

## 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  
on 09/05 at 2pm  
Baptist Services with Rev. Weih on  
09/06 at 2pm



FOLLOW ALONG ON ALL OF OUR ADVENTURES PLEASE

CHECK OUT:

[www.tiktok.com/@foresthillheightssl](https://www.tiktok.com/@foresthillheightssl)  
[www.instagram.com/@foresthill\\_heights](https://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!

## New Resident Highlight



Jeanne



Linda



Ed



Joan

## 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

# SEPTEMBER 2024

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



## A Letter from the Executive Director

Hello and I hope that everyone has  
been enjoying their summer thus  
far. As we look to September and  
the weather changing, if you need  
any assistance adjusting your  
thermostat, please be sure to ask  
and our staff, who is happy to help.  
We are excited to announce that we  
will be having our SECOND  
ANNUAL Car Show this month  
and will also be participating in the  
Alzheimer's Association Walk  
again. I look forward to seeing  
everyone at the Car Show and I  
hope that you enjoy it this year as  
well. Don't forget, we will also be  
voting for the best car, truck, or  
motorcycle.

**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

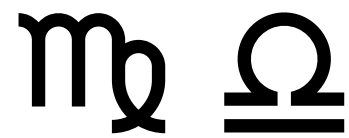
**Stephanie Frank**  
Recreation Director

**Admissions Director**



ASTROLOGY corner

Those born between September 1–22 are Virgos. Virgos are considered shy and sometimes naïve, private, and very tidy. They are also curious explorers who are incredibly loyal and well respected by their friends and colleagues. If you were born between September 23–30, you balance the scales of Libra. Libras are very social, seek harmony through compromise, and have strong powers of critical thinking.



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

Spirit Wear Days for September:

- 09/05 – wear yellow and white day
- 09/13 – wear a graphic t-shirt day
- 09/18 – wear purple day
- 09/24 – wear fall colors day
- 09/30 – wear orange day

September Birthdays

RESIDENT BIRTHDAYS

- Margaret Hearson 09/05
- David Pickle 09/09
- Gloria Harwood 09/11
- Shirley Hemp 09/11
- Annie Calvin 09/12
- Sherrill Rhodes 09/13
- Margaret McGill 09/14
- Carol Chevery 09/25
- Carole Pickle 09/27

STAFF BIRTHDAYS

- Trinity Alston 09/14
- Tiana Prim 09/15
- Brittany Dieren 09/19
- Susan Lamasra 09/21
- Ashlyn Manahan 09/23
- Carol Butler 09/24
- Samuel Adams 09/28
- Monique Gill 09/28

STAFF ANNIVERSARIES

- Megan Cleary 1 Year
- Phyllis Klingenberg 1 Year
- Emily Trott 1 Year
- Carol Butler 2 Years
- Amelis "AJ" Rotunno 2 Years
- Heather Blevins 3 Years
- Virginia Garrett 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

- 09/01- Rosary and Communion at 10:30am
- 09/02- Trivia in the Lounge at 6pm
- 09/03- Baptist Services with Rev. Weih at 2pm
- 09/03- Creativity Club – Modern Calligraphy at 2pm
- 09/03- Music with Tom Cooke at 6pm
- 09/04- Rosary and Communion at 10:30am
- 09/04- North Harford Worship at 1pm
- 09/04- BINGO in the Activity Room at 1:30pm
- 09/04- SHOPPING TRIP- Harford Mall (\$) Sign Up Required – at 2pm
- 09/05- Resident Meeting at 10:30am
- 09/05- Full Mass Service with St. Ignatius 2pm
- 09/05- WEAR YELLOW AND WHITE DAY
- 09/06- Creativity Club –Bingo Lover’s Greeting Card and Bingo Bucks at 10:30am
- 09/06- BINGO in the Activity Room at 1:30pm
- 09/06- Harp Concert with Laura at 3:30pm
- 09/08- Rosary and Communion at 10:30am
- 09/08- Creativity Club – Color Your Own Bookmark at 3pm
- 09/09- Creativity Club – Jenga Block Country Pumpkins at 10:30am
- 09/09- Afternoon Movie in the Lounge at 1:30pm
- 09/09- Karaoke in the Lounge at 6pm
- 09/10- Lunch in from Noodle’s & Co. at 12pm \$
- 09/10- SCENIC BUS RIDE – Sign Up Required – at 2pm

- 09/10- Yesterday Once More with Ken King at 6pm
- 09/11- Reader’s Theater at 10:30am
- 09/11- Rosary and Communion at 10:30am
- 09/11- North Harford Worship at 1pm
- 09/11- BINGO in the Activity Room at 1:30pm
- 09/11- Jokes and Jams with Centre Methodist at 6pm
- 09/12- Frank James Jams at 6pm
- 09/13- BINGO in the Activity Room at 1:30pm
- 09/13- WEAR A GRAPHIC T-SHIRT DAY DAY
- 09/15- Rosary and Communion at 10:30am
- 09/16- SCENIC BUS RIDE – Sign Up Required – at 2pm
- 09/16- Trivia in the Lounge at 6pm
- 09/17- Lunch in from Mr. Souvlaki at 12pm \$
- 09/17- Just Having Fun Singing Group at 2pm
- 09/18- Rosary and Communion at 10:30am
- 09/18- North Harford Worship at 1pm
- 09/18- BINGO in the Activity Room at 1:30pm
- 09/18- Second Annual Car Show at 3pm
- 09/18- WEAR PURPLE DAY
- 09/19- Creativity Club – Watercolor Hummingbirds at 1pm
- 09/19- Ladies Tea and Men’s Social at 2pm
- 09/20- BINGO in the Activity Room at 1:30pm
- 09/20- J&J Entertainment at 6pm
- 09/22- Rosary and Communion at 10:30am
- 09/23- SHOPPING TRIP- Joann’s Fabric (\$) Sign Up Required – at 2pm
- 09/23- Music with Vic and September Birthday’s Party at 6pm
- 09/24- Lunch in from Fisherman’s Catch at 12pm \$
- 09/24- WEAR FALL COLORS DAY
- 09/25- Reader’s Theater at 10:30am
- 09/25- Rosary and Communion at 10:30am
- 09/25- North Harford Worship at 1pm
- 09/25- BINGO in the Activity Room at 1:30pm
- 09/25- Jokes and Jams with Centre Methodist at 6pm
- 09/26- Classics with Chris at 1:30pm
- 09/27- Creativity Club – Leaf Photo Art at 10:30am
- 09/27- Silver Reader Delivery at 11:00am
- 09/27- BINGO in the Activity Room at 1:30pm
- 09/29- Rosary and Communion at 10:30am
- 09/30- Karaoke in the Lounge at 6pm
- 09/30- WEAR ORANGE DAY



## Ladies Tea and Men's Social!

Join us 09/19 at 2pm for a Men's Social and Ladies Tea.

## Lunch-In's

### Please sign up! (\$)

09/10 - Noodle's & Co.

09/17 - Mr. Souvlaki

09/24 - Fisherman's Catch

The Silver Reader book bundle exchange will be on September 27th 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 September 5th!

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

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

## Introducing Reader's Theater!!!

We are LOOKING FOR a SMALL GROUP THAT HAS a PASSION FOR READING AND PERFORMING! READER'S THEATER WILL TAKE PLACE ON 09/11 AND 09/25 AT 10:30AM. WE LOOK FORWARD TO SEEING YOU THERE!



**Please join us on Wednesday September 18<sup>th</sup> from 3-5pm for our second annual CAR SHOW!**

## August Highlights



## EMPLOYEE OF THE MONTH:



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

According to a study published in the Journal of Aging Research, babies born in the fall are more likely to live to be 100 years old than those born at other times of the year. The study found that 30% of US centenarians born between 1880 and 1895 were born in the fall.