

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/@foresthilleightss
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



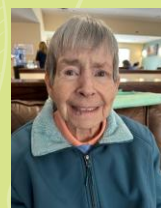
JOHN



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



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

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

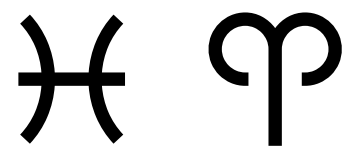
Krystiana Ginn
RN/CM/DN
Case Manager

Stephanie Frank
Recreation Director

Brien Roberts
Admissions Director

ASTROLOGY corner

In astrology, those born between 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.

