

## Church Services

Sundays and Wednesdays @  
10:30am- Rosary and Communion  
with St. Ignatius

Wednesdays @ 1:00pm- North  
Harford Worship Service with  
Pastor John

**1<sup>st</sup> Thursday Mass with St. Ignatius  
will resume in August.  
Baptist Services with Rev. Weih will  
be postponed until later in the  
month.**



FOLLOW ALONG ON ALL OF OUR ADVENTURES PLEASE

CHECK OUT:

[www.tiktok.com/@foresthilleightssl](https://www.tiktok.com/@foresthilleightssl)  
[www.instagram.com/@foresthilleights](https://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



DAVID

## 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

July 2024

# JULY 2024

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



## *A Letter from the Executive Director*

Hello everyone! Are you ready  
to kick off summertime?! I hope  
you all had a fun time during  
our Carnival in June. We are  
excited to announce that we are  
having a **Country Western  
Outdoor BBQ** in July! Get  
ready to chow down on some  
local BBQ while enjoying LIVE  
music from the classic rock  
band Remnant Sol!

If you would like to attend,  
please RSVP by Friday July 12<sup>th</sup>  
via our “Sign-Up Genius” link,  
or with Stephanie, our  
Recreation Director. We hope to  
see you there!

**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**  
RN  
Assistant Director of  
Nursing

**Krystiana Ginn**  
RN/CM/DN  
Case Manager

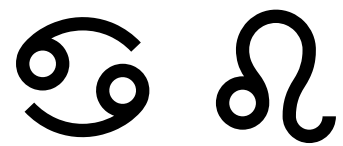
**Stephanie Frank**  
Recreation Director

**Sandy Weinstein**  
Admissions Director



ASTROLOGY corner

Those born between July 1–22 are Crabs of Cancer. Crabs love family and nurturing others. They may be emotional, kind, and gentle but are never soft. Cancers are strong-willed and tenacious in their search for peace and homeyness. If you were born between July 22–31, you are a Leo, the Lion. Creative and ambitious with magnetic personalities, Leos enjoy the spotlight. Warm, loving, and kind, they make loyal and honorable friends.



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

Spirit Wear Days for July:

- 07/04 – wear patriotic colors day
- 07/09 – wear black and white / cow print day
- 07/12 – wear black and orange/biker gear day
- 07/17 – dress like a cowboy/cowgirl/western wear day
- 07/19 – wear pink and purple day
- 07/23 – wear red, orange, or yellow day
- 07/25 – wear blue, yellow, black, red, white, and green day
- 07/30 – wear your favorite color day

July Birthdays

RESIDENT BIRTHDAYS

- Mary Drodz 07/03
- Amelia Balmert 07/07
- Donald Trojan 07/07
- Elsie Ellis 07/07
- Kathryn Lewis 07/10
- Stanley Rovine 07/11
- Hazel Brinegar 07/20
- Jennifer Brown 07/20
- Anna Sparr 07/21
- Alice Dontell 07/28

STAFF BIRTHDAYS

- Delilah Popp 07/14
- Krystiana Ginn 07/16
- Connie Gatten 07/17
- Caleb Baker 07/20
- Morgan Bryant 07/21
- Duane Drafts 07/23
- Elizabeth German 07/24
- Mardecia Watkins 07/25
- Ashley Zelaya 07/29

STAFF anniversaries

- Faith Andreen 1 Year
- Krystiana Ginn 1 Year
- Chloe Shertzer 1 Year
- Janvincent Mari 1 Year
- Taylor Wisniewski-Mullaney 2 Years
- Connie Gatten 3 Years
- Nikki Matousek 3 Years
- Elveda Whiteman 6 Years
- Nicole Chernick 7 Years
- Lori Hensley 7 Years
- Wanda Holdsworth 34 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

- 07/01- Movie Night at 6pm
- 07/02- Music with Tom Cooke at 6pm
- 07/03- Resident Meeting at 10:30am
- 07/03- Rosary and Communion at 10:30am
- 07/03- North Harford Worship at 1pm
- 07/03- BINGO in the Activity Room at 1:30pm
- 07/04- Creativity Club – Spirit of July Decor
- 07/04- WEAR PATRIOTIC COLORS DAY
- 07/05- BINGO in the Activity Room at 1:30pm
- 07/05- Harp Concert with Laura at 3:30pm
- 07/07- Rosary and Communion at 10:30am
- 07/07- Oak Grove Baptist Musical Sermon in the Lounge at 1pm
- 07/07- Creativity Club – Color Your Own Bookmark at 2pm
- 07/08- Freeze Pop Social in the Lounge at 1pm
- 07/08- Top Gun the Movie in the Lounge at 2pm
- 07/08- Trivia in the Lounge at 6pm
- 07/09- Lunch in from Season's Pizza at 12pm \$
- 07/09- SHOPPING TRIP- Dollar Tree (\$) Sign Up Required – at 2pm
- 07/09- Yesterday Once More with Ken King at 6pm
- 07/09- WEAR BLACK AND WHITE/COW PRINT DAY
- 07/10- Rosary and Communion at 10:30am
- 07/10- North Harford Worship at 1pm
- 07/10- BINGO in the Activity Room at 1:30pm
- 07/10- Jokes and Jams with Centre Methodist at 6pm
- 07/11- Ladies Tea and Men's Social at 2pm
- 07/11- Frank James Jams at 6pm
- 07/12- Family Feud in the Lounge at 10:30 am
- 07/12- BINGO in the Activity Room at 1:30pm
- 07/12- WEAR BLACK AND ORANGE/BIKER GEAR DAY
- 07/14- Rosary and Communion at 10:30am
- 07/15- SCENIC BUS RIDE – Sign Up Required – at 2pm
- 07/15- Karaoke in the Lounge at 6pm
- 07/16- Lunch in from Pappas Restaurant at 12pm \$
- 07/16- Just Having Fun Singing Group at 2pm
- 07/17- Rosary and Communion at 10:30am
- 07/17- North Harford Worship at 1pm
- 07/17- BINGO in the Activity Room at 1:30pm
- 07/17- Country Western Outdoor BBQ at 4pm
- 07/17- DRESS LIKE A COWBOY/COWGIRL DAY
- 07/18- Creativity Club – Cupcake Liner Fireworks
- 07/19- Brunch Trip to Ihop at 10am \$
- 07/19- BINGO in the Activity Room at 1:30pm
- 07/19- J&J Entertainment at 6pm
- 07/19- WEAR PINK AND PURPLE DAY
- 07/21- Rosary and Communion at 10:30am
- 07/22- Creativity Club – Glitter Paper Medals
- 07/22- Music with Vic and July Birthday's Party at 6pm
- 07/23- Lunch in from Subway at 12pm \$
- 07/23- SCENIC BUS RIDE – Sign Up Required – at 2pm
- 07/23- WEAR RED, ORANGE, OR YELLOW DAY
- 07/24- Rosary and Communion at 10:30am
- 07/24- North Harford Worship at 1pm
- 07/24- BINGO in the Activity Room at 1:30pm
- 07/24- Jokes and Jams with Centre Methodist at 6pm
- 07/25- Senior Olympics in the Lounge at 10:00 am
- 07/25- Classics with Chris at 1:30pm
- 07/25- WEAR BLUE, YELLOW, BLACK, RED, WHITE, AND GREEN DAY
- 07/26- Silver Reader Delivery at 11:00am
- 07/26- BINGO in the Activity Room at 1:30pm
- 07/26- SHOPPING TRIP- Walmart (\$) Sign Up Required – at 2pm
- 07/28- Rosary and Communion at 10:30am
- 07/28- Calvary Baptist Church Hymns and Sermon at 1pm
- 07/29- Movie Night at 6pm
- 07/30- WEAR YOUR FAVORITE COLOR DAY
- 07/31- Rosary and Communion at 10:30am
- 07/31- North Harford Worship at 1pm
- 07/31- BINGO in the Activity Room at 1:30pm



## Ladies Tea and Men's Social!

Join us 07/11 at 2pm for a Men's Social and Ladies Tea.

## Lunch-In's

Please sign up! (\$)

07/09: Seasons Pizza

07/16: Pappas Restaurant

07/23: Subway

The Silver Reader book bundle exchange will be on July 26 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 July 3rd!

DON'T FORGET TO SIGN UP FOR OUR BUS TRIPS! WE HAVE 2 SCENIC RIDES, 2 SHOPPING TRIPS THIS MONTH, AND 1 BRUNCH TRIP! SPACE IS LIMITED, AND WE HOPE TO SEE YOU THERE!

AS A REMINDER, IF YOU SEE A (\$), ADDITIONAL FUNDS ARE REQUIRED TO PARTICIPATE.

Join us for a Country Western BBQ on Wednesday July 17<sup>th</sup> from 4-7pm!

With LIVE classic rock, blues, and groove hits from the 60's- 80's band:

**REM NANT SOL**



**PLEASE DRESS IN YOUR BEST COUNTRY WESTERN WEAR FOR THIS DAY!**

**Yee-haw!!!**



## June Highlights



## EMPLOYEE OF THE MONTH:



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