

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- 11/02
Baptist Services with Rev. Weih @
2pm - 11/07



PLEASE BE SURE TO SIGN UP
IN ADVANCE FOR THE BUS
TRIPS.
SEATING IS LIMITED.
WE HOPE TO SEE YOU THERE!



New Resident Highlight

Martha	Lillian	
Mildred	Marion	
Jan	Francis	
Mary	Delores	
Richard	Paul	Doris

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

NOVEMBER 2023

Name of your community | Address | Phone number | Other information

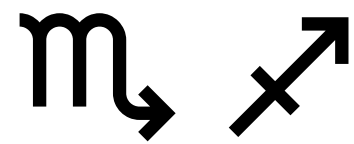


A Letter from the Executive
Director

Hello Everyone,
I enjoyed spending time with all of
you throughout this month.
I wanted to thank you for your
patience with us while we had to
have our meals in our room over the
past few weeks. I appreciate everyone
working so hard to help us protect
all of you per the state
requirements.
I know we are looking forward to the
van trips this month. Please reach
out to Activities if you have any
questions.
We are looking forward to
Thanksgiving this year. Please let the
front desk know if you are planning
on going out of the building.
Thank you,
Mikaela Jackson

- Mikaela Jackson
Executive Director
- Rose Jorgenson
Culinary Director
- Benjamin Jenkins
Maintenance Director
- Jennifer Metevia
Business Office Manager
- Susan Goad
Admissions Director
- Rachel Jones
RN/CM/DN
Director of Nursing
- Brittany Dieren
LPN
Assistant Director of
Nursing
- Krystiana Ginn
RN/CM/DN
Case Manager
- Stephanie Frank
Recreation Director

In astrology, those born from November 1–21 are Scorpio’s intense scorpions. Scorpions seek deep connections and nurture deep empathy and commitment. Those born from November 22–30 are Archers of Sagittarius. The Archers have a unique blend of passion, curiosity, and adaptability. Bold travelers, they are unafraid to explore and conquer new terrain.



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

Spirit Wear Days for November:

- *11/10 : Wear Red, White, and Blue Day
- *11/14 : Wear Your Favorite Hat Day
- *11/22 : Wear Your Favorite Scarf Day
- *11/27 – Wear Fall Colors Day

November Birthdays

Resident Birthdays

- Virginia Rich 11/2
- Richard Drozd 11/3
- Eileen Glansfield 11/6
- Catherine Lozoskie 11/9
- Martha Hillenburg 11/10
- Grace Roberts 11/11
- Stephen Rapley 11/12
- Nancy Palughi 11/19
- Tomiko Ball 11/22
- Lillian Gassaway 11/22
- Russell Atwood 11/26

Staff Birthdays

- Dylan McCormick 11/3
- Mary Lynch 11/20
- Lori Hensley 11/25

Staff Anniversaries

- Tiana Prim 1 Year
- Jayden Schulze 1 Year
- Jennifer Meteria 2 Years
- Linda Smalls 2 Years
- Elizabeth German 3 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

- 11/1- Rosary and Communion at 10:30am
- 11/1-North Harford Worship at 1pm
- 11/2- Silver Reader at 10:30am
- 11/2- Full Mass with St. Ignatius at 2pm
- 11/3- Harp Concert with Laura at 3:30pm
- 11/5- Rosary and Communion at 10:30am
- 11/5- Ravens Football Game at 1pm
- 11/6- Movie Night at 6pm
- 11/7- Baptist Service with Reverend Weih at 2pm
- 11/7- Music with Tom Cooke at 6pm
- 11/8- Rosary and Communion at 10:30am
- 11/8- North Harford Worship at 1pm
- 11/8- Jokes and Jams with Centre Methodist at 6pm
- 11/9- Resident Meeting at 10:30am
- 11/10- WEAR RED, WHITE, AND BLUE DAY
- 11/10- Veteran’s Day Celebration with Benjamin at 3pm
- 11/12- Rosary and Communion at 10:30am
- 11/12- Ravens Football Game at 1pm

- 11/13- Movie Night at 6pm
- 11/14- WEAR YOUR FAVORITE HAT DAY
- 11/14- Ladies Tea and Men’s Social at 3pm
- 11/14- Yesterday Once More with Ken King at 6pm
- 11/15- Rosary and Communion at 10:30am
- 11/15- North Harford Worship at 1pm
- 11/16- Beauty Shop for Photos at 1:30pm
- 11/16- Family Gathering Photo Op at 10:30am
- 11/17- J&J Entertainment and Fall Social at 6pm
- 11/19- Rosary and Communion at 10:30am
- 11/20- Movie Night at 6pm
- 11/21- Gobble, Gossip, Grateful Social at 10am
- 11/21- Lunch in from Double T Diner at 12pm \$
- 11/21- Just Having Fun Singing Group at 2pm
- 11/22- WEAR YOUR FAVORITE SCARF DAY
- 11/22- Rosary and Communion at 10:30am
- 11/22- North Harford Worship at 1pm
- 11/22- Welcome Back Scenic Bus Ride at 1pm
- 11/22- Jokes and Jams with Centre Methodist at 6pm
- 11/23- Classics with Chris at 1:30pm
- 11/24- Creativity Club-Sticky Fall Wreath at 10:00am
- 11/26- Rosary and Communion at 10:30am
- 11/27- WEAR FALL COLORS DAY
- 11/27- Bus Outing to the Dollar Tree (\$) at 1pm
- 11/27- Music with Vic and November Birthday Party at 6pm
- 11/28- Lunch in from Fisherman’s Catch at 12pm \$
- 11/29- Rosary and Communion at 10:30am
- 11/29- North Harford Worship at 1pm
- 11/30- Creativity Club-Fall Mason Jar Luminary

Ladies Tea and Men's Social!

Join us 11/14 at 3pm for a Men's Social and Ladies Tea.

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

- 11/21 – Double T Diner
- 11/28 – Fisherman's Catch



Monster Success



On November 3, 1954, the film *Godzilla* premiered across Japan. *Godzilla* remains one of Japan's most enduring pieces of popular culture and has been identified by *Guinness World Records* as the longest-running film

franchise in history. The film and its gargantuan monster symbolize something more sinister, however—a nation's collective terror over nuclear war. In early March of 1954, a Japanese fishing ship was contaminated with radioactive fallout from a nuclear test conducted by the Americans at Bikini Atoll. Soon, fears of nuclear contamination spread across Japan. The film's producer and director deliberately seized on that anxiety when they created a monster that embodied nuclear destruction. Skeptical critics thought the film would be a flop, but time has shown that *Godzilla* has conquered even those critics.

Silver Reader Van Visits

December 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 LOUNGE at 10:30am on November 9th!

We Want You!



To Join Us on Friday November 10th at 2pm for a Veteran's Day Celebration with Benjamin. Please join us in the Lounge as we celebrate our heroes!

October Highlights



EMPLOYEE OF THE MONTH:



Forest Hill Heights would like to recognize Janey Garcia as Employee of the Month for November 2023. Thank you for your dedication and the difference you make in the lives of everyone at Forest Hill Heights. Congratulate Janey when you see her!

FOLLOW ALONG ON ALL OF OUR ADVENTURES PLEASE CHECK OUT:

www.tiktok.com/@foresthillheightssl

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 by Mr. John. Please hand in your answered quiz to activities staff by November 30th!