HIGHLANDS
SENIOR LIVING & HOME HELPERS



NOVEMBER 2026
NEWSLETTER

WHAT'S HAPPENING AT HIGHLANDS

October was an absolute whirlwind of excitement here at our community! Our residents kept busy with creative projects, delicious treats, and wonderful visits.
We kicked off the autumn season by showcasing our creativity with decorated resident doors and captured the beautiful season with a fall picture day. Our tastebuds were treated to a variety of seasonal favorites, thanks to our festive caramel apple bar, popcorn bar, and cozy hot chocolate bar.

We also introduced some fantastic new activities this month! We held our very first Butter Bean Auction, which brought out everyone's competitive spirit, and began a meaningful weekly Bible Study with Marion.

To top it all off, we had some incredible guests. We hosted a wonderful Coffee with Cops social to connect with our local officers, and we even had a historic visit from George Washington himself! Next month, we will have many days appreciating this beautiful weather, get more puppy love from the humane society, celebrate many national days, and hold a flag ceremony, in honor of all of our veterans!

A MESSAGE FROM OUR EXECUTIVE DIRECTOR



This month, we look forward to celebrating the season with fun activities, special gatherings, and opportunities to make lasting memories. Whether we are enjoying a favorite fall tradition, sharing stories with friends, or spending time with loved ones, these moments remind us of the importance of connection and belonging.

I am especially thankful for our residents, families, and dedicated team members who make our community such a wonderful place to call home. Your kindness, encouragement, and support help create an environment where everyone can feel valued and cared for. I am grateful for the opportunity to be part of a community filled with so many wonderful people.

With Thanksgiving just around the corner, I encourage everyone to take a moment to recognize the little things that bring happiness to our days. Sometimes, the simplest moments are the ones that mean the most.

Thank you for being an important part of our community and for helping make it such a special place. May your November be filled with gratitude, warmth, friendship, and many reasons to smile!

-Courtney Akins
Executive Director

NOVEMBER



THANKSGIVING

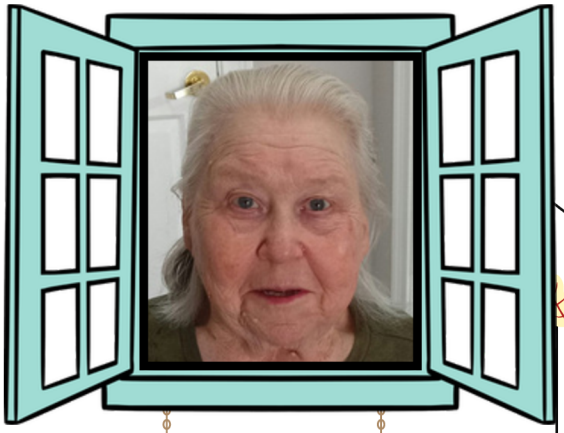
Gather with us for a wonderful Thanksgiving meal as we enjoy good food, great company, and time together with the people who make our community special. Plates are $10 to fund the resident's Christmas.

DATE: 11/20
TIME: 5:30pm
RSVP: by 11/13



HIGHLANDS

NEW NEIGHBORS



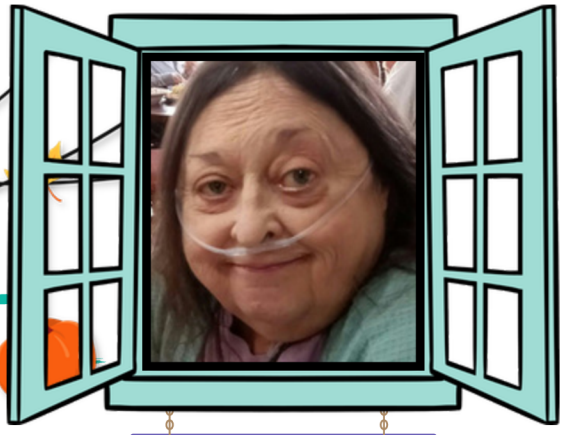
JANICE MILLER



JACKIE KNOX



ALAN FORDE



LUAN DARNELL

HIGHLANDS

BIRTHDAYS



SALLY
11/08



KATHY
11/21



KIM
11/22



JACKIE
11/30

STAFF BIRTHDAYS

Nikki Tidwell- 11/06

Cantrell Hambrick-11/08

Employee Name- Birthdate

FAMOUS BIRTHDAYS



Gordon Ramsay
November 8



Leonardo DiCaprio
November 11



Whoopi Goldberg
November 13



Danny DeVito
November 17



Tina Turner
November 26



Bruce Lee
November 27

Happy Birthday



HIGHLANDS

WORDSEARCH

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

NOVEMBER
AUTUMN
HARVEST
THANKFUL
GRATITUDE

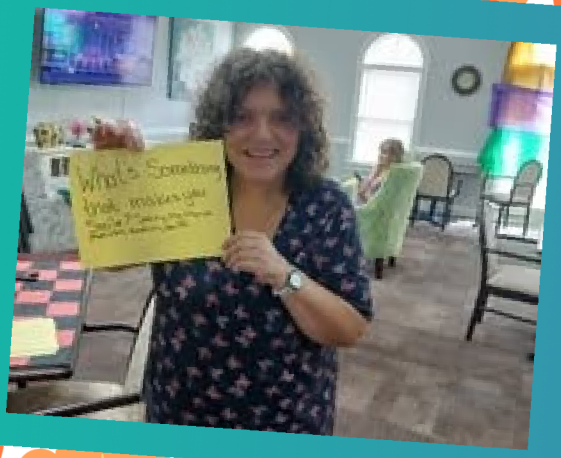
THANKSGIVING
TURKEY
STUFFING
GRAVY
CRANBERRY

PUMPKIN
PIE
CORNUCOPIA
FAMILY
FRIENDS

FEAST
SWEATER
LEAVES
FOOTBALL
LEFTOVERS

HIGHLANDS

HIGHLIGHTS



















HIGHLANDS ACTIVITIES

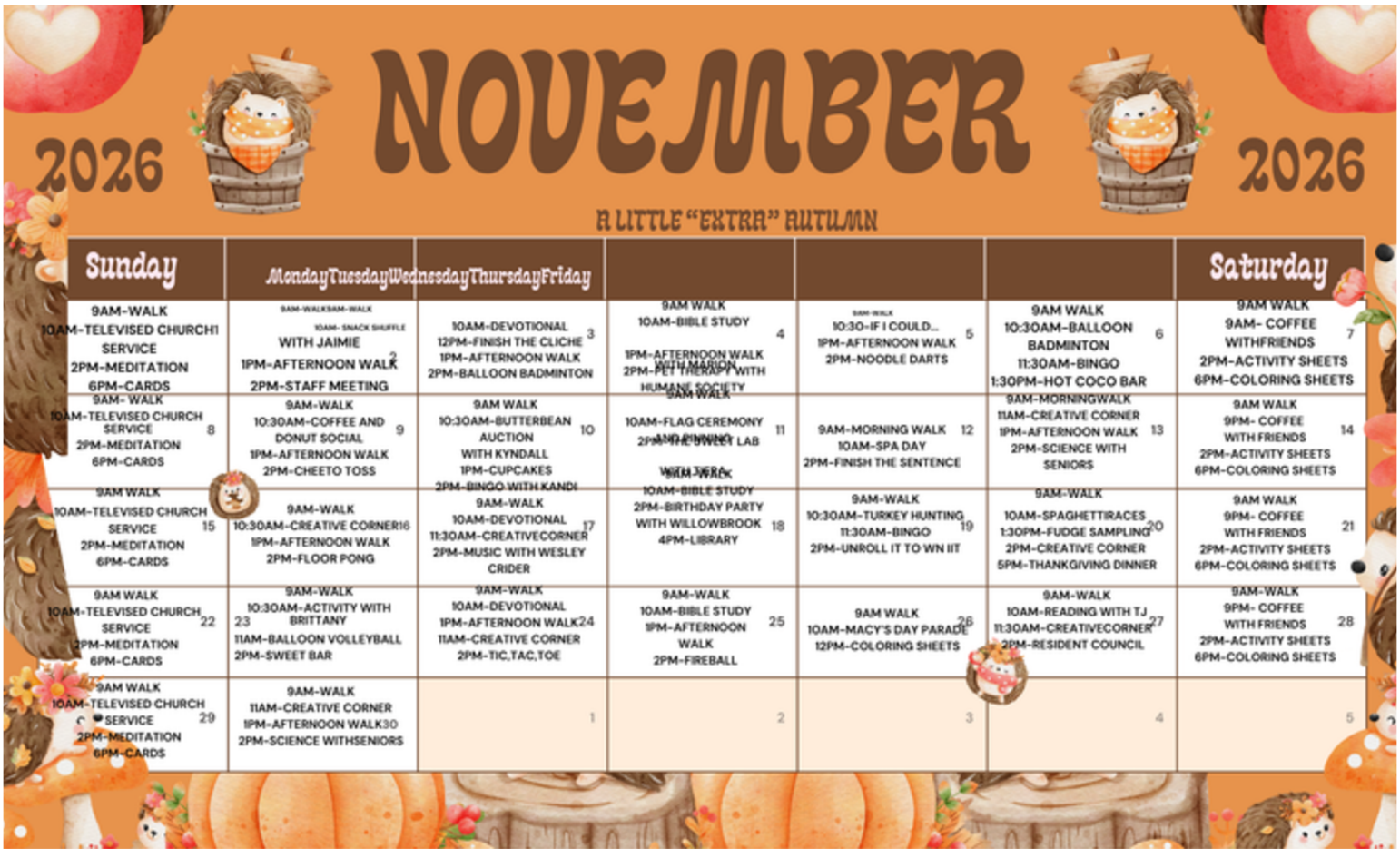


A message from the Activities Director: Wow, what an incredible October we had! I want to extend a huge thank you to all of our residents, family members, and staff who jumped into our fall activities with so much enthusiasm. Seeing the creativity on your decorated doors, hearing the laughter at our first Butter Bean Auction, and listening to everyone sing together has truly made my heart full.

As we head into November, we have a wonderful lineup of events planned to honor our veterans, spread some holiday cheer, and continue making beautiful memories together. My door is always open, so please come by and share your ideas for future events!

Warmly,
Nikki Tidwell, Activity Director

ACTIVTIES CALENDAR



HIGHLANDS

HAPPY & HEALTHY CORNER

POSITIVE THOUGHT

November reminds us to slow down, appreciate the little things, and give thanks for the people who make life special. May this month bring warmth, kindness, and countless reasons to smile.

JUST FOR LAUGHS

Why did the turkey cross the road twice?

To prove he wasn't chicken!

THIS MONTH IN HISTORY

November 1, 1952: The United States tested its first hydrogen bomb.

November 6, 1860: Abraham Lincoln was elected the 16th president of the United States.

November 9, 1989: The Berlin Wall began to open, marking a historic turning point in world history.

November 19, 1863: President Abraham Lincoln delivered the Gettysburg Address.

November 22, 1963: President John F. Kennedy was assassinated in Dallas, Texas.

WELLNESS TIPS

Stay Hydrated:
Cooler weather can make you less thirsty, but drinking enough water is still important.
Practice Gratitude:
Take a moment each day to think about something you're thankful for. Gratitude can encourage a more positive outlook.

DID YOU KNOW?

The Macy's Thanksgiving Day Parade began in 1924. Its first parade featured live animals borrowed from the Central Park Zoo.

CELBRATING NOVEMBER

November 1 — Daylight Saving Time
November 11 — Veterans Day
November 13— World Kindness Day
November 26 — Thanksgiving Day
November 27 — Black Friday

National Family Caregivers Month
Alzheimer's Disease Awareness Month
American Diabetes Month
National Gratitude Month

HIGHLANDS
HOT SHOTS



ROCKSTAR RESIDENT
Elizabeth

We are thrilled to shine the spotlight on our absolute rockstar resident, Elizabeth! Originally hailing from Ohio, Elizabeth is a proud Navy veteran who brings an incredible amount of energy, laughter, and rich life experiences to our community every single day.
Elizabeth is a true competitor at heart and a natural storyteller. She loves participating in community games and is famous for getting into hilarious, high-stakes bidding wars with her fellow residents during our butter beans auctions. She always looks forward to getting her nails done and never misses a pet therapy session.
We are so honored to have Elizabeth as part of our family. Thank you, Elizabeth, for your service to our country and the pure joy you bring to all of us!



EMPLOYEE OF THE MONTH
Cantrell Hambrick

We are thrilled to celebrate **Cantrell** as our Employee of the Month!
Cantrell brings incredible dedication and heart to our community. After earning her CNA license from the **Northwest Georgia Training Center in August 2025**, she has consistently shown what it means to be a true team player with an unmatched passion for her job.
Her deep love for caring for others shines through everything she does. Cantrell is deeply involved with our residents and all of their activities, often bringing her love for singing and dancing into her daily care to spread extra joy down the hallways.
Thank you, Cantrell, for your hard work, your joyful spirit, and your unwavering commitment to our residents. We are so lucky to have you on our team!

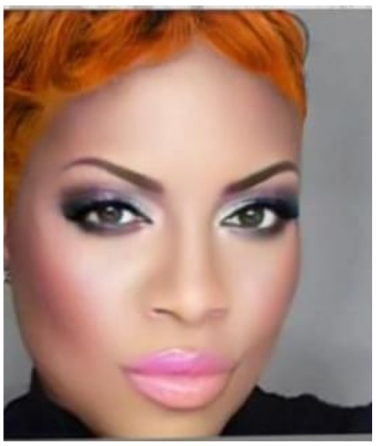
MEET THE TEAM!



Courtney Akins
Executive Director
courtney.a@highlands.care



Jenny Fletcher
RCC
jJennette.f@highlands.care



Ayanna Anderson
Dietary Manager



Nikki Tidwell
Activity Director
Nikki.t@highlands.care



Ed McDaniel
Maintence

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!!
@HighlandsSeniorLivingCartersville