

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- 5/4
1st Sunday Services with Pastor
Buddy @ 2pm- 5/7



Mother's Peace Day

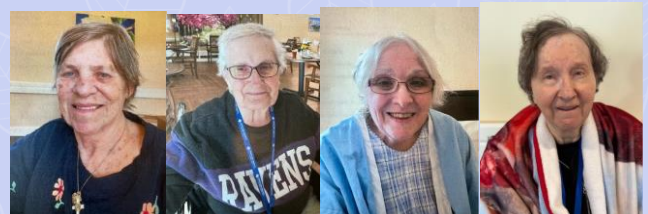


Anna Jarvis is often credited with founding the first Mother's Day, in 1908, but it was poet and abolitionist Julia Ward Howe who made the first Mother's Day Proclamation for Peace, in 1870. Howe was already well known for authoring "The Battle Hymn of the Republic," and her fame lent greater weight to her advocacy for peace. As a nurse during the American Civil War, Howe had seen firsthand the ravages of war. When she saw the specter of war rising yet again at the onset of the Franco-Prussian War, she spoke out for an international Mother's Day where mothers from all over the world would give counsel on how to achieve peace. She wrote: "Arise, then, women of this day! Arise all women who have hearts, whether our baptism be that of water or of tears!" Indeed, Anna Jarvis' mother had worked with Julia Ward Howe, a relationship that inspired Jarvis' Mother's Day.

New Resident Highlight



Rowlan Ann Shirley Anna



Marian Sue Marlene MaryJoan

Welcome Home!

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

May 2023

MAY 2023

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



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

A Letter from the Administrator

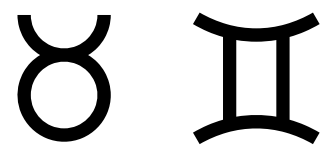
Let's hope that all of the April showers will make May a beautiful month.

We have A LOT of exciting events planned in May; I hope that each of you can participate in at least one of the activities. May is the month of Prom and we are planning to have our own Senior Prom yet again. The week leading up to the Prom will be spirit week in which every day will have a theme.

On May 12th we are holding an Art and Craft show to display some of the works of our very talented residents. They have been working hard on gathering examples and are excited to share their creativity with all.

Chrissy

In astrology, those born from May 1–20 are Taurus’ Bulls. Bulls are reliable workers who take a slow-and-steady approach to finishing tasks. They do expect a reward for their hard work and love little indulgences. Those born from May 21–31 are the Twins of Gemini. Energetic and spontaneous, Geminis are great at connecting with others, making them ideal candidates for networking and sales.



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

May Birthdays

Resident Birthdays

- Dorothy Pasko 5/14
- Anna Wagner 5/16
- Mary Joy Blessing 5/18
- Jean Quinn 5/21
- Ann Lacey 5/29

Staff Birthdays

- Kiera Lewis 5/5
- Cheyenne Jackson 5/6
- Colleen Gilotte 5/14
- Sara Grady 5/18
- Stephanie Frank 5/20
- Nikki Matousek 5/22
- Heather Roberts 5/23
- Jacob Cullum 5/29
- Wanda Holdsworth 5/31

Staff Anniversaries

- Mary Lynch 7 years
- Tara Moore 5 years
- Martha Smith 1 year
- Lindsay Blizzard 1 year
- Lillian Duffy 1 year

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.



ACTIVITY HIGHLIGHTS

- 5/1- Rita's Outdoor Social at 2pm
- 5/1- Movie Night at 6pm
- 5/2- Lunch in from Mr. Souvlaki at 12pm \$
- 5/2- Music with Tom Cooke at 6pm
- 5/3- Rosary and Communion at 10:30am
- 5/3- North Harford Worship at 1pm
- 5/4- Resident Meeting at 10:30am
- 5/4- Full Mass with St. Ignatius at 2pm
- 5/5- Harp Concert with Laura at 3:30pm
- 5/7- Rosary and Communion at 10:30am
- 5/7- Pastor Buddy, non-denominational services at 2pm
- 5/8- Shake-N-Bake at 1:30pm
- 5/8- Movie Night at 6pm
- 5/9- Lunch in from IHOP at 12pm \$
- 5/9- Yesterday Once More with Ken King at 6pm
- 5/10- Rosary and Communion at 10:30am
- 5/10- North Harford Worship at 1pm
- 5/10- Jokes and Jams with Centre Methodist at 6pm
- 5/11- Silver Reader at 10:30am

- 5/11- Ladies Tea and Men's Social at 3pm
- 5/12- Resident Art And Craft Expo
- 5/14- Rosary and Communion at 10:30am
- 5/15- Movie Night at 6pm
- 5/15- WEAR TIE DYE DAY
- 5/16- Lunch in from Pizza Hut at 12pm \$
- 5/16- WACKY HAIR DAY
- 5/17- Rosary and Communion at 10:30am
- 5/17- North Harford Worship at 1pm
- 5/17- FUNNY SHIRT DAY
- 5/18- WEAR SUNGLASSES DAY
- 5/19- Beauty Shop for Prom at 1:30pm
- 5/19- J&J Entertainment and PROM at 6pm
- 5/19- DRESS YOUR BEST DAY
- 5/21- Rosary and Communion at 10:30am
- 5/22- Shake-N-Bake at 1:30pm
- 5/22- Music with Vic and May Birthday Party at 6pm
- 5/23- Lunch in from Chick Fil A at 12pm \$
- 5/24- Rosary and Communion at 10:30am
- 5/24- North Harford Worship at 1pm
- 5/24- Jokes and Jams with Centre Methodist at 6pm
- 5/25- Classics with Chris at 1:30pm
- 5/25- WEAR LILAC/PURPLE DAY
- 5/28- Rosary and Communion at 10:30am
- 5/29- Movie Night at 6pm
- 5/30- Lunch in from Primo Hoagies at 12pm \$
- 5/31- Jokes and Jams with Centre Methodist at 6pm

SILVER READER HAS NOW MOVED TO 10:30AM

“Happiness held is the seed; happiness shared is the flower.”
– John Harrigan

Ladies Tea and Men's Social!

Join us 5/11 at 3pm for a Men's Social and Ladies Tea.

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

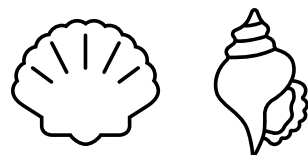
- 5/2 from Mr. Souvlaki
- 5/9 from IHOP
- 5/16 from Pizza Hut
- 5/23 from Chick Fil A
- 5/30 from Primo Hoagies



Join Us on May 19th at 6pm for:

** PRQM **

Our theme for the night is "Under the Sea"!



Silver Reader Van Visits

May 11th at 10:30am

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

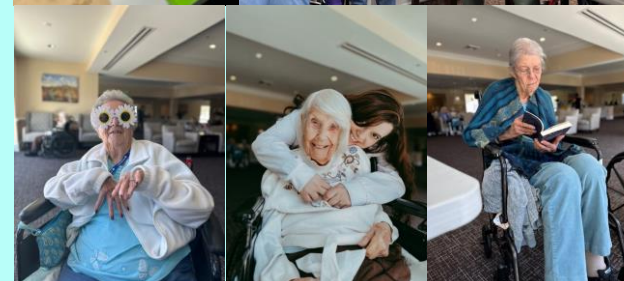


JOIN US FOR SHAKE-N-BAKE EVERY OTHER MONDAY ON THE 8TH AND THE 22ND THIS MONTH. DURING SHAKE-N-BAKE WE COME TOGETHER AND CREATE BAKED AND NO-BAKED GOODS. WE HOPE TO SEE YOU THERE!

Join us on Mondays at 1PM for Bird and A Bloom. Each week we will be learning about a new flower and bird species.



April Highlights



PEAK PERFORMER:



Forest Hill Heights would like to recognize Colleen Gilotte as Peak Performer for May 2023. Thank you for your dedication and the difference you make in the lives of everyone at Forest Hill Heights. Congratulate Colleen when you see her!

WE ARE EXCITED TO ANNOUNCE THAT WE HAVE JOINED TIK TOK, TO FOLLOW ALONG ON ALL OF OUR ADVENTURES PLEASE CHECK OUT:

[WWW.TIKTOK.COM / @FORESTHILLHEIGHTSSL](https://www.tiktok.com/@FORESTHILLHEIGHTSSL)

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 May 31st!