



HIGHLANDS

SENIOR LIVING & HOME HELPERS



SEPTEMBER 2026
NEWSLETTER

WHAT'S HAPPENING AT HIGHLANDS

August was a beautiful month filled with love, laughter, and wonderful memories. We enjoyed welcoming many visitors, playing games, and beating the heat with a delicious Root Beer Float Social!

September promises even more excitement. We are planning a special trip to our sister facility in Rome to meet with wildlife experts and enjoy lunch with new friends. We will also host our very first Happy Hour! Be sure to mark your calendars for September 5th—we have a thrilling surprise in store that you won't want to miss. I can't wait to share all of this upcoming fun with you!

A MESSAGE FROM OUR EXECUTIVE DIRECTOR



We are excited to introduce Courtney Akins, the new Executive Director of Highlands Senior Living Cartersville!

Courtney brings several years of experience, along with energy, compassion, and a genuine passion for serving others. She enjoys working side-by-side with team members, getting to know our residents, and building strong, meaningful relationships throughout the community.

When Courtney walks into the building, the first thing you notice is her beautiful smile—and then you feel her positive energy, which is truly infectious! She has a special way of bringing smiles to those around her and creating an atmosphere of encouragement and positivity.

Courtney is excited, ready, and committed to helping lead Highlands Cartersville into a bright and successful future. She is here to support, encourage, and assist our residents, families, and team members every step of the way.

When you see Courtney, please join us in giving her a HUGE Highlands welcome! We are so excited to have her as part of the Highlands family!

-Courtney Akins

Executive Director

SEPTEMBER



NATIONAL ASSISTED LIVING WEEK

September 13 - 19, 2026:
"Shining Through the Years"

SEPTEMBER 7TH
Labor Day

SEPTEMBER 13TH
Grandparents Day

SEPTEMBER 21ST
World Alzheimer's Day

HIGHLANDS

BIRTHDAYS



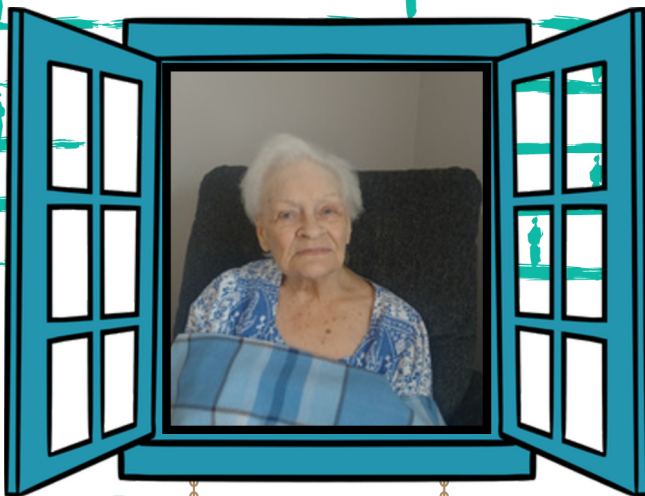
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STAFF BIRTHDAYS

Raelynn Brinson- 09/01

FAMOUS BIRTHDAYS

NEW NEIGHBOR



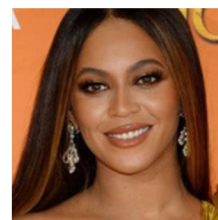
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CASH**



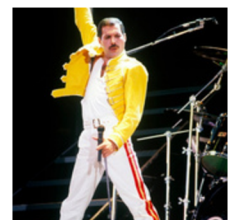
Lily Tomlin
Sept. 1, 1939



Mark Harmon
Sept. 2, 1951



Beyonce Knowles
Sept. 4, 1981



Freddie Mercury
Sept. 5, 1946



Adam Sandler
Sept. 9, 1966



Ray Charles
Sept. 23, 1930

HIGHLANDS

WORDSEARCH

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

SEPTEMBER
AUTUMN
HARVEST
APPLES
PUMPKIN

LEAVES
BREEZE
SUNFLOWER
FRIENDSHIP
COMMUNITY

FAMILY
LAUGHTER
KINDNESS
HIGHLANDS
RESIDENTS

CAREGIVERS
ACTIVITIES
BINGO
WELLNESS
HOME

HIGHLANDS

HIGHLIGHTS



HIGHLANDS

Happy & Healthy Corner

POSITIVE THOUGHT

The best chapters of life are filled with laughter, love, and the people we share them with.

JUST FOR LAUGHS

Why did the golfer bring two pairs of pants?

In case he got a hole in one.

THIS MONTH IN HISTORY

Sept. 2, 1945 – World War II officially ended.

Sept. 8, 1966 – Star Trek debuted on television.

Sept. 9, 1956 – Elvis Presley appeared on The Ed Sullivan Show.

Sept. 17, 1787 – The U.S. Constitution was signed.

Sept. 26, 1960 – The first televised presidential debate aired

WELLNESS TIPS

Stay Hydrated

Even if you don't feel thirsty, sip water throughout the day to stay hydrated.

Keep Moving

A short walk or gentle stretching can help improve balance, flexibility, and circulation.

DID YOU KNOW?

Apples are harvested from late summer through fall, making September one of the busiest months in apple orchards.

CELEBRATING SEPTEMBER

All Month: National Apple Month

6th: National Read a Book Day

13th: National Grandparents Day

22th: First Day of Fall

29th: National Coffee Day

HIGHLANDS

ACTIVITIES



A message from the Activities Director-

Hey y'all! As summer winds down and the crisp air rolls in, I am looking forward to some cozy days ahead. I am dreaming of cider socials, hot cocoa, fun fall crafts, and game nights!

You make a positive difference every single day, and I appreciate each of you. As always, my door is open, and your ideas and feedback are always welcome.

Warmly,
Nikki



ACTIVITIES CALENDAR



September 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10AM- Devotional W/ David from Tapestry 11:30AM- Sunshine Station 2PM-Tacos w/ Amity 3PM-Audio Book 6PM-Uno Club	2 9AM- Pretty Hair with Erica from Willowbrook 2PM-Pet Therapy w/ Munson 3PM-Coconut Social 6PM-Uno Club	3 10AM-Pet Therapy w/Anesta And Stryder 11AM- Bowling w/ Amber from Piedmont 3PM-Audio Book Club 6PM-Uno Club	4 9:30AM- Wildlife Presentation Rome Facility 12PM-Rome Luncheon 3PM-Audio Book Club 6PM-Uno Club	5 10AM-Meditation 2PM- Lemonade (Front Porch) 3PM-Coloring Pages 6PM-Uno Club
6 9AM-Worship Service 10AM-Coloring Sheets 6PM- Uno Club	7 9AM-- One on One 10:30AM- Candy Dice with Jaimie 2PM- Wrecking Ball 3PM-Audio Book	8 10AM- Devotional With David from Tapestry 11AM- Creative Corner 2PM-The Sweet Lab 3PM-5 Second Game	9 10:30AM- Pickle Ball 1PM-Pet Therapy with Munson 2PM- Birthday Party w/ Tracie from Willowbrook 3PM-Audio Book Club	10 10AM- Darts 11AM- Creative Corner 2PM- Pie Bar with Kimberley (Agape) 3:30PM-Audio Book 6PM-Uno Club	11 9AM-One on One 11:30AM- Bingo 1:30PM- Popsicles w/ Pruitt 2:30PM-Tic, Tac, Toe 3:30PM-Audio Book Club 6PM-Uno Club	12 10AM-Morning Walk 2PM-Activity Sheets 6PM-Uno Activity Room)
13 9AM-Worship Service 10AM-Coloring Sheets 6PM- Uno Club	14 10AM- One on One Time 11AM- I Once Was... 12:30PM- Hogies with Amber from Piedmont 2PM-Generational Trivia	15 10AM- Devotional With David from Tapestry 11AM- Occupational Charades 2PM-Music with Wesley Crider 3PM-Audio Book Club	16 10AM-Advice from a Grandparent 2PM-Pet Therapy w/Munson 3PM- Resident Voting 4PM- Library	17 9AM-One on Ones 10AM-Crafting with Kids 2PM- Bingo with Stacey 3PM-Audio Book Club	18 10:30AM-Balloon Badminton with Jaimie from Tapestry 11:30AM-Awards 2:30 PM-Glow Party	19 10AM-Relaxing Music 2PM-Ping Pong 6PM-Uno (Activity Room)
20 9AM-Worship Service 10AM-Coloring Sheets 6PM- Uno Club	21 9:30AM-One on Ones 10:30AM- Legend's Live 2PM- The Sweet Lab 3PM-Audio Book	22 10AM-Devotional W/ David from Tapestry 2PM-Candy Dice w/ Erica from Willowbrook 6PM-Uno Club	23 10AM- Wacky Wednesday Trivia 11AM-The Price Is Right 2PM-Pet Therapy w/Munson 3PM-Audio Book	24 10AM- Throwback Theatre 1PM-Creative Corner 3PM-Audio Book Club	25 10AM-One on One 11:30AM- Bingo 1:30PM- Popsicles with Pruitt 2:30PM-Resident Council	26 10AM-Board Games 2PM-Meet and Greet 6PM- Uno (Activity Room)
27 9AM-Worship Service 10AM-Coloring Sheets 6PM- Uno Club	28 9:30AM-One on Ones 11:30AM-Pancake Social 2PM-Creative Corner 3PM-Audio Book	29 9AM-Coffee Bar Social 10AM-Devotional W/ David from Tapestry 2PM-Apple Orchard Toss 6PM-Uno Club	30 10AM-Cider Social 11AM-What's That Sound? 2PM-Pet Therapy w/ Munson 3PM-Audio Book Club			

HIGHLANDS

>>> HOT SHOTS



ROCKSTAR RESIDENT

Kimberly Parsons

Highland's Senior Living is proud to announce Kim as our newest **Rockstar Resident**! As our youngest resident, Kim brings an incredible energy to our community with her heart of gold and razor-sharp memory. She welcomes everyone she meets with absolute warmth. No birthday passes without Kim sharing a card, a hug, or a kind word. Whether she is tackling a new craft or joining a game, she always brings a positive attitude and a passion for trying new things. Kim is also the first to volunteer a helping hand, whether that means vacuuming or tackling daily tasks. Her smile truly lights up the room, and her kindness is felt by everyone. Congratulations, Kimmy! We love and appreciate you!



EMPLOYEE OF THE MONTH

Theresa Hardin

We are proud to announce Ms. Theresa as Highland's Employee of the Month! Before becoming a caregiver, Theresa dedicated her life to adopting and raising foster children. She faithfully allows the Lord's will to be done through her, and she wears her heart on her sleeve. We are truly blessed to have her with us, and her radiant light shines brightly on everyone she meets.

MEET THE TEAM!



Please Join Us in Celebrating Haven!

We are excited to announce that Haven is stepping into an expanded role at Highlands Senior Living Cartersville, supporting our Resident Care, Culinary, and Maintenance teams!

Haven's heart for serving others, creativity, and ability to see the potential for beautiful transformations have helped lead him down this exciting path. His passion for expressing himself through food, combined with his experience and strong connection to the Highlands family, will bring a unique and valuable perspective to these teams. Haven enjoys finding ways to make a difference, whether through exceptional care, creating enjoyable culinary experiences, or helping transform and maintain a beautiful environment for our residents and team members.

With Haven's experience, dedication, and connection to Highlands, we are excited to see all that he will bring to Highlands Cartersville's Care, Culinary, and Maintenance teams!

Please join us in giving Haven a huge congratulations and warm welcome as he steps into this exciting new role. We cannot wait to see what the future holds!



Congratulations, Tracey!

We are excited to announce that Tracey is stepping into her new role as Lead Medication Manager/Caregiver at Highlands Senior Living Cartersville!

Tracey has been part of the Highlands Cartersville family, learning, growing, and gaining valuable experience along the way. She is now ready to take her skills and dedication to the next level!

Throughout her time at Highlands, Tracey has built meaningful relationships with our residents, their family members, and her fellow team members. Her commitment to caring for others and being a supportive member of our community has helped prepare her for this exciting next step.

Congratulations, Tracey! We are proud to have you on the Highlands family!

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!!

@HighlandsSeniorLiving