



# HIGHLANDS

SENIOR LIVING & HOME HELPERS

JUNE 2026  
NEWSLETTER



May was filled with exciting and monumental celebrations at Highlands Norcross! From an unforgettable 100th birthday celebration to our elegant Glitz and Glamour Senior Prom, the month was truly one to remember. May brought many parties, special moments, blessings, and joyful birthday celebrations shared throughout our community.

Celebrating our mothers was especially meaningful for us. We loved on them and honored them for all of the wisdom, compassion, strength, and joy they bring into our lives each and every day. We also took time to honor and appreciate those who served during our Memorial Day celebrations. As the 2025–2026 school year comes to an end, we are excited to welcome more friendly faces and volunteers joining us for the summer season.

Highlands Norcross is looking forward to a fabulous summer filled with outdoor events, sunshine, laughter, and memorable experiences for our wonderful fathers. We cannot wait to see you all soon!

# SUMMER

# A MESSAGE FROM OUR EXECUTIVE DIRECTOR



As summer begins to settle in, June brings a refreshing sense of warmth, energy, and new opportunities to connect within our community.

May was a month full of connection and meaningful moments. From shared laughter during activities to the everyday interactions that brighten our days, it was a true reminder of the strong sense of community we are fortunate to have. I want to sincerely thank our team members for their compassion, dedication, and the exceptional care they provide each and every day.

In June, we look forward to a variety of engaging activities and events designed to bring joy, creativity, and connection to our residents. Whether it's outdoor gatherings, games, music, or simply spending time together, there will be many opportunities to make lasting memories. We also celebrate Father's Day this month and look forward to honoring all the wonderful fathers and father figures in our community.

To our families, thank you for your continued trust and support. Your involvement plays such an important role in the happiness and well-being of your loved ones. We encourage you to join us for upcoming events and stay connected with all that's happening.

As always, our commitment remains centered on providing a safe, compassionate, and engaging environment for everyone who calls our community home. If you ever have questions, feedback, or just want to connect, my door is always open.

Wishing you all a joyful, sunny, and fulfilling June.

*-Jenohn Carter*  
Executive Director

# HIGHLANDS

## WORDS OF WELLNESS



**Optimize Morning Light:** Get 20 minutes of natural light within an hour of waking to regulate your circadian rhythm and improve sleep

**Sun & Bug Protection:** Apply a broad-spectrum sunscreen (SPF 30 or higher) daily, and seek shade during peak UV hours (10 AM to 4 PM).

**Hydration First:** Carry a reusable water bottle and sip consistently.

**Eat the rainbow:** Incorporate fresh, antioxidant-rich local produce from nearby farmers' markets to get sustained energy and vital nutrients

## HIGHLANDS DID YOU KNOW??



### New Pharmacy: Angus Lake:

Effective June 1, Highlands Senior Living will transition to Angus Lake Pharmacy. We understand that change can bring questions, and we are here to support you every step of the way. As the saying goes, there is a time and a season for everything, and we are confident this new partnership will serve our community well.

**HIGHLANDS**  
SENior Living & HOME HEALTH

### HIGHLANDS VITAL CONNECT

PREDICT PREVENT PROTECT

**WHAT IS HIGHLANDS VITAL CONNECT?**  
Highlands Vital Connect is an innovative digital health platform that keeps resident health information organized, accessible, and easy to share. Through a secure patient portal and mobile app, residents and their loved ones can stay informed and connected at all times.

**HOW IT WORKS**

- Resident data is uploaded to the patient portal
- Residents and families can access information through a mobile app
- Data can be shared with physicians and other healthcare providers

**BENEFITS**

- Real-time updates to important health information
- Efficient and informed communication across residents, families, and healthcare providers
- Provides peace of mind for families

**\* KEY STUDY FINDINGS**

- IMPROVED OVERALL BP** Over half of residents (55.9%) improved in both systolic and diastolic blood pressure.
- FEWER HIGH-RISK RESIDENTS** Stage 2 hypertension dropped from 32.8% to 19.8% after 12 months.
- MORE RESIDENTS IN HEALTHY RANGE** Normal and high-normal BP increased from 37.9% to 51.6%, showing overall improvement.

Current Blood Pressure: **108/69**

Timeline: Mon 09/12, Tue 09/12, Wed 09/12, Thu 09/13, Fri 09/13, Sat 09/14, Sun 09/14

### Highlands Vital Connect

The Highlands Senior Living Health Monitoring Program makes tracking wellness easier, more proactive, and more reassuring for both residents and their loved ones. We are proud to be among the first senior living communities in Georgia, North Carolina, and South Carolina to introduce this type of real-time health monitoring technology.

This innovative system helps residents feel more confident and supported in their daily wellness while giving families greater peace of mind and involvement in their loved one's care. We are excited to offer this program and believe it is a valuable enhancement to the compassionate care and support we provide each day.

For questions or to enroll in the program, please contact Jenohn Carter at [jenohn.c@highlands.care](mailto:jenohn.c@highlands.care) or 804-908-2844.

# MEET THE TEAM!

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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!!

@HighlandsSeniorLivingRome