our favorite classic live string band music.. bluegrass rhythms! Throughout the month we have been painting and crafting quite a bit, and I must say we have quite a bit of talent and enthusiasm in this community! We always appreciate participation and smiles!

August is also promising fun, as we enjoy summer a little longer, with a Luau Party, including more summer treats and music variety with the Dave & Haley band! We will also bring back an all time favorite, the axe-throwing competition, which is a blast...and completely safe, I assure you! Many of our familiar faces, or 'cherished guests' as we prefer to call them, will be making appearances and bringing great things to share with our community, including Inspire Hospice and Community Bank, which will be delivering a very beneficial presentation on senior fraud! As we all know this day in time this is something we could all stand to hear! We will continue to have our family caregiver support meetings, which thankfully are growing in numbers. This month it will be held on the 3rd Thursday, still at 2:00 pm. However, next month we will move it to 6:00 in the evening so as to accommodate for more people's schedules!

One last note- We will be focused over the next two or three months on our Thrift Store fundraiser, and any good donations would be greatly appreciated! All funds will go towards activities, especially the General Store where residents can get extra goods with red tickets, obtained from attending any activity!

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!

-Amanda Strickland
Executive Director

HIGHLANDS

>>> HAPPY BIRTHDAYS

Staff Birthdays



LAMAR A.

Jamie Wilson 8/5
Jey Sharpton 8/10
Berenice Ruiz 8/28



LOETTE F



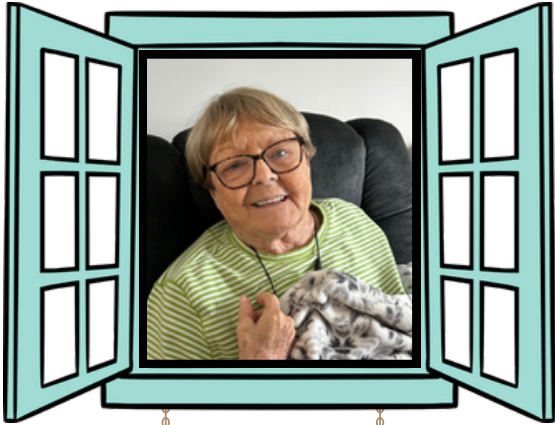
JOHNNIE N.



TRAVIS W.

HIGHLANDS

>>> NEW NEIGHBORS



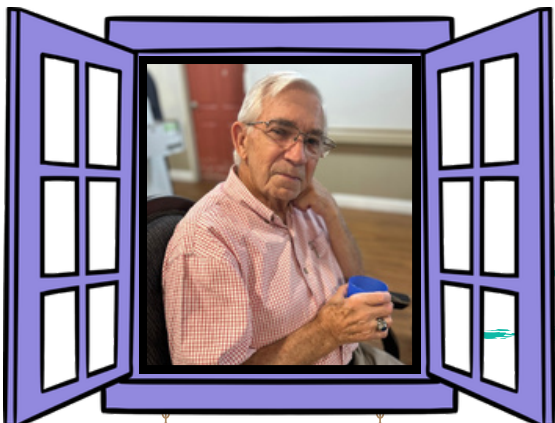
JEWELL
STEWART



MARY
REBER



BETH
VELDUIS



WILLIAM
SIMMONS



HIGHLANDS

HIGHLIGHTS



HIGHLANDS

HIGHLIGHTS



HIGHLANDS

ACTIVITIES



As I mentioned earlier, we are bumping up our activities program with a big incentive called the 'General Store' where residents can purchase goods, including snacks, drinks, toiletries and more with red tickets that are obtained only by attending activities. The General Store will be funded by proceeds from the Thrift Store, which the residents will enjoy as well. Not having many opportunities to shop, 'In-house stores' have been rather successful in the past. My intention is to have items that they can use or would enjoy and to keep the prices low so that everyone that wants to, can participate. It will take actual cash to purchase things from this store, as it will fund the other programs. We are also opening up this fundraiser to the public, with hope for more sales. If you have a donation, please contact me directly or through MaryAnn at the front desk. As always we appreciate your time and support to keep our community thriving! We hope that these two projects will be beneficial and enjoyable to everyone!

HIGHLANDS DID YOU KNOW??



Caregiver Support Group
Adult Care on Aging Parent

This support group provides caregivers facing the challenges of aging loved ones with an opportunity to share experiences, receive encouragement, gain guidance, and find support in a caring and understanding environment.

4th Thursday of the month
2:00pm - 3:00pm

Highlands Senior Living
50 Sumner Way, Jefferson, GA 30549
706-387-7000

Family Support Group

Sometimes the greatest healing begins with a simple conversation! You DON'T have to face life's challenges alone! We would love to have you join us for a caring, supportive group where you can share, listen, and find encouragement in the company of friends! Every journey is easier when we walk it together! So come as you are, talk, listen or simply be around others that understand! Together we can find strength in community, which are friends in our Highlands family! *This month* we will meet on the 3rd Thurs. the 20th of August, same time. However, next month we will begin holding sessions at 6pm so as to accommodate as many people's schedules as possible.

We hope that you will come, however you may and leave with a greater sense of peace and understanding, As always, thank you for your support!



Luau Fun and Festivities

This month, on Thursday, August 13th, we will be having our annual Luau Party with tropical treats, Hawaiian decor, fun with friends and great music by the Dave & Hailey band! This year promises to be equally as fun as last year, with photo opportunities, games and great entertainment! We hope that you will join us for this fun summer celebration, taking time to visit with loved ones and taking a break for yourself! The Luau will take place in our activity room at Highlands between 2:30 and 4:30, with the band starting at 3:30. This way residents can go straight to dinner, and be done for the evening, having had a fun and fulfilled day with family and friends! :)

PERSONAL CARE CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*All Activities are subject to change! August 2026 Highlands Senior Living~ Assisted Living Calendar *please note support group change of date!						
10:00 Livestream Church Service in the Activity room 1:00 Resident-led Bible Study in the activity room	9:30 Morning Devotions With MaryAnn 10:15 Moving to Music Exercise & Stretches 11:00 Monday Manicures 2:00 Beading Bonanza 3:30 BINGO	9:30 Morning Devotions With MaryAnn 10:15 Moving to Music Exercise & Stretches 2:30 Luau Leaves & Fun Flower Crafts 3:30 Additional Crafting Fun	9:30 Morning Devotions 10:00 Walmart Outing- please Sign up in Activity Room 10:15 Moving to Music 11:00 Jennie & Encouragers Piano Gospel Music 3:30 Candy BINGO	9:30 Morning Devotions With MaryAnn 10:15 Moving to Music Exercise & Stretches 1:00 Thrift Store Thurs Open 4:00 Thrift Store Thurs Close	9:30 Morning Devotions With MaryAnn 10:15 Moving to Music Exercise & Stretches 2:30 AXE THROWING GAME! 3:00 BINGO & Bingo Store	10:30 Cards, Games, Puzzles and Art Available in Activity Room 1:00 BINGO 2:00 Saturday Movie Matinee (your choice; staff will start)
10:00 Livestream Church Service in the Activity room 1:00 Resident-led Bible Study in the activity room 3:00 Academy Baptist Service in Activity Room	9:30 Morning Devotions With MaryAnn 10:15 Moving to Music Exercise & Stretches 11:00 Monday Manicures 2:00 Painting with a Purpose 3:30 BINGO	9:30 Morning Devotions With MaryAnn 10:15 Moving to Music Exercise & Stretches 1:30 Resident Council Mtg. 2:30 Firefly Nile Light Craft 3:30 Crafting with a Purpose	9:30 Morning Devotions 10:00 Dollar Tree Outing- pls. Sign up in Activity Room 10:15 Moving to Music 3:30 BINGO 6:00 Bethel Kellum Music & Devotional Service	9:30 Morning Devotions With MaryAnn 10:15 Moving to Music Exercise & Stretches 12:00-1:00 Thrift Store Hour 3:00 Luau Party 3:30 Dave & Haley Music	9:30 Morning Devotions With MaryAnn 10:15 Moving to Music Exercise & Stretches 2:30 Putt- Putt Party! 3:00 BINGO & Bingo Store	10:30 Cards, Games, Puzzles and Art Available in Activity Room 1:00 BINGO 2:00 Saturday Movie Matinee (your choice; staff will start)
10:00 Livestream Church Service in the Activity room 1:00 Resident-led Bible Study in the activity room 2:00 Purpose Church Visits	9:30 Morning Devotions With MaryAnn 10:15 Moving to Music Exercise & Stretches 11:00 Monday Manicures 2:00 Beading Bonanza 3:30 BINGO	9:30 Morning Devotions With MaryAnn 10:00 Veteran's Café Social Ft. Coffee & Donuts 4 Vets 10:15 Moving to Music Exercise & Stretches 2:30 Painting for the Park	9:30 Morning Devotions 10:00 Walmart Outing- please Sign up in Activity Room 10:15 Moving to Music 3:00 Cissy & Butterbean Auction 3:30 Candy BINGO	9:30 Morning Devotions With MaryAnn 10:15 Moving to Music 1:00 Thrift Store Thurs Open 2:00 Family Caregiver Support Group Meets! *Change of Date! 4:00 Thrift Store Thurs Close	9:30 Morning Devotions With MaryAnn 10:15 Moving to Music Exercise & Stretches 1:30 Donnie Brings Tasty Treats & Trivia 3:00 BINGO & Bingo Store	10:30 Cards, Games, Puzzles and Art Available in Activity Room 1:00 BINGO 2:00 Saturday Movie Matinee (your choice; staff will start)
10:00 Livestream Church Service in the Activity room 1:00 Resident-led Bible Study in the activity room 2:00 Ken Welborn Music & Devotion	9:30 Morning Devotions With MaryAnn 10:15 Moving to Music Exercise & Stretches 11:00 Monday Manicures 2:30 Angela plays Games 3:30 BINGO	9:30 Morning Devotions With MaryAnn 10:15 Moving to Music Exercise & Stretches 1:30 Joy & St. Mary's Snacks & Fun 2:30 More Painting & Crafting	9:30 Morning Devotions 10:00 Thrift Store Outing-pls. Sign up in Activity Room 10:15 Moving to Music 1:30 Senior Fraud Presentation! 3:30 General Store Opens Red Tickets Only \$2	9:30 Morning Devotions With MaryAnn 10:15 Moving to Music Exercise & Stretches 12:00-1:00 Thrift Store Hour 3:00 Birthday Bash- Funny Games Included	9:30 Morning Devotions With MaryAnn 10:15 Moving to Music Exercise & Stretches 2:00 Large Group Game 3:00 BINGO & Bingo Store	10:30 Cards, Games, Puzzles and Art Available in Activity Room 1:00 BINGO 2:00 Saturday Movie Matinee (your choice; staff will start)
10:00 Livestream Church Service in the Activity room 1:00 Resident-led Bible Study in the activity room	9:30 Morning Devotions With MaryAnn 10:15 Moving to Music Exercise & Stretches 11:00 Monday Manicures 2:20 Painting Projects Cont. 3:30 BINGO	31 Happy Birthday August Babies~ Loette F. 8/02, Lamar A. 8/06, Joe M. 8/10, Travis W. 8/17, Johnnie N. 8/22 *Residents, please note~ All activities attended are worth one red ticket. Exercise, Saturday Movies and Sunday livestream Church service are worth two tickets. Tickets are redeemable at the general Store at the end of the month. 'Happy Active August!' ©				

Highlands Senior Living 50 Summer Way Jefferson, Ga. 30549

MEMORY CARE CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August 2026 Highlands Senior Living- Memory Care Calendar						
8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack & Hydration 11:00 LUNCH 12:30 Group Activities 2:00 Snacks & A Movie 3:30 Therapy Activities 4:00 Walk & Roll	8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack & Hydration 11:00 LUNCH 12:30 Group Activities 2:00 Snacks & A Movie 3:30 Therapy Activities 4:00 Walk & Roll	8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack & Hydration 11:00 LUNCH 12:30 Group Activities 2:00 Snacks & A Movie 3:30 Therapy Activities 4:00 Walk & Roll	8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack & Hydration 11:00 LUNCH 12:30 Group Activities 2:00 Snacks & A Movie 3:30 Therapy Activities 4:00 Walk & Roll	8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack & Hydration 11:00 LUNCH 12:30 Group Activities 2:00 Snacks & A Movie 3:30 Therapy Activities 4:00 Walk & Roll	8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack & Hydration 11:00 LUNCH 12:30 Group Activities 2:00 Snacks & A Movie 3:30 Therapy Activities 4:00 Walk & Roll	8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack & Hydration 11:00 LUNCH 12:30 Group Activities 2:00 Snacks & A Movie 3:30 Therapy Activities 4:00 Walk & Roll
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Highlands Senior Living 50 Summer Way Jefferson, Georgia. 30549

HIGHLANDS

>>> HOT SHOTS



ROCKSTAR RESIDENT

Brenda Sanders

From the moment this Lady stepped through the door, she had us all laughing! What a ray of sunshine she is! Always trying to help others, especially in activities, she never stops asking... "How can I help you?" and the jokes and funny names never cease either! Whether she's calling someone by a funny name, telling a silly joke or making a smart-alec comment, she remains the life of the party! She loves crafting, painting, music and sewing and on most given days you can find her down in the activity room busy creating something, surely intended as a gift for someone else. Brenda also loves making things for other people to make them smile! Brenda, you have a beautiful smile, yourself, and we love the way that it is so contagious when you are around others! Thanks for being such a great part of our Highlands family!



EMPLOYEE OF THE MONTH

Chris Mayweather

Chris is a dedicated team member who consistently demonstrates a strong work ethic and willingness to help wherever he's needed. No matter the floor assignment, He is always ready to lend a hand to his co-workers and even steps in to assist other departments when needed. Since his return, Chris has been punctual every single day and has truly stepped up to the plate! His kind, pleasant attitude towards residents, their families, and fellow team members makes him a valued part of the Highlands team. Chris, we appreciate your commitment, reliability, and positive spirit! We're glad you're part of our Highlands family! Keep on rocking!

MEET THE TEAM!



Amanda Strickland
Executive Director
amanda.s@highlands.care



Katelyn Hobbs
Administrative Assistant
katelyn.h@highlands.care



Keith Galas
District Marketing Mgr.
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Jessica Blevins
Resident Care Director
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Fran Hoard
Program Director
fran@highlands.care



Walter Grimes
Maintenance Director
walter.g@highlands.care



Terri Cowart
Dietary Manager
terri.c@highlands.care



Shane Strickland
Maintenance Manager
shane.s@highlands.care

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!!
@HighlandsSeniorLivingJefferson