

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- 9/7



Please Join Us For The: **Forest Hill Heights** **Car Show**



On September 22, 2023
At 2pm.

During this event we are also
raising awareness for the
Alzheimer's Association.

New Resident Highlight



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

September 2023

SEPTEMBER 2023

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



Mikaela Jackson
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

Krystiana Ginn
RN/CM/DN
Case Manager

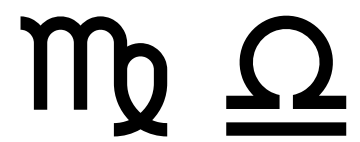
Stephanie Frank
Recreation Director

A Letter from the Administrator

Hello Everyone,
I am excited to write you all this first official
monthly update as your Administrator. I am
honored to be a part of the Forest Hill
Heights Family and excited for what the
future holds for all of us together. Please
know that I am here for you, whatever you
may need!
As the weather starts to change, if you need
help adjusting your thermostat make sure to
ask the staff and I know they would be happy
to assist. Also with the weather changing, we
are looking forward to bringing some fall-
themed activities to the calendar! Our car
show that we will be holding this month
should be extremely fun and festive! We are
hoping to raise awareness for our team
walking in the Alzheimer's Association walk
held on October 7th in Aberdeen, MD. Many of
our staff members will be participating in the
walk this year. Please let your families know
about the car show and the walk! We would
love your family's participation in either or
both. 😊

Thank you,
Mikaela Jackson

In astrology, those born from September 1–22 are Virgos of Virgo. Virgos, associated with the goddess of the earth, are rooted in the material world. They are considered practical, organized, and detail-oriented. Those born from September 23–30 balance the scales of Libra. Libras strive to find equilibrium and fight for equality and justice. They use their sharp minds to de-escalate conflicts and find peace.



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

Spirit Wear Days for September:

- *9/5 : Wear Your Favorite Football Team Gear Day
- *9/15 : Wear Your Favorite Scarf Day
- *9/22 – Wear Purple Day
- *9/25 – Wear Autumn Colors Day

September Birthdays

Resident Birthdays

- David Pickle 9/9
- Gloria Harwood 9/11
- Annie Calvin 9/12
- Sherrill Rhodes 9/13
- Margaret McGill 9/14
- Carol Chevery 9/25
- Carole Pickle 9/27

Staff Birthdays

- Susan Goad 9/1
- Chloe Shertzer 9/5
- Kayla Doll 9/12
- Linette Robinson 9/13
- Tiana Prim 9/15
- Brittany Dieren 9/19
- Gail Piccolo 9/19
- Susan Lamastra 9/21
- Jacob Dowell 9/24
- Monique Gill 9/28
- Patricia Devine 9/29

Staff Anniversaries

- Patricia Devine 1 Year
- Amelio Rotunno 1 Year
- Heather Blevins 2 Years
- Virginia Garrett 2 Years

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

- 9/1- Giant Dice Games Social at 10:30am
- 9/1- Harp Concert with Laura at 3:30pm
- 9/3- Rosary and Communion at 10:30am
- 9/4- Movie Night at 6pm
- 9/5- WEAR YOUR FAVORITE FOOTBALL TEAM GEAR DAY
- 9/5- Lunch in from Papa John's at 12pm \$
- 9/6- Rosary and Communion at 10:30am
- 9/6- North Harford Worship at 1pm
- 9/7- Silver Reader at 10:30am
- 9/7- Full Mass with St. Ignatius at 2pm
- 9/7- Creativity Club-Paint/Color by Number
- 9/8- Frank James Jams at 3pm
- 9/10- Rosary and Communion at 10:30am
- 9/10- Ravens Football Game at 1pm

- 9/11- Movie Night at 6pm
- 9/12- Lunch in from Subway at 12pm \$
- 9/12- Yesterday Once More with Ken King at 6pm
- 9/13- Rosary and Communion at 10:30am
- 9/13- North Harford Worship at 1pm
- 9/13- Jokes and Jams with Centre Methodist at 6pm
- 9/14- Resident Meeting at 10:30am
- 9/14- Ladies Tea and Men's Social at 3pm
- 9/15- WEAR YOUR FAVORITE SCARF DAY
- 9/15- J&J Entertainment at 6pm
- 9/17- Rosary and Communion at 10:30am
- 9/17- Ravens Football Game at 1pm
- 9/18- Movie Night at 6pm
- 9/19- Lunch in from Mr. Souvlaki at 12pm \$
- 9/20- Rosary and Communion at 10:30am
- 9/20- North Harford Worship at 1pm
- 9/21- Creativity Club-Squeegie Painting
- 9/22- WEAR PURPLE DAY
- 9/22- CAR SHOW in the Parking Lot at 2pm
- 9/24- Rosary and Communion at 10:30am
- 9/24- Ravens Football Game at 1pm
- 9/25- WEAR AUTUMN COLORS DAY
- 9/25- Music with Vic and September Birthday Party at 6pm
- 9/26- Lunch in from Saladworks at 12pm \$
- 9/27- Rosary and Communion at 10:30am
- 9/27- North Harford Worship at 1pm
- 9/27- Jokes and Jams with Centre Methodist at 6pm
- 9/28- Classics with Chris at 1:30pm
- 9/28- Creativity Club-Autumn Theme Craft

Ladies Tea and Men's Social!

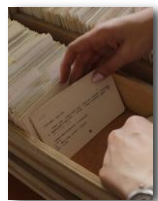
Join us 9/14 at 3pm for a Men's Social and Ladies Tea.

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

- 9/5 : Papa John's
- 9/12 : Subway
- 9/19 : Mr. Souvlaki
- 9/26: Saladworks



Something Borrowed



Since 1987, September has been celebrated as Library Card Sign-Up Month. While this is a time to remind children about the value of libraries, people of any age are encouraged to get a library card and explore the wonderful world of borrowing books for free. America's first lending library was founded in Franklin, Massachusetts, in 1778. When Founding Father Ben Franklin was asked to donate a bell to the town, he instead donated a set of books, which became the library's first collection. The oldest known library in the world dates back to the seventh century BC. Located in Nineveh, in modern-day Iraq, it was a private library built for the Assyrian ruler Ashurbanipal. It did not house books but rather 30,000 cuneiform tablets, including the 4,000-year-old *Epic of Gilgamesh*. It wasn't until the 19th century that public lending libraries became popular and the first library membership "card" systems were devised.

Silver Reader Van Visits
September 7th at 10:30am
Feel Free to Stop by and Take a
Look at a Good Book!



Don't Forget!!!

The Resident's Meeting in the
Activity Room at 10:30am on
September 14th!

*Please join us on Friday,
September 8th at 3pm for a
special performance by
entertainer Frank James
Jams in the Lounge!*



August Highlights



PEAK PERFORMER:



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

FOLLOW ALONG ON ALL OF OUR ADVENTURES PLEASE CHECK OUT:

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

[WWW.INSTAGRAM.COM / @FORESTHILL_HEIGHTS](https://www.instagram.com/@FORESTHILL_HEIGHTS)

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 September 30th!