



# HIGHLANDS

SENIOR LIVING & HOME HELPERS



OCTOBER 2026  
NEWSLETTER

## WHAT'S HAPPENING AT HIGHLANDS

As we look back on September, we're grateful for the opportunities to learn, connect, and enjoy time together at Highlands. From meaningful conversations to everyday moments shared with friends, each day brings new opportunities to create lasting memories and make our community feel like home.

October is here, bringing cooler days, fall colors, and plenty of seasonal fun! We're looking forward to enjoying the sights and sounds of autumn, spending time with friends, and celebrating the season together. One of the month's highlights will be our Monster Mash & Costume Party on October 28th, where we'll enjoy festive fun, creative costumes, and plenty of Halloween spirit!

As we welcome a new month, we look forward to making more memories, sharing laughter, and enjoying all the little moments that make life special. Here's to a happy, healthy, and spooktacular October at Highlands!

# 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!

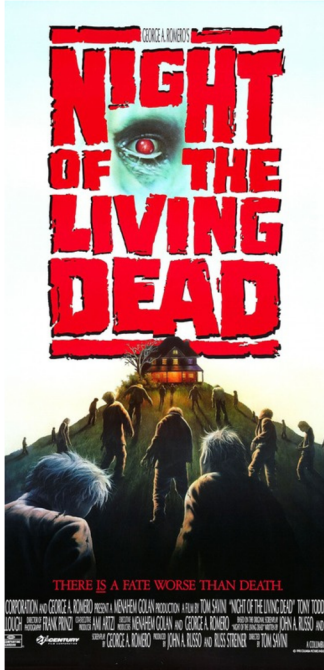
*-Rose Ackley*  
Executive Director



# HISTORY

## THE GOLDEN YEARS OF CINEMA

### 1960



#### NIGHT OF THE LIVING DEAD

Release Date: October 1, 1968  
Leading Actors: Duane Jones, Judith O'Dea, Karl Hardman  
Box Office: Approximately \$30 million worldwide

This groundbreaking black-and-white horror film follows a group of strangers who barricade themselves inside a farmhouse while the dead begin returning to life.

Fun Fact: The film was made on a very small budget of approximately \$114,000, yet became a landmark of independent horror filmmaking.

### 1970

#### HALLOWEEN



#### HALLOWEEN

Release Date: October 25, 1978  
Leading Actors: Jamie Lee Curtis, Donald Pleasence, P. J. Soles  
Box Office: Approximately \$70 million

On Halloween night, masked killer Michael Myers returns to his hometown and stalks babysitter Laurie Strode.

Fun Fact: Made on a budget of approximately \$325,000, Halloween became an enormous success and inspired generations of slasher films.

### 1980



#### BEETLEJUICE

Release Date: March 30, 1988  
Leading Actors: Michael Keaton, Alec Baldwin, Geena Davis, Winona Ryder, Catherine O'Hara  
Box Office: Approximately \$74.9 million

This spooky comedy follows a recently deceased couple who hire a mischievous ghost named Beetlejuice to scare away the family that has moved into their home.

Fun Fact: The film won an Academy Award for Best Makeup, helping establish its reputation as a creative blend of comedy, fantasy, and horror.

### 1990



#### HOCUS POCUS

Release Date: July 16, 1993  
Leading Actors: Bette Midler, Sarah Jessica Parker, Kathy Najimy, Omri Katz, Thora Birch  
Box Office: Approximately \$48.7 million

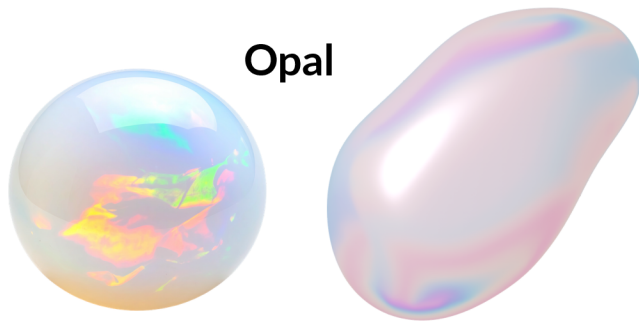
Three mischievous witches are accidentally brought back to life in Salem, Massachusetts, on Halloween night. A teenager and his friends must find a way to stop them before they wreak havoc on the town.

Fun Fact: Although the movie had a modest theatrical run when it first premiered, repeated television broadcasts and home viewing helped it develop a devoted following and become a seasonal favorite.

# HIGHLANDS

## CELEBRATING OCTOBER

### BIRTHSTONE



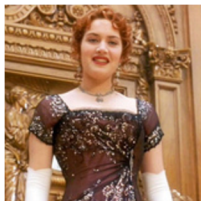
### BIRTH FLOWERS



### FAMOUS BIRTHDAYS



Julie Andrews  
October 1, 1935



Kate Winslet  
October 5, 1975



Travis Kelce  
October 5, 1989



John Lennon  
October 9, 1940

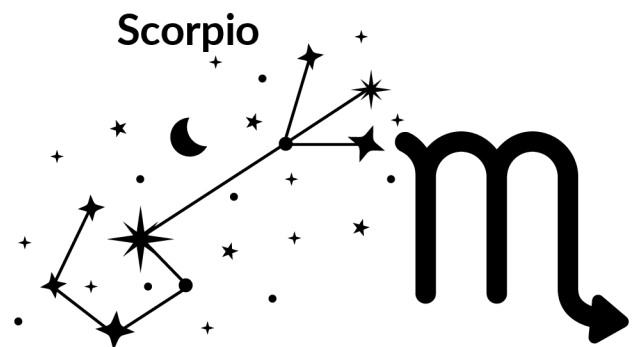
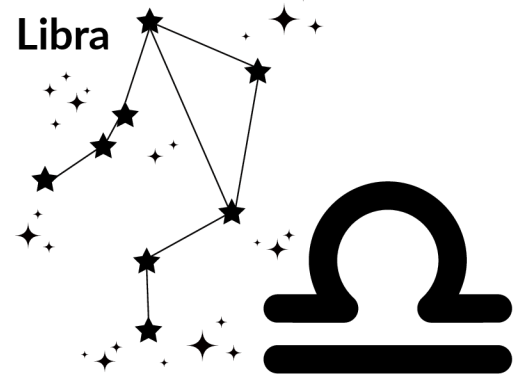


Judge Judy  
October 21, 1942



Julia Roberts  
October 28, 1967

### ZODIAC SIGNS



## MONSTER MASH & COSTUME PARTY

October 28th

# 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

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