



HIGHLANDS

SENIOR LIVING & HOME HELPERS



SEPTEMBER 2026
NEWSLETTER

WHAT'S HAPPENING AT HIGHLANDS

August has been a wonderful month filled with special moments, creativity, and connection! We kicked off the month by celebrating our monthly Captain's Dinner, where our residents had the opportunity to choose two of their neighbors to enjoy a special evening together. Everyone dressed up for the occasion, making it a memorable night filled with good food, great conversation, and wonderful fellowship.

We also spent much of the month crafting and preparing for the beautiful fall season ahead, while taking time to welcome and get to know all of our new friends here at Highlands. As we look toward the next month, we're excited to bring fall to life through even more seasonal crafts while celebrating one of our favorite times of year—football season! We'll also be celebrating National Senior Living Week with fun and exciting spirit days designed to bring everyone together, show off our personalities, and create even more wonderful memories as a Highlands family.

A MESSAGE FROM OUR EXECUTIVE DIRECTOR



There's something special about the arrival of September. As the seasons begin to change, it offers a chance to slow down, reflect on the memories we've made, and look forward to all that lies ahead. It's a wonderful time to embrace new experiences while continuing to enjoy the friendships and sense of belonging that make our community so special.

This month, we have a variety of activities and events planned to keep everyone engaged, active, and connected. Whether it's celebrating with friends, participating in a favorite hobby, or trying something new, we hope each day brings moments of joy and purpose.

I would like to extend my heartfelt thanks to our residents, families, and dedicated team members. Your kindness, support, and commitment to one another create an environment where everyone feels welcomed, valued, and cared for. It is a privilege to be part of such an incredible community.

As we welcome the beauty of the changing season, I encourage everyone to take time to appreciate the simple moments—a cool morning breeze, a meaningful conversation, or the laughter shared with friends.

Thank you for allowing us to be part of your journey. We look forward to another wonderful month together and wish you all a happy, healthy, and enjoyable September.

-Erica Whatley-McDaniel
Executive Director

SEPTEMBER



NATIONAL ASSISTED LIVING WEEK

September 13 - 19, 2026:
"Shining Through the Years"

SEPTEMBER 7TH
Labor Day

SEPTEMBER 13TH
Grandparents Day

SEPTEMBER 21ST
World Alzheimer's Day

HIGHLANDS

>>> NEW NEIGHBORS



**KATHY
ALLEN**



**GILBERT
LARGENT**



**JAMES
SPRAYBERRY**



**CHUCK
BURGE**



**MICHEAL
ROUSSEAU**

HIGHLANDS

BIRTHDAYS



LYNNE
09/09



CYNTHIA
09/11



KAY
09/15



EDNA
09/16

STAFF BIRTHDAYS

Kabrisha Johnson- 09/02

Rebecca Norton- 09/03

Brittany Moates- 09/18

Bam McDaniel- 09/ 27

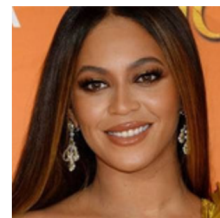
FAMOUS BIRTHDAYS



Lily Tomlin
Sept. 1, 1939



Mark Harmon
Sept. 2, 1951



Beyonce Knowles
Sept. 4, 1981



Freddie Mercury
Sept. 5, 1946



Adam Sandler
Sept. 9, 1966



Ray Charles
Sept. 23, 1930

HIGHLANDS

WORDSEARCH

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

SEPTEMBER
AUTUMN
HARVEST
APPLES
PUMPKIN

LEAVES
BREEZE
SUNFLOWER
FRIENDSHIP
COMMUNITY

FAMILY
LAUGHTER
KINDNESS
HIGHLANDS
RESIDENTS

CAREGIVERS
ACTIVITIES
BINGO
WELLNESS
HOME

HIGHLANDS

»»» HIGHLIGHTS



HIGHLANDS

»»» HIGHLIGHTS



PERSONAL CARE CALENDAR

September 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Notes
		1 10:30AM-Ping Pong Ball Toss 2PM- Fall Decoration Set Up	2 10:30AM-Family Feud 2PM- Twister Toss	3 11AM-Fall Decoration set Up-AD in Memory care unit 2PM- Trivia with Redonna from Transitions Hospice	4 10:30AM- Wildlife Show ft HSL of Cartersville 10:30AM- Monthly Health Clinic with PruittHealth	5 10:30- Bible Study with Tom Bing 2PM- Activity Sheets	Please report to the appropriate hall for all activities in color. 9/14-9/18: National assisted living week., national housekeeping appreciation week week. Upcoming: Podiatry Clinic- 9/18 Dietary Week- 10/5-9 Captains Dinner- 10/22 2nd Annual Trunk or Treat- 10/30 @ 5pm- 7pm 
6 10:30- Sherwood Church Service LIVESTREAM 3PM- Bible study with Mrs. Kathy	7 11AM- Morning Movement 2PM- Afternoon Activity	8 10:15AM- Activity with Ericka Allen from Willowbrook Hospice 2PM- Balloon Badminton	9 11AM- Chair Yoga 3PM- Wheel of Surprise	10 11AM- Morning movement 1:30PM- Polish and Pinkies Up! Nail Day with Traci From Willowbrook Hospice	11 11AM- Twister Bean Bag Toss 3PM- Craft Corner	12 10:30- Bible Study with Tom Bing 2PM- Activity Sheets	
13 10:30- Sherwood Church Service LIVESTREAM 3PM- Bible study with Mrs. Kathy	14 10AM- Devotional service with Terry from Tapestry Hospice 11:30AM- Resident Council 2PM- Ice Cream Bar with Traci from Willowbrook Hospice	15 10:30AM- Bingo with Kandi from Heyman hospice 2PM- Lemonade Bar with Jennifer from Regency	16 11AM- Craft Corner with Jan Shepard 2:30PM- Dirty Soda Bar with Kandi from Heyman Hospice	17 9:30AM- Waffle Bar with Brook from PruittHealth 10:30AM- Worship service with George from Heyman Hospice	18 9AM- Podiatry Clinic 1:30PM- Fried Oreo bar	19 10:30- Bible Study with Tom Bing 2PM- Activity Sheets	
20 10:30- Sherwood Church Service LIVESTREAM 3PM- Bible study with Mrs. Kathy	21 10:30AM- Men's Manicure 3PM- Craft Corner	22 11AM- Roller Plate Surprise 2:30PM- Monthly Birthday party with Traci from Willowbrook	23 9AM- Health Clinic sponsored by Kroger Pharmacy 2PM- Butterbean auction with Cory from Amedysis Home Health	24 11AM- Morning Movement 2PM- Afternoon Activity	25 10AM- Trivia Shuffle 2PM- Afternoon Activity	26 10:30- Bible Study with Tom Bing 2PM- Activity Sheets	
27 10:30- Sherwood Church Service LIVESTREAM 3PM- Bible study with Mrs. Kathy	28 11AM- Craft Corner 4PM- Devotional service with Terry from Tapestry Hospice	29 10AM- Trivia Shuffle 1:30PM- Ice Cream Social	30 	Personal Care			

MEMORY CARE CALENDAR

September 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Notes
		1 10:30AM-Balloon Badminton 2PM- Fall Decoration Set Up	2 10:30AM-One on One meetings 2PM- Ping Pong Ball Toss	3 11AM-Fall Decoration set Up-AD in Memory care unit 2PM- Moviethon!!!	4 10:30AM- Wildlife Show ft HSL of Cartersville 11:30AM- Monthly Health Clinic with PruittHealth	5 10:30- Bible Study with Sherwood Church Service 2PM- Activity Sheets	Coordinator will bring eligible residents to personal care for activities in color.
6 10:30- Sherwood Church Service LIVESTREAM 3PM-Activity Sheets	7 10AM- Morning Movement 2PM- Afternoon Activity	8 10:15AM- Activity with Ericka Allen from Willowbrook Hospice 2PM- Balloon Badminton	9 10AM- Chair Yoga 3PM- Wheel of Surprise	10 10AM- Morning Movement 2PM- Polish and Pinkies Up! Nail Day with Traci From Willowbrook Hospice	11 10AM- Twister Bean Bag Toss 2PM- Craft Corner	12 10:30- Bible Study with Sherwood Church Service 2PM- Activity Sheets	9/14-9/18: National assisted living week., national housekeeping appreciation week week.
13 10:30- Sherwood Church Service LIVESTREAM 3PM- Activity Sheets	14 10AM- Devotional service with Terry from Tapestry Hospice 3PM- Ice Cream Bar with Traci from Willowbrook Hospice	15 9:30AM- Morning Workout 11:30AM- Bingo Cup 2PM- Lemonade Bar with Jennifer from Regency	16 11AM- Craft Corner with Jan Shepard 3PM- Dirty Soda Bar with Kandi from Heyman Hospice	17 9:30AM- Waffle Bar with Brook from PruittHealth 11:30AM- Worship service with George from Heyman Hospice	18 11AM- Podiatry Clinic 2:30PM- Fried Oreo Bar	19 10:30- Bible Study with Sherwood Church Service 2PM- Activity Sheets	Upcoming: Podiatry Clinic- 9/18 Dietary Week- 10/5-9 Captains Lunch- 10/22 2 nd Annual Trunk or Treat- 10/30 @ 5pm- 7pm
20 10:30- Sherwood Church Service LIVESTREAM 3PM- Activity Sheets	21 11:30AM- Men's Manicure 2PM- Craft Corner	22 10AM- Roller Plate Surprise 1:30PM- Monthly Birthday party with Traci from Willowbrook	23 9AM- Health Clinic sponsored by Kroger Pharmacy 2PM- Balloon badminton	24 10AM- Morning Movement 2PM- Afternoon Activity	25 10AM- Coloring Craft 2PM- Afternoon Activity	26 10:30- Bible Study with Sherwood Church Service 2PM- Activity Sheets	
27 10:30- Sherwood Church Service LIVESTREAM 3PM- Activity Sheets	28 11AM- Craft Corner 4PM- Devotional service with Terry from Tapestry Hospice	29 10AM- Dance Shuffle 1:30PM- Ice Cream Social	30 	Memory Care			

HIGHLANDS

Happy & Healthy Corner

POSITIVE THOUGHT

The best chapters of life are filled with laughter, love, and the people we share them with.

JUST FOR LAUGHS

Why did the golfer bring two pairs of pants?

In case he got a hole in one.

THIS MONTH IN HISTORY

Sept. 2, 1945 – World War II officially ended.

Sept. 8, 1966 – Star Trek debuted on television.

Sept. 9, 1956 – Elvis Presley appeared on The Ed Sullivan Show.

Sept. 12, 1992 - Dr. Mae C. Jemison became the first African American woman to travel in space aboard the Space Shuttle Endeavour.

Sept. 26, 1960 – The first televised presidential debate aired

WELLNESS TIPS

Stay Hydrated

Even if you don't feel thirsty, sip water throughout the day to stay hydrated.

Keep Moving

A short walk or gentle stretching can help improve balance, flexibility, and circulation.

DID YOU KNOW?

Apples are harvested from late summer through fall, making September one of the busiest months in apple orchards.

CELEBRATING SEPTEMBER

All Month: National Apple Month

6th: National Read a Book Day

13th: National Grandparents Day

22th: First Day of Fall

29th: National Coffee Day

HIGHLANDS

>>> HOT SHOTS



ROCKSTAR RESIDENT

Eva Smith

Congratulations to our sweet and wonderful rockstar resident, Eva Smith! Eva is a loving mother and grandmother who is adored by everyone here at Highlands. She has a competitive side and loves a good game that puts her strategy and skills to the test! When she's not showing off her winning skills, you can find Eva enjoying a sweet treat or catching up on a well-deserved nap. Most importantly, Eva is a true lover of God and is always willing to share his love, kindness, and message with anyone who is ready to listen and learn. She treasures the time she spends with her family and has also enjoyed making wonderful new friends along the way. Eva's sweet spirit, faith, and joyful personality make her a true ROCKSTAR, and we are so blessed to have her as part of our Highlands family! ❤️🌟



EMPLOYEE OF THE MONTH

Glenda Johnson

Congratulations to our wonderful Employee of the Month, Ms. Glenda Johnson! As a valued member of our housekeeping team, Glenda works hard to keep everything on the right path—both straight and clean! 🧹 ✨ She is one of our early risers, always ready to start the day and surely get the job done. Glenda is incredibly kind, sweet, and always brings a positive spirit with her. She also enjoys jumping into a game or two with our residents, making sure there is plenty of fun and laughter along the way! Thank you, Glenda, for your hard work and dedication to keeping our Highlands home shining. We are so thankful to have you as part of our team! 💙🎉

MEET THE TEAM!



Erica McDaniel
Executive Director
erica@highlands.care



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



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



Charlesha Lawrence
Activities Director
charlesha.l@highlands.care



Marrissa Rampley
Digital Marketing Director
marrissa.r@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.