

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



FOREST HILL
HEIGHTS



Please Contact the Recreation Department
with any questions or concerns!

410-893-3070

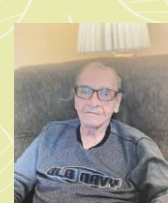
New Resident Highlight!

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

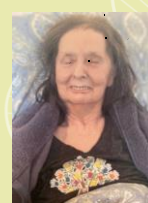
Please say hello and introduce yourself when you see a new face 😊



Anna



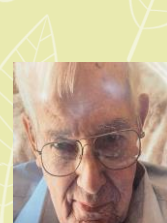
Donald



Patricia



Robert



Jack



Herman



May 2021



A Letter from the Administrator

Hello all and hello month of May!

At this time, all tests continue to come back negative which is wonderful news! Due to the local positivity rate dropping a bit recently and the fact that a majority of the residents are vaccinated we would like to adjust our visitation policy a bit more.

Effective, Thursday 4/29/21 we ask for visitors to continue to set up visits with the receptionist, for one hour in room only visits and a limit of 2 visitors, however, we will no longer limit how often a person can come in, meaning visitors can visit every day if they wish as long as they call to set up the appointment and there is a timeslot available. We do still ask for 24 hour notice.

Starting the 2nd week of May we will also be taking appointments for outdoor visits when the weather is appropriate. The outdoor visits will still need to take place out front to prevent contact with other residents out on the patios.

I also want to let everyone know that Patty Nyitrai is no longer the Sales and Marketing Director here at Forest Hill Heights, she was here for over 5 years and decided to move on to work at another community in another county. She is missed around here but we all know she made the move to expand her career and we wish her nothing but the best.

Chrissy Smith

**Administrator
Chrissy Smith**

**Culinary Director
Rose Jorgenson**

**Office Manager
Jessica Slade**

**Maintenance
Director
Ben Jenkins**

**Recreation Director
Natalie Couchenour**

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





May 27th is National Senior Health & Fitness Day



What better way to celebrate then having our own Senior Olympics?

You will be randomly placed onto a team with other residents where athletes will compete for a bronze, silver, and gold medal. Athletes do not have to participate in each event, but we encourage you do!

The more participation, the better chance your team has of going gold!



Crocheting with Kylie

Meet Kylie in the activity room on Tuesdays at 1:30pm!



Gardening with Micayla
Meet Micayla in the lounge on Wednesdays at 10am!

Painting with Natalie

Thursday, May 22nd at 1:30pm
Please sign up!😊



Silver Reader is back!



See Natalie if you are interested in having books from the Harford County Library dropped off to you!

Don't forget to cast your vote for our weekly Movie Nights! Every Thursday, we will have 2 choices available to vote for! Submit your vote to any member of the activities department by the end of each Thursday!



Honoring Mother Ocean

Good sons and daughters will remember that May 9 is Mother's Day, a day to shower mom with love and appreciation. But will we also remember that May 10 is Mother Ocean Day? Just as our mothers gave us life and nurtured us, so too do our oceans sustain life on planet Earth. Oceans produce half of all the world's oxygen and absorb massive amounts of carbon dioxide. Covering 70% of Earth's surface, our oceans are also responsible for regulating climate and weather patterns. Preserving the health of our oceans is our first line of defense against a rapidly warming planet. On this day, perhaps you can visit the beach for a local cleanup or watch a documentary about undersea life.



Join us in celebration of all our May birthdays at our Birthday Party on the 26th at 6pm!



May Birthdays

In astrology, those born from May 1–20 are Bulls of Taurus. While Taureans enjoy the comforts of luxury, they are unafraid of hard work and dedicate themselves to the tasks at hand. Their steadfast nature makes them reliable. Those born from May 21–31 are Twins of Gemini. With a feeling that something or someone is always missing, Twins forever seek new friends and opportunities. They are curious, intelligent, and sociable communicators, which makes them valuable colleagues and empathetic friends.

Bing Crosby (singer) – May 3, 1903
Nellie Bly (journalist) – May 5, 1864
Toni Tennille (musician) – May 8, 1940
Salvador Dalí (artist) – May 11, 1904
Stevie Wonder (musician) – May 13, 1950
Henry Fonda (actor) – May 16, 1905
Mr. T (actor) – May 21, 1952
Naomi Campbell (model) – May 22, 1970
Sally Ride (astronaut) – May 26, 1951
Bob Hope (entertainer) – May 29, 1903

Diane the beautician will be in every Monday.

If any lady or gent would like to have their hair cut/done please let the front desk or Natalie know.



Evening Music in the lounge every night at 7pm!

Come melt the stress away as you unwind & relax from the day's worries.



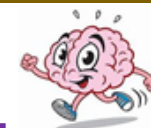
Peak Performer



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

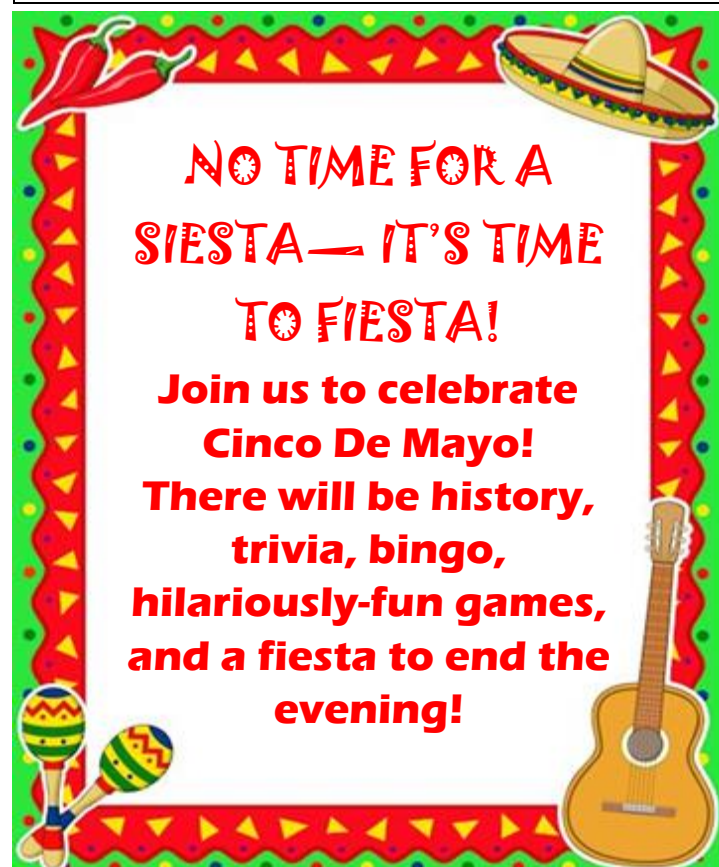


Quiz from Mr. John!

Please hand in your answered quiz to activities staff by May 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!



Garden of Weedin’

Weeds. The bane of every carefully manicured lawn and garden. Once weeds take hold, their removal may require hours of backbreaking, frustrating, and never-ending work. Yet some gardeners actually encourage weeds to grow amongst their prize flowers and shrubs. After all, what is considered a weed and what is considered a desirable plant all depends on your point of view. During May, Gifts from the Garden Month, consider the benefits that some weeds bestow upon your garden.

Weeds have been defined as “plants growing in the wrong place.” Ralph Waldo Emerson famously stated that a weed is a “plant whose virtues have not yet been discovered.” Others take a harsher tone, worrying that weeds are competitive super-plants that outcompete and overwhelm the flowers or shrubs we prefer because they grow so vigorously. The truth seems to lie somewhere in the middle. Yes, weeds are aggressive. But it also turns out that some savvy gardeners have uncovered their Emersonian virtues.

Dandelions are often the first weed we learn to recognize. It is one of many weeds that are edible. The plant’s leaves, flowers, and roots are not just edible; the root is also considered medicinal. Furthermore, dandelion roots loosen hard-packed soil while accumulating essential nutrients like potassium, phosphorus, and magnesium. White clover acts in a similar fashion, showing up wherever soil lacks nitrogen, a molecule necessary for plant growth. White clover transfers nitrogen from the air to the soil. The flowers of clover also attract pollinators and other insects beneficial to the garden. The broadleaf plantain weed, once called the white man’s foot by Native Americans because it seemed to grow wherever European colonists stepped, also accumulates nutrients in the soil. Of course, many of these weeds produce massive amounts of seeds, so while they do benefit the garden, they may soon overrun your more desirable flowers. Weeds have benefits, but they must be managed and cared for, just like any other garden flower.

Birthdays and Work
Anniversaries

~Residents~

5/4- Nancy Lagan

5/4- Dusty Rhodes

5/13- Kay Maisenhalder

5/14- Dot Pasko

5/18- Joy Blessing

5/21- Judy Quinn

5/24- Janice McCarthy

5/25- Saramargaret Hodge

5/31- Dick McCarthy

~Staff~

5/8- Kerri Baker

5/16- Taylor Wawrzyniak

5/19- Tracey Stewart

5/23- Heather Roberts

5/25- Taylor Orem

5/26- Kylie Volkmar

5/29- Jacob Cullum

5/31- Wanda Holdsworth

~Anniversaries~

Mary Lynch- 5 Years

Tara Moore- 3 Years

Alex Cox- 1 Year

Kaylee Holliger- 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** 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.



Activity Highlights:

- 5/2- Church Service Stream @ 10:30am
- 5/4- Crocheting with Kylie @ 1:30pm
- 5/4- Crafty Hour: DIY Miniature Jute Baskets @ 3pm
- 5/5- Gardening with Micayla @ 10am
- 5/5- Fiesta Shopping List @ 3pm
- 5/5- Crafty Hour: Mexican Bark Painting @ 3:30pm
- 5/5- Cinco De Mayo Fiesta! @ 6pm
- 5/6- **Crafty Hour: Ceramic Sun Plaque @ 3:30pm**
- 5/7- Mother’s Day Tea & Harp with Laura @ 3:30pm
- 5/7- Movie Night! @ 6pm
- 5/9- Church Service Stream @ 10:30am
- 5/9- Mother’s Day Social @ 3pm
- 5/10- Outside Social! @ 2:30pm
- 5/11- Piano Performance from Gail Thomas @ 1:30pm
- 5/11- Crocheting with Kylie @ 2pm
- 5/11- **Crafty Hour: Sunburst Mirror @ 3pm**
- 5/12- Kahoot Trivia Night! @ 6pm
- 5/13- **Lunch in from Fishermen’s Catch (\$) @ 12pm**
- 5/13- **Crafty Hour: DIY Embroidered Bag @ 3:30pm**
- 5/14- Movie Night! @ 6pm
- 5/18- Crocheting with Kylie @ 1:30pm
- 5/18- **Crafty Hour: Floral Wreath @ 3pm**
- 5/19- Gardening with Micayla @ 10am
- 5/19- Music with Tom Cooke @ 6pm
- 5/20- **Painting with Natalie @ 1:30pm**
- 5/21- Movie Night! @ 6pm
- 5/23- Church Service Stream @ 10:30am
- 5/25- Crocheting with Kylie @ 1:30pm
- 5/25- Crafty Hour: Spray Bottle Art @ 3pm
- 5/26- Gardening with Micayla @ 10am
- 5/26- Senior Olympics! @ 1:30pm
- 5/26- May Birthday Party! @ 6pm
- 5/27- **Lunch in from Red Robin (\$) @ 12pm**
- 5/27- Crafty Hour: Watermelon Coasters @ 3:30pm
- 5/27- Music with Vic Fontaine @ 6pm
- 5/28- Movie Night! @ 6pm
- 5/30- Church Service Stream @ 10:30am
- 5/31- Crafty Hour: Remembrance Poppies @ 3pm

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

May 2021

FOREST HILL
HEIGHTSForest Hill Heights Assisted Living

9:30am- Tea Time & Coffee Chats 10am- Morning Stretch 10:30am- Church Service Stream 10:30am- Puzzle Corner 11:30am- Bottle Toss 1pm- Yahtzee & Board Games 2pm- Bowling 2:30pm- Free Hand Drawing 3pm- Archery 3:30pm- Deal or No Deal 4pm- Table Broom Hockey 4:30pm- Daily Chronicle & Fun Facts 6pm- Pokeno 7pm- Evening Music in Lounge	9:30am- Chair Yoga 10am- Jewelry Making 11am- Helping Hands 11:30am- Bad Mitten 1pm- Peace & Coloring 1:30pm- Axe Throwing 2pm- Trivia Crack 2:30pm- Parachute Prevail 3pm- Nature Shows 3:30pm- Balloon Soccer 4pm- Outside Chit Chats & Relax 4:30pm- Daily Chronicle & Fun Facts 6pm- Bingo 7pm- Evening Music in Lounge	9:30am- Seated Exercise Video 10am- Train Dominoes & Board Games 11am- Wii Pool 11:30am- iPad Games 1pm- Hot Potato 1:30pm- Crocheting with Kylie 3pm- Crafty Hour: DIY Miniature Jute Baskets 4:30pm- Daily Chronicle & Fun Facts 6pm- Bingo 7pm- Evening Music in Lounge	9:30am- Chair Dancercise 10am- Gardening with Micayla 11am- Cinco De Mayo History & Trivia 11:30am- Cactus Toss 1:30pm- Bingo 3pm- Fiesta Shopping List! 3:30pm- Crafty Hour: Mexican Bark Painting 4:30pm- Daily Chronicle & Fun Facts 6pm- Cinco De Mayo Party! 7pm- Evening Music in Lounge Cinco de Mayo	9:30am- Cycling & Seated Dumbbell Exercise 10am- Puzzle Corner 11am- Hair Fix 11:30am- Hangouts with Winston & Shirley Jr. 1pm- Yahtzee & Board Games 2pm- Wii Fishing 2:30pm- Hangman 3pm- Discussion Ball 3:30pm- Crafty Hour: Ceramic Sun Plaques 4:30pm- Daily Chronicle & Fun Facts 6pm- Penny Ante 7pm- Evening Music in Lounge Don't Forget to Vote On Tomorrow's Movie!	9:30am- Resistance Bands Warm Up 10am- Dominoes & Board Games 11am- Mini Golf 11:30am- Writing Refresh 1:30pm- Bingo 3:30pm- Mother's Day Tea & Harp with Laura 4:30pm- Daily Chronicle & Fun Facts 6pm- Movie Night! 7pm- Evening Music in Lounge	9:30am- Tea Time & Coffee Chats 10am- Simon Says, "Wake Up!" 10:30am- Craft Wrap Up 11:30am- Balloon Keep it Up! 1pm- Rummikub & Card Games 2pm- Shoot for the Hoop! 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 May Day
9:30am- Tea Time & Coffee Chats 10am- Morning Stretch 10:30am- Church Service Stream 10:30am- Puzzle Corner 11:30am- Cone Toss 1pm- Yahtzee & Board Games 2pm- Target Practice 2:30pm- Free Hand Drawing 3pm- Mother's Day Social 4:30pm- Daily Chronicle & Fun Facts 6pm- Pokeno 7pm- Evening Music in Lounge Mother's Day	9:30am- Chair Yoga 10am- Jewelry Making 11am- Helping Hands 11:30am- Velcro Catch 1pm- Peace & Coloring 1:30pm- Bowling 2pm- Hangman 2:30pm- Outside Social! 3:30pm- Hot Potato 4pm- Outside Chit Chats & Relax 4:30pm- Daily Chronicle & Fun Facts 6pm- Bingo 7pm- Evening Music in Lounge	9:30am- Seated Exercise Video 10am- Chicken Foot Dominoes & Board Games 11am- Balloon Keep it Up! 11:30am- iPad Games 1pm- Bottle Toss 1:30pm- Piano Performance from Gail Thomas 2pm- Crocheting with Kylie 3pm- Crafty Hour: Sunburst Mirror 4:30pm- Daily Chronicle & Fun Facts 6pm- Bingo 7pm- Evening Music in Lounge	9:30am- Chair Dancercise 10am- Scrabble & Board Games 11am- Mini Golf 11:30am- Hand Exercise Kit 1:30pm- Bingo 3pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Kahoot Trivia Night! 7pm- Evening Music in Lounge	9:30am- Cycling & Seated Dumbbell Exercise 10am- Puzzle Corner 10:30am- Parachute Prevail 11am- Hair Fix 12pm- Lunch in from Fishermen's Catch (\$) 1pm- Yahtzee & Board Games 2pm- Shoot for the Hoop! 2:30pm- Word Builder 3pm- Fly Swat 3:30pm- Crafty Hour: DIY Embroidered Bag 4:30pm- Daily Chronicle & Fun Facts 6pm- Penny Ante 7pm- Evening Music in Lounge Don't Forget to Vote On Tomorrow's Movie!	9:30am- Resistance Bands Warm Up 10am- Dominoes & Board Games 11am- Axe Throwing 11:30am- Writing Refresh 1:30pm- Bingo 3pm- Corn Hole 3:30pm- What in the World? 4pm- Outside Giant Ring Toss 4:30pm- Daily Chronicle & Fun Facts 6pm- Movie Night! 7pm- Evening Music in Lounge	9:30am- Tea Time & Coffee Chats 10am- Simon Says, "Wake Up!" 10:30am- Craft Wrap Up 11:30am- Balloon Soccer 1pm- Rummikub & Card Games 2pm- Bad Mitten 2:30pm- Armed Forces Day: Fun Facts 3pm- Residents' Choice 3:30pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Mystery Bag Bingo 7pm- Evening Music in Lounge Armed Forces Day
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