

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- 05/02
Baptist Services with Rev. Weih @
2pm - 05/07



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



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 2024

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



A Letter from the Executive Director

I cannot believe how quickly this year
is flying by. We are looking forward to
bringing the blooming flowers to the
facility and also happy to announce we
are getting new patio sets for the
additional patios throughout the
building. We also have new bird and
fish friends that have joined our
facility. Be sure to check them out
next time you are in. Our bus is back
up and running for trips. If you would
like to go on a bus trip, please make
sure to sign up with the activities
department. Seats are limited.

I am also excited to announce that we
are having our annual Prom event this
month with the theme being **DISCO!**
Don't forget to vote for your **King** and
Queen during the week of the prom! I
can't wait to see everyone all dressed
up and having fun!

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

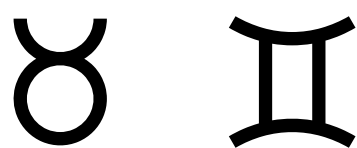
Krystiana Ginn
RN/CM/DN
Case Manager

Stephanie Frank
Recreation Director

Sandy Weinstein
Admissions Director

ASTROLOGY corner

Those born between May 1–20 are Bulls of Taurus. Bulls show a steady persistence in both professional and personal endeavors. After working hard, they like to reward themselves for a job well done. If you were born between May 21–31, you are a Twin of Gemini. Geminis make communicative and lively companions. Intellectual and imaginative, they are the ones to sit near at a party.



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

Spirit Wear Days for May:

05/02: Wear Yellow Day

05/03: Wear a Baseball Shirt/Jersey Day

05/10: Wear Blue Day

05/17: Dress Like the 70's/Disco/Prom Attire Day

05/25: Wear Lilac/Purple Day

05/27: Wear Red, White, and Blue Day

May Birthdays

RESIDENT BIRTHDAYS

Justine Grace 05/14

Anna Wagner 05/16

Mary Joy Blessing 05/18

Jean Quinn 05/21

Debbie Block 05/26

Nancy Newman 05/26

Ann Lacey 05/29

STAFF BIRTHDAYS

Cheyenne Jackson 05/06

Caleb Fallon 05/11

Colleen Gilotte 05/14

Stephanie Frank 05/20

Nikki Matousek 05/22

Faith Marshall 05/23

Heather Roberts 05/23

Michael Trotta 05/23

Jacob Cullum 05/29

Wanda Holdsworth 05/31

STAFF anniversaries

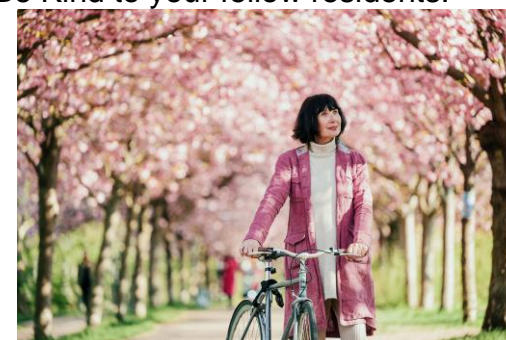
Jane Garcia 1 Year

Tara Castillo 6 Years

Mary Lynch 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

05/09- Creativity Club – Derby Cap at 10am

05/01- Rosary and Communion at 10:30am

05/01- North Harford Worship at 1pm

05/01- BINGO in the Activity Room at 1:30pm

05/02- Resident Meeting at 10:30am

05/02- Full Mass Service with St. Ignatius at 2pm

05/02- WEAR YELLOW DAY

05/03- Celebrate Joe DiMaggio-Baseball in the Lounge at 10am

05/03- BINGO in the Activity Room at 1:30pm

05/03- Harp Concert with Laura at 3:30pm

05/03- WEAR A BASEBALL SHIRT/JERSEY DAY

05/05- Rosary and Communion at 10:30am

05/05- Creativity Club – Cinco De Mayo Cup Holder at 2pm

05/06- Kentucky Derby Documentary in the Lounge / Rita's Outdoor Social at 2pm

05/06- Horse Racing Game in the Lounge at 3pm

05/06- Movie Night at 6pm

05/07- Lunch in from Das Bierhalle at 12pm \$

05/07- Baptist Service with Reverend Weih at 2pm

05/07- Music with Tom Cooke at 6pm

05/08- Coca-Cola Tasting Social at 10am

05/08- Rosary and Communion at 10:30am

05/08- North Harford Worship at 1pm

05/08- BINGO in the Activity Room at 1:30pm

05/08- SHOPPING TRIP- WALMART (\$) Sign Up Required – at 2pm

05/08- Jokes and Jams with Centre Methodist at 6pm

05/09- Creativity Club – Ink Stamped Nature Prints at 1pm

05/09- Frank James Jams at 6pm

05/10- 7 Oaks Chorus Performance at 10:30am

05/10- BINGO in the Activity Room at 1:30pm

05/10- WEAR BLUE DAY

05/12- Rosary and Communion at 10:30am

05/12- Sip and Color with Mom at 2pm

05/13- Gardening Club at 3pm

05/13- Movie Night at 6pm

05/14- Lunch in from Fisherman's Catch at 12pm \$

05/14- SCENIC BUS RIDE – Sign Up Required – at 2pm

05/14- Yesterday Once More with Ken King at 6pm

05/15- Rosary and Communion at 10:30am

05/15- North Harford Worship at 1pm

05/15- BINGO in the Activity Room at 1:30pm

05/16- Ladies Tea and Men's Social at 2pm

05/17- BINGO in the Activity Room at 10:00pm

05/17- Beauty Shop for Prom in the Multi-Purpose Room at 1:30pm

05/17- J&J Entertainment and a Boogie Disco Prom at 6pm

05/17- DRESS LIKE THE 70'S/WEAR PROM ATTIRE DAY

05/19- Rosary and Communion at 10:30am

05/20- Movie Night at 6pm

05/21- Lunch in from Mr. Souvlaki's at 12pm \$

05/21- SCENIC BUS RIDE – Sign Up Required – at 1pm

05/21- Just Having Fun Singing Group at 2pm

05/22- Rosary and Communion at 10:30am

05/22- North Harford Worship at 1pm

05/22- Harford Realtors Springo-Bingo in the Lounge at 1:30pm

05/22- Jokes and Jams with Centre Methodist at 6pm

05/23- Classics with Chris at 1:30pm

05/24- Silver Reader Book Delivery Day

05/24- BINGO in the Activity Room at 1:30pm

05/25- WEAR PURPLE DAY

05/26- Rosary and Communion at 10:30am

05/27- Creativity Club- Patriotic Paint Splatter Art at 10am

05/27- Music with Vic and May Birthday's Party at 6pm

05/27- WEAR RED, WHITE, AND BLUE DAY

05/28- SHOPPING TRIP- GOODWILL (\$) Sign Up Required – at 2pm

05/28- Rosary and Communion at 10:30am

05/28- North Harford Worship at 1pm

05/28- BINGO in the Activity Room at 1:30pm

05/30- Goat Yoga in the Courtyard at 2:30pm

05/31- BINGO in the Activity Room at 1:30pm

Ladies Tea and Men's Social!

Join us 05/16 at 2pm for a Men's Social and Ladies Tea.

Lunch-In's

Please sign up! (\$)

05/07: Das Bierhalle

05/14: Fisherman's Catch

05/21: Mr. Souvlaki's

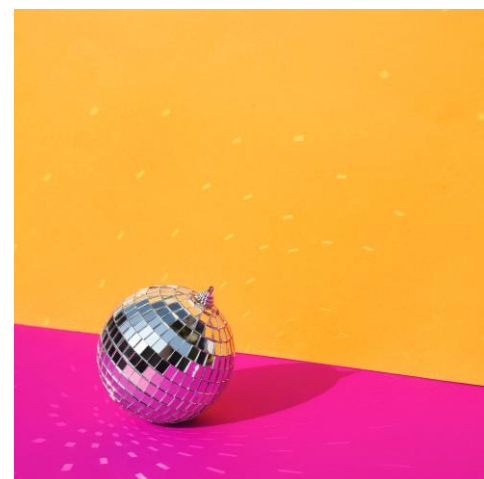
The Silver Reader has changed their services with FHH - we now receive drop off items, these items will be available in the Activity Room, Monday thru Friday from 9am-4pm.

Don't Forget!!!

The Resident's Meeting in the Activity Room at 10:30am on May 2nd!



Join Us for Goat Yoga in the Courtyard on Thursday May 30th at 2:30pm!



Are You Ready to Party Like its 1970?!!

Join us on Friday May 17th as we celebrate, DISCO PROM!!! The festivities begin at 1:30pm with Beauty Shop in the Multi-purpose room. The party begins at 6:00pm in the Lounge.

And don't forget to vote for your Prom King and Queen!

April Highlights



EMPLOYEE OF THE MONTH:



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

JOIN US ON MOTHER'S DAY, May 12TH at 2PM FOR a SIP and COLOR event WITH MOM in the activity room! WE WILL ENJOY SPARKLING CIDER and a COLORING BOUQUET!