

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 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

New Resident Highlight!

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

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



Ruth



Joy



Steve



Dorothy



Dan



Edward



HAPPY ST PATRICK'S DAY



goodbye WINTER hello SPRING

March 2021

Forest Hill heights Senior Living



**Administrator
Chrissy Smith**

**Culinary Director
Rose Jorgenson**

**Office Manager
Jessica Slade**

**Admissions Director
Patty Nyitrai**

**Maintenance
Director
Ben Jenkins**

**Recreation Director
Natalie Couchenour**

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



Results from the Silver Star Awards

The Whiz Kid Award

~John Hmelnicky~

The Activity Ambassador Award

~Tommy Ball~

The Light Up a Room Award

~Elsie Baker~

The Van Gogh Award

~Sherry Rhodes & Joan Hooper~

The Sharpest Dresser Award

~Elsie Ellis~

The Should've Been a Comedian Award

~Joe Norris~

The Social Butterfly Award

~Ann Lambe~

The Kindest Heart Award

~Gloria Harwood~

The Most Spirited Award

~Agnes Froberg~

The Sports Fanatic Award

~Al Hirsch~

The Smile of the Century Award

~Catherine Young~

The Helping Hands Award

~Dot Pasko~

The Luscious Locks Award

~Edith Boggs~



St. Patrick's Day Sins

The very first St. Patrick's Day parade was held in Boston in 1737, and it seems as if we've been wearing green and eating corned beef and cabbage on March 17 ever since. But some of the most beloved St. Patrick's Day traditions are not traditional at all. For example, the Irish don't eat corned beef. It was Irish Americans who began eating beef in the 19th century. In Ireland, Irish bacon or lamb stew is the dish of choice on the holiday. Long before green was the color of the Emerald Isle, St. Patrick was associated with the color blue. As the political divide grew between Britain and Ireland, the Irish adopted the color green as a symbol of independence. Perhaps most shocking of all, St. Patrick's real name wasn't Patrick at all, but Maewyn Succat. Nor was he from Ireland but born in Britain under the rule of the Romans. Was St. Maewyn Italian?



That Was Awkward

If you dread embarrassment, then you won't be looking forward to March 18, Awkward Moments Day. The day exists to remind us that no one is perfect and we all suffer embarrassments from time to time. Embarrassment is the result of self-focus. When we do something wrong—call someone by the wrong name or make a mistake in public—we tend to focus only on our transgression. We suffer from what researchers call "empathy neglect." We are so embarrassed that we forget that others are kind and sympathetic to us. Of course, if someone else made a mistake, we would not shame.



Q: How can you tell if an Irishman is having a good time?

A: He's Dublin' over with laughter!



*In need of a spa day?
Join us in the Activity Room on March
19th at 3:30pm for some much-needed
relaxation! You will be pampered and
feeling oh, so refreshed!*

Painting with Natalie

**Thursday, March 25th at
1:30pm
Please sign up!☺**



St. Patrick's Day

**Join us on St. Patrick's Day
in the Lounge!**

**Dress in your festive attire
& enjoy a day full of fun!**

**Meet us for Crafty Hour on
March 9th and/or March 11th
where you will make your very
own Leprechaun Gnome!**

**We will use the gnomes for the
Leprechaun Races on March 17th
@ 3:30pm in the lounge!**

March Birthdays

In astrology, those born between March 1–20 are Pisces' Fish. Pisces are friendly, wise, and selfless, making them compassionate and generous friends. Their intuitive and romantic natures also make them creative and expressive artists. Those born from March 21–31 are Rams of Aries. The first sign of the zodiac, Rams are unafraid to forge ahead with passion, zeal, and confidence. Full of optimism and hope, Aries are both eager to get the job done and unafraid to confront problems head-on.

Ron Howard (director) – March 1, 1954
Shaquille O'Neal (athlete) – March 6, 1972
Wanda Sykes (comedian) – March 7, 1964
Bobby Fischer (chess player) – March 9, 1943
Simone Biles (gymnast) – March 14, 1997
Queen Latifah (singer) – March 18, 1970
Spike Lee (director) – March 20, 1957
Aretha Franklin (singer) – March 25, 1942
Mariah Carey (singer) – March 27, 1970
Warren Beatty (actor) – March 30, 1937

Hold the Phone!

Research shows that on average, a person will spend up to 13 hours per year waiting on hold. That's 43 days of your entire life waiting on the telephone! The month of March, as On-Hold Month, wishes to honor the businesses that provide enjoyable music or other helpful information while we while the hours away. But if you'd rather skip the waiting entirely, here are some tips for avoiding the wait for customer service.

First, call during off-peak hours. Don't call at lunchtime, when reps are most likely to be busy, or on Mondays or Fridays, when calls are heaviest. If given the option, press 0 to be connected to an operator. This will prevent endless computerized menus. Another tip is to choose the "sales" or "place an order" option no matter what your purpose. This will likely get you to a live person who can put you directly in touch with a customer service representative. You can even download an app that will wait on hold for you, so you don't waste those precious hours.

Peak Performer



Forest Hill Heights would like to recognize Lori Hensley as Peak Performer for March of 2021. Thank you for your dedication and the difference you make in the lives of everyone at Forest Hill Heights. Congratulate Lori 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.

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

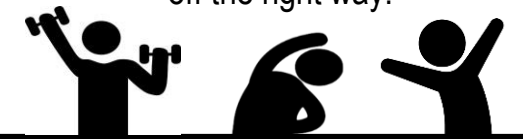


Quiz from Mr. John!

**Please hand in your answered quiz
to activities staff by March 31st!**

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!



Irish Toast

May you always be blessed

With walls for the wind,

A roof for the rain,

A warm cup of tea by the fire,

Laughter to cheer you,

Those you love near you,

And all that your heart might

desire.

Here's to the land of the shamrock

so green,

Here's to each lad and his darlin'

Colleen,

Here's to the ones we love dearest

and most.

May God bless ole Ireland, that's an

Irish man's toast.



March Birthdays

Residents

3/4- CHRISTINA FARMER

3/14- PARTHENIA HARP

3/21- PAUL LEMESHKA

3/30- ELSIE BAKER

Staff

3/4- TIFFANY CONLEY

3/8- JOAN MARINO

3/13- JHANE COFIELD

3/15- KASSIDY MANNERS

3/26- NOAH BEATTY

Anniversaries

ROSE JORGENSON- 5 YEARS

NICK SPIRES- 1 YEAR

ANNA DOERFLEIN- 1 YEAR



Join us in
celebration of



all our March Birthdays!

March 30th at 6pm!

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** by the 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.

MARCH

Activity Highlights:

- 3/2- Crocheting with kylie @ 1:30pm
- 3/4- Resident Meeting @ 10:30am
- 3/5- Movie Night! @ 6pm
- 3/9- Crocheting with Kylie @ 1:30pm
- 3/9- Crafty Hour: Leprechaun Gnomes Part 1 @ 3pm
- 3/10- Food Committee Meeting @ 10:15am
- 3/11- Crafty Hour: Leprechaun Gnomes Part 2 @ 2:30pm
- 3/12- National Plant a Flower Day Activity @ 3:30pm
- 3/12- Movie Night! @ 6pm
- 3/15- Clover Hunt! @ 2:30pm
- 3/16- **Lunch In from Red Robin (\$) @ 12pm**
- 3/16- Crocheting with Kylie @ 1:30pm
- 3/17- Leprechaun Races! @ 3:30pm
- 3/17- St. Patrick's Day Party! @ 6pm
- 3/19- Spa Day! @ 3:30pm
- 3/19- Movie Night! @ 6pm
- 3/23- Crocheting with Kylie @ 1:30pm
- 3/23- Ladies Tea & Men's Social @ 3pm
- 3/25- **Painting with Natalie @ 1:30pm**
- 3/26- Movie Night! @ 6pm
- 3/30- **Lunch In from Vagabonds (\$) @ 12pm**
- 3/30- Crocheting with Kylie @ 1:30pm
- 3/30- March Birthday Party! @ 6pm

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p><i>Activities are subject to change. Any updates will be displayed on the daily bulletins located by the dining room.</i></p>	<p>9:30am- Chair Yoga 10am- Jewelry Making 11am- Helping Hands 11:30am- Fly Swat 1pm- Hair Fix 1:30pm- Table Broom Hockey 2pm- Hangman 2:30pm- Hot Potato 3pm- Free Hand Drawing 4pm- Parachute Prevail 4:30pm- Daily Chronicle & Fun Facts 6pm- Bingo 7pm- Evening Music in Lounge</p>	<p>9:30am- Seated Exercise Video 10am- Train Dominoes & Boardgames 11am- Bottle Toss 11:30am- Hangout with Winston & Shirley Jr. 1pm- Balloon Soccer 1:30pm- Crocheting with Kylie 3pm- Crafty Hour: St. Patrick's Day Door Hanger 4:30pm- Daily Chronicle & Fun Facts 6pm- Bingo 7pm- Evening Music in Lounge</p>	<p>9:30am- Chair Dancercise 10am- Scrabble & Boardgames 11am- Shoot for the Hoop! 11:30am- Writing Refresh 1:30pm- Bingo 3pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Trivia 7pm- Evening Music in Lounge</p>	<p>9:30am- Balloon Keep it Up 10am- Puzzle Corner 10:30am- Resident Meeting 11am- Rhyme Time 11:30am- Bad Mitten 1pm- Yahtzee & Boardgames 2pm- Velcro Catch 2:30pm- Crafty Hour: DIY St. Patrick's Day Wall Art 4pm- Bowling 4:30pm- Daily Chronicle & Fun Facts 6pm- Penny Ante 7pm- Evening Music in Lounge</p>	<p>9:30am- Resistance Bands Warm Up 10am- Dominoes & Boardgames 11am- Cone Toss 11:30am- Playdough Hand Exercise 1:30pm- Bingo 3pm- Target Practice 3:30pm- Word Builder 4pm- Discussion Ball 4:30pm- Daily Chronicle & Fun Facts 6pm- Movie Night! 7pm- Evening Music in Lounge</p>	<p>9:30am- Tea Time & Coffee Chats 10am- Simon Says, "Wake Up!" 10:30am- Craft Wrap Up 11:30am- Skee Ball 1pm- Rummikub & Card Games 2pm- Croquet 2:30pm- What in the World? 3pm- Residents' Choice! 3:30pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Mystery Bag Bingo 7pm- Evening Music in Lounge</p>
<p>9:30am- Tea Time & Coffee Chats 10am- Morning Stretch 10:30am- Church Service Stream 10:30am- Puzzle Corner 11:30am- Giant Connect 4 1pm- Yahtzee & Boardgames 2pm- Archery 2:30pm- Deal Or No Deal 3pm- Mini Golf 3:30pm- Peace & Coloring 4pm- Balloon Noodle Baseball 4:30pm- Daily Chronicle & Fun Facts 6pm- Pokeno 7pm- Evening Music in Lounge</p>	<p>9:30am- Chair Yoga 10am- Jewelry Making 11am- Helping Hands 11:30am- Throw Tic Tac Toe 1pm- Hair Fix 1:30pm- Head Hoop 2pm- Free Rice! 2:30pm- Giant Ring Toss 3pm- Free Hand Drawing 4pm- Discussion Ball 4:30pm- Daily Chronicle & Fun Facts 6pm- Bingo 7pm- Evening Music in Lounge</p>	<p>9:30am- Seated Exercise Video 10am- Chicken Foot Dominoes & Boardgames 11am- Target Practice 11:30am- Hangout with Winston & Shirley Jr. 1pm- Bocce Ball 1:30pm- Crocheting with Kylie 3pm- Crafty Hour: Leprechaun Gnomes Part 1 4:30pm- Daily Chronicle & Fun Facts 6pm- Bingo 7pm- Evening Music in Lounge</p>	<p>9:30am- Chair Dancercise 10am- 5 Alive 10:15am- Food Committee Meeting 11am- Hot Potato 11:30am- Writing Refresh 1:30pm- Bingo 3pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Trivia 7pm- Evening Music in Lounge</p>	<p>9:30am- Balloon Keep it Up 10am- Puzzle Corner 10:30am- Elefun 11am- Word Scapes 11:30am- Shoot for the Hoop! 1pm- Yahtzee & Boardgames 2pm- Parachute Prevail 2:30pm- Crafty Hour: Leprechaun Gnomes Part 2 4pm- Skee Ball 4:30pm- Daily Chronicle & Fun Facts 6pm- Penny Ante 7pm- Evening Music in Lounge</p>	<p>9:30am- Resistance Bands Warm Up 10am- Dominoes & Boardgames 11am- Balloon Soccer 11:30am- Playdough Hand Exercise 1:30pm- Bingo 3pm- Cone Toss 3:30pm- National Plant a Flower Day Activity! 4:30pm- Daily Chronicle & Fun Facts 6pm- Movie Night! 7pm- Evening Music in Lounge</p>	<p>9:30am- Tea Time & Coffee Chats 10am- Simon Says, "Wake Up!" 10:30am- Craft Wrap Up 11:30am- Bowling 1pm- Rummikub & Card Games 2pm- Chicken Dance! 2:30pm- Trivia Crack 3pm- Residents' Choice! 3:30pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Mystery Bag Bingo 7pm- Evening Music in Lounge</p>
<p>9:30am- Tea Time & Coffee Chats 10am- Morning Stretch 10:30am- Church Service Stream 10:30am- Puzzle Corner 11:30am- Mini Golf 1pm- Yahtzee & Boardgames 2pm- Bad Mitten 2:30pm- Family Feud 3pm- Archery 3:30pm- Peace & Coloring 4pm- Cone Toss 4:30pm- Daily Chronicle & Fun Facts 6pm- Pokeno 7pm- Evening Music in Lounge <i>Daylight Saving Time Begins</i></p>	<p>9:30am- Chair Yoga 10am- Jewelry Making 11am- Helping Hands 11:30am- Table Broom Hockey 1pm- Hair Fix 1:30pm- Target Practice 2pm- Rhyme Time 2:30pm- Clover Hunt! 3:30pm- Free Hand Drawing 4pm- Balloon Noodle Baseball 4:30pm- Daily Chronicle & Fun Facts 6pm- Bingo 7pm- Evening Music in Lounge</p>	<p>9:30am- Seated Exercise Video 10am- Train Dominoes & Boardgames 11am- Velcro Catch 11:30am- Hangout with Winston & Shirley Jr. 12pm- Lunch In from Red Robin(\$) 1:30pm- Crocheting with Kylie 3pm- Crafty Hour: St. Patrick's Day Center Pieces 4:30pm- Daily Chronicle & Fun Facts 6pm- Bingo 7pm- Evening Music in Lounge</p>	<p>9:30am- Chair Dancercise 10am- Interesting Facts About Ireland 11am- Discussion Ball 11:30am- St. Patrick's Day Guess a Letter 1:30pm- Bingo 3:30pm- Leprechaun Gnome Races! 4:30pm- Daily Chronicle & Fun Facts 6pm- St. Patrick's Day Party! 7pm- Evening Music in Lounge</p>	<p>9:30am- Balloon Keep it Up 10am- Puzzle Corner 10:30am- Giant Ring Toss 11am- iPad Games 11:30am- Giant Connect 4 1pm- Yahtzee & Boardgames 2pm- Bowling 2:30pm- Crafty Hour: Welcome Spring 4pm- Croquet 4:30pm- Daily Chronicle & Fun Facts 6pm- Penny Ante 7pm- Evening Music in Lounge</p>	<p>9:30am- Resistance Bands Warm Up 10am- Dominoes & Boardgames 11am- Bottle Toss 11:30am- Playdough Hand Exercise 1:30pm- Bingo 3:30pm- Spa Day! 4:30pm- Daily Chronicle & Fun Facts 6pm- Movie Night! 7pm- Evening Music in Lounge</p>	<p>9:30am- Tea Time & Coffee Chats 10am- Simon Says, "Wake Up!" 10:30am- Craft Wrap Up 11:30am- Bocce Ball 1pm- Rummikub & Card Games 2pm- Parachute Prevail 2:30pm- Hangman 3pm- Residents' Choice! 3:30pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Mystery Bag Bingo 7pm- Evening Music in Lounge <i>Spring Begins</i></p>
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