



# HIGHLANDS

SENIOR LIVING & HOME HELPERS



OCTOBER 2026  
NEWSLETTER

## WHAT'S HAPPENING AT HIGHLANDS

We welcomed fall with seasonal crafts and comforting meals like chicken and dressing, sweet potato soufflé, warm vegetable soup, baked apples, pumpkin treats, and fresh cornbread. Our residents have enjoyed decorating the halls with colorful autumn leaves and festive creations. Now, we are just waiting for the weather to catch up with the season so we can spend more time outside enjoying the crisp air and watching the leaves fall! Our caramel apple bar is right around the corner!

We are excited to welcome October and everything that comes with the full fall breeze! This month will be filled with seasonal activities, delicious treats, and plenty of opportunities to make special memories together. Our Annual Trunk-or-Treat and Captain's Dinner are sure to be the highlights of the month, and we cannot wait to celebrate with our residents, families, staff, and community! If you would like to host a trunk, operate a game booth, or donate candy please reach out to our activities director Charlesha at [charlesha.l@highlands.care](mailto:charlesha.l@highlands.care).

# 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 1<sup>ST</sup>**  
International Day of Older Persons

**OCTOBER 31<sup>ST</sup>**  
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!

*-Erica Whatley-McDaniel*  
Executive Director





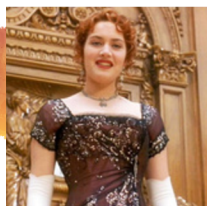
# HIGHLANDS

## BIRTHDAYS

### FAMILIAR FACES



Julie Andrews  
October 1, 1935



Kate Winslet  
October 5, 1975



Travis Kelce  
October 5, 1989



BARBARA  
10/20



John Lennon  
October 9, 1940



Kamala Harris  
October 20, 1964



Julia Roberts  
October 28, 1967



GARY  
10/14

### HIGHLANDS STAFF

Kayla Burns-October 22

## NEW NEIGHBORS



CARMELLA  
COLLINS



STEPHEN  
MCCLURE

# HIGHLANDS

## WORDSEARCH

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
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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





# PERSONAL CARE CALENDAR

## OCTOBER 2026

| Sunday                                                                            | Monday                                                                                                                            | Tuesday                                                                                             | Wednesday                                                                                                                | Thursday                                                                                                                                        | Friday                                                                                                 | Saturday                                                                                  |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|
|  | <b>PERSONAL CARE</b>                                                                                                              |                                                                                                     |                                                                                                                          | 1<br>10AM- Craft Corner<br>2:30PM- Cupcake Decorating                                                                                           | 2<br>10AM- Craft Corner<br>2:30PM- Roller Plate Surprise                                               | 3<br>10:30- Bible Study with Tom Bing<br>2PM- Activity Sheets                             |
| 4<br>10:30- Sherwood Church Service LIVESTREAM                                    | 5<br>10AM- One on One Meetings<br>2:30PM- Afternoon Activity                                                                      | 6<br>10:30AM- Resident Council<br>2PM- Halloween Yase Painting with Traci from Willowbrook Hospice  | 7<br>10AM- Fall Wreath Class<br>2:30PM- Afternoon Activity                                                               | 8<br> Coosa Valley Senior Pagent!<br>Lets all support Alice!!! | 9<br>10AM- Morning Movement<br>2:30PM- Courtyard Sippin                                                | 10<br>10:30- Bible Study with Tom Bing<br>2PM- Activity Sheets                            |
| 11<br>10:30- Sherwood Church Service LIVESTREAM                                   | 12<br>10:30AM- Devotional service with Terry from Tapestry Hospice<br>2:30PM- Fall Wreath Class Part 2                            | 13 <i>TwOsme Tuesday</i><br>10AM- Movie and a Snack<br>2:30PM- Movie and popcorn                    | 14<br>10:30AM-Morning Activity<br>2PM- Butterbean Auction with Cory from Amedysys Hospice                                | 15<br>10:30AM- Chefs Corner with Jan Shephard<br>2:30PM- Afternoon Activity                                                                     | 16<br>10:30AM-Halloween Door Contest Part 1<br>2PM- Name that Tune with Traci from Willowbrook Hospice | 17<br>10:30- Bible Study with Tom Bing<br>2PM- Activity Sheets                            |
| 18<br>10:30- Sherwood Church Service LIVESTREAM                                   | 19<br>10AM- Craft Corner; Halloween Door Contest Part 2<br>2:30PM- Afternoon Activity                                             | 20<br>10:30AM-Morning Movement<br>2:30PM-Monthly Birthday Party with Traci from Willowbrook Hospice | 21<br>11AM- Cake Walk with Kyndall Parker from Homespun Hospice<br>2PM- Chefs Corner with Jan Shepherd; Harvest Chex Mix | 22<br>9AM- Morning Movement<br>10AM- Captains Dinner Prep<br>2PM- Halloween Decor<br><i>Captains Lunch</i>                                      | 23<br>9AM-Morning Movement<br>2PM-Movie and Snacks                                                     | 24<br>10:30- Bible Study with Tom Bing<br>2PM- Activity Sheets                            |
| 25<br>10:30- Sherwood Church Service LIVESTREAM                                   | 26<br>10:30AM- Devotional service with Terry from Tapestry Hospice<br>2:30PM- Pumpkin Decorating with Amber from Piedmont Hospice | 27<br>10AM- Thriller Trivia<br>2:30PM- Halloween Movie and Snacks                                   | 28<br>9AM- Morning Workout<br>10AM- Carnival Prep<br>2:30PM- Whats in the Cauldron?                                      | 29<br>10AM- One on One meetings<br>2PM- Carnival Prep                                                                                           | 30<br> 5PM-7PM       | 31<br> |



### Notes

Please report to the appropriate section for all activities in **color**. "Active" activities will be in the living room, craft corner and chefs corner in dining area.

**10/5- 10/9:** National dietary appreciation week. Be sure to show your dietary team extra love!

**Upcoming:**  
Dietary Week- 10/5-9  
Captains Dinner- 10/22  
2<sup>nd</sup> Annual Trunk or Treat- 10/30 @ 5pm-7pm  
Thanksgiving Luncheon- 11/20 at 1PM

# MEMORY CARE CALENDAR

## OCTOBER 2026

| Sunday                                                                              | Monday                                                                                                                            | Tuesday                                                                                             | Wednesday                                                                             | Thursday                                                                                                                            | Friday                                                                                                 | Saturday                                                                                    |
|-------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|
|  | <b>MEMORY CARE</b>                                                                                                                |                                                                                                     |                                                                                       | 1<br>11AM- Craft Corner<br>3:30PM- Cupcake Decorating                                                                               | 2<br>11AM- Craft Corner<br>3:30PM- Roller Plate Surprise                                               | 3<br>10:30- Bible Study with Tom Bing<br>2PM- Activity Sheets                               |
| 4<br>10:30- Sherwood Church Service LIVESTREAM                                      | 5<br>11AM- One on One Meetings<br>3PM- Afternoon Activity                                                                         | 6<br>11:30AM- Dance break<br>3PM-Halloween decorations                                              | 7<br>11AM- Fall Wreath Class<br>3PM- Afternoon Activity                               | 8<br> 9:30AM- Morning Movement<br>3PM- Parachute | 9<br>9:30AM- Morning Movement<br>3:30PM- Courtyard Sippin                                              | 10<br>10:30- Bible Study with Tom Bing<br>2PM- Activity Sheets                              |
| 11<br>10:30- Sherwood Church Service LIVESTREAM                                     | 12<br>11:30AM- Ghost Badminton<br>3PM- Fall Wreath Class Part 2                                                                   | 13 <i>TwOsme Tuesday</i><br>9:30AM- Movie and a Snack<br>3PM- Movie and popcorn                     | 14<br>10:30AM-Morning Activity<br>3PM-Bingo Cup                                       | 15<br>10:30AM- Chefs Corner with Jan Shephard<br>2PM- Afternoon Activity                                                            | 16<br>10:30AM-Halloween Door Contest Part 1<br>2PM- Name that Tune with Traci from Willowbrook Hospice | 17<br>10:30- Bible Study with Tom Bing<br>2PM- Activity Sheets                              |
| 18<br>10:30- Sherwood Church Service LIVESTREAM                                     | 19<br>11AM- Craft Corner; Halloween Craft Contest Part 2<br>3PM- Afternoon Activity                                               | 20<br>11:30AM-Morning Movement<br>1:30PM-Monthly Birthday Party with Traci from Willowbrook Hospice | 21<br>10AM- Morning Activity<br>3PM- Chefs Corner with Jan Shepherd; Harvest Chex Mix | 22<br>11AM- Morning Movement<br>3PM- Halloween Decor<br><i>Captains Dinner</i>                                                      | 23<br>9:30AM-Morning Movement<br>2:30PM-Movie and Snacks                                               | 24<br>10:30- Bible Study with Tom Bing<br>2PM- Activity Sheets                              |
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# 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

### Stephen Weeks

Standing tall in more ways than one, meet our Rockstar Resident, Steven Weeks! 💙 Steven may be one of the tallest gentlemen around Highlands, but his warm smile and loving personality are even bigger! Around here, he has rightfully earned the title of Trivia King 🏆🧠 because when the questions start rolling, Steven is always ready to put his knowledge to the test.

When he isn't ruling the trivia board, Steven enjoys kicking back with a good movie and, of course, having his favorite snacks nearby. 🎬🍿 He may be a little picky when it comes to mealtime, but a good snack can usually win him over! With his tall stature, sweet personality, and trivia skills, Steven is pretty hard to miss—and we wouldn't have it any other way! We're so lucky to have our tall, snack-loving, movie-watching Trivia King as part of the Highlands family. Congratulations, Steven—you're our Rockstar! ⭐🏆

## EMPLOYEE OF THE MONTH

### Lacey Pinkard

Please join us in congratulating our Employee of the Month, Lacey Pinkard, our very own Mic Drop Champion! Lacey has a heart of gold, and when there's a job that needs to be done, you can count on her to make it happen. She may have only been part of our Highlands family for a short time, but she has already earned a special place in the hearts of our residents. In fact, one resident has officially claimed her as their "adopted daughter!" ❤️

Now, keeping up with Lacey is another story! She talks so fast that sometimes you just have to smile, nod, and hope you caught at least half of it! But behind all those words is a caring heart, a hardworking spirit, and a personality our residents have quickly grown to love. Congratulations Lacey!





# MEET THE TEAM!



Erica McDaniel  
Executive Director  
erica@highlands.care



Kayla Burns  
Marketing/ Administrator  
kayla.b@highlands.care



Nisha Hanner  
Resident Care Director  
nisha.h@highlands.care



Leonna Lester  
Dietary Manager  
leonna.l@highlands.care



Charlesha Lawrence  
Activities Director  
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Marrissa Rampley  
Digital Marketing Director  
marrissa.r@highlands.care



Bam McDaniel  
Maintenance Director

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.