

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 07/03 at 11am in the Activity
Room

Baptist Services with Rev. Weih on
07/01 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



DOLORES



SUE ANN



PATRICIA



ANSELMO



ARETTA



ANITA

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

JULY 2025

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



A Letter from the Executive Director

Happy Summer everyone! I hope you are
all staying cool and enjoying all the
sunshine. I had so much fun with you
at the Carnival! This year has probably
been one of my favorites thus far. This
month, we will be having another large
family event on July 30th at 5pm. We
are having another Western BBQ night,
featuring live music, line dancing and
catered BBQ.

Families will be sent a reservation
reminder. I hope to see you all there
and that you enjoy all of what this
season has to offer!

Thank you,
Mikaela Jackson

Mikaela Jackson
Executive Director

Jennifer Metevia
Business Office Manager

Krystiana Ginn
RN, CM/DN/DON
Director of Nursing

Carol Butler
LPN, ADON
Assistant Director of Nursing

Amy Scott
RN, CM/DN
Case Manager

Brien Roberts
Admissions Director

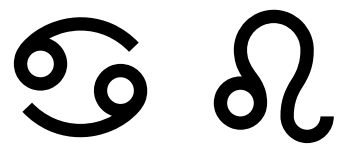
Heather Roberts
Culinary Director

Benjamin Jenkins
Maintenance Director

Stephanie Frank
Recreation Director

ASTROLOGY corner

In astrology, those born July 1–22 are the Crabs of Cancer. Crabs are emotional nurturers, dedicated to their home and family. Gentle and kind, they love storytelling around the dinner table and enjoy upholding traditions. Those born July 23–31 are the Lion star sign, Leo. Leos are dignified, strong, and powerful, making good leaders and honorable friends. They are also ambitious, reaching for the stars, working hard, and accomplishing their goals.



July Spirit Days

07/02 – Wear Green Day

07/04 – Wear Patriotic Colors Day

07/10 – Wear Neon Colors Day

07/15 – Wear A Graphic T-Shirt Day

07/21 – Wear Crazy-Funky Socks Day

07/30 – Western-Rodeo Gear Day

COME TO ACTIVITIES AND MAKE
LASTING FRIENDSHIPS! WE HAVE
LOTS OF FUN!

July Birthdays

RESIDENT BIRTHDAYS

Elsie E. 07/07

Donald T. 07/07

Katheryn L. 07/10

Jennifer B. 07/20

Anna S. 07/21

SueAnn W. 07/22

Doris S. 07/27

STAFF BIRTHDAYS

Krystiana Ginn 07/16

Caleb Baker 07/20

Morgan Bryant 07/21

Karissma Fletcher 07/21

Duane Drafts 07/23

Elizabeth "Liz" German 07/24

LaQuianna Williams 07/26

Amiri Goode 07/27

Brett "Ashley" Zelaya 07/29

STAFF ANNIVERSARIES

Trinity Alston 1 Year

Shannan Ayres 1 Year

Riplae Phillips 1 Year

Faith Andreen 2 Years

Krystiana Ginn 2 Years

Janvincent "Vince" Mari 2 Years

Taylor Wisniewski-Mullaney 3 Years

Nikki Matousek 4 Years

Elveda "Lynn" Whiteman 7 Years

Nicole Chernick 8 Years

Lori Hensley 8 Years

Natalie Ritter 9 Years

Wanda Holdsworth 35 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

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

07/01- SCENIC RIDE – at 2PM

07/01- Music with Tom Cooke at 6pm

07/01- Songs and Crafts with Children's Manor at 9:30am

07/02- Rosary and Communion at 10:30am

07/02- North Harford Worship at 1pm

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

07/02- WEAR GREEN DAY

07/03- Full Mass Service with St. Ignatius 11am – Activity Room

07/03- Resident Meeting /Dining Discussions at 2pm

07/03- Creativity Club Patriotic Pallets at 2:30pm

07/03- Puzzle Club at 6pm

07/04- BINGO in the Activity Room at 1:30pm

07/04- Harp Concert with Laura at 3:30pm

07/04- WEAR PATRIOTIC COLORS DAY

07/06- Rosary and Communion at 10:30am

07/06- Oak Grove Church Musical Performance in the Lounge at 2pm

07/07- History's Mysteries – The Philadelphia Experiment

07/07- Karaoke in the Lounge at 6pm

07/09- Reader's Theater at 10:30am

07/09- Rosary and Communion at 10:30am

07/09- North Harford Worship at 1pm

07/09- BINGO in the Activity Room at 1:30pm

07/09- Jokes and Jams with Centre Methodist at 6pm

07/10- Ladies Tea and Men's Social at 2pm

07/10- Puzzle Club at 6pm

07/10- WEAR NEON DAY

07/11- BINGO in the Activity Room at 1:30pm

07/13- Rosary and Communion at 10:30am

07/14- Afternoon Movie in the Lounge at 1pm

07/14- Puzzle Club at 6pm

07/15- Lunch in from Fisherman's Catch at 12pm \$

07/15- Just Having Fun Signing Group at 2pm

07/15- WEAR A GRAPHIC T-SHIRT DAY

07/16- Rosary and Communion at 10:30am

07/16- North Harford Worship at 1pm

07/16- BINGO in the Activity Room at 1:30pm

07/18- BINGO in the Activity Room at 1:30pm

07/18- Rockin' with Danny Dolan at 6pm

07/20- Rosary and Communion at 10:30am

07/21- History's Mysteries – Area 51

07/21- Puzzle Club at 6pm

07/21- WEAR CRAZY-FUNKY SOCKS DAY

07/22- Lunch in from Mr. Souvlaki at 12pm \$

07/23- Reader's Theater at 10:30am

07/23- Rosary and Communion at 10:30am

07/23- North Harford Worship at 1pm

07/23- BINGO in the Activity Room at 1:30pm

07/23- Jokes and Jams with Centre Methodist at 6pm

07/24- Classics with Chris at 1:30pm

07/24- Puzzle Club at 6pm

07/25- Creativity Club – Fireworks Painting at 10am

07/25- Silver Reader Delivery at 11am

07/25- BINGO in the Activity Room at 1:30pm

07/27- Rosary and Communion at 10:30am

07/28- History's Mysteries – The Bermuda Triangle

07/28- Music with Vic and June Birthday's Party at 6pm

07/29- BUS TRIP – HARFORD MALL – at 2PM

07/30- Rosary and Communion at 10:30am

07/30- North Harford Worship at 1pm

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

07/30- Country Western BBQ Night at 5pm

07/30- WEAR WESTERN-RODEO GEAR DAY

Lunch-In's

Please sign up! (\$)

07/15 Fisherman's Catch

07/22 Mr. Souvlaki

The Silver Reader book bundle exchange will be on July 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/Dining Discussions in the Activity Room at 2pm on Thursday, July 3rd!

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

Please join us on select Monday and Thursday evenings at 6pm in the Activity Room for our Puzzle Club!

Let's put a puzzle together!

June 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, July 25th at 8:30am. Breakfast will be served in the multipurpose room with Carol and Brian from our management team. We hope to see your family there.



COME JOIN US FOR A GOOD OL' FASHIONED WESTERN BBQ FAMILY NIGHT!

FEATURING:

LIVE MUSIC

LINE DANCING

CATERED BBQ FROM THE BIRDS NEST

JULY 30TH AT 5PM-7PM

We hope you have a root'n-toot'n good time!



EMPLOYEE OF THE MONTH:



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

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