



HIGHLANDS

SENIOR LIVING & HOME HELPERS

JULY 2026
NEWSLETTER



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

What an exciting month we have had!

June has given us many wonderful opportunities to celebrate and reflect. We honored Father's Day and recognized the brave men and women who have served our country. We are grateful for all they have done to protect, inspire, support, and guide us throughout our lives. To all fathers and veterans, we thank you for your dedication, sacrifice, and love.

This month, we also celebrated Juneteenth, a meaningful time to honor history, freedom, resilience, and the enduring contributions of African Americans. It serves as an important reminder of how far we have come and the significance of unity, respect, and understanding within our communities.

As summer officially arrives, we have not let the rain or storms keep us from enjoying the season. Our residents have continued to make the most of the warm weather, sunshine, activities, and time spent together. We look forward to creating many more joyful memories throughout the summer months and embracing all the fun and excitement the season has to offer.

Here's to a summer filled with laughter, friendship, and wonderful experiences!

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!

-Jenohn Carter

Executive Director

HIGHLANDS

DID YOU KNOW??



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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.

*** KENCOR HEALTH STUDY DONE BY GERIATRIC / CARDIOLOGIST DOCTOR TEAM IN MACON, GA OVER A 12 MONTH PERIOD.**

Highlands Vital Connect

Highlands Senior Living Health Monitoring Program makes tracking wellness easier, more proactive, and more reassuring for both residents and their loved ones.

For questions or to enroll in the program, please contact

Jenohn Carter
jenohn.c@highlands.care
804-908-2844



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REFERRAL PROGRAM

Old Friends New Neighbors

Know anyone exploring retirement living?
We would love to welcome them to our community!!

Get/\$500 credit

after their first month in the community as our resident and your neighbor!!

Help Your Friends and Get a Bonus!

Highlands Referral Program

Highlands Senior Living Health Monitoring Program makes tracking wellness easier, more proactive, and more reassuring for both residents and their loved ones.

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PERSONAL CARE CALENDAR

Sun day	Mon day	Tues day	Wedne sday	Thurs day	Frid ay	Satu rday
July 2026 Patriotic and summer-focused to food, hobby, and tropical concepts						
9am Morning Devotion Greg Laurie 9:30 am Sit and be Fit 10am Hydration/ Daily Chronicles 10:30am Word Rearrange 11am Lap Living 1pm Ed Sullivan Show 2:30pm Sensory Time 3pm Afternoon Stroll 5pm Cooling with Colors	9:00am Morning Devotion TD Jakes 9:30 am Manicure Mania 10am Hydration Daily Chronicles 10:30am Zumba w/ Vitzel Lupita 11am Laundry Time 1pm Moving with Music 2pm Mary Tyler Moore Show 3pm Word Search 5pm Peace with Puzzles	9:00am Morning Devotion J. Osteen 9:30 am Volleyball 10am Hydration Daily Chronicles 10:30am Word-In-A-Word 11am What is cooking in the Kitchen 1pm Strolling with Nature 2pm Paint & Sip w/ Georgia Hospice 3pm Words of Reflection 2:30pm Laundry Time 5pm Read and Relax	9:00am Morning Devotion B. Graham 9:30am Morning Stroll 10am Hydration Daily Chronicles 10:30am Would you Rather 11am Calming Coloring 1pm Paint Pretty 1:30pm Poarch Talk 2pm Wine Down Wednesday 3pm Dance Party 5pm Cards Home	9:30am Morning Devotion TD Jakes 9:30am Morning Stroll 10am Hydration Daily Chronicles 10:30 am Make me laugh! 11am Tack Tie Time 1pm Coloring into Peace 1:30pm Hydration Daily Chronicles 2pm Pet Therapy 3pm Thrifty for Tea Thursday 5pm Andy Grish Show	9am Morning Devotion J. Osteen 9:30 am Chair Line Dancing 10am Hydration Daily Chronicles 10:30 Famous Birthday Word Search 11am Tie the Tie 1pm Stroll with Nature 2pm Bingo 3pm Words of Reflection 4pm Pet Therapy 5pm Friday Night Comedy Club	9am Morning Devotion T. Evans 9:30 am Chair Line Dancing 10am Hydration Daily Chronicles 10:30am, Do you see What I see? 1pm Afternoon Stroll 1:30pm Poarch Talk 2pm Brain Trivia 3pm What's Cooking in the Kitchen 5pm Medication with Music
9am Morning Devotion Greg Laurie 9:30 am Sit and be Fit 10am Hydration/ Daily Chronicles 10:30am Word Rearrange 11am Lap Living 1pm Ed Sullivan Show 2:30pm Sensory Time 3pm Afternoon Stroll 5pm Cooling with Colors	9:00am Morning Devotion TD Jakes 9:30 am Manicure Mania 10am Hydration Daily Chronicles 10:30am Penny Game w/ Thalia from Gentiva Hospice 11am Laundry Time 1pm Moving with Music 2pm Mary Tyler Moore Show 3pm Word Search 5pm Peace with Puzzles	9:00am Morning Devotion J. Osteen 9:30 am Volleyball 10am Hydration Daily Chronicles 10:30am Word-In-A-Word 11am What is cooking in the Kitchen 1pm Strolling with Nature 2pm Watermelon Social w/ Georgia Hospice 3pm Words of Reflection 2:30pm Laundry Time 5pm Read and Relax	9:00am Morning Devotion B. Graham 9:30am Morning Stroll 10am Hydration Daily Chronicles 10:30am Would you Rather 11am Calming Coloring 1pm Paint Pretty 1:30pm Poarch Talk 2pm Wine Down Wednesday W/ Divine Light Hospice 3pm Dance Party 5pm Cards Home	9:30am Morning Devotion J. Myers 9:30 am Noodle Exercise 10am Hydration Daily Chronicles 10:30 am Word-In-A-Word 10:30 Golden Corral 1pm Still Art Painting 2pm Laundry Time 3pm Strolling with Nature 5pm Relax Relate and Release	9am Morning Devotion J. Osteen 9:30 am Chair Line Dancing 10am Hydration Daily Chronicles 10:30 Famous Birthday Word Search 11am Tie the Tie 1pm Stroll with Nature 2pm Bingo 3pm Words of Reflection 4pm Pet Therapy 5pm Friday Night Comedy Club	9am Morning Devotion T. Evans 9:30 am Chair Line Dancing 10am Hydration Daily Chronicles 10:30am, Do you see What I see? 1pm Afternoon Stroll 1:30pm Poarch Talk 2pm Brain Trivia 3pm What's Cooking in the Kitchen 5pm Medication with Music
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The Highlands at Norcross, Assisted Living 680 Hollister Bridge Rd., Norcross, Ga 30071

JOKE OF THE DAY

What kind of shoes do all spies wear?

Sneak-ers!



LAUGHTER IS INCREDIBLY HEALTHY.

It actively reduces stress hormones, triggers the release of feel-good endorphins, and physically relaxes your body for up to 45 minutes. A hearty laugh acts as a mini-workout, boosting your circulation and strengthening your immune system.

Let's all try to laugh everyday!!



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!!
[@HighlandsSeniorLivingNorcross](#)