

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 03/06 at 11am in the Activity Room

Baptist Services with Rev. Weih on 03/04 at 2pm in the Multipurpose Room



FOLLOW ALONG ON ALL OF OUR ADVENTURES PLEASE CHECK OUT:

www.tiktok.com/@foresthilleightssl
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



JUDY



Diane



JOHN



MARTHA



JAMES



KATHLEEN

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

MARCH 2025

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 Prince
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 residents and families, I hope you have had a wonderful February. We are looking forward to a lovely Spring ahead of us. If you need help adjusting your heat/ac let a staff member know. If you are swapping out your winter for spring clothing, please make sure all your items are labeled with your name. As always, feel free to ask a staff member for help.

We hope that you have been enjoying our Caregiver Breakfasts, and we look forward to spending more time together at our Basket Bingo Night. Let's make some great memories in March!

Thank you,
Mikaela Jackson

ASTROLOGY CORNER

In astrology, those born between March 1–20 are Pisces, the Fish. Selfless, spiritual, and intuitive, Pisces swim an inner journey.

They're emotional, compassionate people, always willing to help others. Those born from March 21–31 are Aries, the Ram.

Rams are adventurous go-getters, full of enthusiasm, charm, and energy. They make dynamic pioneers and adventurers, undeterred when the going gets rough.



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

March Spirit Days

3/4: Wear purple, yellow, and green day

3/14: Wear spring colors day

3/17: Wear rainbow colors day

3/20: Wear green, gold, and orange day

3/24: Wear floral day

3/28: Wear your favorite color day

March Birthdays

RESIDENT BIRTHDAYS

John K. Jr. 03/02

David G. 03/03

Charlotte B. 03/04

Judy F. 03/07

Mitsuho "Mickey" M. 03/26

Jeanette C. 03/26

STAFF BIRTHDAYS

Kaylee Adams 03/01

Linda Smalls 03/01

Taylor Wisniewski-Mullaney 03/04

Shaniece Dixon 03/12

Mary Kraczek 03/14

Gina Juras-King 03/17

Robert Davis Jr. 03/20

Megan Cleary 03/28

Lillian Duffy 3/28

Heather Blevins 03/30

Rachel Roberts 03/31

STAFF ANNIVERSARIES

Samuel Adams 1 Year

Caleb Baker 1 Year

Dana Cogar 1 Year

Lillian Duffy 1 Year

Alexia Keith 1 Year

Faith Marshall 1 Year

Myra Whitley 1 Year

Ashley Zelaya 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

03/02- Rosary and Communion at 10:30am

03/02- Oak Grove Church Musical Performance in the Lounge at 2pm

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

03/04- Mardi Party at 2pm

03/04- Lunch in from Fisherman's Catch at 12pm \$

03/04- Baptist Services with Rev. Weih at 2pm

03/04- Music with Tom Cooke at 6pm

03/04- WEAR PURPLE, YELLOW, AND GREEN DAY

03/05- Reader's Theater at 10:30am

03/05- Rosary and Communion at 10:30am

03/05- North Harford Worship at 1pm

03/05- BINGO in the Activity Room at 1:30pm

03/06- Dining Discussions at 10:00am

03/06- Full Mass Service with St. Ignatius 11am

03/07- Resident Meeting at 10:00am

03/07- Casino Games in the Lounge at 10:30am

03/07- BINGO in the Activity Room at 1:30pm

03/07- Harp Concert with Laura at 3:30pm

03/08- Frank James Jams at 10am

03/09- Rosary and Communion at 10:30am

03/11- Lunch in from Noodles & Co. at 12pm \$

03/11- SCENIC RIDE – at 2PM

03/11- Yesterday Once More with Ken King at 6pm

03/12- Rosary and Communion at 10:30am

03/12- North Harford Worship at 1pm

03/12- BINGO in the Activity Room at 1:30pm

03/12- Jokes and Jams with Centre Methodist at 6pm

03/13- Ladies Tea and Men's Social at 2pm

03/14- Creativity Club – Starry Night Watercolor Cards at 10:30am

03/14- BINGO in the Activity Room at 1:30p

03/14- WEAR SPRING COLORS DAY

03/16- Rosary and Communion at 10:30am

03/17- Creativity Club – Oil Pastel Shamrocks at 3pm

03/17- WEAR RAINBOW COLORS DAY

03/18- Lunch in from Saladworks at 12pm \$

03/18- Just Having Fun Signing Group at 2pm

03/19- Rosary and Communion at 10:30am

03/19- North Harford Worship at 1pm

03/19- BINGO in the Activity Room at 1:30pm

03/20- Leprechaun Games at 10:30pm

03/20- WEAR GREEN, GOLD, BLACK DAY

03/21- BINGO in the Activity Room at 1:30pm

03/21- J&J Entertainment and the Shamrock Social at 6pm

03/23- Rosary and Communion at 10:30am

03/24- Creativity Club – March Themed Free-Paint and Sip at 10am

03/24- Music with Vic and March Birthday's Party at 6pm

03/24- WEAR FLORAL DAY

03/25- Basket Bingo in the Dining Room at 6pm

03/26- Rosary and Communion at 10:30am

03/26- North Harford Worship at 1pm

03/26- BINGO in the Activity Room at 1:30pm

03/26- Jokes and Jams with Centre Methodist at 6pm

03/27- Classics with Chris at 1:30pm

03/28- Silver Reader Delivery at 11am

03/28- BINGO in the Activity Room at 1:30pm

03/28- WEAR YOUR FAVORITE COLOR DAY

03/30- Rosary and Communion at 10:30am

Lunch-In's

Please sign up! (\$)

03/04 - Fisherman's Catch

03/11 - Noodle's & Co.

03/18 - Saladworks

The Silver Reader book bundle exchange will be on March 28th 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 March 7th!

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

February Highlights



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, March 28th at 8:30am. Breakfast will be served from Dunkin' Donuts, in the multipurpose room with Brian and Stephanie from our management team. We hope to see your family there.

JOIN US FOR **DINING DISCUSSIONS** ON 3/6 AT 10AM IN THE **ACTIVITY ROOM.** THIS IS A SAFE SPACE TO SHARE ANY SUGGESTIONS OR CONCERNS REGARDING THE DIETARY DEPARTMENT.

We hope to see you on Monday, March 24 at 10am for a special Free-Paint and Sip event! We look forward to sipping on magical green cider as we free-paint themes of March.

Get ready for magical fun and games at our annual Leprechaun Games on 3/20 at 10:30am in the Lounge!

EMPLOYEE OF THE MONTH:



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

