

## Church Services

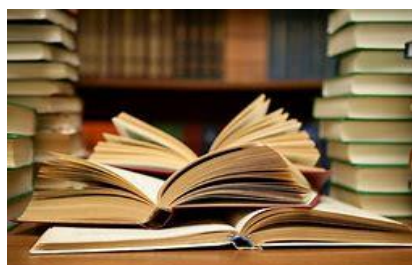
**Sundays & Wednesdays  
@ 10:30am- Rosary &  
Communion with St.  
Ignatius**



**Wednesdays @ 1pm– North Harford  
Worship Service with Pastor John.**

## Silver Reader

**Get books, audio books, music and more  
from the Harford County Public Library!**



**1/18 @ 11am**

**If you are interested, please see Natalie.**



**PLEASE CHECK OUT OUR FACEBOOK PAGE**



FOREST HILL  
HEIGHTS

*Caring* IS OUR  
PRIVILEGE.

Please contact the Recreation Director Natalie  
Couchenour 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 ☺



Wanda

**This month we are celebrating...**



**Activity Professional's Week Creativity Month Marshmallow Month**

# January 2022

1 Colgate Drive, Forest Hill, Maryland 21050 | 410-893-3070

**Administrator  
Chrissy Smith**

**Assistant Administrator  
Mikalea Jackson**

**Culinary Director  
Rose Jorgenson**

**Maintenance Director  
Ben Jenkins**

**Recreation Director  
Natalie Couchenour**

**Admissions Director  
Shane Solomon**

**Business Office  
Manager  
Jennifer Metevia**

**Director of Personal  
Care  
Rachel Jones  
RN/CM/DM**

## A Letter from the Administrator

Another year has come to a close and now we are welcoming 2022. Here is hoping that this year is filled with health, happiness, friends, and family.

Late last month we promoted a long-term employee to a management position, Rachel Jones is now our Director of Personal Care. Please join me in congratulating her. She has worked within the walls of FHH from a student in the dining room to rising up the ranks of the Nursing Department. Rachel has worked hard, knows our residents, families, and the way we operate. I am very confident that she will lead the Nursing Department with compassion, empathy, and strong leadership.

*Chrissy Smith*





*You are cordially invited  
to attend  
Forest Hill  
Height's Winter  
Ball*

*Taking place on the  
21<sup>st</sup> day of January, at  
6 O'Clock in the  
evening.*

*Step into a wintry  
wonderland. Dress in your  
fanciest attire & put on your  
dancing shoes. There will be a  
fabulous dinner, music, and so  
much more.*

*Prior to the Festivities  
Please let us help you get ready  
the day of the Winter Ball at  
our Beauty Station. This will be  
held in the Multi-Purpose  
Room. Beauty Station doors  
open at 1 O'Clock pm.*

## Peak Performer of 2021



Forest Hill Heights would like to recognize Gail Piccolo as Peak Performer for the year 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.

## We're Celebrating the King January 7<sup>th</sup>!

*Dress up like the king or dust off  
your poodle skirt and saddle shoes!  
Join us for day full of his music,  
trivia, and more!*



JOIN US IN CELEBRATION OF ALL  
OUR JANUARY BIRTHDAYS AT OUR  
PARTY!

JANUARY 17<sup>TH</sup> AT 6PM!  
MUSICAL GUEST: TOM COOKE

## January Birthdays

In astrology, those born from January 1–19 are Capricorn's Goats. Like goats that perch on mountain crags, Capricorns are masters of self-control and responsibility. Intense focus and fortitude help them reach their goals. Those born from January 20–31 are the Water Bearers of Aquarius. Just as water gives life to the land, Aquarians are the humanitarians of the zodiac. Their heightened compassion and empathy compel them to help those in need.

Betsy Ross (upholsterer) – Jan. 1, 1752  
Diane Keaton (actress) – Jan. 5, 1946  
Zora Neale Hurston (novelist) – Jan. 7, 1891  
Soupy Sales (comedian) – Jan. 8, 1926  
Max Roach (jazz drummer) – Jan. 10, 1924  
Jeff Bezos (Amazon exec) – Jan. 12, 1964  
Regina King (director) – Jan. 15, 1971  
Muhammad Ali (boxer) – Jan. 17, 1942  
Ernest Borgnine (actor) – Jan. 24, 1917  
Oprah Winfrey (talk show host) – Jan. 29, 1954  
Jackie Robinson (ballplayer) – Jan. 31, 1919

*Join us for a delicious lunch  
in!*

*1/18- Jersey Mike's Subs @ 12pm*

*1/25- Fisherman's Catch @ 12pm*

*Please sign up ☺*

## Peak Performer



Forest Hill Heights would like to recognize Kiersten Blackwell as Peak Performer for January 2022. Thank you for your dedication and the difference you make in the lives of everyone at Forest Hill Heights. Congratulate Kiersten 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 January 31<sup>st</sup>!

## 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!





The Best Medicine

On January 24, at 1:24 p.m., be sure to let out a great big laugh, for it is Global Belly Laugh Day. Laughter truly is the best medicine. Research shows that laughter is a proven stress-reducer. It stimulates circulation and promotes muscle relaxation. It also acts as a short, full-body workout. The quick influx of oxygen stimulates your lungs, heart, and muscles, and increases endorphins released by the brain. Laughter even prompts the release of body chemicals that relieve pain and boost our immune systems. The only question that remains is, "How do I make myself laugh at exactly 1:24 p.m.?"

Most of us know what makes us laugh. Put on a favorite funny movie or television show. Share a funny story from your past with friends. Dress up in a funny costume and entertain your buddies. And if you still don't crack a smile, don't worry. Even fake laughter provides health benefits! Our bodies do not know the difference between fake laughter and spontaneous laughter. Perhaps this is why laughing clubs, where groups get together and force belly laughs out loud, are so popular in India?

History Down Under

January 26 brings Australia Day in the country Down Under. This national day remembers the landing of Britain's First Fleet at Sydney Cove in 1788 under the command of Naval Captain Arthur Phillip. Phillip raised the British flag, declaring the land for Britain and establishing the first colony in Australia. Of course, Australia was already inhabited at the time of Phillips' arrival by Aboriginal Australians. For this reason, protests have erupted in recent years asking for a change in the date of Australia's National Day. The Australian government has responded by making concerted efforts to make Australia Day a day for all Australians, especially recognizing Indigenous Australians and their contributions to Australian society.



JANUARY BIRTHDAYS  
& WORK ANNIVERSARIES

~RESIDENTS~

- 1/3- Frank Sevvick
- 1/14- Charles Wilson
- 1/15- Sandy Long
- 1/16- Sue McGhee
- 1/22- Nancy Ferrell
- 1/22- Mary Jane Neal
- 1/24- Ed Glodeck
- 1/27- Carolyn Bohli
- 1/27- Evelyn Kreiner

~STAFF~

- 1/2- Frances Sanders
- 1/4- Mikaela Jackson
- 1/13- Ben Jenkins
- 1/18- Lynn Whitman
- 1/21- Mary Braun
- 1/23- Pat Nogle
- 1/27- Michele Crandall
- 1/29- Tara Moore
- 1/30- Shane Solomon
- 1/31- Barb Blair

~WORK ANNIVERSARIES~

- Michele Crandall- 11 Years
- Heather Roberts- 4 Years
- Tyler Kosar- 2 Years
- Genests Duran- 1 Year
- Kayla Wendt- 1 Year

Friendly  
Reminders

JANUARY



- 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!
- Everything in **blue** is a religious activity

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

- Activity Highlights:
- 1/4- Crocheting with Kylie @ 1:30pm
  - 1/4- Crafty Hour: All About Me Collage @ 3pm
  - 1/5- Kahoot Trivia Night @ 6pm
  - 1/6- Latch Hook Rug Club @ 10am
  - 1/6- Resident Meeting @ 10:30am
  - 1/6- **Painting with Natalie @ 2pm**
  - 1/7- Elvis Day!
  - 1/7- Movie Night! @ 6pm
  - 1/9- **Rosary & Communion @ 10:30am**
  - 1/10- Ladies Tea & Men's Social @ 2:30pm
  - 1/11- Crocheting with Kylie @ 1:30pm
  - 1/11- **Crafty Hour: Resin Geode Tray**
  - 1/12- **Rosary & Communion @ 10:30am**
  - 1/12- **North Harford Worship Service @ 1pm**
  - 1/12- Jokes & Jams with Centre Methodist ♪ @ 6pm
  - 1/13- Latch Hooke Rug Club @ 10am
  - 1/13- **Painting with Natalie @ 2pm**
  - 1/13- Yesterday Once More with Ken King ♪ @ 6pm
  - 1/14- Movie Night! @ 6pm
  - 1/16- **Rosary & Communion @ 10:30am**
  - 1/17- January Birthday Party with the Musical Stylings of Tom Cooke ♪ @ 6pm
  - 1/18- **Silver Reader @ 11am**
  - 1/18- **Lunch in from Jersey Mike's Subs (\$) @ 12pm**
  - 1/18- Crocheting with Kylie @ 1:30pm
  - 1/18- Crafty Hour: Chunky Knit Pillow @ 3pm
  - 1/19- **Rosary & Communion @ 10:30am**
  - 1/19- **North Harford Worship Service @ 1pm**
  - 1/19- Kahoot Trivia Night! @ 6pm
  - 1/20- Latch Hook Rug Club @ 10am
  - 1/20- **Painting with Natalie @ 2pm**
  - 1/21- Beauty Station Doors Open @ 1pm
  - 1/21- Winter Ball & Music with J&J ♪ @ 6pm
  - 1/23- **Rosary & Communion @ 10:30am**
  - 1/24- Music with Vic Fontaine ♪ @ 6pm
  - 1/25- **Lunch in from Fisherman's Catch (\$) @ 12pm**
  - 1/25- Crocheting with Kylie @ 1:30pm
  - 1/25- Crafty Hour: Sock Snowman @ 3pm
  - 1/26- **Rosary & Communion @ 10:30am**
  - 1/26- **North Harford Worship Service @ 1pm**
  - 1/26- Jokes & Jams with Centre Methodist ♪ @ 6pm
  - 1/27- Latch Hook Rug Club @ 10am
  - 1/27- **Painting with Natalie @ 2pm**
  - 1/27- Kahoot Trivia Night! @ 6pm
  - 1/28- Movie Night! @ 6pm
  - 1/30- **Rosary & Communion @ 10:30am**



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# January 2022

*Forest Hill Heights Assisted Living*



<div>January 2022</div> <div>Forest Hill Heights Assisted Living</div>										<div><div>FOREST HILL HEIGHTS</div></div>	<div>9:30am- Teatime &amp; Coffee Chats 10am- Simon Says, "Wake Up!" 10:30am- Craft Wrap Up 11:30am- Morning Stretch &amp; TikTok 1pm- New Year's Fill In 2pm- Bowling 2:30pm- Putting the Past In Order Game 3pm- Nail Polishing &amp; Hydration Station 4:30pm- Daily Chronicle &amp; Fun Facts 6pm- Mystery Bag Bingo 7pm- Evening TV Shows in Lounge</div> <div>New Year's Day</div>									
<div>9:30am- Teatime &amp; Coffee Chats 10am- Morning Stretch &amp; TikTok 11am- Peace &amp; Coloring 11:30am- Bucket Toss 1pm- Yahtzee &amp; Boardgames 2pm- Mid-Day Exercise 2:30pm- Trivia Crack 3pm- Balloon Soccer 3:30pm- Awesome Alliteration 4pm- Table Broom Hockey 4:30pm- Daily Chronicle &amp; Fun Facts 6pm- Pokeno 7pm- Evening TV Shows in Lounge</div>		<div>2</div>	<div>9:30am- Seated Exercise 10am- Jewelry Making 11am- Badminton 11:30am- Writing Refresh 1pm- Balloon Keep it Up! 1:30pm- Deal or No Deal 2pm- Bottle Toss 2:30pm- Nature Shows 3:30pm- Archery 4pm- Free-Hand Drawing 4:30pm- Daily Chronicle &amp; Fun Facts 6pm- Bingo 7pm- Evening TV Shows in Lounge</div>		<div>3</div>	<div>9:30am- Chair Yoga 10am- Train Dominoes &amp; Boardgames 11am- Parachute Prevail 11:30am- Rhyme Time 1pm- Shoot for the Hoop! 1:30pm- Crocheting with Kylie 3pm- Crafty Hour: All About Me Collage 4:30pm- Daily Chronicle &amp; Fun Facts 6pm- Bingo 7pm- Evening TV Shows in Lounge</div>		<div>4</div>	<div>9:30am- Chair Dancercise 10am- Scrabble &amp; Puzzle Corner 11am- Fly Swat 11:30am- What in the World? 1:30pm- Bingo 3pm- Nail Polishing &amp; Hydration Station 4:30pm- Daily Chronicle &amp; Fun Facts 6pm- Kahoot Trivia Night! 7pm- Evening TV Shows in Lounge</div>		<div>5</div>	<div>9:30am- Chair Aerobics 10am- Latch Hook Rug Club 10:30am- Resident Meeting 11am- Mini Golf 11:30am- Hair Fix 1pm- Yahtzee 2pm- Painting with Natalie 4pm- Velcro Catch 4:30pm- Daily Chronicle &amp; Fun Facts 6pm- Bingo 7pm- Evening TV Shows in Lounge</div>		<div>6</div>	<div>9:30am- Dumbbell Exercise 10am- Dominoes &amp; Boardgames 11am- Hot Potato 11:30am- Hangman 1:30pm- Bingo 3pm- Target Practice 3:30pm- Remembering Elvis Songs 4pm- Corn Hole 4:30pm- Daily Chronicle &amp; Fun Facts 6pm- Movie Night! 7pm- Evening TV Shows in Lounge Elvis Day!</div>		<div>7</div>	<div>9:30am- Teatime &amp; Coffee Chats 10am- Simon Says, "Wake Up!" 10:30am- Craft Wrap Up 11:30am- Morning Stretch &amp; TikTok 1pm- Rummikub &amp; Card Games 2pm- Target Practice 2:30pm- Resident's Choice! 3pm- Nail Polishing &amp; Hydration Station 4:30pm- Daily Chronicle &amp; Fun Facts 6pm- Mystery Bag Bingo 7pm- Evening TV Shows in Lounge</div>		<div>8</div>
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