

## 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 04/03 at 11am in the Activity  
Room

Baptist Services with Rev. Weih on  
04/01 at 2pm in the Multipurpose  
Room



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



BERTHA



JIM



RUTH

## 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

April 2025

# APRIL 2025

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



## *A Letter from the Executive Director*

Happy Spring residents and  
families! I hope that everyone will  
continue to feel well and enjoy the  
lovely weather ahead.

As a friendly reminder, with the  
weather and temperatures  
changing, please make sure all your  
clothing is labeled with your room  
number. And again, if you need any  
help with your thermostat, please  
do not hesitate to ask.

We look forward to having lots of  
fun in the month ahead.

**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

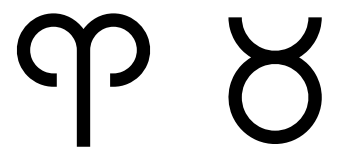
**Stephanie Frank**  
Recreation Director

**Brien Roberts**  
Admissions Director



ASTROLOGY CORNER

In astrology, those born between April 1–20 are Aries, the Ram. Rams are adventurous go-getters and full of enthusiasm, charm, and energy. They make dynamic pioneers and adventurers—undeterred when the going gets rough. Those born from April 20–30 have the star sign of the Bull of Taurus. Bulls show steady, dogged persistence in achieving their goals. Once goals are reached, they enjoy being rewarded, especially with beauty and peace at home.



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

April Spirit Days

- 04/02: Wear Your Favorite Color Day
- 04/05: Wear Gold/Yellow Day
- 04/12: Wear Pink Day
- 04/20: Wear Pastel Colors Day
- 04/22: Wear Blue and Green Day
- 04/28: Wear Red, Black, Yellow and White Day

April Birthdays

RESIDENT BIRTHDAYS

- Theresa K. 04/13
- Kevin K. 04/14
- Claire K. 04/14
- Ralph P. 04/14
- Angelo M. 04/15
- Jeanne M. 04/15
- Kathleen E. 04/17
- Rose L. 04/18
- Paula N. 04/29
- Agnes F. 04/30

STAFF BIRTHDAYS

- Myra Whitley 04/17
- Daniel Montoya 04/18
- Ashley Burris 04/20
- Josie Glackin Carroll 04/27

STAFF ANNIVERSARIES

- Carl Brashears 1 Year
- Susan Lamastra 3 Years
- April Hall 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

- 04/01- Baptist Services with Rev. Weih at 2pm
- 04/01- Music with Tom Cooke at 6pm
- 04/02- Reader's Theater at 10:30am
- 04/02- Rosary and Communion at 10:30am
- 04/02- North Harford Worship at 1pm
- 04/02- BINGO in the Activity Room at 1:30pm
- 04/02- WEAR YOUR FAVORITE COLOR DAY
- 04/03- Full Mass Service with St. Ignatius 11am
- 04/03- Dining Discussions at 2pm
- 04/04- Resident Meeting at 10:00am
- 04/04- BINGO in the Activity Room at 1:30pm
- 04/04- Harp Concert with Laura at 3:30pm
- 04/05- WEAR GOLD/YELLOW DAY
- 04/06- Rosary and Communion at 10:30am
- 04/06- Oak Grove Church Musical Performance in the Lounge at 2pm
- 04/07- Afternoon Movie in the Lounge at 1pm
- 04/08- Lunch in from Pizza Hut at 12pm \$
- 04/08- SCENIC RIDE – at 2PM
- 04/09- Rosary and Communion at 10:30am
- 04/09- North Harford Worship at 1pm
- 04/09- BINGO in the Activity Room at 1:30pm
- 04/09- Jokes and Jams with Centre Methodist at 6pm
- 04/10- Ladies Tea and Men's Social at 2pm

- 04/11- Gardening Club – Seedlings at 10:30am
- 04/11- BINGO in the Activity Room at 1:30p
- 04/12- WEAR PINK DAY
- 04/13- Rosary and Communion at 10:30am
- 04/14- Gardening Club at 10am
- 04/14- Creativity Club – Designer Dogs at 3pm
- 04/15- Lunch in from Subway at 12pm \$
- 04/15- 90<sup>th</sup> Birthday Celebration at 1pm
- 04/15- Just Having Fun Signing Group at 2pm
- 04/16- Rosary and Communion at 10:30am
- 04/16- North Harford Worship at 1pm
- 04/16- BINGO in the Activity Room at 1:30pm
- 04/17- Creativity Club – Born to Yell Bingo Coloring Page at 10am
- 04/17- Rockin' with Danny Dolan and the Spring Fling at 6pm
- 04/18- BINGO in the Activity Room at 1:30pm
- 04/20- Rosary and Communion at 10:30am
- 04/20- WEAR PASTEL COLORS DAY
- 04/21- Gardening Club at 10am
- 04/21- BUS TRIP – HARFORD MALL – at 2PM
- 04/21- Creativity Club – Monet Inspired Painting at 3pm
- 04/21- Music with Vic and April Birthday's Party at 6pm
- 04/22- Lunch in from Vagabond Sandwich Co. at 12pm \$
- 04/22- WEAR BLUE AND GREEN DAY
- 04/23- Rosary and Communion at 10:30am
- 04/23- North Harford Worship at 1pm
- 04/23- BINGO in the Activity Room at 1:30pm
- 04/23- Jokes and Jams with Centre Methodist at 6pm
- 04/24- Classics with Chris at 1:30pm
- 04/25- Silver Reader Delivery at 11am
- 04/25- BINGO in the Activity Room at 1:30pm
- 04/27- Rosary and Communion at 10:30am
- 04/28- Easter Egg Hunt in the Lounge at 2pm
- 04/28- WEAR RED, BLACK, YELLOW, AND WHITE DAY
- 04/30- Reader's Theater at 10:30am
- 04/30- Rosary and Communion at 10:30am
- 04/30- North Harford Worship at 1pm
- 04/30- BINGO in the Activity Room at 1:30pm



## Lunch-In's

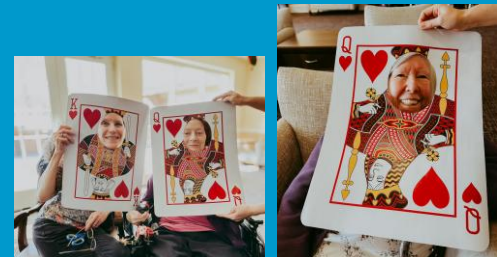
Please sign up! (\$)

04/08 - Pizza Hut

04/15 - Subway

04/22 - Vagabond Sandwich  
Co.

## March Highlights



The Silver Reader book bundle exchange will be on April 25th 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 10:00am on April 4th

DON'T FORGET TO SIGN UP FOR OUR BUS TRIPS! AS A REMINDER, IF YOU SEE A (\$), ADDITIONAL FUNDS ARE REQUIRED TO PARTICIPATE.

Please be sure to remind your family members that we will be hosting our Caregiver Breakfast once a month. This month our breakfast will be on Friday, April 25th at 8:30am. Breakfast will be served from Panera Bread, in the multipurpose room with Jennifer and Heather from our management team. We hope to see your family there.

JOIN US FOR DINING DISCUSSIONS ON 4/3 at 2PM IN THE ACTIVITY ROOM. THIS IS A SAFE SPACE TO SHARE ANY SUGGESTIONS OR CONCERNS REGARDING THE DIETARY DEPARTMENT.

Please join us on Monday, April 28<sup>th</sup> at 2pm for a community easter egg hunt!

Don't forget that we are starting our Gardening Club in April!



## EMPLOYEE OF THE MONTH:



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

