

### 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!



### 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 😊



Joe



Elsie



Evelyn



Jerlean



Sandy



Peggyan



Lester

# Happy Halloween



### 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 can resume, we will let you know.**



PLEASE CHECK OUT OUR FACEBOOK PAGE



Please Contact the Recreation Department with any questions or concerns!

410-893-3070

# October 2020

Forest Hill Heights Assisted Living & Memory Care



### A Letter from the Administrator

It appears as though this first week in October the state may be releasing some updated guidance with how we are to handle visitation. I am hopeful that we will know more information by the resident meeting this month which will be on October 7<sup>th</sup>. I understand that this is a different day than our typical, however, we decided to push it back as to inform you all with any new procedures.

I want to thank all of you for understanding that the dining and activities arrangements have had to change, with the use of masks and the resident testing of Covid-19. All of the mentioned measures have been part of the phasing to opening the building up slightly for indoor visits.

Our flu shot clinic was completed the last week of September and it went very smooth.

While we start into the month of October, we are hopeful that we will be able to return to some sense of normalcy.

*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**





## Marshall's Legal Legacy



On October 2, 1967, Thurgood Marshall was sworn in as the first black Supreme Court justice. Marshall was no stranger to the Supreme Court. As chief counsel for the National Association for the Advancement of Colored People (NAACP), he had argued 32 cases before the Supreme Court, winning 29 of them, a record-setting achievement at that time. After a long and contentious debate in the Senate, Marshall's nomination was confirmed by a vote of 69–11. President Lyndon Johnson was confident in his selection, saying that it was “the right thing to do, the right time to do it, and the right man and the right place.”

Marshall was born in Baltimore, Maryland, in 1908, the great-grandson of slaves. He was rejected from the University of Maryland's law school because of his skin color, so he enrolled in Howard University in Washington, DC. There he studied under the civil rights lawyer Charles Houston, who was a major figure in the dismantling of Jim Crow laws. Marshall graduated first in his class in 1933, and three years later, he joined the legal team at the NAACP, where Houston was the director. In just two years, Marshall took over this top legal job and went on to argue many cases before the Supreme Court. They were cases that would reshape the legal landscape for minorities and usher in the Civil Rights Era.

Marshall's most notable case was *Brown v. Board of Education of Topeka*. He argued that “separate educational facilities were inherently unequal” and therefore violated the “equal protection clause” of the Fourteenth Amendment of the Constitution. The high court unanimously agreed with Marshall, ending segregation in schools.

Marshall's contributions as a Supreme Court justice were no less momentous. His decisions helped expand civil rights, challenged discrimination based on race and sex, and questioned inequities in the criminal justice system. Marshall spent his career as a tireless advocate for the betterment of all Americans.

## Pasta's Path to Italy

Pasta is a food beloved by cultures all over the world. While many associate this pantry staple with Italy (thanks to gorgeous visions of spaghetti mounds topped with meatballs), nearly every country has its own version of noodles made from flour, water, and eggs. On October 25, World Pasta Day, enjoy spaghetti from Italy, lo mein from China, ramen from Japan, orzo from Greece, or spaetzle from Germany.

Many myths describe how pasta was brought from China to Italy during the 13th century by explorer and merchant Marco Polo. Historians believe it is more likely that noodles originated in central Asia thousands of years prior. Noodles reached East Asia and even moved westward to Europe long before the triumphant return of Marco Polo. Yet none can dispute that in Italy pasta was transformed and refined, thanks to the cultivation of durum wheat, which is high in gluten and long-lasting on the shelf. The Mediterranean climate was suited to growing vegetables and herbs, which led to the development of the many tomato-based sauces that are today synonymous with pasta.

Join us Friday, October 30<sup>th</sup> at 1:30pm for our Fall Festival!

There will be many different events and a great time to be had!



If you have a costume, wear it for a chance to win our costume contest!

## October Birthdays

In astrology, those born between October 1–22 balance the scales of Libra. Libras have strong intellects and keen minds and so need constant stimulation. Libras are also masters of compromise and diplomacy, acting as wise mediators between friends and colleagues. Those born from October 23–31 are Scorpio's scorpions. Scorpions are passionate and intense, yet you may never know given their calm demeanors. They value truth, loyalty, and justice in friends and family.

- Julie Andrews (actress) – October 1, 1935
- Desmond Tutu (cleric) – October 7, 1931
- Chevy Chase (comedian) – October 8, 1943
- Dick Gregory (comedian) – October 12, 1932
- Mae Jemison (astronaut) – October 17, 1956
- Chuck Berry (musician) – October 18, 1926
- Dizzy Gillespie (musician) – October 21, 1917
- Pelé (soccer star) – October 23, 1940
- Mahalia Jackson (singer) – October 26, 1911
- Bill Gates (engineer) – October 28, 1955

Exercise that brain of yours with this month's



Quiz from Mr. John!

Please hand in your answered quiz to activities staff by October 30th!

### 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!

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

- 10/13 – Wendy's
  - 10/20 – Red Lobster
  - 10/27 – Fishermen's Catch
- Please sign up☺

## Peak Performer



Forest Hill Heights would like to recognize Jacob Cullum as Peak Performer for October 2020. Thank you for your dedication and the difference you make in the lives of everyone at Forest Hill Heights. Congratulate Jacob when you see him!

\* 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

Many of you have met Agnes, but this month we chose to shine the spotlight on her in hopes you get to know her a little better.

Agnes was born in Zimmerman Hill, Pennsylvania. Her parents, Nellie and Grovert Kemmerer had a total of four children: Phyllis, Robert, Agnes, and Monte.

Once Agnes got to high school age, the only school she could attend had a bus ride of a couple hours long. So, she decided to live with her sister, who had a house walking distance from the school. She lived there during the school week and would return home on the weekends to her parents.

Along with being on the Honor Society at Ridgemont High, Agnes got her first job at a laundromat. She worked almost every day after school until she graduated in 1957. She had one day off after graduation, then went straight into her accelerated nursing program. She would only get 2 weeks of vacation each year. We assumed she of course would take those 2 weeks to relax and soak up every minute, but she laughed and explained, "Oh no, I would go right back to the laundromat so I could make some money!"



Nursing school photo of Agnes.

She graduated from Clearfield Hospital School of Nursing in the year of 1960. She went on to be a nurse at Elk County General full time and at Dr. Minter's private practice part time. Her co-worker named Flossie, invited Agnes to an Easter concert where the Halleluiah Chorus was performing. After the performance, Agnes was introduced to one of the men in the choir who happened to be Flossie's son, James. James asked Agnes on a date that same day, and they were married 3 years later.



Agnes on her wedding day.

Agnes and James moved to Statesville, North Carolina, after they had their first child, Brenda. A year and a half later, they had their son Kurt. They moved back home to Pennsylvania shortly after.

Agnes returned to work for Dr. Minter's private practice for about 2 years until James was relocated to Baltimore County for work. She eventually found herself as a nurse at the University of Maryland Hospital where she worked for 24 years until retiring in 2000.

After retirement Agnes planned to put her heart and soul into her true passion—traveling. She has been to many cool places and has seen some once-in-a-lifetime things. Agnes now lives in her apartment here at Forest Hill Heights. She never misses our games of Yahtzee or dominoes. When in her apartment, she loves to work on her hook rugs and puzzles. So, the next time you see her around, don't be shy, say hi!



Agnes relaxing in her apartment.



## October Birthdays

### Residents

10/3 - Lee Zolenas  
10/15 - Carole Lewis  
10/15 - Anne Perrone  
10/18 - Betty Chachich  
10/19 - Fred Bunn  
10/25 - Glenda Sudano  
10/29 - Kathy Thomas  
10/30 - Rosalie Hoke  
10/31 - Blair Halsey

### Staff

10/8 - Chrissy Smith  
10/11 - Sierra Cullum  
10/16 - Kevin Canavan

### Anniversaries

Bobby Bishop – 17 years  
Flo Call – 7 Years  
Monique Gill – 5 Years  
Deborah Heyne – 2 Years  
Barbara Blair – 1 Year  
Sierra Cullum – 1 Year  
Lee Whitemen – 1 Year

Join us on Tuesday, October 27<sup>th</sup>  
at 6pm to celebrate all our October Birthdays!

There will be many games, great conversation, and so much more!

## 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.

# OCTOBER

### Activity Highlights:

- 10/1- Planning Meeting @ 11am
- 10/1- International Day of Older Person's Advice Activity
- 10/2- National Denim/Plaid-Your-Day
- 10/2- Movie Night @ 6pm
- 10/6- Crocheting with Kylie @ 1:30pm
- 10/7- Resident Meeting @ 10:30am
- 10/9- Movie Night @ 6pm
- 10/13- Lunch in From Wendy's (\$) @ 12pm
- 10/13- Crocheting with Kylie @ 1:30pm
- 10/13- Ladies Tea & Men's Social @ 3pm
- 10/14- Food Committee Meeting @ 10:15am
- 10/16- Movie Night @ 6pm
- 10/20- Lunch in From Red Lobster (\$) @ 12pm
- 10/20- Crocheting with Kylie @ 1:30pm
- 10/23- Movie Night @ 6pm
- 10/27- Lunch in From Fishermen's Catch (\$) @ 12pm
- 10/27- Crocheting with Kylie @ 1:30pm
- 10/27- October Birthday Party @ 6pm
- 10/30- Wear Your Halloween Costume!
- 10/30- Fall Festival @ 1:30pm
- 10/30- Movie Night @ 6pm



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# October 2020

## Forest Hill Heights Assisted Living

<p>9:30am- Tea Time &amp; Coffee Chats 10am- Family Feud 11am- Balloon Noodle Baseball 11:30am- Random Trivia 1pm- Yahtzee 1pm- Sunday Football 2pm- Church Service Stream 2pm- Puzzle Corner 3pm- Peace &amp; Coloring 4pm- Football Toss 4:30pm- Daily Chronicle &amp; Fun Facts 6pm- Pokeno 7pm- Evening Music in Lounge</p>	<p>9:30am- Chair Yoga 10am- Jewelry Making 11am- Helping Hands 11:30am- Mini Can Toss 1pm- Word Scapes 2pm- Throw Tic Tac Toe 2:30pm- Hangman 3pm- Bottle Toss 3:30pm- Free Rice 4:30pm- Daily Chronicle &amp; Fun Facts 6pm- Bingo 7pm- Evening Music in Lounge</p>	<p>9:30am- Seated Exercise Video 10am- Train Dominoes &amp; Board Games 11am- Target Practice 1pm- Shoot for the Hoop! 1:30pm- <b>Crocheting with Kylie</b> 2:30pm- Balloon Soccer 3pm- Crafty Hour: Spooky Plant Decor 4:30pm- Daily Chronicle &amp; Fun Facts 6pm- Bingo 7pm- Evening Music in Lounge</p>	<p>9:30am- Chair Dancercise 10am- Scrabble 10:30am- <b>Resident Meeting</b> 11am- Fly Swat 11:30am- iPad Games 1:30pm- Bingo 3pm- Discussion Ball 3:30pm- Nail Polishing &amp; Hydration Station 4:30pm- Daily Chronicle &amp; Fun Facts 6pm- Jeopardy! 7pm- Evening Music in Lounge</p>	<p>9:30am- Balloon Keep it Up 10am- Puzzle Corner 11am- Garden Check Up 11:30am- Hangout with Winston &amp; Shirley Jr. 1pm- Yahtzee 2pm- <b>International Day of Older Persons' Advice Activity</b> 4:30pm- Daily Chronicle &amp; Fun Facts 6pm- Penny Ante 7pm- Evening Music in Lounge</p>	<p>9:30am- Bowling 10am- Dominoes &amp; Board Games 11am- Bad Mitten 11:30am- Peace &amp; Coloring 1:30pm- Bingo 3pm- Elefun 3:30pm- Hangman 4:30pm- Daily Chronicle &amp; Fun Facts 6pm- <b>Movie Night!</b> 7pm- Evening Music In Lounge <b>National Denim/Plaid Day!</b> <b>Wear Your Denim &amp; Plaid!</b> Sukkot Begins</p>	<p>9:30am- Tea Time &amp; Coffee Chats 10am- Simon Says, "Wake Up!" 10:30am- Craft Wrap Up 11:30am- Resident's Choice 1pm- Racko 2pm- Playdough Hand Exercise 2:30pm- Deal or No Deal 3:30pm- Nail Polishing &amp; Hydration Station 4:30pm- Daily Chronicle &amp; Fun Facts 6pm- Mystery Bag Bingo 7pm- Evening Music In Lounge</p>
<p>9:30am- Tea Time &amp; Coffee Chats 10am- 5 Second Rule 11am- Elefun 11:30am- Random Trivia 1pm- Yahtzee 1pm- Sunday Football 2pm- Church Service Stream 2pm- Puzzle Corner 3pm- Peace &amp; Coloring 4pm- Bucket Toss 4:30pm- Daily Chronicle &amp; Fun Facts 6pm- Pokeno 7pm- Evening Music in Lounge</p>	<p>9:30am- Chair Yoga 10am- Jewelry Making 11am- Helping Hands 11:30am- Balloon Soccer 1pm- Deal or No Deal 2pm- Ladder Ball 2:30pm- Word Scramble 3pm- Parachute 3:30pm- Crafty Hour: Mason Lid Pumpkin 4:30pm- Daily Chronicle &amp; Fun Facts 6pm- Bingo 7pm- Evening Music in Lounge Columbus Day (US) Thanksgiving Day (Canada)</p>	<p>9:30am- Seated Exercise Video 10am- Train Dominoes &amp; Board Games 11am- Bottle Toss 12pm- <b>Lunch in from Wendy's(\$)</b> 1:30pm- <b>Crocheting with Kylie</b> 3pm- <b>Ladies Tea &amp; Men's Social</b> 4:30pm- Daily Chronicle &amp; Fun Facts 6pm- Bingo 7pm- Evening Music in Lounge</p>	<p>9:30am- Chair Dancercise 10am- Scrabble 10:15am- <b>Food Committee Meeting</b> 11:30am- Velcro Catch 1:30pm- Bingo 3pm- Pumpkin Bocce 3:30pm- Nail Polishing &amp; Hydration Station 4:30pm- Daily Chronicle &amp; Fun Facts 6pm- Jeopardy! 7pm- Evening Music in Lounge</p>	<p>9:30am- Balloon Keep it Up 10am- Puzzle Corner 11am- Head Hoop 11:30am- Hangout with Winston &amp; Shirley Jr. 1pm- Yahtzee 2pm- Mini Golf 2:30pm- Discussion Ball 3pm- Crafty Hour: Glitter Pumpkin 4:30pm- Daily Chronicle &amp; Fun Facts 6pm- Penny Ante 7pm- Evening Music in Lounge</p>	<p>9:30am- Bowling 10am- Dominoes &amp; Board Games 11am- Fly Swat 11:30am- Peace &amp; Coloring 1:30pm- Bingo 3pm- Kick Bowling 3:30pm- Family Feud 4:30pm- Daily Chronicle &amp; Fun Facts 6pm- <b>Movie Night!</b> 7pm- Evening Music In Lounge</p>	<p>9:30am- Tea Time &amp; Coffee Chats 10am- Simon Says, "Wake Up!" 10:30am- Craft Wrap Up 11:30am- Resident's Choice 1pm- Rummikub 2pm- Playdough Hand Exercise 2:30pm- Word Scapes 3:30pm- Nail Polishing &amp; Hydration Station 4:30pm- Daily Chronicle &amp; Fun Facts 6pm- Mystery Bag Bingo 7pm- Evening Music In Lounge</p>
<p>9:30am- Tea Time &amp; Coffee Chats 10am- Deal or No Deal 11am- Shoot for the Hoop! 11:30am- Random Trivia 1pm- Yahtzee 1pm- Sunday Football 2pm- Church Service Stream 2pm- Puzzle Corner 3pm- Peace &amp; Coloring 4pm- Table Broom Hockey 4:30pm- Daily Chronicle &amp; Fun Facts 6pm- Pokeno 7pm- Evening Music in Lounge</p>	<p>9:30am- Chair Yoga 10am- Jewelry Making 11am- Helping Hands 11:30am- Velcro Catch 1pm- Spot the Difference! 2pm- Don't Break the Ice! 2:30pm- Hangman 3pm- Giant Ring Toss 3:30pm- Free Rice 4:30pm- Daily Chronicle &amp; Fun Facts 6pm- Bingo 7pm- Evening Music in Lounge</p>	<p>9:30am- Seated Exercise Video 10am- Train Dominoes &amp; Board Games 11am- Pumpkin Bocce 12pm- <b>Lunch in from Red Lobster (\$)</b> 1:30pm- <b>Crocheting with Kylie</b> 2:30pm- Kick Bowling 3pm- Crafty Hour: Halloween Wreath 4:30pm- Daily Chronicle &amp; Fun Facts 6pm- Bingo 7pm- Evening Music in Lounge</p>	<p>9:30am- Chair Dancercise 10am- Scrabble 11:30am- Table Broom Hockey 1:30pm- Bingo 3pm- Target Practice 3:30pm- Nail Polishing &amp; Hydration Station 4:30pm- Daily Chronicle &amp; Fun Facts 6pm- Jeopardy! 7pm- Evening Music in Lounge</p>	<p>9:30am- Balloon Keep it Up 10am- Puzzle Corner 11am- Garden Check Up 11:30am- Hangout with Winston &amp; Shirley Jr. 1pm- Yahtzee 2pm- Giant Connect 4 2:30pm- Writing Refresh 3pm- Crafty Hour: Spooky Mason Jar Vase 4:30pm- Daily Chronicle &amp; Fun Facts 6pm- Penny Ante 7pm- Evening Music in Lounge</p>	<p>9:30am- Bowling 10am- Dominoes &amp; Board Games 11am- Balloon Soccer 11:30am- Peace &amp; Coloring 1:30pm- Bingo 3pm- Corn Hole 3:30pm- Rhyme Time 4:30pm- Daily Chronicle &amp; Fun Facts 6pm- <b>Movie Night!</b> 7pm- Evening Music In Lounge</p>	<p>9:30am- Tea Time &amp; Coffee Chats 10am- Simon Says, "Wake Up!" 10:30am- Craft Wrap Up 11:30am- Resident's Choice 1pm- Head Bandz 2pm- Playdough Hand Exercise 2:30pm- Trivia Crack 3:30pm- Nail Polishing &amp; Hydration Station 4:30pm- Daily Chronicle &amp; Fun Facts 6pm- Mystery Bag Bingo 7pm- Evening Music In Lounge</p>
<p>9:30am- Tea Time &amp; Coffee Chats 10am- Word Scapes 11am- Head Hoop 11:30am- Random Trivia 1pm- Yahtzee 1pm- Sunday Football 2pm- Church Service Stream 2pm- Puzzle Corner 3pm- Peace &amp; Coloring 4pm- Free Rice 4:30pm- Daily Chronicle &amp; Fun Facts 6pm- Pokeno 7pm- Evening Music in Lounge</p>	<p>9:30am- Chair Yoga 10am- Jewelry Making 11am- Helping Hands 11:30am- Giant Connect Four 1pm- Deal or No Deal 2pm- Fly Swat 2:30pm- Word Builder 3pm- Table Broom Hockey 3:30pm- Free Rice 4:30pm- Daily Chronicle &amp; Fun Facts 6pm- Bingo 7pm- Evening Music in Lounge</p>	<p>9:30am- Seated Exercise Video 10am- Train Dominoes &amp; Board Games 11am- Parachute 12pm- <b>Lunch in from Fishermen's Catch(\$)</b> 1:30pm- <b>Crocheting with Kylie</b> 2:30pm- Parachute 3pm- Crafty Hour: Yarn Pumpkin Garland 4:30pm- Daily Chronicle &amp; Fun Facts 6pm- <b>October Birthday Party!</b> 7pm- Evening Music in Lounge</p>	<p>9:30am- Chair Dancercise 10:30am- Scrabble 11:30am- Leapfrog Toss 1:30pm- Bingo 3pm- Balloon Soccer 3:30pm- Nail Polishing &amp; Hydration Station 4:30pm- Daily Chronicle &amp; Fun Facts 6pm- Jeopardy! 7pm- Evening Music in Lounge</p>	<p>9:30am- Balloon Keep it Up 10am- Puzzle Corner 11am- Kick Bowling 11:30am- Hangout with Winston &amp; Shirley Jr. 1pm- Yahtzee 2pm- Mini Golf 2:30pm- Writing Refresh 3pm- Crafty Hour: Beaded Pipe Cleaner Indian Corn 4:30pm- Daily Chronicle &amp; Fun Facts 6pm- Penny Ante 7pm- Evening Music in Lounge</p>	<p>9:30am- Bowling 10am- Dominoes &amp; Board Games 11am- Velcro Catch 11:30am- Peace &amp; Coloring 1:30pm- <b>Fall Festival Begins!</b> 4:30pm- Daily Chronicle &amp; Fun Facts 6pm- <b>Movie Night!</b> 7pm- Evening Music In Lounge <b>Wear your Halloween Costume!</b> Halloween</p>	<p>9:30am- Tea Time &amp; Coffee Chats 10am- Simon Says, "Wake Up!" 10:30am- Craft Wrap Up 11:30am- Pumpkin Bocce 1pm- Racko 2pm- Playdough Hand Exercise 2:30pm- Wheel of Fortune! 3:30pm- Nail Polishing &amp; Hydration Station 4:30pm- Daily Chronicle &amp; Fun Facts 6pm- Mystery Bag Bingo 7pm- Evening Music In Lounge</p>

Forest Hill Heights LLC

Activities are subject to change. Any updates will be displayed on the daily bulletins located by the dining room & both stations.

410-893-3070