



HIGHLANDS

SENIOR LIVING & HOME HELPERS



OCTOBER 2026
NEWSLETTER

WHAT'S HAPPENING AT HIGHLANDS

September was a month bursting with new experiences, adventures, and endless laughter across our community. We kicked off our travels with an exciting first trip to the Highlands Rome facility, where everyone enjoyed exploring new surroundings and sharing wonderful moments together. Back at home, our days were filled with inspiration from many fantastic guest speakers, alongside plenty of hands-on fun whipping up a variety of delicious treats. One of our proudest highlights was getting to honor our local heroes by serving a special appreciation brunch to a couple of awesome first responders. To top it all off, we celebrated Assisted Living Week in spectacular style with creative dress-up days, culminating in an unforgettable, high-energy glow party that had everyone smiling and making memories.

Looking ahead, October is shaping up to be just as spectacular and full of seasonal fun. We are proud to honor Breast Cancer Awareness Month by hosting an educational and supportive community health fair. Our calendar is also packed with exciting neighborhood connections, including celebrating National Coffee with a Cop Day to share warm drinks and great conversation with our local officers. The festive spirit is already in full swing as we kick off our highly anticipated door decoration contest on October 2nd. We have already begun collecting candy at the front desk and are eagerly looking forward to welcoming a joyful crowd of neighborhood trick-or-treaters to our doors at the end of the month!

A MESSAGE FROM OUR EXECUTIVE DIRECTOR



October brings cooler days, beautiful fall colors, and plenty of reasons to celebrate. It's a wonderful time of year to enjoy the simple things, gathering with friends, sharing a good laugh, enjoying a favorite activity, and making memories together.

Our community has a fun-filled month ahead, with opportunities to celebrate the season and spend meaningful time with one another. From fall festivities to special events and everyday moments with friends, we hope October brings plenty of joy, connection, and smiles to our community.

OCTOBER



BUILDING COMMUNITY

Mental Illness Awareness Week
Oct. 5 – Oct. 11, 2025

MENTAL ILLNESS AWARENESS WEEK

October 5-11, 2026:
"Community: Supporting
Mental Well-Being Together"

OCTOBER

Breast Cancer Awareness Month

OCTOBER 1ST

International Day of Older Persons

OCTOBER 31ST

Halloween

I am continually grateful for the residents who bring so much personality and warmth to our community, the families who continue to support us, and our dedicated team members who work hard each day to make a difference. Each of you plays an important role in making our community feel like home.

As the leaves begin to change, I hope we all take a moment to appreciate the beauty of the season and the people who make each day special. May this October be filled with friendship, laughter, celebration, and many wonderful memories.

Thank you for being such an important part of our community. We look forward to enjoying all that this beautiful season has to offer together!

-Courtney
Executive Director



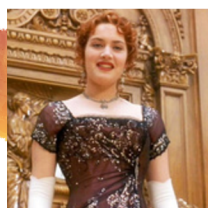
HIGHLANDS

BIRTHDAYS

FAMILIAR FACES



Julie Andrews
October 1, 1935



Kate Winslet
October 5, 1975



Travis Kelce
October 5, 1989



John Lennon
October 9, 1940



Kamala Harris
October 20, 1964



Julia Roberts
October 28, 1967

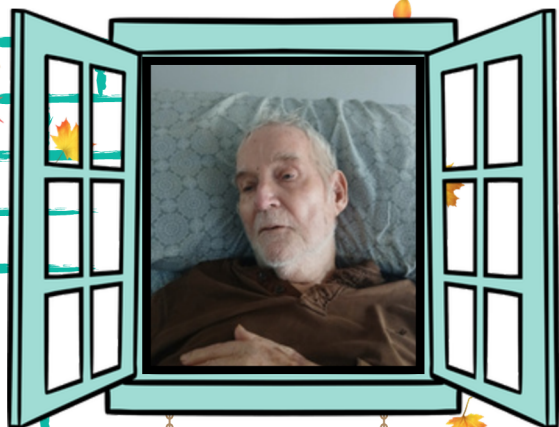


EDWARD
10/13

HIGHLANDS STAFF

Courtney Akins- 10/10

NEW NEIGHBORS



JOHN
RICE



BARBARA
WILLIAMS

HIGHLANDS

WORDSEARCH

C	O	S	T	U	M	E	V	L	W	Q	M	P	A	G	D	E	O	S	S
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OCTOBER
AUTUMN
HARVEST
PUMPKIN
LEAVES

APPLE
CIDER
HAYRIDE
SCARECROW
ACORN

MAPLE
SWEATER
HALLOWEEN
COSTUME
WITCH

GHOST
BAT
CANDY
SPIDER
BONFIRE

HIGHLANDS

HIGHLIGHTS

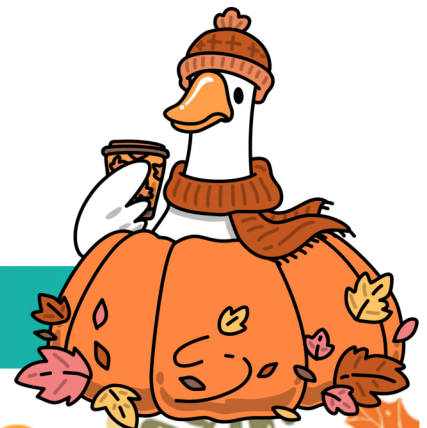


HIGHLANDS

ACTIVITIES



A message from the Activities Director: Hey everyone! Can you believe October is already here? Pretty soon, the trees will be vibrant with autumn colors and the weather will bring that perfect, crisp chill. This month, I'm so excited for everything fall has to offer—from cozy crafts and pumpkin decorating to hot chocolate socials and our annual door decorating contest. And, of course, I can't wait to welcome all the trick-or-treaters!



ACTIVITIES CALENDAR

OCTOBER 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10AM-Butterbean Auction With Kyndal 2PM-Famous Poem Reading 3PM- Pumpkin Pie Social	2 10AM-Door Decorating With Kimberley 2PM-Bounce and Score 6PM-Card Club	3 9AM- World News 1PM- Walk Around the Community 5PM-Meditation
4 10AM- Televised Worship Service 1PM-Social Hour 4PM-Reading & Relaxing	5 10AM-Activity with Jaimie 11AM- Photo Shoot with Amber 2PM-Tabletop Golfing	6 10AM- Devotional with David 10AM-Ladies Hairday with Amber 2PM-Donut Bar with Haley	7 10AM- Bible Study with Marion 11AM-Wrecking Ball 2PM-One on One Time	8 10AM- Creative Corner 1:30PM- Caramel Apple Bar 2PM-Decode 3PM-Nail Day	9 10AM- Pet Therapy with Acaring Hospice 12:30PM- Pizza and Beer 2PM-One on One Time	10 9AM- Coloring Sheets 1PM- Movie 5PM-Meditation
11 10AM- Televised Worship Service 1PM-Social Hour 4PM-Reading & Relaxing	12 10AM- Creative Corner 11:30-Color Sorting 2PM-Balloon Challenge	13 10AM- Devotional with David 11AM-Hair Day with Amber 11:30-Paths& Puzzles 2PM-One on One	14 10AM-Bible Study with Marion 11:30AM-Beach Towel Volleyball 2PM-Birthday Party with Tracie	15 10AM-Brain Aerobics 11:30AM-Hanger Toss 2PM-The Sweet Lab	16 10AM-Creative Corner 11:30AM-Balloon Badminton 2:30PM-Activity with Jaimie	17 9AM- World News 1PM- Walk Around the Community 5PM-Meditation
18 10AM- Televised Worship Service 1PM-Social Hour 4PM-Reading & Relaxing	19 10AM- Virtual Dementia Training 1PM- The Sweet Lab 2PM-Creative Corner	20 10AM-Devotional/ Virtual Dementia Training 1PM- Ghost Scavenger Hunt 2PM-Creative Corner	21 10AM- Bible Study with Marion 11AM-Witch Hat Ring Toss 4PM- Mobile Library	22 10AM-Pretty Nails 2PM-Cheeto Toss 6PM-Card Club	23 10AM-One on One 11:30AM- Horse Races 1:30PM-Popsicles with Pruitt 2PM-Booze& Tattoos with Amber	24 9AM- Coloring Sheets 1PM- Movie 5PM-Meditation
25 10AM- Televised Worship Service 1PM-Social Hour 4PM-Reading & Relaxing	26 10AM-Creative Corner 2PM- Smores and Ghost Stories 3PM- Deja-Boo	27 10AM-Devotional With David 1PM- Throwback Tuesday Theatre	28 10AM-Bible Study with Marion 11AM-Pumpkin Painting 2PM-Think Fast Game	29 10AM-Resident Council 12PM-Apple Toss 2PM-Guessing Games	30 10AM- Halloween Make UP 12PM-Chilling, Thrilling Harmonies 6PM-The Grand Halloween Gathering	31 9AM- World News 1PM- Walk Around the Community 5PM-Meditation

HIGHLANDS

HAPPY & HEALTHY CORNER

POSITIVE THOUGHT

October reminds us that change can be beautiful. Embrace each new season, cherish the memories, and make room for new moments of joy.

JUST FOR LAUGHS

Why don't skeletons fight each other?

They don't have the guts!

THIS MONTH IN HISTORY

October 1, 1908: The Ford Model T went into production.

October 13, 1955:
The Honeyymooners premiered.

October 4, 1957: Sputnik 1, the first artificial satellite, was launched.

October 14, 1964: Martin Luther King Jr. was awarded the Nobel Peace Prize.

October 24, 1945: The United Nations was officially established.

WELLNESS TIPS

Take a Fall Walk:

Enjoy the cooler weather and colorful leaves while getting some gentle movement.

Dress in Layers:

Fall temperatures can change throughout the day, layers can help you stay comfortable.

DID YOU KNOW?

Fall leaves don't actually turn orange and yellow. Those colors become visible as the green chlorophyll breaks down.

CELEBRATING SEPTEMBER

October 1: International Coffee Day

October 4: World Animal Day

October 5: World Teachers' Day

October 10: World Mental Health Day

October 16: World Food Day

October 31: Halloween

HIGHLANDS

>>> HOT SHOTS



ROCKSTAR RESIDENT

Martha

We are proud to honor Ms. Martha Loudermilk as this month's Rockstar Resident. Martha's heart of gold and vibrant spirit shine through in everything she does. It has been a true joy seeing her get more involved in our activities recently. With her precious laugh, ready giggle, and kind love for animals, Martha makes our community a warmer, happier place every single day.



EMPLOYEE OF THE MONTH

Pamela

We are absolutely thrilled to announce Ms. Pamela (or "Pam," as many of us affectionately know her) as our Employee of the Month!

Pam truly goes above and beyond every single day to tend to our residents and make our community feel like home. Whether she is meticulously taking care of the laundry, stepping in to help with daily care, or simply spending a few quiet moments sharing love and conversation, she does it all with a radiant smile.

With her beautiful heart and kind disposition, Pam brings so much joy to our halls. Thank you, Pam, for your endless dedication and for the profound comfort you bring to our residents. We are so blessed to have you on our team!

MEET THE TEAM!



Courtney Akins
Executive Director
courtney.a@highlands.care



Haven Easterwood
Job Title
email@highlands.care



Nikki Tidwell
Activities Director
nikki.t@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!!
[@HighlandsSeniorLiving](https://www.facebook.com/HighlandsSeniorLiving)