



HIGHLANDS

SENIOR LIVING & HOME HELPERS

JULY 2026
NEWSLETTER



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

At Highlands Senior Living, we've enjoyed a month filled with laughter, connection, and wonderful moments together. Residents took in the fresh air on our fishing trip and enjoyed time outdoors during our walks. We kept our minds active with word games, friendly competition during pool and card games, and activities designed to encourage creativity, focus, and dexterity. We also had the pleasure of celebrating Father's Day, honoring the special men in our community and the memories they've created throughout their lives. We also had a yard sale to benefit our activities department.

Looking ahead, we have an exciting month planned! We'll be celebrating the 4th of July and America's 250th birthday with patriotic activities, good food, and plenty of community spirit. We're also looking forward to an adventurous outing to Eudora Farms, where residents can enjoy a unique drive-through safari experience and see wildlife up close from the comfort of our vehicles. We're excited for all the fun, friendship, and new memories that the coming month will bring at Highlands Senior Living!

A MESSAGE FROM OUR REGIONAL 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.

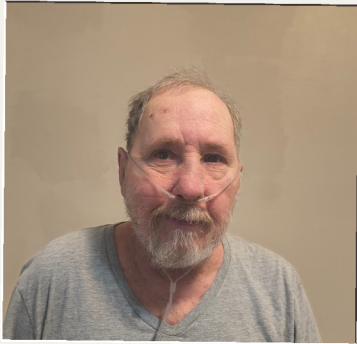
Wishing you a safe and happy July!

-Liz Alexander

Regional Director

HIGHLANDS

>>> HAPPY BIRTHDAYS



BRADFORD
MCKINNON 7/25



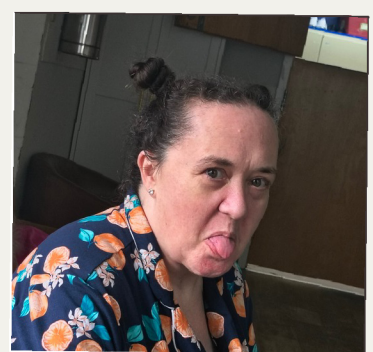
TOMAS SMITH
7/26

Staff Birthdays

Heather Hornsby-7/20
Tami Ainsworth-7/6
Kassidy Gunter-7/7
Joseph Daggitt-7/16
Jorden Carter-7/12
Amber Wallace-7/23
James Shawver-7/1



TINY BRANHAM
7/16

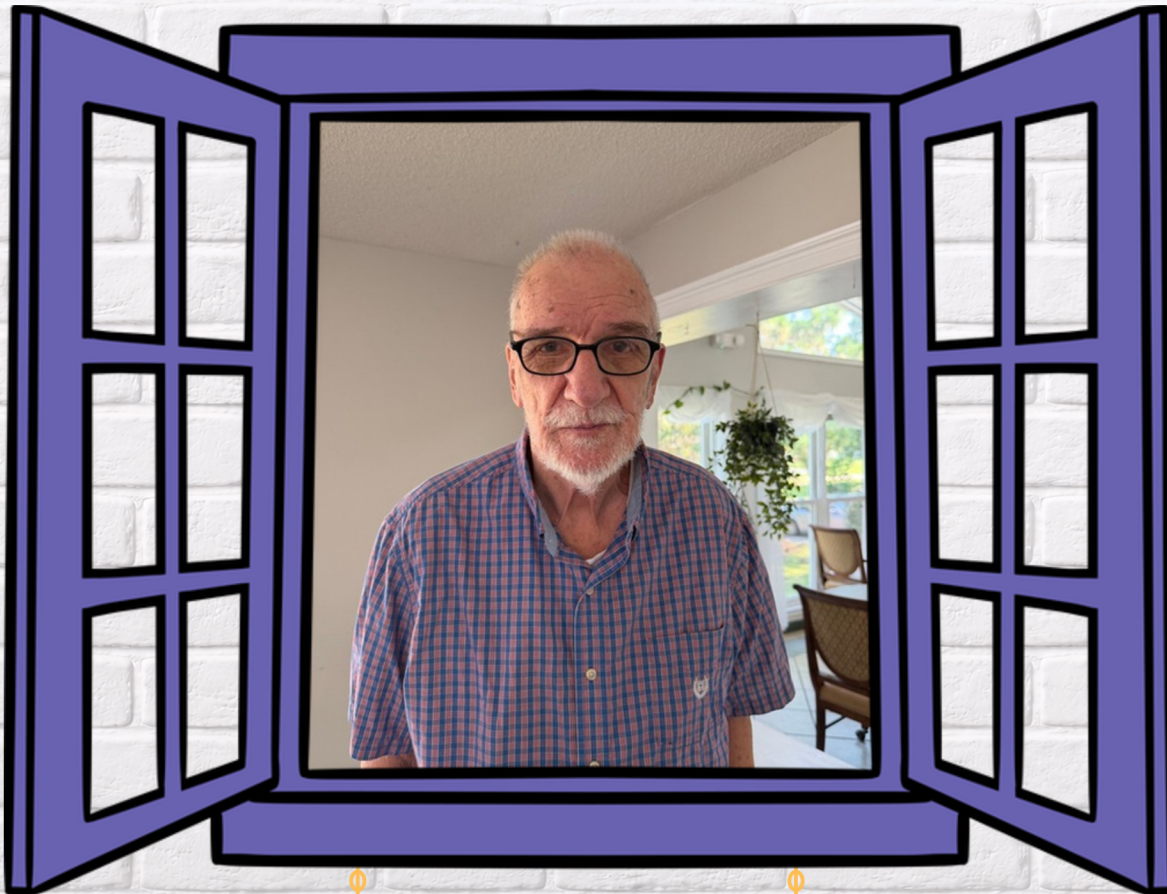


LORI BASS
7/31



HIGHLANDS

NEW FRIENDLY FACES



**RAYMOND
ROBINSON**

This easygoing resident has a profound appreciation for the outdoors, finding joy and tranquility in nature. Whether taking a leisurely walk or simply savoring the scenery, he values each moment spent outside. Nature provides him with a sense of peace and happiness. Additionally, he takes pride in his service as an Air Force veteran, which has instilled in him a strong sense of discipline and honor. His passion for the natural world, combined with his military experience, significantly influences his identity today.

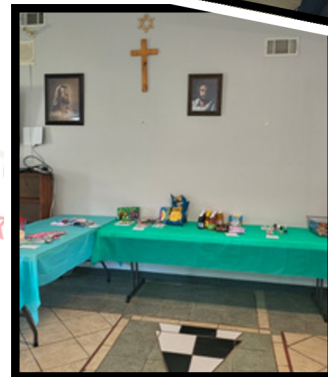
HIGHLANDS

DIETARY

	WEEK 1 6/29- 7/5	WEEK 2 7/6-7/12	WEEK 3 7/13-7/19	WEEK 4 7/20-7/26
SUN	B: BREAKFAST BURRITOS L: CHEESY CHICKEN QUESADILLAS D: SLICED TURKEY	B: FRENCH TOAST L: SHRIMP AND GRITS D: FISH SANDWICH	B: HASH BROWNS AND BACON L: CHICKEN TENDERS D: HAMBURGER HELPER	B: GRITS W/ BACON L: CHILLI D: CRAB SALAD
MON	B: CEREAL L: SALSURY STEAK D: HONEY HAM	B: MUFFIN AND EGGS L: BEEF TACOS D: TUNA NOODLE CASSAROLE	B: BOILED EGGS AND SAUSAGE L: SWEDISH MEATBALLS D: LASAGNA	B: HASH BROWNS W/ BACON L: CHICKEN TENDERS D: HAMBURGER HELPER
TUE	B: OATMEAL L: HAMBURGER HELPER D: PORK AND GRAVY	B: SAUSAGE GRAVY AND BICIUTS L: HAMBURGERS D: PORK LOIN	B: ENGLISH MUFFIN W/ SAUSAGE L: SWEDDISH MEATBALLS D: LASAGNA W/ SALAD & GARLIC BREAD	B: BOILED EGGS W/ SAUSAGE LINKS L: SWEDDISH MEATBALLS D: LASANGA
WED	B: GRITS W/ BACON L: CHICKEN SALAD CROSSOINT D: CHICKEN FLORENTINE	B: HASH BROWN L: CHICKEN TENDERS D: TURKEY WITH GRAVY	B: GRITS W/ SAUSAGE L: COUNTRY FRIED STEAK D: SHEPERDS PIE	B: GRITS W/ SAUSAGE & FRUIT L: COUNTRY FRIED STEAK D: SHEPEREDS PIE
THU	B: BREAKFAST HAM L: PHILLY SUB D: POTATO SOUP	B: CHEESE GRITS L: BEEF AND PASTA CASSAROLE D: PEPPER STEAK	B: CORNED BEEF HASH L: SPAGHETTI D: FRIED CHICKEN	B: CORNED BEEF HASH W/ EGGS & TOAST L: SPAGHETTI D: FRIED CHICKEN
FRI	B: GRITS W/ SAUSAGE L: PORK AND VEGETABLES D: SWEET AND SOUR MEATBALLS	B: OATMEAL L: BBQ SANDWICHES D: SMOTHERED CHICKEN	B: BREAKFAST CASSEROLE L: PIZZA D: TUNA NOODLE CASSEROLE	B: BREAKFAST CASSEROLE L: PIZZA D: TUNA CASSEROLE
SAT	B: BACON AND EGGS L: HAMBURGERS/HOTDOG (4 TH CELEBRATION) D: BEEF STEW OVER RICE	B: WAFFLES L: HOT DOGS D: HAM W/ PINEAPPLE	B: CEREAL W/ TOAST & EGGS L: SLOPPY JOES D: PORK CHOPS	B: CEREAL W/ EGGS & TOAST L: SLOPPY JOES D: PORK CHOPS

HIGHLANDS

HIGHLIGHTS



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ACTIVITIES



As an activities director, I do my best to inspire and enrich the lives of those I serve by creating fun and meaningful experiences. My job is to help build a sense of community, promote well-being, and improve the quality of life for participants. Using my creativity and leadership, I design programs that cater to different interests, ensuring everyone feels included. I believe my enthusiasm can encourage participation and create lasting memories. I embrace the challenge with confidence, knowing my efforts make a positive impact and help create a vibrant, connected community.

-KASSIDY GUNTER

HIGHLANDS DID YOU KNOW??



Eudora Farms trips

Next month, we are excited to visit Eudora Farms Drive-Thru Safari, where you can enjoy a wildlife adventure from your vehicle. This unforgettable experience promises fun and learning as you observe majestic animals. Get ready for a month of exploration and discovery!



Independence Day

We will be celebrating America's 250th birthday this July 4th with hamburgers, hot dogs, and a variety of other delicious treats!



PERSONAL CARE CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 National Gingersnap Day 9:30 Group walk 10:30 Snacks & Hydration 11:00 Worship services 1:00 4th of July craft w/ Holly 2:30 Snacks & Hydration	2 National I Forgot Day 9:30 MC nail day 10:30 Snacks & Hydration 11:00 Food Council Meeting 1:00 Bingo 2:30 Snacks & Hydration	3 National Eat Beans Day 9:30 Coffee and News 10:30 Snacks & Hydration 11:00 Resident Council Meeting 1:00 Craft 2:30 Snacks & Hydration	4 Independence Day Independent Activities 11:00 Board games 12:00 Independence day lunch 1:00 puzzles
5 National Hawaii Day Independent Activities 9:30 Coffee and News 1:00 Pool time 3:00 Church services	6 National Fried Chicken Day 9:30 Card games 10:30 Snacks & Hydration 11:30 Bojangles lunch 1:00 Movie Monday 2:30 Snacks & Hydration	7 National Macaroni Day 9:30 Craft 10:30 Snacks & Hydration 11:00 Nails day 1:00 Bingo 2:30 Snacks & Hydration	8 National Freezerpop Day 9:30 Wild Wednesday (al trip) 10:30 Snacks & Hydration 11:00 Worship services 1:00 trivia 2:30 Snacks & Hydration 2:30 Penny auction Donovan (AR)	9 National Sugarcookie Day 9:30 MC nail day 10:30 Snacks & Hydration 11:00 Hangman 1:00 Bingo 2:30 Snacks & Hydration	10 National French Fry Day 9:00 Walmart trip 10:30 Snacks & Hydration 11:00 Craft 1:00 Walmart trip 2:30 Snacks & Hydration	11 National 7-eleven day Independent Activities 9:30 Coffee and News 11:00 Pool time
12 National Peacan Pie Day Independent Activities 11:00 Board Games 1:00 Puzzles 3:00 Church services	13 National Deleware Day 9:30 Coffee and news 10:30 Snacks & Hydration 11:00 Bingo 1:00 Movie Monday 2:30 Snacks & Hydration	14 Cow Appreciation Day 9:30 Nails day 10:30 Snacks & Hydration 11:00 Craft 1:30 Golden memories w/ hannelena 2:30 Snacks & Hydration	15 National Hot Dog Day 9:30 Coffee and News 10:30 Snacks & Hydration 11:00 Worship services 1:00 plinko 2:30 Snacks & Hydration	16 National Cherry Day 9:30 MC nail Day 10:30 Snacks & Hydration 11:00 Pool time 1:00 Bingo 2:30 Snacks & Hydration	17 National tattoo day 9:30 Group walk 10:30 Snacks & Hydration 11:00 Tattoo shop 1:00 Trivia 2:30 Snacks & Hydration	18 National Sour Candy Day Independent Activities 11:00 Board games 1:00 Bingo
19 National Daiquiri Day Independent Activities 9:30 Group walk 11:00 Coffee and News 3:00 Church services	20 National lollipop Day 9:30 Card games 10:30 Snacks & Hydration 11:00 Craft 1:00 Movie Monday 2:30 Snacks & Hydration	21 National Junk Food Day 9:30 Group walk 10:30 Snacks & Hydration 11:00 Nails day 1:00 Bingo 2:30 Snacks & Hydration	22 National mango day 9:30 Wild Wednesday (mc trip) 10:00 Bingo with Donovan 10:30 Snacks & Hydration 11:00 Worship services 2:30 Snacks & Hydration	23 Gorgeous Grandma Day 9:30 MC nail day 10:30 Snacks & Hydration 11:00 Bingo 1:00 Spa Day 2:30 Snacks & Hydration	24 National Drive-thru Day 9:00 Walmart trip 10:30 Snacks & Hydration 11:30 Rushes lunch 1:00 Craft 2:30 Snacks & Hydration	25 National cowboy day Independent Activities 9:30 Group walk 1:00 Puzzles
26 Coffee-milkshake day Independent Activities 11:00 Bingo 1:00 Pool time	27 National Love is Kind Day 9:30 Group walk 10:30 Snacks & Hydration 11:00 Trivia 1:00 Movie Monday 2:30 Snacks & Hydration	28 National waterpark day 9:30 Nails day 10:30 Snacks & Hydration 11:00 Bingo 1:00 Wheelchair Carwash 2:30 Snacks & Hydration	29 National Lasagna Day 9:30 Wild Wednesday (al trip) 10:30 Snacks & Hydration 11:00 Worship services 1:00 cornhole 2:30 Snacks & Hydration	30 Cheesecake Day 9:30 MC nail day 10:30 Snacks & Hydration 11:00 Country Store 1:00 Bingo 2:30 Snacks & Hydration	31 National Mutt Day 9:30 Group walk 10:30 Snacks & Hydration 11:00 July Birthday Celebration 1:00 Pool time 2:30 Snacks & Hydration	

All activities subject to change without notice.
Snacks served daily in the dining hall at 10:30 2:30 and 8:30.



HIGHLANDS

>>> HOT SHOTS



Rockstar Resident

Tiny Branham

Tiny may be petite, but her personality is larger than life. You can often catch her relishing episodes of *Little House on the Prairie* or snuggled up for a cozy nap. She has a sweet tooth for delightful treats and an everlasting love for the Christmas season.



Employee of the Month

Heather Hornsby

Heather is a key part of our Highlands team because she is flexible and reliable. Her ability to adapt and consistently deliver results makes her essential. Heather's positive attitude and dedication inspire everyone, boosting our team's efficiency and creating a supportive environment.

MEET THE TEAM!



Liz Alexander
Regional Director
liz.a@highlands.care



Tami Ainsworth
Assistant Administrator
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Christine Thompson
Resident Care Coordinator
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Hope Laird
Resident Care Coordinator
Hope.l@highlands.care



Kassidy Gunter
Activities Director
kassidy.g@highlands.care



Danielle Lynn
Receptionist

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!!
@HighlandsSeniorLivingGaston