



### Church Services

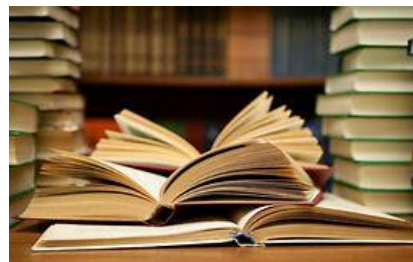


**Sundays & Wednesdays @ 10:30am- Rosary & Communion with St. Ignatius**

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

### Silver Reader

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



**2/8 @ 11am**

**If you are interested, please sign up. See Natalie if you have any questions.**



PLEASE CHECK OUT OUR FACEBOOK PAGE



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 😊



Laverna



Hazel



Vincent

**Groundhog Day**

**CHINESE NEW YEAR**



Chocolate Month

*Happy Valentine's Day*



★ ★ ★ **HAPPY** ★ ★ ★  
**PRESIDENTS' DAY**

**BLACK HISTORY MONTH**



Friendship Month

# February 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**

**Business Office  
Manager  
Jennifer Metevia**

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

**Admissions Director  
Susan Goad**

### A Letter from the Administrator

January really flew by. The Winter Ball was a fun-filled night for all.

This month is going to be a great one as we are looking forward to a super bowl party, the Silver Star Awards, and so much more.

As we continue following the safety precautions, please keep in mind that all visits must take place in residents' rooms and not out in the common areas. We thank you for your understanding and cooperation.

*Chrissy Smith*





## The Year of the Tiger



February 1 rings in China's Year of the Tiger. In one myth, the Jade Emperor dictated that the order of the Chinese zodiac would correspond to the order in which the animals arrived at his birthday party. Diligent Ox departed early and arrived first. Tiger, so quick and competitive, arrived second. When the Jade Emperor noticed that Rat had hitched a ride atop Ox and jumped down to reveal himself, clever Rat was reordered first to arrive, with Ox second. Tiger had to accept his place as third.

Just as Tiger was content with becoming third, in life Tigers never give up despite setbacks. They are considered courageous and adventurous, kind and benevolent, and, of course, competitive. Rich in emotion and imagination, art is a common calling for those born in the Year of the Tiger. They are also seen as the guardians of children. For this reason, babies and kids often wear tiger-themed clothes for protection against evil spirits. Women born in the Year of the Tiger are often considered to be great mothers.

The Chinese New Year marks a wonderful new beginning with high hopes for good fortune and prosperity. For this reason, one should never utter anything negative. To speak negative words such as *poor*, *pain*, *break*, or *sick* might jinx your entire year! Likewise, try not to break anything. Doing so might shatter your connection to prosperity. If a plate or bowl is dropped and broken, one should wrap it in red paper, the color of good fortune and happiness. It is traditional to sweep and clean before the new year, removing all bad luck from the house. However, once the new year arrives, sweeping is bad luck. Any type of cleaning or removing garbage might inadvertently remove good luck from the home.

One of the most important traditions is to gift red envelopes of money. This "money to anchor the year" is a means of wishing someone an entire year of good fortune. The elderly give such tokens to the young and vice versa. The middle-aged must honor both the old and young. How much do you give? How much is a year of prosperity worth?

# Silver Star Awards

Join us for this red-carpet event on February 25<sup>th</sup>

See the list of nominees for each Silver Star award in the lounge and vote!

Let us help you get ready for the event at our Beauty Station, opening at 10:30am. Walking of the red carpet will begin at 3pm. Award ceremony to follow.



## National Flannel Day

February 11<sup>th</sup>


Wear your favorite flannel and jeans!

Join us for a delicious lunch in this month...

2/8 - *Jutto Fresco* @ 12pm


2/22 - *Red Robin* @ 12pm

Please Sign Up ☺



## Super Bowl Party

On February 13<sup>th</sup> in the lounge @ 6pm!



Join us in celebration of all our February birthdays at our party!



February 28<sup>th</sup> @ 6pm

With the Musical Stylings of Tom Cooke!

## February Birthdays

In astrology, those born from February 1–18 are the Water Bearers of Aquarius. Just as water gives life to the land and its creatures, Aquarians are the humanitarians of the zodiac. Their heightened compassion and empathy compel them to help those in need. Those born from February 19–28 are Pisces' Fish. Pisces are sympathetic and selfless, making them compassionate friends. Their intuitive nature also make Fish creative and expressive artists.

Norman Rockwell (artist) – February 3, 1894  
Rosa Parks (activist) – February 4, 1913  
Bob Marley (musician) – February 6, 1945  
Chris Rock (comedian) – February 7, 1965  
Laura Dern (actress) – February 10, 1967  
Jennifer Aniston (actress) – February 11, 1969  
L.L. Bean (outdoorsman) – February 13, 1873  
Michael Jordan (athlete) – February 17, 1963  
Ansel Adams (photographer) – February 20, 1902  
Jordan Peele (producer) – February 21, 1979  
Rashida Jones (actress) – February 25, 1976



Crocheting with Kylie  
Every Tuesday at 1:30pm

Painting with Natalie  
Every Thursday at 2pm



Hot Cocoa Social

February 11<sup>th</sup>

at 6pm



# Peak Performer

## Nicole Smith

Forest Hill Heights would like to recognize Nicole Smith as Peak Performer for February 2022. Thank you for your dedication and the difference you make in the lives of everyone at Forest Hill Heights. Congratulate Nicole 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.

Hilarious games to be played and lovely prizes to be won! Join us on Valentine's Day for some fun!

Exercise that brain of yours with this month's

Quiz from Mr. John!



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



## Seeing Red

Red hearts. Red roses. Red lipstick kisses. These are all popular symbols of Valentine's Day. While there is no record of St. Valentine ever wearing red, the holiday that bears his name is full of the color. The color red appears again on February 4 for Wear Red Day. Today, red symbolizes love, beauty, power, and passion, but humans have been fascinated by the color for millennia.

After black and white, red is the first color of the spectrum that babies can identify. Perhaps our adoration of the color comes from this strong first impression. Speaking of firsts, 40,000 years ago, prehistoric humans painted their bodies in red clay. Burial rites included covering the dead in red powder to ward off evil spirits. Prehistoric cave paintings discovered across the globe from Asia to Africa and Australia were all made with red ochre. Our Stone Age ancestors certainly thought red possessed power.

When did red specifically earn its association with love? Many historians point to the ancient Greeks. Aphrodite, the goddess of love and beauty, fell in love with Adonis. When Adonis was killed by a wild boar, Aphrodite rushed to his aid and was stuck by the thorn of a white rose. The goddess' blood fell on the white petals, turning them red. In this manner, the red rose came to symbolize Aphrodite's love for Adonis, and both the color red and the red rose became symbols of Aphrodite herself, as well as love, beauty, and passion.

This myth also demonstrates the mixed symbolism presented by the color red: the heart and blood, passion and anger, allure and danger, love and war. Cultures all over the world use red to different effects. Chinese brides wear red wedding dresses to symbolize love and good fortune. Catholic cardinals wear red robes symbolizing the blood of Jesus Christ. American drivers are warned to "STOP" with red stop signs and lights. In February, red might inspire romance or inflame passion, but on Halloween, it accompanies gruesome horrors. Good or bad, the color red has long asserted power over the human psyche.

## February Birthdays & Work Anniversaries



### Residents



Pat Dulley – 2/8

Bea Kapple – 2/5

Jean Spencer – 2/12

Lois Kuhn – 2/14

Jean Penman – 2/14

Bobbie Kappel – 2/17

Herman Guido – 2/23

Joan Drozd – 2/28

### Staff

Alice Phann – 2/8

Debbie Shmidt – 2/9

Mackenzie Blackwell – 2/15

Jim Sieling – 2/16

Ginny Garrett – 2/18

### Work Anniversaries

Debbie Shmidt – 17 Years

Kirsten Blackwell – 2 Years

Brittany Dieren – 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!
- **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.**

# February

### Activity Highlights:

- 2/1- Crocheting with Kylie @ 1:30pm
- 2/1- Crafty Hour: Resin Jewelry @ 3pm
- 2/2- **Rosary & Communion @ 10:30am**
- 2/2- **North Harford Worship Service @ 1pm**
- 2/2- Kahoot Trivia Night! @ 6pm
- 2/3- Latch Hook Rug Club @ 10am
- 2/3- Resident Meeting @ 10:30am
- 2/3- **Painting with Natalie @ 2pm**
- 2/4- Harp Concert @ 3:30pm
- 2/6- **Rosary & Communion @ 10:30am**
- 2/8- **Silver Reader @ 11am**
- 2/8- **Lunch in from Tutto Fresco (\$) @ 12pm**
- 2/8- Crocheting with Kylie @ 1:30pm
- 2/8- **Crafty Hour: Floral Heart Wreath @ 3pm**
- 2/9- **Rosary & Communion @ 10:30am**
- 2/9- **North Harford Worship Service @ 1pm**
- 2/9- Jokes & Jams with Centre Methodist ↓ @ 6pm
- 2/10- Latch Hook Rug Club @ 10am
- 2/10- Ladies Tea & Men's Social @ 2pm
- 2/10- Yesterday Once More ↓ @ 6pm
- 2/11- Hot Cocoa Social @ 6pm
- 2/13- **Rosary & Communion @ 10:30am**
- 2/14- Valentines Day Party with the Musical Stylings of Tom Cooke ↓ @ 6pm
- 2/15- Crocheting with Kylie @ 1:30pm
- 2/16- **Rosary & Communion @ 10:30am**
- 2/16- **North Harford Worship Service @ 1pm**
- 2/16- Musical Tracks with Vic Fontaine ↓ @ 6pm
- 2/17- Latch Hook Rug Club @ 10am
- 2/17- **Painting with Natalie @ 2pm**
- 2/18- Beauty Station @ 10am
- 2/18- Silver Sar Awards @ 3:30pm
- 2/18- J&J the Duo! ↓ @ 6pm
- 2/20- **Rosary & Communion @ 10:30am**
- 2/21- Presidential Fitness Trail @ 9:30am
- 2/22- **Lunch in from Red Robin (\$) @ 12pm**
- 2/22- February Birthday Party & Classics with Chris! ↓ @ 1:30pm
- 2/22- Crocheting with Kylie @ 2:30pm
- 2/23- **Rosary & Communion @ 10:30am**
- 2/23- **North Harford Worship Service @ 1pm**
- 2/23- Jokes & Jams with Centre Methodist ↓ @ 6pm
- 2/24- Latch Hook Rug Club @ 10am
- 2/24- **Painting with Natalie @ 2pm**
- 2/24- Kahoot Trivia Night! @ 6pm
- 2/27- **Rosary & Communion @ 10:30am**
- 2/28- Musical Stylings of Tom Cooke ↓ @ 6pm



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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

Calendar grid with 7 columns (Sunday-Saturday) and 5 rows of activities. Each cell contains a list of events for that day and time, including activities like Yoga, Boardgames, Trivia, and Social events. Some events are highlighted in red or blue.



# February 2022

Forest Hill Heights Assisted Living

