

## 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 11/07 at 2pm  
Baptist Services with Rev. Weih on  
11/05 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)

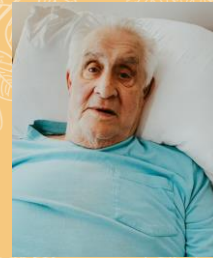
## Morning Exercise

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



Theresa



Muncy

## 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

November 2024

# NOVEMBER 2024

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

**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/CM/DN  
Assistant Director of  
Nursing

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

**Stephanie Frank**  
Recreation Director

**Brien Roberts**  
Admissions Director

## *A Letter from the Executive Director*

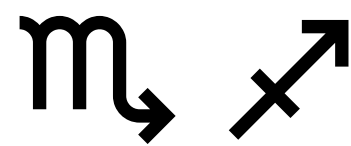
Hello everyone! Looking ahead in  
preparation for the holiday  
season, please let the front desk  
know if you are planning to be  
out of the building with family.  
We also have a fun special event  
planned for November! We are  
going to host our second annual  
family photo AND family  
karaoke night! Stephanie, our  
recreation director, will be  
sending out a link to sign up for  
your families. We hope to see you  
there! And as always, if you need  
help adjusting your thermostat  
as the weather changes, please let  
our staff know.

**Thank you,**  
Mikaela Jackson



ASTROLOGY corner

Those born between November 1–21 are passionate Scorpios, considered the most intense sign in the zodiac. While on the outside Scorpios are calm and composed, inside they are forceful, emotional, determined, and ambitious. If you were born between November 22–30, you are Sagittarius, the Archer. Archers are optimistic, energetic, generous, and honest. They enjoy exploration and keep an open mind during new encounters.



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

Spirit Wear Days for November:

- 11/04 - wear FALL COLORS Day
- 11/08 - wear a FLANNEL SHIRT Day
- 11/09 - wear teal Day
- 11/11 - wear PATRIOTIC COLORS Day
- 11/20 - Dress YOUR BEST Day
- 11/22 - wear red and orange Day
- 1/26 - wear an INSPIRATIONAL SHIRT Day

November Birthdays

RESIDENT BIRTHDAYS

- Virginia Rich 11/02
- Eileen Glansfield 11/06
- Catherine Lozoskie 11/09
- Grace "Sue" Roberts 11/11
- Stephen Rapley 11/12
- Ralph Crouse 11/19
- Betty Nivision 11/20
- Edward Hrica 11/21
- Tomiko Ball 11/22
- Lillian Gassaway 11/22
- Ronald Hejduk Sr. 11/24

STAFF BIRTHDAYS

- Helena Davidson 11/07
- Katelynn Roman 11/07
- Mary Lynch 11/20
- Lori Hensley 11/25
- Jenny Pritzker 11/26
- Serenity Ungham 11/27
- Cembra Dupree 11/30

STAFF anniversaries

- Tiana Prim 2 Years
- Jayden Schulze 2 Years
- Jennifer Meteria 3 Years
- Linda Smalls 3 Years
- Elizabeth German 4 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

- 11/01- Creativity Club – Diwali Lantern 10:30am
- 11/01- BINGO in the Activity Room at 1:30pm
- 11/01- Harp Concert with Laura at 3:30pm
- 11/03- Rosary and Communion at 10:30am
- 11/04- Afternoon Movie in the Lounge at 1:00pm
- 11/04- Laughs and Tunes with Linda and Charlie at 2pm
- 11/04- WEAR FALL COLORS DAY
- 11/05- Lunch in from Miller's Ale House at 12pm \$
- 11/05- Baptist Services with Rev. Weih at 2pm
- 11/05- Music with Tom Cooke at 6pm
- 11/06- Resident Meeting at 10:30am
- 11/06- Rosary and Communion at 10:30am
- 11/06- North Harford Worship at 1pm
- 11/06- BINGO in the Activity Room at 1:30pm
- 11/07- Full Mass Service with St. Ignatius 2pm
- 11/08- BINGO in the Activity Room at 1:30pm
- 11/08- WEAR A FLANNEL SHIRT DAY
- 11/09- WEAR TEAL DAY
- 11/10- Rosary and Communion at 10:30am
- 11/11- Creativity Club – Write a Letter to a Soldier 10am
- 11/11- Veteran's Day Memorial Service with Ben at 2pm

- 11/11- WEAR PATRIOTIC COLORS DAY
- 11/12- Lunch in from MaGerk's Pub at 12pm \$
- 11/12- Yesterday Once More with Ken King at 6pm
- 11/13- Reader's Theater at 10:30am
- 11/13- Rosary and Communion at 10:30am
- 11/13- North Harford Worship at 1pm
- 11/13- BINGO in the Activity Room at 1:30pm
- 11/13- Creativity Club – Felt Mums 3pm
- 11/13- Jokes and Jams with Centre Methodist at 6pm
- 11/15- BINGO in the Activity Room at 1:30pm
- 11/15- J&J Entertainment at 6pm
- 11/17- Rosary and Communion at 10:30am
- 11/18- Rock Song Charades with the Managers in the Lounge at 10am
- 11/18- SHOPPING TRIP- Harford Mall (\$) Sign Up Required – at 2pm
- 11/19- Lunch in from Subway at 12pm \$
- 11/20- Rosary and Communion at 10:30am
- 11/20- North Harford Worship at 1pm
- 11/20- BINGO in the Activity Room at 1:30pm
- 11/20- Family Photo and Karaoke Fun Night! at 4:30pm
- 11/20- DRESS YOUR BEST DAY
- 11/21- Creativity Club – Seasonal Door Tags at 1pm
- 11/21- Ladies Tea and Men's Social at 2pm
- 11/22- BINGO in the Activity Room at 1:30pm
- 11/22- WEAR RED/ORANGE DAY
- 11/24- Rosary and Communion at 10:30am
- 11/25- Music with Vic and November Birthday's Party at 6pm
- 11/26- WEAR AN INSPIRATIONAL SHIRT DAY
- 11/27- Reader's Theater at 10:30am
- 11/27- Rosary and Communion at 10:30am
- 11/27- North Harford Worship at 1pm
- 11/27- BINGO in the Activity Room at 1:30pm
- 11/27- Jokes and Jams with Centre Methodist at 6pm
- 11/28- Turkey Day Trivia in the Lounge at 10am
- 11/28- Classics with Chris at 1:30pm
- 11/29- Silver Reader Delivery at 11:00am
- 11/29- BINGO in the Activity Room at 1:30pm



## Ladies Tea and Men's Social!

Join us 11/21 at 2pm for the Ladies Tea and Men's Social!

## Lunch-In's

Please sign up! (\$)

11/05 - Miller's Ale House

11/12 - MaGerk's Pub

11/19 - Subway

The Silver Reader book bundle exchange will be on November 29th at 11am, these new items will be available in the Activity Room, Monday thru Friday from 9am-4pm.

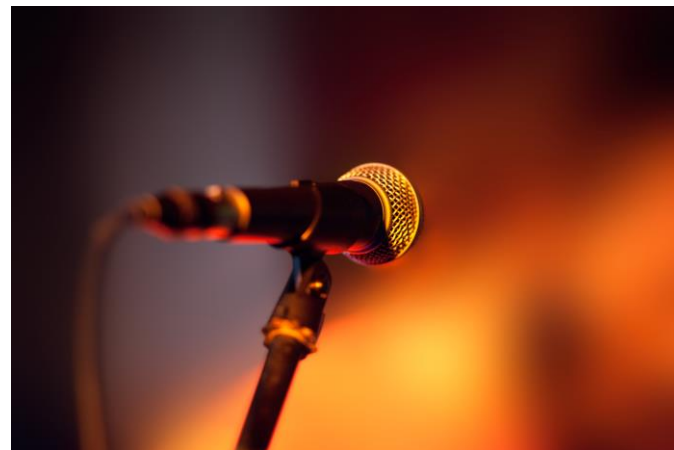
**DON'T FORGET TO SIGN UP FOR OUR BUS TRIPS!**

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

**YOU'RE INVITED TO A NIGHT FILLED WITH FUN AND FAMILY!**

Please join us on Wednesday, November 20<sup>th</sup> from 4:30 - 7pm for holiday family photos and family karaoke night! SIGN UP IS RECOMMENDED FOR THIS EVENT.

Please feel free to reach out to Stephanie the Recreation Director to sign up. WE HOPE TO SEE YOU THERE!



**Don't Forget!!!**

The Resident's Meeting in the Activity Room at 10:30am on November 6th!

## October Highlights



## EMPLOYEE OF THE MONTH:



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

