

## 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 02/06 at 11am in the Activity  
Room

Baptist Services with Rev. Weih on  
02/04 at 2pm in the Multipurpose  
Room



FOLLOW ALONG ON ALL OF OUR ADVENTURES PLEASE

CHECK OUT:

[www.tiktok.com/@foresthilleightss/](https://www.tiktok.com/@foresthilleightss/)  
[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



ANGELO



DAN

## 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

February 2025

# FEBRUARY 2025

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



## *A Letter from the Executive Director*

February has arrived. I hope 2025 is  
off to a great start for everyone. As  
a reminder, Flu and Norovirus cases  
are on the rise. Please be sure to  
continue to wash those hands and  
refrain from visitation if you're  
feeling ill. Don't forget to ask staff  
for help if your thermostat needs to  
be adjusted.

We hope all of you will be able to  
join us for our Sweetheart Social. We  
will also be celebrating another one  
of our amazing residents turning  
100 years young this month! We are  
looking forward to many fun-filled  
events as we celebrate the month of  
love.

*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 Prince  
RN/CM/DN  
Assistant Director of Nursing

Krystiana Ginn  
RN/CM/DN  
Case Manager

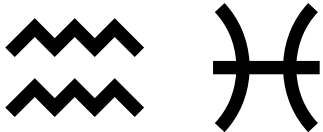
Stephanie Frank  
Recreation Director

Brien Roberts  
Admissions Director



ASTROLOGY corner

If you were born between February 1–18, you 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. Those born between February 19–28 are Pisces, the Fish. Selfless, spiritual, and intuitive, Pisces swim on an inner journey. They are emotional, compassionate people who are always willing to help others.



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

Spirit Wear Days for February:

2/3 – Wear PINK Day

2/7 – Wear red Day

2/10 Wear HEARTS Day

2/14 – Wear red, PINK, and WHITE Day

2/19 – Wear BLUE Day

2/21 – Dress LIKE a TWIN Day

2/25- Wear NEUTRAL COLORS Day

February Birthdays

RESIDENT BIRTHDAYS

Jane Hodges 02/05

Francis O'Brien 02/11

Philip Muller 02/12

Helen Ferguson 02/12

Beverly Brinkman 02/14

Laura "Johanne" Fleming 02/28

STAFF BIRTHDAYS

Kathleen Fitch 02/01

Tyshena Jackson 02/05

Carl Brashears 02/08

Deborah Schmidt 02/09

Carol Tester 02/10

Brien Roberts 02/13

Natalie Ritter 02/14

Virginia Garrett 02/18

STAFF ANNIVERSARIES

Skylar Livingston 1 Year

Cheyenne Jackson 2 Years

Josie Glackin Carroll 3 Years

Brittany Prince 4 Years

Deborah Schmidt 20 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

02/02- Rosary and Communion at 10:30am

02/02- Oak Grove Church Musical Performance in the Lounge at 2pm

02/03- Afternoon Movie in the Lounge at 1pm

02/03- WEAR PINK DAY

02/04- Lunch in from Pappas Restaurant at 12pm \$

02/04- 100<sup>th</sup> Birthday Celebration in the Lounge at 2pm

02/04- Baptist Services with Rev. Weih at 2pm

02/04- Music with Tom Cooke at 6pm

02/05- Reader's Theater at 10:30am

02/05- Rosary and Communion at 10:30am

02/05- North Harford Worship at 1pm

02/05- BINGO in the Activity Room at 1:30pm

02/06- Full Mass Service with St. Ignatius 11am

02/07- Resident Meeting at 10:30am

02/07- BINGO in the Activity Room at 1:30pm

02/07- Harp Concert with Laura at 3:30pm

02/07- WEAR RED DAY

02/09- Rosary and Communion at 10:30am

02/10- WEAR HEARTS DAY

02/11- Lunch in from Mr. Souvlaki at 12pm \$

02/11- SCENIC RIDE – at 2PM

02/12- Rosary and Communion at 10:30am

02/12- North Harford Worship at 1pm

02/12- BINGO in the Activity Room at 1:30pm

02/12- Jokes and Jams with Centre Methodist at 6pm

02/13- Ladies Tea and Men's Social at 2pm

02/14- Creativity Club – Animal Valentine Cards at 10:30am

02/14- BINGO in the Activity Room at 1:30pm

02/14- WEAR RED, PINK, AND WHITE DAY

02/16- Rosary and Communion at 10:30am

02/17- Creativity Club – Hummingbird Bookmark at 3pm

02/18- Lunch in from MaGerk's at 12pm \$

02/19- Rosary and Communion at 10:30am

02/19- North Harford Worship at 1pm

02/19- BINGO in the Activity Room at 1:30pm

02/19- WEAR BLUE DAY

02/21- BINGO in the Activity Room at 1:30pm

02/21- J&J Entertainment and the Sweetheart Social at 6pm

02/21- DRESS LIKE A TWIN DAY

02/23- Rosary and Communion at 10:30am

02/24- Creativity Club – Watercolor Snow Hat at 10am

02/24- Music with Vic and February Birthday's Party at 6pm

02/25- WEAR NEUTRAL COLORS DAY

02/26- Rosary and Communion at 10:30am

02/26- North Harford Worship at 1pm

02/26- BINGO in the Activity Room at 1:30pm

02/26- Jokes and Jams with Centre Methodist at 6pm

02/27- Classics with Chris at 1:30pm

02/28- Silver Reader Delivery at 11am

02/28- BINGO in the Activity Room at 1:30pm



## Lunch-In's

Please sign up! (\$)

02/04 -Pappas Restaurant

02/11 - Mr. Souvlaki

02/18 - MaGerk's Pub

The Silver Reader book bundle exchange will be on February 28<sup>th</sup> 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 February 7th!

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

## January Highlights



## VALENTINE'S DID YOU KNOW?!

The first heart-shaped box of chocolates was introduced in 1861. It was created by Richard Cadbury, son of Cadbury founder John Cadbury, who started packaging chocolates in fancy boxes to increase sales. He introduced the first heart-shaped box of chocolates for V-Day in 1861, and today, more than 36 million heart-shaped boxes of chocolates are sold each year. That's 58 million pounds of chocolate!



PLEASE JOIN US ON FRIDAY, FEBRUARY 21<sup>ST</sup>, AT 6PM FOR OUR SWEETHEART DANCE WITH ENTERTAINMENT PROVIDED BY J & J ENTERTAINMENT.

## EMPLOYEE OF THE MONTH:



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

