



HIGHLANDS

SENIOR LIVING & HOME HELPERS

JULY 2026
NEWSLETTER



Here's what has happened in the last month and what's to come!

Goodbye June and hello July! Although June was a great start to our summer, full of fun activities and events, such as the Yard Sale and the Fathers Day Car Show, we have even more fun things in store for July.

To begin the month we will be having a 4th of July Jamboree on Friday, July 3rd at 3pm. This event will take place in the activity room, and inside the hallway as well. Refreshments will be served and a great time is sure to be had by everyone!

We will be having some new faces in the building in July, providing activities and treats, including a Cheesecake Bar for our residents and staff and a new 'e4 learning activity' on the topic of AI, presented by a teacher from Winder who, like myself, believes it's never too late to learn!

We will continue to provide our support group for families, including spouses that provide care to loved ones and could benefit from shared similar experiences, suggestions and resources. This group meets every fourth Thursday at 2pm for now but will be changed soon to the evening to accommodate working families. Everyone is welcome and encouraged to attend!

Thank you as always for your support and interest and we look forward to seeing you in July!

A MESSAGE FROM OUR EXECUTIVE DIRECTOR



Happy July!

As we celebrate the heart of summer, I want to take a moment to thank our residents, families, and dedicated team members for making our community such a special place. July is a time for sunshine, gatherings, and creating memories, and we are excited for all the activities and events planned throughout the month.

This season reminds us of the importance of connection, community, and enjoying life's simple pleasures. Whether it's spending time with friends, participating in activities, enjoying the outdoors, or sharing stories with loved ones, these moments help make our community feel like home.

I would also like to recognize our incredible staff for their continued compassion, hard work, and commitment to providing exceptional care and service each day. Their dedication helps ensure that our residents can enjoy a safe, comfortable, and enriching environment.

As we celebrate Independence Day and the freedoms we enjoy, let us also take time to appreciate one another and the unique contributions each person brings to our community.

Thank you for being a part of our family. We look forward to a wonderful month filled with laughter, friendship, and summer fun.

Wishing you a safe and happy July!

-Amanda Strickland
Executive Director

HIGHLANDS

>>> HAPPY BIRTHDAYS



NELDA S.

7/18



MARGARET M.

7/24



MARIAN S.

7/30



Staff
Birthdays

Nataly Calderon 7/01

Natasha Maxwell 7/02

Keith Galas 7/10

Wailee Martin 7/16

Lauren Black 7/30



HIGHLANDS

>>> NEW FRIENDLY FACES



CLARA MARTIN

Clara Martin was born in an Ohio city and moved out to the country to live on a farm as a young girl. One of her fondest memories of that time was the fact that her parents let her suddenly get a cat shortly after they moved, perhaps to ease the transition away from friends and to an unfamiliar urban life. As an adult, Clara worked for BP Oil as an accountant in one of their Atlanta offices. Clara has three children, two boys and one girl and spent many days sewing for them, even making her daughter-in-law's wedding dress! Now that she's here she enjoys crafts, bingo and games! Clara we enjoy time with you! you're thoughtful, kind glad and we're glad that you're here.



JOSEPH FURTNEY

Joseph Furtney grew up in Doraville, Ga., fishing and playing outdoors most of the time. His junior and senior years of high school he attended a vocational school and soon thereafter became a carpenter, continuing that career throughout his life. He spent many years building and remodeling houses, and says he can build near most anything.

In addition to the great outdoors, Joseph likes history books, especially pertaining to the WWI and WWII, baseball and football, watching movies and T.V. and pretty much any kind of authentic Mexican food. He has 3 children of his own and says that he also loves dogs. Perhaps we will have a dog visit soon, but meanwhile enjoy your stay, we're glad you're here!



JERRY COLSTON

Jerry Colston was born and grew up in Demorest, Ga. After school, Jerry immediately went to work, saving money and investing. What money he did spend, went towards some form of vehicle- cars, trucks and the like. Jerry, as one might guess, loves to drive! His job, however was not related, however to driving. He worked for AT&T and received an award of recognition for 30 years of perfect attendance during his career! His favorite pastime was Bass fishing and as one might guess, driving the boat! Jerry has one son and is the grandfather of two. He is the definition of enthusiastic energy, fun, and has an uplifting spirit. Since being here he has helped others and warmed hearts! Jerry we appreciate your care for others and are thankful for you!

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ACTIVITIES



Since July is our patriotic month, I wanted to take a moment to extend a great big thank you, first of all, to our wonderful staff, for helping to get all of the residents to all sorts of activities but *especially* the 8AM Veteran's breakfast! As our numbers grow, so has our participation for the event. We now have 16 veterans that reside in our building, with a great number of those now attending the monthly breakfasts. Thank you, also, to Melinda Gaskins and our extended Auxiliary family for always coming, keeping in touch and loving our veterans! The love and care that is put into each event, resident and spouses is immeasurable! I would also like to take a moment to thank all of our veterans, themselves, for their time and dedication in assisting to keeping our nation a safe place to live. Too often, I believe, we forget that the reason that we are able to attend and celebrate events, like Bar-B-Q's and Firework displays, is because of our military personnel and those before them that fought to keep our nation strong and protected!. So please, if you see a veteran this week, or anytime this month, please thank them for their service and let them know we're glad that they are here!

HIGHLANDS DID YOU KNOW??



Event/ You should know info

This coming Friday, July 3rd we will have our Independence Celebration featuring another Bluegrass Group that is coming to play from 3:30 until dinner time! There will be refreshments served and the festivities will continue through the afternoon. The band features some of the familiar members and some new faces and instruments as well We look forward to the music, laughter, friendship and families that we hope to be part of this fun event!



Event/ You should know info

Starting in July, we have a new fundraising event that will support an 'activity incentive' called the General Store! Separate from the Bingo Store, this 'General Store' will provide extra snacks and goodies not normally available to the residents. Each time a resident attends an activity, they will receive a ticket that they can use to purchase items at the store. Colored envelopes will be given to help make this successful, but in the event that it is difficult to manage, our activities department will step in and assist! The goal is to provide both additional snacks and more activity participation! All of the proceeds from the thrift store will go towards supplies for the General store so come shop to support!

ASSISTED LIVING CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
9:30 Devotional material Available in AR hallway 10:00 Livestream Church Service in AR 2:00 Cards, Games, Puzzles & Art Projects Available in AR	9:30 Morning Devotions with MaryAnn 10:15 Moving to Music- Exercises and Stretches 11:30 Monday Manicures 2:30 Pass the Pup Game 3:30 BINGO	9:30 Morning Devotions with MaryAnn 10:15 Moving to Music- Exercises and Stretches 1:30 Resident Council Mtg. 3:30 Paper Fan Craft	9:30 Morning Devotions with MaryAnn 10:15 Moving to Music- Exercises and Stretches 10:30 Outing to Walmart 3:30 BINGO 6:00 Bethel Kellum Piano & Music and Devotion	9:30 Morning Devotions with MaryAnn 10:15 Moving to Music- Exercises and Stretches 1:30 Donnie from Inspire Brings food & fun! 2:30 Summer Sunset Painting	9:30 Morning Devotions with MaryAnn 10:15 Moving to Music- Exercises and Stretches 2:00 Ping Pong Challenge 3:00 BINGO and Store	
9:30 Devotional material Available in AR hallway 10:00 Livestream Church Service in AR 3:00 Academy Baptist Church Service in AR	9:30 Morning Devotions with MaryAnn 10:15 Moving to Music- Exercises and Stretches 11:30 Monday Manicures 2:30 Beading Bracelets 3:30 BINGO	9:30 Morning Devotions with MaryAnn 10:15 Moving to Music- Exercises and Stretches 2:30 "Just what is AI?" 4:00 Learning class 4 All 3:30 Acrylic Floral Sticker Craft	9:30 Morning Devotions with MaryAnn 10:15 Moving to Music- Exercises and Stretches 10:30 Outing to Thrift Store 2:30 Headbantz 3:30 BINGO	9:30 Morning Devotions with MaryAnn 10:15 Moving to Music- Exercises and Stretches 2:30 Refreshments at Coffee Bar in Lobby 3:30 Bluegrass Music in AR	9:30 Morning Devotions with MaryAnn 10:15 Moving to Music- Exercises and Stretches 2:00 Put-Put Party 3:00 BINGO and Store	10:30 Cards, Games, Puzzles & Art Projects Available in AR 1:00 BINGO 2:00 Saturday Movie Matinee Your Choice! Staff will start it!
9:30 Devotional material Available in AR hallway 10:00 Livestream Church Service in AR 2:00 Purpose Church Comes to visit	9:30 Morning Devotions with MaryAnn 10:15 Moving to Music- Exercises and Stretches 11:30 Monday Manicures 2:30 Large Group Card Games 3:30 BINGO	9:30 Morning Devotions with MaryAnn 10:15 Moving to Music- Exercises and Stretches 2:30 Tech on Tues, Please Sign up if you need help 3:30 Clay Flower Votives	9:30 Morning Devotions with MaryAnn 10:15 Moving to Music- Exercises and Stretches 10:30 Outing to Walmart 1:30 St. Mary's Ladies come with snacks & surprises! 4:00 BINGO	9:30 Morning Devotions with MaryAnn 11:15 Moving to Music- Exercises and Stretches 2:00 Family Caregiver Support Group Mtg. 3:30 Suncatcher Craft	9:30 Morning Devotions with MaryAnn 10:15 Moving to Music- Exercises and Stretches 2:00 Basketball Fun & Games 3:00 BINGO and Store	10:30 Cards, Games, Puzzles & Art Projects Available in AR 1:00 BINGO 2:00 Saturday Movie Matinee Your Choice! Staff will start it!
9:30 Devotional material Available in AR hallway 10:00 Livestream Church Service in AR 2:00 Cards, Games, Puzzles & Art Projects Available in AR	9:30 Morning Devotions with MaryAnn 10:15 Moving to Music- Exercises and Stretches 11:30 Monday Manicures 2:30 Beading Crafts 3:30 BINGO	9:30 Morning Devotions with MaryAnn 10:15 Moving to Music- Exercises and Stretches 2:30 Rose Painting 3:30 General Store Tickets only, no cash.	9:30 Morning Devotions with MaryAnn 10:15 Moving to Music- Exercises and Stretches 10:30 Outing to Dollar Tree And Marshalls-Athens 2:30 White Board Games 3:30 BINGO	9:30 Morning Devotions with MaryAnn 10:15 Moving to Music- Exercises and Stretches 2:30 Birthday Bash for July 3:30 Birthday Trivia	9:30 Morning Devotions with MaryAnn 10:15 Moving to Music- Exercises and Stretches 2:00 Table game Tournament 3:00 BINGO and Store	

Highlands Senior Living 50 Sumner Way Jefferson, Georgia, 30549

MEMORY CARE CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack & Hydration 11:00 Lunch 12:30 Group Activities 2:00 Snack & A Movie 3:30 Therapeutic Activities 4:00 Walk & Roll	8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack & Hydration 11:00 Lunch 12:30 Group Activities 2:00 Snack & A Movie 3:30 Therapeutic Activities 4:00 Walk & Roll	8:30 Daily Devotional 9:30 Guided Exercise 10:00 Jimmy & Compassus w/ songs & a devotion 11:00 Lunch 12:30 Group Activities 2:00 Snack & A Movie 3:30 Therapeutic Activities 4:00 Walk & Roll	8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack & Hydration 11:00 Lunch 12:30 Michelle & a Painted Flower craft 2:00 Snack & A Movie 3:30 Therapeutic Activities 4:00 Walk & Roll	8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack & Hydration 11:00 Lunch 12:30 Group Activities 2:00 Snack & A Movie 3:30 Therapeutic Activities 4:00 Walk & Roll	8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack & Hydration 11:00 Lunch 12:30 Group Activities 2:00 Snack & A Movie 3:30 Therapeutic Activities 4:00 Walk & Roll	
8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack & Hydration 11:00 Lunch 12:30 Group Activities 2:00 Snack & A Movie 3:30 Therapeutic Activities 4:00 Walk & Roll	8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack & Hydration 11:00 Lunch 12:30 Group Activities 2:00 Snack & A Movie 3:30 Therapeutic Activities 4:00 Walk & Roll	8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack & Hydration 11:00 Lunch 12:30 Group Activities 2:00 Snack & A Movie 3:30 Therapeutic Activities 4:00 Walk & Roll	8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack & Hydration 11:00 Lunch 12:30 Group Activities 2:00 Snack & A Movie 3:30 Therapeutic Activities 4:00 Walk & Roll	8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack & Hydration 11:00 Lunch 12:30 Group Activities 2:00 Snack & A Movie 3:30 Bluegrass Band & Downstairs in AL 4:00 Walk & Roll	8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack & Hydration 11:00 Lunch 12:30 Group Activities 2:00 Snack & A Movie 3:30 Therapeutic Activities 4:00 Walk & Roll	8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack & Hydration 11:00 Lunch 12:30 Group Activities 2:00 Snack & A Movie 3:30 Therapeutic Activities 4:00 Walk & Roll
8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack & Hydration 11:00 Lunch 12:30 Group Activities 2:00 Snack & A Movie 3:30 Therapeutic Activities 4:00 Walk & Roll	8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack & Hydration 11:00 Lunch 12:30 Group Activities 2:00 Snack & A Movie 3:30 Therapeutic Activities 4:00 Walk & Roll	8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack & Hydration 11:00 Lunch 12:30 Group Activities 2:00 Snack & A Movie 3:30 Therapeutic Activities 4:00 Walk & Roll	8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack & Hydration 11:00 Lunch 12:45 St. Mary's visits with Snacks & Crafts 2:00 Snack & A Movie 3:30 Therapeutic Activities 4:00 Walk & Roll	8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack & Hydration 11:00 Lunch 12:30 Bible Study & Snack With Emmanuel 2:00 Family Support Group 3:30 Therapeutic Activities 4:00 Walk & Roll	8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack & Hydration 11:00 Lunch 12:30 Group Activities 2:00 Snack & A Movie 3:30 Therapeutic Activities 4:00 Walk & Roll	8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack & Hydration 11:00 Lunch 12:30 Group Activities 2:00 Snack & A Movie 3:30 Therapeutic Activities 4:00 Walk & Roll
8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack & Hydration 11:00 Lunch 12:30 Group Activities 2:00 Snack & A Movie 3:30 Therapeutic Activities 4:00 Walk & Roll	8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack & Hydration 11:00 Lunch 12:30 Angela & Compassus Visits for Games 2:00 Snack & A Movie 3:30 Therapeutic Activities 4:00 Walk & Roll	8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack & Hydration 11:00 Lunch 12:30 Group Activities 2:00 Snack & A Movie 3:30 Therapeutic Activities 4:00 Walk & Roll	8:30 Daily Devotional 9:30 Guided Exercise 10:00 Michelle brings Snacks & Drinks 11:00 Lunch 12:30 Group Activities 2:00 Snack & A Movie 3:30 Therapeutic Activities 4:00 Walk & Roll	8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack & Hydration 11:00 Lunch 12:30 Group Activities 2:00 Birthday Bash 3:30 Therapeutic Activities 4:00 Walk & Roll	8:30 Daily Devotional 9:30 Guided Exercise 10:00 Snack & Hydration 11:00 Lunch 12:30 Group Activities 2:00 Snack & A Movie 3:30 Therapeutic Activities 4:00 Walk & Roll	No July Birthdays! 

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HIGHLANDS

>>> HOT SHOTS



Rockstar Resident

Nelda Strong

Ms. Nelda Strong has certainly lived up to her name! She has been through a lot and has fought long and hard to return to her Highlands home! Having taught Sunday school, for 30+ years, she knows the meaning of discipline and hard work! Growing up in Mississippi, Ms. Nelda attended a Baptist college right outside of Jackson and moved to Natchez, after being married. She has very fond memories of that town, and can tell you quite a bit of interesting things about it! It was there that she spent many hours cooking, sewing and working in her gardens full of beautiful flowers and shrubs. She also did cross stitch, needlework and crochets. If you sit and talk with her she can even tell you about her years working as a bookkeeper for the cattle barn. Nelda we love hearing your interesting stories and are glad you're back here!



Employee of the Month

Jordan Dearman

Jordan Dearman is a wonderful member of our kitchen staff that truly deserves everything good that comes her way! Her strong work ethic, positive attitude and dedication make her an invaluable part of our team!

Jordan has an incredible ability to multitask and always seems to step up to the plate when given additional responsibilities. She seems to stay focused and accomplish every task with efficiency and care. According to the residents, she is exceptional when it comes to customer service, always friendly with a sweet disposition, regardless of the circumstances and always remembers a request, promptly returning with a cheerful attitude and the exact item requested! Jordan, we are grateful for all that you do and proud to give you this recognition!

MEET THE TEAM!



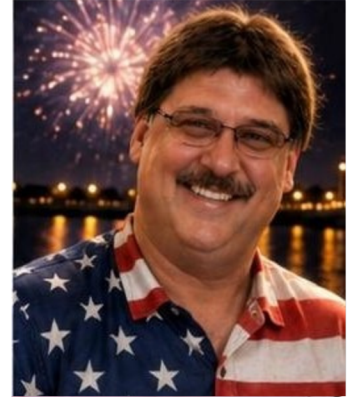
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Shane Strickland
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At the heart of our community is a dedicated management team committed to making this place feel like home. From daily operations to special events and personalized care, our team 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!!
@HighlandsSeniorLivingJefferson