



HIGHLANDS

SENIOR LIVING & HOME HELPERS



OCTOBER 2026
NEWSLETTER

WHAT'S HAPPENING AT HIGHLANDS

The past month at Highlands Senior Living has been filled with fun, fellowship, and the beautiful arrival of autumn! Our residents enjoyed welcoming the new season with festive crafts and decorations that brought the colors and spirit of fall throughout our community. We also had a lovely Family Night, where residents, families, and staff gathered together to enjoy good food, conversation, and quality time. It was another wonderful month filled with meaningful moments and memories shared together.

As we head into October, we're getting ready for a month filled with a little bit of spookiness and plenty of sweetness! Our residents will enjoy fun Halloween-themed activities, festive decorations, and, of course, some delicious treats to satisfy our sweet tooth. We are especially looking forward to our Trunk or Treat and Fall Festival, where residents, families, and staff can come together for an afternoon of fun, laughter, and seasonal festivities. We're excited to make October a month full of smiles, celebration, and memories. There is always something special happening at Highlands Senior Living, and we can't wait to see what fun the new month brings!

A MESSAGE FROM OUR REGIONAL 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!

-Liz Alexander
Regional Director



HIGHLANDS

BIRTHDAYS



ANNETTE DIXON
10/12



JOHN CARTER
10/25

STAFF BIRTHDAYS

Lisa- 10/30
Jesse John- 10/3
Phillip- 10/11

LOWELL BIXBY
10/25

ROBERT HILL
10/09

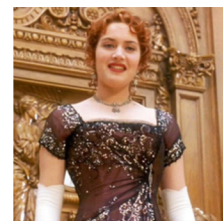
CHARLES RUSSELL
10/03

DOROTHY MARTIN
10/10

FAMOUS BIRTHDAYS



Julie Andrews
October 1, 1935



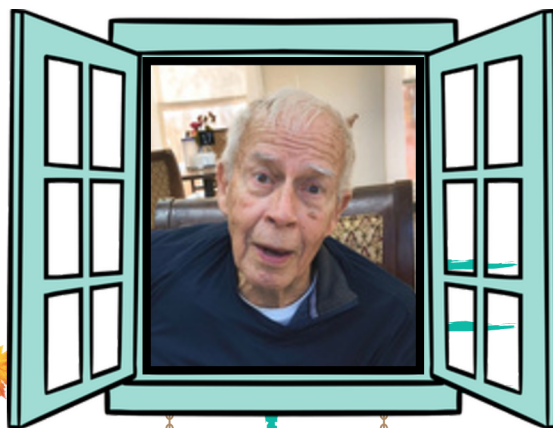
Kate Winslet
October 5, 1975

NEW NEIGHBORS

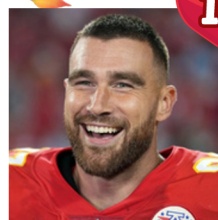
MARY COLLINS

CECILE WISE

MARY
DOUCHETTE
WEEZIE



CHARLES
HORROCKS
"CHICK"



Travis Kelce
October 5, 1989



John Lennon
October 9, 1940



Judge Judy
October 21, 1942



Julia Roberts
October 28, 1967

HIGHLANDS

WORDSEARCH

C	O	S	T	U	M	E	V	L	W	Q	M	P	A	G	D	E	O	S	S
L	Y	A	J	Y	E	W	K	V	I	W	R	Y	K	S	U	V	H	O	W
Q	C	W	D	L	V	W	O	G	B	E	C	C	A	N	D	Y	O	G	E
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C	U	U	Q	P	J	L	Q	V	C	H	N	T	S	P	X	O	J	L	B
L	P	T	J	G	P	M	E	P	E	D	I	Q	G	Y	N	E	T	S	U
V	K	B	M	P	S	W	T	V	R	X	K	C	E	Y	G	U	A	L	B
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A	R	M	W	N	D	O	I	U	C	P	M	S	V	X	F	E	K	G	E
V	O	W	R	I	O	N	C	F	S	D	U	B	K	S	L	R	C	J	A
N	C	B	R	L	T	T	J	T	M	K	P	G	W	P	L	I	R	W	V
C	A	Y	L	Z	W	C	I	Z	O	I	S	Q	Y	I	N	F	X	H	E
N	A	N	P	D	P	G	H	E	V	B	X	B	R	D	O	N	T	I	S
H	H	W	V	V	I	X	A	G	W	G	E	G	C	E	G	O	E	P	W
H	A	L	L	O	W	E	E	N	M	O	A	R	Z	R	B	B	Z	K	N

OCTOBER
AUTUMN
HARVEST
PUMPKIN
LEAVES

APPLE
CIDER
HAYRIDE
SCARECROW
ACORN

MAPLE
SWEATER
HALLOWEEN
COSTUME
WITCH

GHOST
BAT
CANDY
SPIDER
BONFIRE

HIGHLANDS

»»» HIGHLIGHTS STAFF SPIRIT WEEK



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

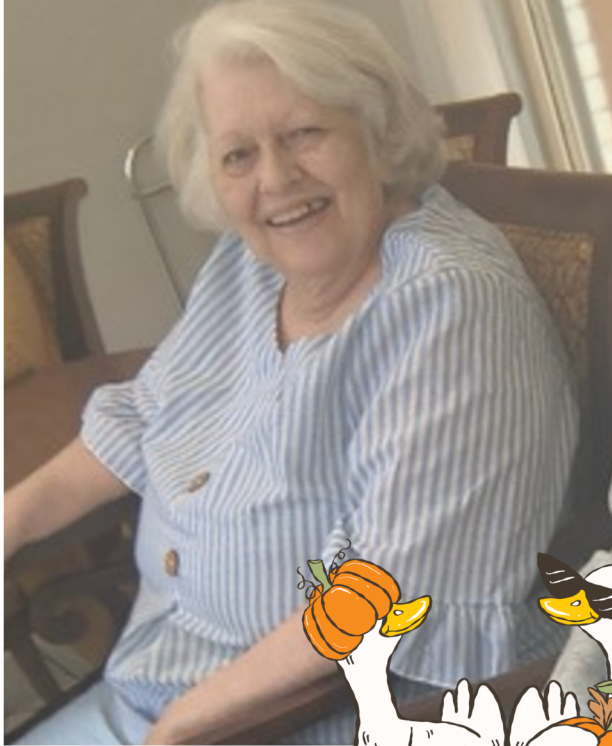
October 10: World Mental Health Day

October 16: World Food Day

October 31: Halloween

HIGHLANDS

>>> HOT SHOTS



ROCKSTAR RESIDENT

Shirley Roberts

Shirley is our Rockstar Resident because she is always kind, caring, and understanding toward everyone around her. She has a special way of making others feel valued and appreciated, and her thoughtful nature helps make Highlands Senior Living a warmer, happier place to call home. We are so grateful to have Shirley as part of our Highlands family! Keep shining, Shirley!



EMPLOYEE OF THE MONTH

Jesse John R

This month, we are giving a big Highlands shout-out to John, our Employee of the Month! As part of our kitchen team, John is always ready to jump in and help — and if you need a good laugh while he's at it, he's your guy! Whether he's lending a hand, keeping things moving in the kitchen, or cracking a joke at just the right time, John knows how to make a busy day a little brighter. His helpful attitude, great sense of humor, and willingness to pitch in make him a wonderful part of our Highlands family. Congratulations, John! Thanks for keeping us fed, smiling, and occasionally wondering what you're going to say next!

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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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