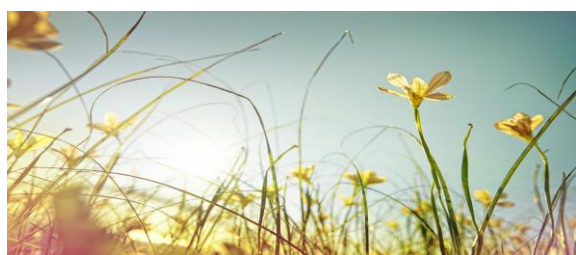


Church Services

Sundays and Wednesdays @
10:30am- Rosary and
Communion with St. Ignatius
Wednesdays @ 1:00pm- North
Harford Worship Service with
Pastor John
1st Thursday Mass with St.
Ignatius @ 2pm- 2/2

The Time Has Come

On March 12, people will turn their clocks one hour forward for the start of daylight-saving time (DST). In 1784, Ben Franklin published a satirical essay in Paris suggesting that clocks move forward an hour in spring and fall back again in the fall, but the notion was not taken seriously in America until World War I when the first clock adjustment was made to conserve energy. Each year, opponents of DST argue that the time change has serious negative impacts on health. Sleep deprivation and "circadian misalignment," the mismatch between our biological rhythms and the natural light cycle, may increase levels of the stress hormone cortisol in our bodies, leading to a slew of health problems like strokes, heart attacks, obesity, diabetes, and seasonal depression. One year ago, the U.S. Senate passed the Sunshine Protection Act, making DST permanent. The House of Representatives has yet to vote on the matter.



New Resident Highlight!



Josephine

Doug

Welcome to Forest Hill Heights! We want to welcome all our new residents to the community! Please say hello and introduce yourself when you see a new face.

Please Check Out our Facebook Page!



Please contact the Recreation department with any questions or concerns.

410-893-3070

March 2023

Forest Hill Heights ALF | 1 Colgate Drive Forest Hill MD | 410-893-3070



A Letter from the Administrator

We are so excited to finally make this announcement!

Starting March 1st, we will be "opening up" to allow families to visit again in the common areas. We will still be requiring mask wearing and social distancing. We also will ask that no visitation take place in the Dining Room and that all visitors sanitize hands and try to refrain from touching high contact items.

As always, we are asking that if a visitor does not feel well to please reschedule your visit to a time when you feel better. We have been told that some form of a norovirus is going around in the local area, so please be aware of an upset stomach as well when evaluating how you feel prior to coming to Forest Hill Heights.

We have been anxiously waiting for this day as we have always had a very active building and we enjoy seeing everyone.

Chrissy

Chrissy Smith
Administrator

Mikaela Jackson
Assistant Administrator

Rose Jorgenson
Culinary Director

Benjamin Jenkins
Maintenance Director

Jennifer Metevia
Business Office Manager

Susan Goad
Marketing Director

Rachel Jones
RN/CM/DN
Director of Personal Care

Brittany Dieren
LPN
Assistant Director of Personal Care

Tracy Wise
RN/CM/DN
Case Manager

Stephanie Frank
Recreation Director

In astrology, those born from March 1–20 are Pisces’ Fish. Pisces are incredibly sensitive and empathetic. They often tap into their boundless imaginations and dreamy attitudes to become accomplished artists. Those born from March 21–31 are Aries’ Rams. Rams are headstrong, charging forward into adventures with confidence and ambition. Aries’ charisma and confidence make them effective leaders.



Be sure to wish
our Residents and
Staff a Happy
Birthday!!!

Please see the
calendar for our 4
Movie Nights this
month!

March Birthdays

Resident Birthdays

Eileen Ryan 3/5
Parthenia Harp 3/14
Ruby Himmer 3/27

Staff Birthdays

Linda Smalls 3/1
Taylor Wisniewski 3/4
Mary Kraczek 3/14
Gina Juras-King 3/17
Christina Allen 3/24
Lillian Duffy 3/28
Heather Blevins 3/30
Rachel Roberts 3/31

Staff Anniversaries

Haley Bennett 1 Year
Ashley Zelaya 1 Year
Rose Jorgenson 7 Years

Join us in CELEBRATION of
all our March birthdays at
our party on MARCH 27th
at 6pm!

Friendly Reminders:

- Everything in red you need to sign up for!
- Bring a fellow resident to activities! We want them to join in on the fun too! 😊
- Check the activity board daily for the latest updates and fun to be had!
- Be Kind to your fellow residents.
- Encourage one another through this holiday season!

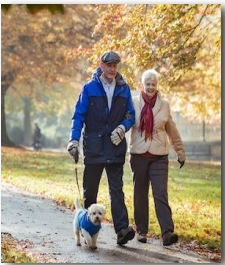


Activity Highlights

- 3/1- Rosary and Communion at 10:30am
- 3/1- North Harford Worship at pm
- 3/2- Resident Meeting at 10:30am
- 3/2- Full Mass with St. Ignatius at 2pm
- 3/2- Kindness Social at 3:30pm
- 3/3- Harp Concert with Laura at 3:30pm
- 3/5- Rosary and Communion at 10:30am
- 3/5- Pastor Buddy, non-denominational services at 2pm
- 3/6- Movie Night at 6pm
- 3/7- Lunch in from Chick-Fil-A at 12pm \$
- 3/7- Music with Tom Cooke at 6pm
- 3/8- Rosary and Communion at 10:30am
- 3/8- North Harford Worship at 1pm
- 3/8- Jokes and Jams with Centre Methodist at 6pm
- 3/9- Silver Reader at 11am
- 3/9- Ladies Tea and Men’s Social at 3pm
- 3/12- Rosary and Communion at 10:30am
- 3/13- Shake and Bake at 1:30pm
- 3/13- Movie Night at 6pm
- 3/14- Lunch in from Pizza Boli’s at 12pm\$

- 3/14- Yesterday Once More with Ken King at 6pm
- 3/15- Rosary and Communion at 10:30am
- 3/15- North Harford Worship at 1pm
- 3/17- Wear Green and Gold Day
- 3/17- Leprechauns on the Loose Hunt
- 3/17- J&J Entertainment and Lucky Charm Social at 6pm
- 3/19- Rosary and Communion at 10:30am
- 3/17- Wear Spring Colors and Floral Print Day
- 3/20- Movie Night at 6pm
- 3/21- Lunch in from La Tolteca at 12pm \$
- 3/21- Spring Social at 6pm
- 3/22- Rosary and Communion at 10:30am
- 3/22- North Harford Worship at 1pm
- 3/22- Jokes and Jams with Centre Methodist at 6pm
- 3/23- Classics with Chris at 1:30pm
- 3/26- Rosary and Communion at 10:30am
- 3/27- Shake and Bake at 1:30pm
- 3/27- Music with Vic and March Birthday Party at 6pm
- 3/28- Lunch in from Lib’s Grill at 12pm \$
- 3/29- Rosary and Communion at 10:30am
- 3/29- North Harford Worship at 1pm
- 3/30- Silver Reader at 11am

The Power of Parks



After being stuck in the house all winter, stretch your legs on March 30, Take a Walk in the Park Day, by strolling through your favorite local park. Parks are vital public resources. They have been proven time and again to increase property values, improve local economies, and decrease crime. Most importantly, they offer opportunities for people to get outside! They are public spaces for people to gather. Fields, trails, and courts offer opportunities for people to exercise and get healthy. Natural landscapes filled with trees and flowers not only provide valuable habitat for animal life and clear air but they offer tranquil retreats for visitors. Spending time surrounded by nature reduces stress, improves mood, and increases happiness.

Ladies Tea and Men's Social!

Join us 3/09 at 3pm for a Men's social and Ladies Tea. Men in the Multipurpose Room and Ladies in the Activity Room.



In Ireland, rainbows symbolize blessings from heaven, and this is reflected in some of the wise old words from generations past.

Lunch In's **Please sign up! \$*

- 3/7 from Chick-Fil-A
- 3/14 from Pizza Boli's
- 3/21 from La Tolteca
- 3/28 from Lib's Grill

Silver Reader Van Visits March 9th and March 30th at 11 am

Feel Free to Stop By and Take a Look at a Good Book!

Join us for a celebration of L-U-C-K!!!

Please join us in celebrating how lucky we are on St. Patrick's Day during our Lucky Charm Social at 6pm in the lounge.

We are having fabulous entertainment provided by J & J Entertainment. As well as lite refreshments and beverages. We hope to see you there as we celebrate all good luck and happiness!

Two Themed Days in March!

On 3/17 join us in Wear Green and Gold Day! Please wear your green and gold St. Patricks themed attire. 😊

On 3/20 join us in Spring Spirit Day! Please wear Spring colors or Floral print attire. 😊

February Highlights



PEAK PERFORMER:



Forest Hill Heights would like to recognize Julia Kracsek as Peak Performer for March 2023. Thank you for your dedication and the difference you make in the lives of everyone at Forest Hill Heights. Congratulate Julia 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.

Morning Exercise

Every Morning Monday- Friday there will be Activity led exercises at 9:30am (unless a scheduling conflict occurs, which will be on the calendar and Daily Bulletin). Please join us to start the day off the right way!

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!