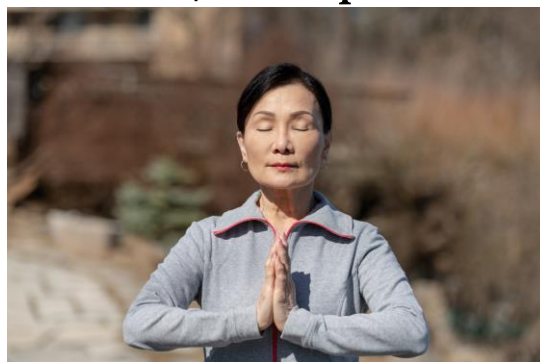


Church Services

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
on 08/01 at 2pm
Baptist Services with Rev. Weih on
08/06 at 2pm



FOLLOW ALONG ON ALL OF OUR ADVENTURES PLEASE

CHECK OUT:

www.tiktok.com/@foresthilleightss
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



RALPH

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

AUGUST 2024

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



A Letter from the Executive Director

Happy August everyone! I would
like to announce our new Culinary
Director, Heather Roberts. Heather
has been with Forest Hill Heights
for 6 years and was trained
exclusively by Rose. We have total
faith that Heather will fill Rose's
shoes with pride. Please be sure to
congratulate her the next time that
you see her.

Looking back to July, we had a
lovely time at our family country
western BBQ night. It was so nice
to see everyone celebrating with
their family. I am looking forward
to many more fun events that we
have planned for the future.

Thank you,
Mikaela Jackson

Mikaela Jackson
Executive Director

Heather Roberts
Culinary Director

Benjamin Jenkins
Maintenance Director

Jennifer Metevia
Business Office Manager

Rachel Jones
RN/CM/DN
Director of Nursing

Brittany Dieren
RN
Assistant Director of
Nursing

Krystiana Ginn
RN/CM/DN
Case Manager

Stephanie Frank
Recreation Director

Sandy Weinstein
Admissions Director

ASTROLOGY corner

If you were born between August 1–22, you are a Leo, the Lion. Creative and ambitious with a magnetic personality, Leos enjoy the spotlight. Warm, loving, and kind, they make loyal and honorable friends. Those born between August 23–31 are Virgos. Virgos are considered shy and sometimes naïve, private, and tidy. They are curious explorers who are incredibly loyal and well respected by their friends and colleagues.



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

Spirit Wear Days for August:

- 08/03 – wear purple day
- 08/08 – wear silver day
- 08/13 – wear your birthstone color day
- 08/16 - wear a Hawaiian themed shirt day
- 08/17 – wear black and yellow day
- 08/19 – wear blue day
- 08/20 – wear yellow day
- 08/28 – wear a floral shirt day

August Birthdays

RESIDENT BIRTHDAYS

- Annette Maurits 08/01
- Floerfina Opulencia 08/02
- Barbara Boyle 08/03
- Doug Foulke 08/06
- Mary Simmons 08/12
- Dolores Bowling 08/16
- Mildred McFaul 08/18
- Marion Janowiak 08/21
- Elizabeth Pens 08/25
- Charles Morris 08/31

STAFF BIRTHDAYS

- Alida Calderon 08/01
- Rachel Jones 08/03
- Emily Trott 08/08
- Amelio Rotunno 08/10
- Nick Serafini 08/10
- Janey Garcia 08/16
- Robert Bishop 08/17
- Faith Andreen 08/22
- Amy Johnson 08/28
- Danielle Morgan 08/28
- Jasmine Sturr-Smith 08/28

STAFF anniversaries

- Caleb Fallon 1 Year
- Danielle Morgan 1 Year
- Kathleen Fitch 2 Years
- Galen Hackney 2 Years
- Gina Juras-King 2 Years
- Mikaela Jackson 4 Years
- Jaclyn Nicole Smith 7 Years
- John Schaaf 8 Years
- Rachel Jones 10 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

08/01- Resident Meeting at 10:30am

- 08/01- Full Mass Service with St. Ignatius 2pm
- 08/01- Creativity Club – Tropical Parrot at 2pm
- 08/01- Frank James Jams at 6pm
- 08/02- BINGO in the Activity Room at 1:30pm
- 08/02- Harp Concert with Laura at 3:30pm
- 08/03- WEAR PURPLE DAY
- 08/04- Rosary and Communion at 10:30am
- 08/05- “South Seas Adventure” the Movie in the Lounge at 2pm
- 08/05- Trivia in the Lounge at 6pm
- 08/06- Lunch in from Magerk’s at 12pm \$
- 08/06- Baptist Services with Rev. Weih at 2pm
- 08/06- SCENIC BUS RIDE – Sign Up Required – at 2pm
- 08/06- Music with Tom Cooke at 6pm
- 08/07- Rosary and Communion at 10:30am
- 08/07- North Harford Worship at 1pm
- 08/07- BINGO in the Activity Room at 1:30pm
- 08/08- Ladies Tea and Men’s Social at 2pm
- 08/08- WEAR SILVER DAY
- 08/09- Traditional Hawaiian Bowling in the Lounge at 10:30 am
- 08/09- BINGO in the Activity Room at 1:30pm
- 08/11- Rosary and Communion at 10:30am
- 08/11- Creativity Club – Color Your Own Bookmark at 3pm
- 08/12- Creativity Club – Starry Night Sensory Art at 10:30am
- 08/12- Karaoke in the Lounge at 6pm
- 08/12- WEAR SILVER AND GOLD/STARS DAY

- 08/13- Lunch in from Vagabond Sandwich Co. at 12pm \$
- 08/13- WEAR YOUR BIRTHSTONE COLOR DAY
- 08/14- Rosary and Communion at 10:30am
- 08/14- North Harford Worship at 1pm
- 08/14- BINGO in the Activity Room at 1:30pm
- 08/14- Jokes and Jams with Centre Methodist at 6pm
- 08/15- Bus Trip to Harford Co. Artists’ Gallery at 1pm \$
- 08/16- BINGO in the Activity Room at 1:30pm
- 08/16- J&J Entertainment at 6pm
- 08/16- WEAR A HAWAIIAN SHIRT DAY
- 08/17- WEAR BLACK AND YELLOW DAY
- 08/18- Rosary and Communion at 10:30am
- 08/19- Back to School Portraits in the Activity Room at 2pm
- 08/19- Karaoke in the Lounge at 6pm
- 08/19- WEAR BLUE DAY
- 08/20- Lunch in from Das Bierhalle at 12pm \$
- 08/20- Just Having Fun Singing Group at 2pm
- 08/20- WEAR YELLOW DAY
- 08/21- Rosary and Communion at 10:30am
- 08/21- North Harford Worship at 1pm
- 08/21- BINGO in the Activity Room at 1:30pm
- 08/21- SHOPPING TRIP- Harford Mall (\$) Sign Up Required – at 2pm
- 08/22- Creativity Club – Watercolor Hawaiian Flowers + History of the Lei at 10am
- 08/22- Classics with Chris at 1:30pm
- 08/23- Silver Reader Delivery at 11:00am
- 08/23- BINGO in the Activity Room at 1:30pm
- 08/23- 100th Birthday Outdoor Social at 3pm
- 08/25- Rosary and Communion at 10:30am
- 08/25- Music with Vic and August Birthday’s Party at 6pm
- 08/27- SCENIC BUS RIDE – Sign Up Required – at 2pm
- 08/27- Rockin’ with Danny Dolan at 6pm
- 08/28- Rosary and Communion at 10:30am
- 08/28- North Harford Worship at 1pm
- 08/28- BINGO in the Activity Room at 1:30pm
- 08/28- Jokes and Jams with Centre Methodist at 6pm
- 08/28- WEAR FLORAL DAY
- 08/29- Creativity Club – Color Your Own Bookmark at 3pm
- 08/30- BINGO in the Activity Room at 1:30pm



Ladies Tea and Men's Social!

Join us 08/08 at 2pm for a Men's Social and Ladies Tea.

Lunch-In's

Please sign up! (\$)

08/06 - Magerk's

08/13 - Vagabond Sandwich Co.

08/20 - Das Bierhalle

The Silver Reader book bundle exchange will be on August 23rd at 11am, these new 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 August 1st!

DON'T FORGET TO SIGN UP FOR OUR BUS TRIPS!

AS a REMINDER, IF YOU see a (\$), ADDITIONAL FUNDS are REQUIRED TO PARTICIPATE.

Don't forget to look your best for our **Back-to-School** portrait day! Let's have fun and make a silly memory on August 19th at 2pm in the activity room. Don't be tardy!



Join us on Friday August 16th at 6pm for a Hawaiian Luau Party in the AL Lounge with entertainment by J&J Entertainment. Hawaiian themed attire is preferred.



July Highlights



EMPLOYEE OF THE MONTH:



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

"Live in the sunshine. Swim in the sea. Drink in the wild air."

- Ralph Waldo Emerson