



HIGHLANDS

SENIOR LIVING & HOME HELPERS

JULY 2026
NEWSLETTER



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

What a wonderful month we've shared together! June was filled with memorable moments, laughter, and appreciation. We celebrated the amazing fathers in our community with our annual fishing trip, followed by a refreshing afternoon enjoying sweet watermelon together. Residents also embraced the spirit of summer at our festive Summer Luau, complete with sips, sunshine, tropical fun, and great company. To top it all off, we proudly recognized our incredible caregivers during CNA Week, taking time to celebrate their compassion, dedication, and the exceptional care they provide each day. Thank you to everyone who helped make this month so special—we look forward to creating even more wonderful memories together in the months ahead!

As we welcome a new month, we're excited for even more fun, friendship, and celebration. This July, we'll proudly honor the 250th anniversary of Independence Day with festive treats, patriotic activities, and creative firecracker crafts that are sure to make the day sparkle. We look forward to celebrating this historic milestone together while making lasting memories filled with smiles, laughter, and community spirit.

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.

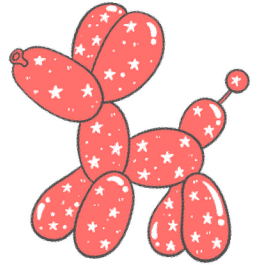
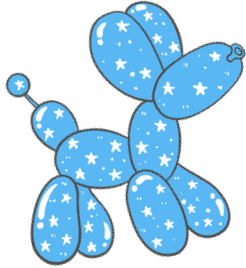
As we celebrate Independence Day and the freedoms we enjoy, let us also take time to appreciate one another and the unique contributions each person brings to our community. Thank you for being a part of our family. We look forward to a wonderful month filled with laughter, friendship, and summer fun.

Wishing you a safe and happy July!

-Erica Whatley McDaniel
Executive Director

HIGHLANDS

>>> HAPPY BIRTHDAYS



JOANN
GOWENS



JOHNNY
THOMASSON



HAYWARD
HUNTER



Staff Birthdays

Aaliyah Womack- July 13
Juleigh Chauvin- July 21
Kalee Bennett- July 26



PATTI
SORRELLS

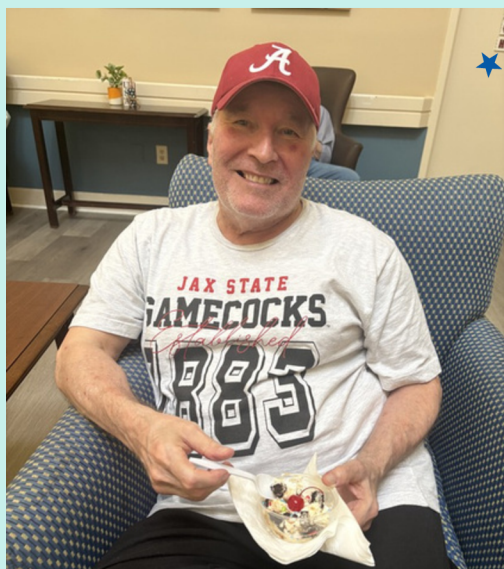


LILLIAN
JARNIGAN



HIGHLANDS

NEW FRIENDLY FACES



GARY DOEGG

Please join us in giving a heartfelt welcome to our newest resident, Mr. Gary! A proud Alabama football fan, Mr. Gary enjoys spending time with others, sharing laughs, and never turns down a delicious treat. He is a devoted father and grandfather whose warm personality and bright smile can light up any room. Mr. Gary also loves staying active and looks forward to games that involve movement and exercise. We are delighted to have him join our community and can't wait to make many wonderful memories together. Roll Tide, Mr. Gary, we're so happy you're here!



SUE SHEPARD

Please join us in giving a warm welcome to our newest resident, Mrs. Sue Shepherd! Mrs. Sue brings a bubbly personality and energetic spirit that brightens everyone's day. She loves staying on her feet, keeping busy, and has a special fondness for sweet tea and a refreshing Tab. With a talent for organizing, she enjoys keeping things neat and in order, and her caring nature shines through as a devoted and loving grandmother. We are so excited to welcome Mrs. Sue to our community and look forward to sharing many wonderful moments and new friendships with her.

HIGHLANDS

DIETARY

	WEEK 1 6/28- 7/4	WEEK 2 7/5- 7/11	WEEK 3 7/12-7/18	WEEK 4 7/19- 7/25
SUN	B: CINNAMON ROLL WITH SAUSAGE L: BBQ PORK CHOPS D: BEEF ROAST	B: HASHBROWN AND BACON L: VEGGIE PLATE D: LEMON PEPPER BAKED FISH	B: FRENCH TOAST WITH BACON L: BBQ CHICKEN LEGS D: STUFFED BELL PEPPERS	B: GRITS AND SAUSAGE L: CHICKEN SALAD CROSS'WICH D: BEEF TIPS WITH GRAVY
MON	B: WAFFLES L: CHICKEN AND RICE D: HAM AND CHEESE SANDWICH	B: GRITS WITH SAUSAGE L: BAKED CHICKEN LEGS D: MEAT SPAGHETTI	B: GRITS AND SAUSAGE L: LEMON PEPPER BAKED CHICKEN D: MEAT SPAGHETTI	B: CEREAL WITH FRESH FRUIT L: FRIED CHICKEN D: HAM & CHEESE SANDWICH
TUE	B: OATMEAL OR CEREAL L: ITALIAN LASAGNA D: FRIED CHICKEN	B: FRENCH TOAST L: HAMBURGER STEAK WITH GRAVY D: CHICKEN ALFREDO	B: MUFFINS WITH ORANGE SLICES L: ROASTED PORK LOIN W/ GRAVY D: CHICKEN TORTELLINI	B: CEREAL WITH FRESH FRUIT L: MIXED BEANS WITH VEGGIES D: FRIED CHICKEN TENDERS
WED	B: SAUSAGE GRAVY BISCUIT L: FRIED FISH FILLETS D: BBQ PORK CHOPS	B: OATMEAL WITH FRESH FRUIT L: SLAW CHILI DOGS D: CHICKEN CASSEROLE	B: SAUSAGE GRAVY BISCUITS L: DELUXE CHEESEBURGER D: GLAZED HAM	B: SAUSAGE GRAVY BISCUIT L: STRAWBERRY CHICKEN CHEF SALAD D: BAKED FISH
THU	B: GRITS WITH BACON L: VEGGIE PLATE D: SMOTHERED CHICKEN WITH RICE	B: SAUSAGE GRAVY BISCUIT L: CHICKEN COBB SALAD D: SMOTHERED TENDERLOIN WITH GRAVY	B: HASHBROWN AND BACON L: CHICKEN & DUMPLINGS D: BEEF LASAGNA	B: GRITS AND BACON L: CHICKEN AND DRESSING D: BBQ PORK CHOPS
FRI	B: FRENCH TOAST WITH FRESH FRUIT L: SLOPPY JOE SANDWICH D: BAKED CHICKEN	B: DANISH L: BLT SANDWICH WITH BROCCOLI CHEESE SOUP D: GLAZED MEATLOAF	B: PANCAKES AND SAUSAGE L: HERB ROASTED PORK LOIN D: BBQ CHICKEN TENDERS	B: HASHBROWN AND GRITS L: SLOPPY JOE SANDWICH D: HAMBURGER STEAK WITH GRAVY
SAT	B: OATMEAL WITH FRESH FRUIT L: DELUXE CHEESEBURGER D: BAKED FISH	B: WAFFLES L: FRIED CHICKEN D: TOMATO FLORENTINE SOUP WITH HALF TURKEY SWISS SANDWICH	B: FRENCH TOAST & BACON L: MIXED BEANS WITH COLESLAW AND CORNBREAD D: SMOTHERED PORK CHOPS	B: OATMEAL AND FRESH FRUIT L: VEGGIE LASAGNA D: SMOKED HAM

HIGHLANDS

HIGHLIGHTS



HIGHLANDS

ACTIVITIES



What an incredible month we've had celebrating the spirit of summer! It has been such a joy watching our residents laugh, connect, and create lasting memories together. Our annual fishing trip was definitely a highlight—it was a blast spending time outdoors, sharing stories, and enjoying the beautiful weather. Seeing so many smiling faces reminded us that it's the simple moments together that make our community so special. As we head into another exciting month, we're looking forward to even more fun-filled days with plenty of sweet treats, light snacks, and refreshing activities to keep everyone cool and replenished. We have a wonderful lineup of events planned, and I can't wait to continue making new memories with everyone. Here's to another month of friendship, laughter, and summer fun!

HIGHLANDS DID YOU KNOW??



Caregiver Support Group

Adult Care on Aging Parent

This support group provides caregivers facing the challenges of aging loved ones with an opportunity to share experiences, receive encouragement, gain guidance, and find support in a caring and understanding environment.

July 22ND
5PM-6PM

Highlands Senior Living
1168 Chulio Rd, Rome, GA 30161
706-802-0990

Guest Speaker: Jeanette Longairc, RN

Caregiver Support Night

July 22 5-6PM

We warmly invite all families to join us for our upcoming Caregiver Support Aide gathering. This special event is designed to provide encouragement, education, and connection for those caring for loved ones. Guests will enjoy light refreshments while hearing from a guest speaker who will discuss the important topic of caregiver guilt, offering practical strategies for coping with the emotional challenges that often accompany caregiving. We look forward to coming together in a supportive environment to share resources, build community, and remind caregivers that they are not alone on their journey. RSVP to Charlesha Lawrence by July 17th at charlesha.l@highlands.care.

◆ Brought to you by: ◆



PERSONAL CARE CALENDAR

JULY 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Personal Care			1 11AM-Activity with Ericka Allen from Willowbrook 2PM- America's 250 th Birthday Trivia with Redonna from Transitions Hospice	2 10AM- Vetern Pin ceremony with Anusha from Regency Southern Care 2PM-One on One Meetings	3 10:30AM- Monthly Health Clinic with Pruitt Hospice 2PM- One on One Meetings	4 4TH OF JULY
5 10:30- Sherwood Church Service LIVESTREAM 3PM- Bible study with Mrs. Kathy	6 9AM- Podiatry Check Up 11AM- Music Show with Donnie provided by Tapestry Hospice	7 10AM- Trivia Shuffle 3PM- Ice Cream Social	8 10AM- Chair Yoga 2PM- Art Class	9 11AM- Nail day with Celina form Tapestry 2PM- Life Size Tic-Tac-Toe	10 10AM- Mens Manicures with Brook from PruittHealth 2PM- Newspaper Race	11 10:30- Bible Study with Tom Bing 3PM- Clogging Show
12 10:30- Sherwood Church Service LIVESTREAM 3PM- Bible study with Mrs. Kathy	13 10AM- Movie Monday 2PM- Bingo with Lindsey from Affinity Hospice	14 10AM- Slots Machine 2PM- Activity with Traci Willowbrook	15 10AM- Name that Tune 2:30PM- Bakers Corner	16 10:30AM- Worship services provided by George with Heyman Hospice 2:30PM- Aloha from Hawaii movieathon with Brook from PruittHealth	17 10AM- Balloon Badminton 2PM- Lemonade Bar	18 10:30- Bible Study with Tom Bing 2PM- Activity Sheets
19 10:30- Sherwood Church Service LIVESTREAM 3PM- Bible study with Mrs. Kathy	20 10AM- Craft Corner 2PM- Happy Hour!!!	21 10AM- Doughnut and Coffee Bar 2PM- Penny Toss	22 10AM- Front porch sippin 1:30PM- Butterbean Auction with Kameron from Affinis Hospice	23 10:30AM- Activity with Kandi from Heyman Hospice 2:30PM- Nail day with Celina form Tapestry	24 10AM- Bus Trip 2PM- Resident Council Meeting	25 10:30- Bible Study with Tom Bing 2PM- Activity Sheets
26 10:30- Sherwood Church Service LIVESTREAM 3PM- Bible study with Mrs. Kathy	27 10AM- Chair Yoga 2PM- Wheel of Fortune	28 10AM- Art Class 2PM- Birthday party with Traci from Willowbrook	29 10AM- Craft Corner 2PM- Butterbean auction with Cory from Amedysis Home Health	30 10AM-Bingo 2PM- Balloon Badminton	31 Double Movie Day 10AM- Movie and a Snack 2:30PM- Movie and Popcorn	10:30- Bible Study with Tom Bing 2PM- Activity Sheets

*Calendar is always subject to change

Notes

Please meet at the dining room tables for all activites in color.

Accepting new ideas for activities! Write them down and place it in the pink lockbox beside the newsletter board.

MEMORY CARE CALENDAR

JULY 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Memory Care			1 10:30AM-Watermelon social outside 2PM- Movie Day with snacks	2 10AM- Vetern Pin ceremony with Anusha from Regency Southern Care 2PM-One on One Meetings	3 10:30AM- Monthly Health Clinic with Pruitt Hospice 2PM- One on One Meetings	4 4TH OF JULY
5 10:30- Sherwood Church Service LIVESTREAM 3PM- Bible study with Mrs. Kathy	6 9AM- Podiatry Check Up 11AM- Music Show with Donnie provided by Tapestry Hospice	7 11AM- Bingo Cup 2:30PM- Ice Cream Social	8 10:30AM- Chair Yoga 3PM- Craft Corner	9 11AM- Nail day with Celina form Tapestry 3PM- Life Size Tic-Tac-Toe	10 10AM- Mens Manicures with Brook from PruittHealth 2:30PM- Newspaper Race	11 10:30- Bible Study with Tom Bing 3PM- Clogging Show
12 10:30- Sherwood Church Service LIVESTREAM 3PM- Bible study with Mrs. Kathy	13 10AM- Movie Monday 2:30PM- Cornhole	14 10AM- Slots Machine 2PM- Activity with Traci Willowbrook	15 11AM- Dance Party 3PM- Afternoon snack day	16 10:30AM- Worship services provided by George with Heyman Hospice 3:30PM- Aloha from Hawaii movieathon with Brook from PruittHealth	17 11AM- Balloon Badminton 3PM- Lemonade Bar	18 10:30- Bible Study with Tom Bing 2PM- Activity Sheets
19 10:30- Sherwood Church Service LIVESTREAM 3PM- Bible study with Mrs. Kathy	20 11AM- Craft Corner 3PM- Happy Hour!!!	21 10:30AM-Doughnut and Coffee Bar 3PM- Penny Toss	22 10AM- Front porch sippin 2:30PM- Cornhole	23 11AM- Auction Day 2:30PM- Nail day with Celina form Tapestry	24 Double Movie Day 10AM- Movie and Snacks 2PM- Movie and Popcorn	25 10:30- Bible Study with Tom Bing 2PM- Activity Sheets
26 10:30- Sherwood Church Service LIVESTREAM 3PM- Bible study with Mrs. Kathy	27 11AM- Chair Yoga 3PM- Wheel of Surprise	28 11AM- Art Class 3PM- Birthday party with Traci from Willowbrook	29 11AM- Craft Corner 2:30PM- Lucky Duck	30 Double Movie Day 10AM- Movie and a Snack 2:30PM- Movie and Popcorn	31 10AM- Human Slots 3PM- Balloon Badminton	10:30- Bible Study with Tom Bing 2PM- Activity Sheets

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Notes

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HIGHLANDS

>>> HOT SHOTS



Rockstar Resident

Thomas Bing

Congratulations to our Rockstar Resident, Mr. Thomas Bing! Mr. Bing is one of the most courteous and respectful gentlemen you'll ever have the pleasure of meeting. A longtime member of the Rome family, he has countless wonderful stories and memories to share with those around him. He enjoys getting lost in a good book, passing the time with games, and filling the room with laughter. Whether he's working on his computer, spending quality time with his beloved family, or trying a new activity or meal, Mr. Bing approaches each day with an open mind and positive attitude. His kindness, willingness to participate, and warm personality make him a true joy to be around. Congratulations, Mr. Bing—we're proud to celebrate you as our Rockstar Resident!



Employee of the Month

Meiah Richards

Congratulations to our outstanding employee, Meiah! Your dependability, positive attitude, and unwavering dedication make you an invaluable part of our team. Your funny, energetic personality brings smiles to everyone around you, and your genuine love for our residents shines through in everything you do. Whether you're sharing jokes that brighten someone's day or enthusiastically joining in on activities, you create meaningful moments that our residents truly cherish. Your contagious laugh, heart of gold, and compassionate spirit make a lasting impact on both residents and coworkers alike. Thank you for all that you do—we are so grateful to have you as part of our family!

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.