

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- 04/04
 Baptist Services with Rev. Weih @
 1pm - 04/02



FOLLOW ALONG ON ALL OF OUR ADVENTURES PLEASE
 CHECK OUT:

www.tiktok.com/@foresthilleightssl
www.instagram.com/@foresthilleights

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!

New Resident Highlight



KAY



JEANNETTE



KATHERINE



ALICE

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

APRIL 2024

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



A Letter from the Executive Director

Happy Spring everyone! I hope
 you have enjoyed getting more
 hours of sunshine and warmth
 throughout your day. As the
 temperatures continue to
 fluctuate, please make sure that
 you ask for help if you need to
 change your thermostat settings.
 We look forward to having a fun
 filled spring in activities as we
 gear up for summer. Please
 make sure to check out our
 community bulletin boards for
 schedules and updates on
 events.

Thank you,
 Mikaela Jackson

Mikaela Jackson
 Executive Director

Rose Jorgenson
 Culinary Director

Benjamin Jenkins
 Maintenance Director

Jennifer Metevia
 Business Office Manager

Rachel Jones
 RN/CM/DN
 Director of Nursing

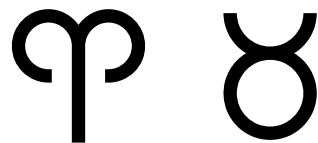
Brittany Dieren
 LPN
 Assistant Director of
 Nursing

Krystiana Ginn
 RN/CM/DN
 Case Manager

Stephanie Frank
 Recreation Director

ASTROLOGY CORNER

If you were born between April 1–19, you are Aries, the Ram. These independent adventurers like to strike out on their own and are natural leaders. Their enthusiasm and confidence give them big, outgoing personalities. Those born between April 20–30 are Bulls of Taurus. Bulls show a steady persistence in endeavors both professional and personal, and after working hard, they like to reward themselves for a job well done.



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

Spirit Wear Days for April:

- 04/02: Wear Blue, Green, and Black Day
- 04/09: Dress like Rosie the Riveter Day
- 04/12: Wear Pink Day
- 04/16: Wear Your PJ's Day
- 04/25: Wear a Red Hat Day

April Birthdays

RESIDENT BIRTHDAYS

- Kevin Karwacki 04/14
- Claire Krach 04/14
- Ralph Pagano 04/14
- Rose Lewis 04/18
- Joan Davis 04/19
- Katherine Hassen 04/22
- Agnes Froberg 04/30

STAFF BIRTHDAYS

- Carrie Johnson 04/05
- Addison Ogle 04/07
- Phyllis Klingenberg 04/15
- Myra Whitley 04/17
- Ashley Burris 04/20
- Josie Glackin Carroll 04/27

STAFF ANNIVERSARIES

- Susan Lamastra 2 Years
- April Hall 3 Years
- Beth Stringfellow 8 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

- 04/01- Gardening Club – Seedlings at 10am
- 04/01- Movie Night at 6pm
- 04/02- WEAR BLUE, GREEN, AND BLACK DAY
- 04/02- Baptist Service with Reverend Weih at 1pm
- 04/02- Bagpipes with Pete Musical Showcase at 2pm
- 04/02- Music with Tom Cooke at 6pm
- 04/03- Rosary and Communion at 10:30am
- 04/03- North Harford Worship at 1pm
- 04/03- BINGO in the Activity Room at 1:30pm
- 04/04- Resident Meeting at 10:30am
- 04/04- Full Mass Service with St. Ignatius at 2pm
- 04/05- Easter Egg Hunt in the Lounge with the Easter Bunny at 10am
- 04/05- BINGO in the Activity Room at 1:30pm
- 04/05- Harp Concert with Laura at 3:30pm
- 04/07- Rosary and Communion at 10:30am
- 04/08- Solar Eclipse Day – visible from 2pm-4:30pm with safety eyewear only!
- 04/08- Gardening Club at 3pm
- 04/08- Movie Night at 6pm
- 04/09- DRESS LIKE ROSIE THE RIVETER DAY
- 04/09- Lunch in from Pappas Restaurant at 12pm \$
- 04/09- Cherish an Antique, Show and Tell in the Lounge at 2:30pm
- 04/10- Rosary and Communion at 10:30am
- 04/10- North Harford Worship at 1pm
- 04/10- BINGO in the Activity Room at 1:30pm
- 04/10- Jokes and Jams with Centre Methodist at 6pm
- 04/11- Creativity Club – Beaded Garden Stake at 1pm
- 04/11- Ladies Tea and Men's Social at 2pm
- 04/25- Frank James Jams at 6:00pm
- 04/12- WEAR PINK DAY
- 04/12- BINGO in the Activity Room at 1:30pm
- 04/14- Rosary and Communion at 10:30am
- 04/15- Gardening Club at 3pm
- 04/15- Movie Night at 6pm – The Titanic
- 04/16- WEAR YOUR PJ'S DAY
- 04/16- Lunch in from Margherita Pizza of Bel Air at 12pm \$
- 04/16- Just Having Fun Singing Group at 2pm
- 04/16- Rockin' With Danny Dolan at 6pm
- 04/17- Rosary and Communion at 10:30am
- 04/17- North Harford Worship at 1pm
- 04/17- BINGO in the Activity Room at 1:30pm
- 04/18- Creativity Club – Fairy/Gnome Garden Houses at 1pm
- 04/19- BINGO in the Activity Room at 1:30pm
- 04/19- J&J Entertainment and a Spring Fling at 6pm
- 04/21- Rosary and Communion at 10:30am
- 04/22- Creativity Club- Passover Seder Star at 10am
- 04/22- Gardening Club at 3pm
- 04/22- Music with Vic and April Birthday Party at 6pm
- 04/23- Lunch in from Wawa at 12pm \$
- 04/23- SCENIC BUS RIDE – Sign Up Required – at 2pm
- 04/24- Rosary and Communion at 10:30am
- 04/24- North Harford Worship at 1pm
- 04/24- BINGO in the Activity Room at 1:30pm
- 04/24- Jokes and Jams with Centre Methodist at 6pm
- 04/25- WEAR A RED HAT DAY
- 04/25- Classics with Chris at 1:30pm
- 04/25- Creativity Club- Watercolor Tree Painting at 3pm
- 04/26- BINGO in the Activity Room at 1:30pm
- 04/28- Rosary and Communion at 10:30am
- 04/28- Baptist Hymnals in the Lounge at 12:45pm
- 04/28- Ballet and Hip Hop Dancers of KC Dance and Fitness Studio at 1:30pm
- 04/29- Gardening Club at 3pm
- 04/29- Movie Night at 6pm
- 04/30- SCENIC BUS RIDE – Sign Up Required – at 2pm

Ladies Tea and Men's Social!

Join us 04/11 at 2pm for a Men's Social and Ladies Tea.

Lunch-In's

Please sign up! (\$)

04/09: Pappas Restaurant

04/16: Margherita Pizza of Bel Air

04/23: Wawa

ATTENTION!!!

The Silver Reader has changed their services with FHH - we now receive drop off items, please see Stephanie in Activities to order your books or check out provided materials. Thank you!



Don't Forget!!!

The Resident's Meeting in the Activity Room at 10:30am on April 4th!



Let's Showcase our Family Heirlooms at our First Ever Cherish an Antique, Show and Tell event on April 9th at 2:30PM. Please bring one item that you would like to discuss your history and appreciation of. We hope to see you there!



Don't forget to SIGN UP for all bus trips in advance. Seating is limited! We hope to see you there!

March Highlights



EMPLOYEE OF THE MONTH:



Forest Hill Heights would like to recognize Amy Johnson as Employee of the Month for April 2024. Thank you for your dedication and the difference you make in the lives of everyone at Forest Hill Heights.

DON'T FORGET TO JOIN US IN THE ACTIVITY ROOM FOR LOTS OF FUN AND CREATIVITY! TRY SOMETHING NEW, YOU NEVER KNOW WHAT YOU MAY ENJOY!

