

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 01/02 at 2pm
Baptist Services with Rev. Weih on
01/07 at 2pm



FOLLOW ALONG ON ALL OF OUR ADVENTURES PLEASE
CHECK OUT:

www.tiktok.com/@foresthillheightss
www.instagram.com/@foresthill_heights

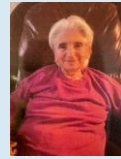
Morning Exercise

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!

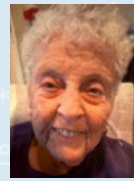
New Resident Highlight



BARBARA



PAULA



LILLIAN



THERESA

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

January 2025

JANUARY 2025

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

Celebrating January

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 Prince
RN/CM/DN
Assistant Director of Nursing

Krystiana Ginn
RN/CM/DN
Case Manager

Stephanie Frank
Recreation Director

A Letter from the Executive Director

Hello everyone! We are excited
and looking forward to
another New Year! It was a
pleasure to have made so
many memories and so much
fun along the way last year.
This year will be even better!
Wishing you and your family a
happy 2025, filled with love
and laughter!

Thank you,
Mikaela Jackson

Lunch-In's

Please sign up! (\$)

1/07 – Miller's Ale House

1/14 – Subway

1/21 – First Watch



Get ready to dance the night away at our Winter Ball 2025! Please join us on Friday, January 17, 2025 at 6pm in the lounge.

Entertainment will be provided by J&J Entertainment. We hope to see you there!



FRIENDLY REMINDER THAT ALL WINTER BUS RIDES WILL BE DETERMINED ON THE WEATHER AND THE TEMPERATURES.
THANK YOU!

December Highlights



EMPLOYEE OF THE YEAR:



Forest Hill Heights would like to recognize April Hall as Employee of the Year for 2024.

Thank you for your dedication and the difference you make in the lives of everyone at Forest Hill Heights.

EMPLOYEE OF THE MONTH:



Forest Hill Heights would like to recognize Barbara Blair as Employee of the Month for January 2025. Thank you for your dedication and the difference you make in the lives of everyone at Forest Hill Heights.

ASTROLOGY corner

Those born between January 1–19 are Capricorns, the Sea Goat. Capricorn is the most stable and serious sign of the zodiac. Reliable, resourceful, and determined, Capricorns make excellent leaders and managers. Those born between January 20–31 are Aquarius, the Water Bearer. Witty, clever, and honest, Water Bearers desire independence above all and are not afraid to deviate from the crowd to pursue their own interests.



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

Spirit Wear Days for January:

- 1/6: wear snowflakes day
- 1/9: dress nerdy day
- 1/17: wear silver, blue, and white day
- 1/20: wear blue and purple day
- 1/27: crazy socks day
- 1/30: wear a sports jersey/gear day

January Birthdays

RESIDENT BIRTHDAYS

- Elizabeth "Betty" Kansler 1/08
- Sandra Long 1/15
- Valerie Butkus 1/20
- Carolyn Bohli 1/27
- Rowlan Stumpf 1/31

STAFF BIRTHDAYS

- Mikaela Jackson 1/04
- Riplae Phillips 1/04
- Benjamin Jenkins 1/13
- Hlope Liegey 1/16
- Elveda "Lynn" Whiteman 1/18
- Michele Crandall 1/27
- Barbara Blair 1/31

STAFF anniversaries

- Morgan Bryant 1 Year
- Ashley Burris 2 Years
- Jacob Cullum 2 Years
- Rachel Roberts 2 Years
- Heather Roberts 7 Years
- Michele Crandall 14 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

- 01/01- Rosary and Communion at 10:30am
- 01/01- BINGO in the Activity Room at 1:30pm
- 01/02- Full Mass Service with St. Ignatius 2pm
- 01/03- Resident Meeting at 10:30am
- 01/03- BINGO in the Activity Room at 1:30pm
- 01/03- Harp Concert with Laura at 3:30pm
- 01/05- Rosary and Communion at 10:30am
- 01/05- Oak Grove Church Musical Performance in the Lounge at 2pm
- 01/06- WEAR SNOWFLAKES DAY
- 01/07- Lunch in from Miller's Ale House at 12pm \$
- 01/07- Baptist Services with Rev. Weih at 2pm
- 01/07- Music with Tom Cooke at 6pm
- 01/08- Elvis Selfie Social at 10am
- 01/08- Rosary and Communion at 10:30am
- 01/08- BINGO in the Activity Room at 1:30pm
- 01/08- The Elvis Movie in the Lounge at 3pm
- 01/08- Jokes and Jams with Centre Methodist at 6pm
- 01/09- Ladies Tea and Men's Social at 2pm
- 01/09- DRESS NERDY DAY

- 01/10- Polar Bear Races in the Lounge at 10:30am
- 01/10- BINGO in the Activity Room at 1:30pm
- 01/12- Rosary and Communion at 10:30am
- 01/13- Afternoon Movie in the Lounge at 1:00pm
- 01/14- Lunch in from Subway at 12pm \$
- 01/14- SCENIC RIDE – at 2PM
- 01/14- Yesterday Once More with Ken King at 6pm
- 01/15- Rosary and Communion at 10:30am
- 01/15- North Harford Worship at 1pm
- 01/15- BINGO in the Activity Room at 1:30pm
- 01/17- BINGO in the Activity Room at 10am
- 01/17- Beauty Shop for Winter Ball at 1pm
- 01/17- J&J Entertainment and The Winter Ball at 6pm
- 01/17- WEAR SILVER, BLUE, AND WHITE DAY
- 01/19- Rosary and Communion at 10:30am
- 01/20- Creativity Club – Peace Sign Painting at 1pm
- 01/20- WEAR BLUE AND PURPLE DAY
- 01/21- Lunch in from First Watch at 12pm \$
- 01/22- Reader's Theater at 10:30am
- 01/22- Rosary and Communion at 10:30am
- 01/22- North Harford Worship at 1pm
- 01/22- BINGO in the Activity Room at 1:30pm
- 01/22- Jokes and Jams with Centre Methodist at 6pm
- 01/23- Classics with Chris at 5:30pm
- 01/24- Silver Reader Delivery at 11am
- 01/24- BINGO in the Activity Room at 1:30pm
- 01/26- Rosary and Communion at 10:30am
- 01/27- Music with Vic and January Birthday's Party at 6pm
- 01/27- WEAR CRAZY SOCKS DAY
- 01/29- Rosary and Communion at 10:30am
- 01/29- North Harford Worship at 1pm
- 01/29- BINGO in the Activity Room at 1:30pm
- 01/30- WEAR A SPORTS JERSEY/GEAR DAY
- 01/31- Creativity Club – Koi Watercolor Salt Painting at 10am
- 01/31- BINGO in the Activity Room at 1:30pm