

## Join us at Helping Hands:

This program benefits residents of Forest Hill Heights! Each month we do themed specific projects for the residents. This program's purpose is to give back to the community, volunteer, and build relationships!



## Church Services

**In-person Church services are cancelled until further notice.**



**Every Sunday we will live stream a service on the TV.**

**As soon as the schedule is able to resume, we will let you know.**



PLEASE CHECK OUT OUR FACEBOOK PAGE



FOREST HILL  
HEIGHTS



Please Contact the Recreation Department with any questions or concerns! 410-893-3070

## New Resident Highlight!

Welcome to Forest Hill Heights!  
We want to welcome all of our new residents into the community!

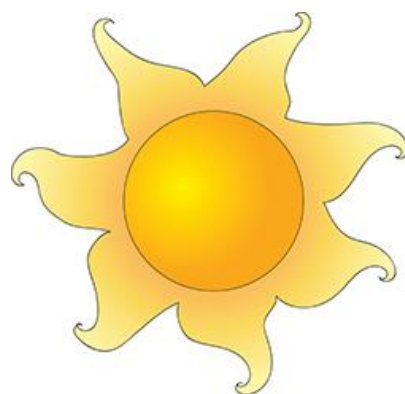
Please say hello and introduce yourself when you see a new face ☺



Jack



Tomiko



# August 2020

Forest Hill Heights Assisted Living & Memory Care



## A Letter from the Administrator

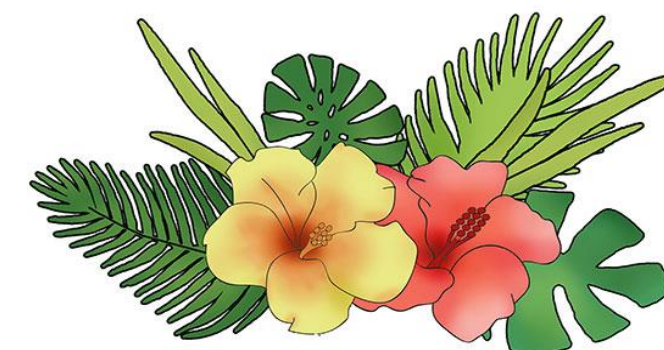
July was a fun month at FHH with the Carnival Day being the highlight. The Activity Department did a great job of having some creative games, delicious snacks and good prizes. The Dietary Department also served a Carnival appropriate lunch which was delicious.

Looking ahead to August we will be having an Art Show and a Watermelon Festival.

Our outside visits have been going well and our virtual visits have allowed for a nice alternative to visit with families when it is too hot outside.

As of today there is no new information to share regarding Covid-19, except to say at this point we are at a standstill with what the State will allow us to do when it comes to visitors. If there is any change I will be sure to let you know.

*Chrissy Smith*



**Administrator  
Chrissy Smith**

**Culinary Director  
Rose Jorgenson**

**Director of Personal Care  
Karen Shauer RN/CM/DM**

**Case Manager  
Dina DePriest**

**Maintenance Director  
Ben Jenkins**

**Office Manager  
Jessica Slade**

**Admissions Director  
Patty Nyitrai**

**Recreation Director  
Natalie Couchenour**



*This month we will be having lunch ins  
from the following restaurants:*

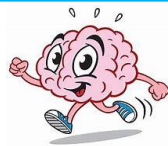
8/4 *Burger King*  
8/18 *Black Eyed Suzie's*  
8/25 *Jutto Fresco*

*Please sign up ☺*

### Attendance Bingo

Attend activities for your chance to win Attendance Bingo!  
Bring your Bingo card with you and get each spot stamped as  
you actively participate!

**Exercise that  
brain of yours with  
this month's**



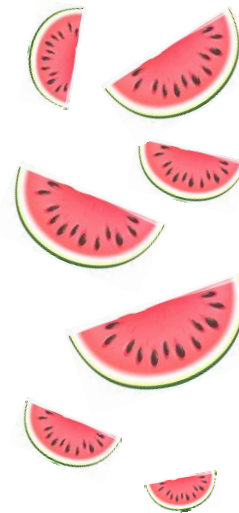
**Quiz from Mr. John!**

**Please hand in your answered quiz to  
activities staff by August 28<sup>th</sup>!**

In celebration of August being Art  
Month, we are having an Art Show on  
July 27<sup>th</sup> at 3:30pm!

Gather any artwork/creation you would  
like to debut, and submit the pieces to  
activities staff by August 26th.

This event will  
be a fun way to  
see all of the  
talent and  
creativity we  
have here at  
Forest Hill  
Heights!



**Monday, August  
3<sup>rd</sup> is National  
Watermelon  
Day!**

**Join us at our  
Watermelon  
Festival beginning  
at 1:30pm!**



**Attention:**

**Tuesday 8/4-**

Kylie will not be  
here. The Crochet-  
ers are still  
encouraged to  
gather in the activity  
room at 1:30pm!

**Tuesday**

**8/11-** Gardening  
with Micayla will  
be at 1:30pm.

**Thursday**

**8/13 -**  
Crocheting with  
Kylie will be at  
2pm.

**After the days  
listed above,  
the clubs will  
return to their  
normal routine  
days & times.**



**MEN'S GROUP**

**ATTENTION  
GENTLEMEN:**

This month we will be  
introducing our  
Guy's Group called,

**WEDNESDAYS  
ARE FOR THE  
BOYS!**

Gentlemen, please  
join us for the first  
meeting on  
Wednesday, August  
26th at 3pm.

**What would we do  
in the group  
meetings you ask?**

-The options are  
endless: building  
models, working on  
various projects,  
building furniture,  
painting, etc. It's up  
to you and the boys!

## August Birthdays

In astrology, those born between August 1–  
22 are Leo's Lions, the natural-born  
leaders of the zodiac. Dramatic, confident,  
and humorous, Leos are adept at rallying  
people to a common cause and finding  
creative solutions in the trickiest of  
situations. Those born between August  
23–31 are Virgo's discriminating Virgins.  
Virgos pay attention to detail and are  
highly organized, making them curious  
and intelligent learners who can get the  
job done without complaint.

Jerry Garcia (musician) – August 1, 1942  
James Baldwin (writer) – August 2, 1924  
Barack Obama (president) – August 4,  
1961  
Matthew Henson (explorer) – August 8,  
1866  
Alex Haley (writer) – August 11, 1921  
Lillian Evanti (singer) – August 12, 1890  
Julia Child (chef) – August 15, 1912  
Coco Chanel (designer) – August 19,  
1883  
Ray Bradbury (writer) – August 22, 1920  
Althea Gibson (athlete) – August 25,  
1927  
Ted Williams (athlete) – August 30, 1918

**Join us for a celebration of all  
our August birthdays on the 25<sup>th</sup>  
at 6pm!**



**There will be games,  
great conversations,  
and so much more!**



## Peak Performer



**Forest Hill Heights would like to  
recognize Tara Moore as Peak  
Performer for August 2020. Thank you  
for your dedication and the difference  
you make in the lives of everyone at  
Forest Hill Heights. Congratulate Tara  
when you see her!**

**\* If you feel that someone should be recognized for  
outstanding performance, please feel free to fill  
out a HIWART postcard, drop a note in the  
suggestion box or see a manager to nominate for  
Peak Performer or HIWART recognition pin.**

## Morning Exercise-

Every morning Monday- Friday there will be  
Activity Led exercise **at 9:30am** (unless a  
scheduling conflict occurs, which will be on the  
Daily Bulletin). Please join us to start the day off  
the right way!



Resident Spotlight

Richard Forchheimer

This month we shined the spotlight on Mr. Richard Forchheimer. Richard was born and raised in York, Pennsylvania. He has one older sister by 2 years named Margaret. His father, Otto, was the Technical Director at a brick plant in York, while his Mother, Lesesne was a homemaker.

Richard is an extremely intelligent man. While growing up, he was always reading books and working on his stamp collection. “I wasn’t very athletic back in those days. I was a bookworm,” he smiled. He got his very first job in high school as an Engineering Aide. He then went on to attend The University of Delaware where he studied chemical engineering for 4 years. After graduation, he continued to further his education at The University of Maryland. He obtained a bachelor’s degree in engineering management and a master’s degree in chemical engineering.

Richard met his wife Linda, while they both attended the University of Delaware. They got married and lived in Elkton, Maryland.

Richard was a Chemical Engineer at Aberdeen Proving Ground from 1984 until he retired at age 56.

He now enjoys his time here at Forest Hill Heights by attending our Wednesday Jeopardy, watching his favorite TV shows, and reading.

Stay tuned for next month’s Resident Spotlight!



Richard in his apartment here at Forest Hill Heights.

August Birthdays

Residents

8/1- Catherine Young

8/3- Jerry Fields

Staff

8/3- Rachel Jones

8/3- Micayla Velez

8/6- Summer Renshaw

8/9- Zachary Alascio

8/15- Kaitlyn Frank

8/17- Bobby Bishop

8/29- Tyler Kosar

Anniversaries

Rachel Jones- 6 Years

Jennifer Dunaway- 5 Years

John Shaaf- 4 Years

Amaya McNelly- 3 Years

Bridget Weiss- 3 Years

Jaclyn Smith- 3Years

Taylor Wisnieski- 3 Years

Tracey Stewart- 2 Years

Jenna Adkins- 1 Year

Kevin Canavan- 1 Year

Friendly Reminders

- Always **Sign-up** on the Sheets on the Bulletin Board, seats go to first come first serve (within reason).
- Sign-up sheets for Lunches in and certain special events are on the **bulletin board** dining room.
- If your name is not on the list, we do not know you want to attend!!
- Also, do your best to show up for the events **on time**, we will do our best to start on time 😊
- If the list is full, sign up for the waiting list. There is **no guarantee** that you will be able to attend but chances will be given if available to those on the waiting list.
- Everything in **red** you need to sign up for!

Safety is always our biggest concern. We may cancel events due to weather or other concerns for everyone’s best interest.



Activity Highlights:

- 8/3- Watermelon Festival @ 1:30pm
- 8/4- **Lunch in from Burger King (\$) @ 12pm**
- 8/5- Food Committee Meeting @ 10:15am
- 8/5- Planning Meeting @ 11am
- 8/6- Resident Meeting @ 10:30am
- 8/6- Gardening with Micayla @ 2pm
- 8/7- Movie Night @ 6pm
- 8/11- Gardening with Micayla @ 2pm
- 8/13- Crocheting with Kylie @ 2pm
- 8/14- Movie Night @ 6pm
- 8/18- **Lunch in from Black Eyed Suzie’s (\$) @ 12pm**
- 8/18- Crocheting with Kylie @ 1:30pm
- 8/18- Ladies Tea & Men’s Social @ 3:30pm
- 8/20- Gardening with Micayla @ 2pm
- 8/21- Movie Night @ 6pm
- 8/25- **Lunch in from Tutto Fresco (\$) @ 12pm**
- 8/25- Crocheting with Kylie @ 1:30pm
- 8/25- August Birthday Party @ 6pm
- 8/26- Wednesdays are for the Boys! @ 3pm
- 8/27- Gardening with Micayla @ 2pm
- 8/27- Art Show @ 3:30pm
- 8/28- Movie Night @ 6pm



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>  <h1>August 2020</h1> <h2>Forest Hill Heights Assisted Living</h2>  </div>						
9:30am- Tea Time & Coffee Chats 10am- Can Toss 10:30am- 5 Second Rule 11am- What in the World? 11:30am- Table Broom Hockey 1pm- Yahtzee 1pm- Church Service Stream 2pm-Target Practice 2:30pm- Word Builder 3pm- Culinary Club: National Ice Cream Sandwich Day 4pm- Taste Test 4:30pm- Daily Chronicle & Fun Facts 6pm- Pokeno 7pm- Evening Music in Lounge	9:30am- Chair Yoga 10am- Jewelry Making 11am- Helping Hands 1:30pm- Watermelon Festival! 1:30pm- Watermelon Bowling 2pm- Watermelon Eating Contest 3pm- Minute To Win It: Pick Out the Seeds! 3:30pm- Crafty Hour: Watermelon Roll Painting 4:30pm- Daily Chronicle & Fun Facts 6pm- Grab Bag 7pm- Evening Music in Lounge <b>Watermelon Festival!</b>	9:30am- Seated Exercise Video 10am- Train Dominoes & Board Games 12pm- <b>Lunch in from Burger King (\$)</b> 1:30pm- Crocheting Circle 2:30pm- Bottle Toss 3pm- Crafty Hour: Serene Rock Centerpiece 4pm- Balloon Soccer 4:30pm- Daily Chronicle & Fun Facts 6pm- Bingo 7pm- Evening Music in Lounge	9:30am- Chair Dancercise 10:15am- <b>Food Committee Meeting</b> 10:30am- Scrabble 11am- <b>Planning Meeting</b> 11:30am- Playdough Hand Exercise 1:30pm- Bingo 3pm- Bad Mitten 3:30pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Jeopardy 7pm- Evening Music in Lounge	9:30am- Balloon Keep it Up 10am- Puzzle Corner 10:30am- <b>Resident Meeting</b> 11am- Fly Swat 1pm- Yahtzee 2pm- <b>Gardening with Micayla</b> 3pm- Crafty Hour: Flip Flop Wreath 4:30pm- Daily Chronicle & Fun Facts 6pm- Penny Ante 7pm- Evening Music in Lounge	9:30am- Walking/Wheelchair Club 10am- Dominoes & Board Games 11:30am- What's in the Bag? 1:30pm- Bingo 3pm- Skee-Ball 3:30pm- Free Rice! 4:30pm- Daily Chronicle & Fun Facts 6pm- <b>Movie Night!</b> 7pm- Evening Music in Lounge	9:30am- Tea Time & Coffee Chats 10am- Simon Says, "Wake Up!" 10:30am- Craft Wrap Up 11:30am- Telephone 1pm- Random Trivia 1:30pm- Peace & Coloring 2pm- Residents' Choice! 2:30pm- Rummikub 3pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Mystery Bag Bingo 7pm- Evening Music in Lounge
9:30am- Tea Time & Coffee Chats 10am- Disc Toss 10:30am- Mad Gab 11am- Velcro Catch 11:30am- Junk Drawer Detective 1pm- Yahtzee 1pm- Church Service Stream 2pm- Bad Mitten 2:30pm- Word Scramble 3pm- Culinary Club: Banana Bites 4pm- Taste Test 4:30pm- Daily Chronicle & Fun Facts 6pm- Pokeno 7pm- Evening Music in Lounge	9:30am- Chair Yoga 10am- Jewelry Making 11am- Helping Hands 1pm- Bottle Toss 1:30pm- Wheel of Fortune 2:30pm- Seated Stretches 3pm- Target Poker 4pm- Nature Shows 4:30pm- Daily Chronicle & Fun Facts 6pm- Grab Bag 7pm- Evening Music in Lounge	9:30am- Seated Exercise Video 10am- Train Dominoes & Board Games 11am- Cone Toss 1pm- Free Rice! 1:30pm- <b>Gardening with Micayla</b> 2:30pm- Head Hoop 3pm- Crafty Hour: Self Portrait 4pm- Balloon Soccer 4:30pm- Daily Chronicle & Fun Facts 6pm- Yahtzee 7pm- Evening Music in Lounge	9:30am- Chair Dancercise 10am- 5 Alive 11am- Parachute 11:30am- Hangout w Winston & Shirley Jr. 1:30pm- Bingo 3pm- Discussion Ball 3:30pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Jeopardy 7pm- Evening Music in Lounge	9:30am- Balloon Keep it Up 10am- Puzzle Corner 11am- Football Toss 1pm- Yahtzee 2pm- <b>Crocheting with Kylie</b> 3pm- Crafty Hour: Retro Hexagon Bowl 4pm- Bowling 4:30pm- Daily Chronicle & Fun Facts 6pm- Penny Ante 7pm- Evening Music in Lounge	9:30am- Walking/Wheelchair Club 10am- Dominoes & Board Games 11:30am- Don't Break the Ice! 1:30pm- Bingo 3pm- Archery 3:30pm- Hangman 4:30pm- Daily Chronicle & Fun Facts 6pm- <b>Movie Night!</b> 7pm- Evening Music in Lounge	9:30am- Tea Time & Coffee Chats 10am- Simon Says, "Wake Up!" 10:30am- Craft Wrap Up 11:30am- Shoot for the Hoop! 1pm- Would You Rather? 1:30pm- National Honey Bee Day Chats 2pm- Residents' Choice! 2:30pm- Rummikub 3pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Mystery Bag Bingo 7pm- Evening Music in Lounge
9:30am- Tea Time & Coffee Chats 10am- Leapfrog Toss 10:30am- Headbandz 11am- Hangman 11:30am- Music Movements 1pm- Yahtzee 1pm- Church Service Stream 2pm-Parachute 2:30pm- Discussion Ball 3pm- Culinary Club: Blissful Brownies 4pm- Taste Test 4:30pm- Daily Chronicle & Fun Facts 6pm- Pokeno 7pm- Evening Music in Lounge	9:30am- Chair Yoga 10am- Jewelry Making 11am- Helping Hands 1pm- Bucket Toss 1:30pm- Checkers 2pm- Taboo 3pm- Target Poker 4pm- Free Rice! 4:30pm- Daily Chronicle & Fun Facts 6pm- Grab Bag 7pm- Evening Music in Lounge	9:30am- Seated Exercise Video 10am- Train Dominoes & Board Games 12pm- <b>Lunch in from Black Eyed Suzies (\$)</b> 1:30pm- <b>Crocheting with Kylie</b> 2:30pm- Crafty Hour: Outside Explosion Painting 3:30pm- <b>Ladies Tea &amp; Men's Social</b> 4:30pm- Daily Chronicle & Fun Facts 6pm- Bingo 7pm- Evening Music in Lounge	9:30am- Chair Dancercise 10am- Scrabble 11am- Balloon Soccer 11:30am- Hangout w Winston & Shirley Jr. 1:30pm- Bingo 3pm- Try Not to Smile! 3:30pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Jeopardy 7pm- Evening Music in Lounge	9:30am- Balloon Keep it Up 10am- Puzzle Corner 11am- Shoot for the Hoop 1pm- Yahtzee 2pm- <b>Gardening with Micayla</b> 3pm- Crafty Hour: Appearing Rainbow Painting 4pm- Ring Toss 4:30pm- Daily Chronicle & Fun Facts 6pm- Penny Ante 7pm- Evening Music in Lounge	9:30am- Walking/Wheelchair Club 10am- Dominoes & Board Games 11:30am- Scent Guessing Game 1:30pm- Bingo 3pm- Bottle Toss 3:30pm- What in the World? 4:30pm- Daily Chronicle & Fun Facts 6pm- <b>Movie Night!</b> 7pm- Evening Music in Lounge	9:30am- Tea Time & Coffee Chats 10am- Simon Says, "Wake Up!" 10:30am- Craft Wrap Up 11:30am- Leapfrog Toss 1pm- 5 Second Rule 1:30pm- Peace & Coloring 2pm- Residents' Choice! 2:30pm- Rummikub 3pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Mystery Bag Bingo 7pm- Evening Music in Lounge
9:30am- Tea Time & Coffee Chats 10am- Giant Connect 4 10:30am- Sorry! 11am- Jigsaw Puzzles 11:30am- Table Broom Hockey 1pm- Yahtzee 1pm- Church Service Stream 2pm- Knockdown 2:30pm- Word Builder 3pm- Culinary Club: Sensational Cinnamon Rolls 4pm- Taste Test 4:30pm- Daily Chronicle & Fun Facts 6pm- Pokeno 7pm- Evening Music in Lounge	9:30am- Chair Yoga 10am- Jewelry Making 11am- Helping Hands 1pm- Velcro Catch 1:30pm- Don't Break the Ice! 2pm- Hangman 3pm- Target Poker 4pm- Nature Shows 4:30pm- Daily Chronicle & Fun Facts 6pm- Grab Bag 7pm- Evening Music in Lounge	9:30am- Seated Exercise Video 10am- Train Dominoes & Board Games 12pm- <b>Lunch in from Tutto Fresco (\$)</b> 1:30pm- <b>Crocheting with Kylie</b> 2:30pm- Skee-Ball 3pm- Crafty Hour: These Hands 4pm- Football Toss 4:30pm- Daily Chronicle & Fun Facts 6pm- <b>August Birthday Party!</b> 7pm- Evening Music in Lounge	9:30am- Chair Dancercise 10am- 5 Alive 11am- Bowling 11:30am- Hangout w Winston & Shirley Jr. 1:30pm- Bingo 3pm- <b>Wednesdays are for the Boys!</b> 3pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Jeopardy 7pm- Evening Music in Lounge	9:30am- Balloon Keep it Up 10am- Puzzle Corner 11am- Balloon Soccer 1pm- Yahtzee 2pm- <b>Gardening with Micayla</b> 3:30pm- <b>Art Show!</b> 4:30pm- Daily Chronicle & Fun Facts 6pm- Penny Ante 7pm- Evening Music in Lounge	9:30am- Walking/Wheelchair Club 10am- Dominoes & Board Games 11:30am- Head Hoop 1:30pm- Bingo 3pm- Bad Mitten 3:30pm- Free Rice! 4:30pm- Daily Chronicle & Fun Facts 6pm- <b>Movie Night!</b> 7pm- Evening Music in Lounge	9:30am- Tea Time & Coffee Chats 10am- Simon Says, "Wake Up!" 10:30am- Craft Wrap Up 11:30am- Balloon Noodle Baseball 1pm- Headbandz 1:30pm- Peace & Coloring 2pm- Residents' Choice! 2:30pm- Rummikub 3pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Mystery Bag Bingo 7pm- Evening Music in Lounge
9:30am- Tea Time & Coffee Chats 10am- Telephone 10:30am- 5 Second Rule 11am- Wii Bowling 11:30am- Finish the Phrase 1pm- Yahtzee 1pm- Church Service Stream 2pm- Outside Corn Hole 3pm- Word Scramble 3:30pm- Football Toss 4pm- Would You Rather? 4:30pm- Daily Chronicle & Fun Facts 6pm- Pokeno 7pm- Evening Music in Lounge	9:30am- Chair Yoga 10am- Jewelry Making 11am- Helping Hands 1pm- Try Not to Smile! 1:30pm- Throw Tic Tac Toe 2pm- Outside Discussions 3pm- Target Poker 4pm- Free Rice! 4:30pm- Daily Chronicle & Fun Facts 6pm- Grab Bag 7pm- Evening Music in Lounge	<div>  <p>Activities are subject to change. Any updates will be displayed on the daily bulletins located by the dining room and both stations.</p>  </div>				