

## 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> WEDNESDAY Mass with St.  
Ignatius on 08/06 at 11:15 am in the  
Activity Room

Baptist Services with Rev. Weih on  
08/05 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!

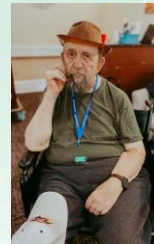
## New Resident Highlight



SALLY



KATHY



THOMAS



DIANE



ANN



HARRY



DOROTHY

## 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

# August 2025

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



**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

**Brien Roberts**  
Admissions Director

**Heather Roberts**  
Culinary Director

**Benjamin Jenkins**  
Maintenance Director

**Stephanie Frank**  
Recreation Director

## A Letter from the Executive Director

Hello everyone, I hope you  
have been enjoying the  
summer thus far and the  
Western BBQ night that we  
had in July. We look forward  
to seeing everyone again at  
this month's Hawaiian LUAU!  
As the temperatures change  
with the seasons, please let us  
know if we can help you with  
adjusting your thermostats.  
We are happy to help.

**Thank you,**  
Mikaela Jackson



ASTROLOGY corner

In astrology, those born between August 1 and August 22 take on the lion star sign of Leo. Leos are dignified, strong, and powerful, making good leaders and honorable friends. They’re also ambitious—reaching for the stars, working hard, and accomplishing their goals. Those born between August 23 and August 31 are Virgos, known for being industrious and efficient. They pay close attention to details and get the job done right on the first try.



August Spirit Days

- 08/04 – Wear Yellow Day
- 08/07 – Wear 60/s Attire Day
- 08/14 – Wear 70’s Attire Day
- 08/15 – Wear Hawaiian Attire Day
- 08/19 – Dress Like a Twin Day
- 08/21 – Wear 80’s Attire Day
- 08/24 – Wear Maryland Colors Day
- 08/28 – Wear 90’s Attire Day

PLEASE JOIN US IN THE ACTIVITY ROOM FOR OUR PUZZLE CLUB! SELECT EVENINGS AT 6PM!

August Birthdays

RESIDENT BIRTHDAYS

- Annette M. 08/01
- Max F. 08/02
- Floerfina D. 08/02
- Barbara B. 08/03
- Patricia S. 08/08
- Mary S. 08/12
- Dolores B. 08/16
- Marion J. 08/21
- Elizabeth “Leona” P. 08/25
- Amanda T. 08/25
- Charles M. 08/31

STAFF BIRTHDAYS

- Alida Calderon 08/01
- Lauren Fruhling 08/03
- Rachel Jones 08/03
- Jaidyn Harris 08/05
- Emily Trott 08/08
- Amelia “AJ” Rotunno 08/10
- Jeanette Tomko 08/15
- Michelle Gary 08/16
- Fred Phillips 08/18
- Faith Andreen 08/22
- Amy Johnson 08/28
- Danielle Morgan 08/28
- Achliann Gallardo 08/30

STAFF ANNIVERSARIES

- Aakillah Johnson 1 Year
- Danielle Morgan 2 Years
- Kathleen Fitch 3 Years
- Galen Hackney 3 Years
- Mikaela Jackson 4 Years
- John Schaaf 9 Years
- Rachel Jones 11 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

- 08/01- BINGO in the Activity Room at 1:30pm
- 08/01- Harp Concert with Laura at 3:30pm
- 08/03- Rosary and Communion at 10:30am
- 08/03- Oak Grove Church Musical Performance in the Lounge at 2pm
- 08/04- WEAR YELLOW DAY
- 08/04- Creativity Club – Paint a Hibiscus at 2:30pm
- 08/04- Puzzle Club at 6pm
- 08/05- Baptist Services with Rev. Weih at 2pm
- 08/05- SCENIC RIDE – at 2PM
- 08/05- Music with Tom Cooke at 6pm
- 08/06- Full Mass Service with St. Ignatius 11:15am – Activity Room
- 08/06- North Harford Worship at 1pm
- 08/06- BINGO in the Activity Room at 1:30pm
- 08/07- Resident Meeting /Dining Discussions at 2pm
- 08/07- Puzzle Club at 6pm
- 08/07- WEAR 60’S ATTIRE DAY
- 08/08- BINGO in the Activity Room at 1:30pm
- 08/10- Rosary and Communion at 10:30am
- 08/11- Afternoon Movie in the Lounge at 1pm
- 08/11- Puzzle Club at 6pm
- 08/12- Lunch in from Papa John’s 12pm \$
- 08/13- Rosary and Communion at 10:30am
- 08/13- North Harford Worship at 1pm
- 08/13- BINGO in the Activity Room at 1:30pm
- 08/13- Jokes and Jams with Centre Methodist at 6pm
- 08/14- Peaceful Piano with Mary Lou at 1pm
- 08/14- Ladies Tea and Men’s Social at 2pm
- 08/14- Puzzle Club at 6pm
- 08/14- WEAR 70’S ATTIRE DAY
- 08/15- Rockin’ with Danny Dolan and Hawaiian Luau at 6pm
- 08/15- BINGO in the Activity Room at 1:30pm
- 08/15- WEAR HAWAIIAN ATTIRE DAY
- 08/17- Rosary and Communion at 10:30am
- 08/18- Creativity Club – Palm Tree Painting at 3pm
- 08/18- Puzzle Club at 6pm
- 08/19- Lunch in from Magerk’s 12pm \$
- 08/19- Just Having Fun Signing Group at 2pm
- 08/19- DRESS LIKE A TWIN DAY
- 08/20- Rosary and Communion at 10:30am
- 08/20- North Harford Worship at 1pm
- 08/20- BINGO in the Activity Room at 1:30pm
- 08/21- BUS TRIP – WALMART – at 2PM
- 08/21- Puzzle Club at 6pm
- 08/21- WEAR 80’S ATTIRE DAY
- 08/22- BINGO in the Activity Room at 1:30pm
- 08/24- Rosary and Communion at 10:30am
- 08/24- WEAR MARYLAND COLORS DAY
- 08/25- Happy Birthday Ice Cream Social at 1:30pm
- 08/25- Music with Vic and August Birthday’s Party at 6pm
- 08/25- Puzzle Club at 6pm
- 08/26- Lunch in from Jersey Mike’s 12pm \$
- 08/27- Rosary and Communion at 10:30am
- 08/27- North Harford Worship at 1pm
- 08/27- BINGO in the Activity Room at 1:30pm
- 08/27- Jokes and Jams with Centre Methodist at 6pm
- 08/28- Classics with Chris at 1:30pm
- 08/28- Puzzle Club at 6pm
- 08/28- WEAR 90’S ATTIRE DAY
- 08/29- BINGO in the Activity Room at 1:30pm
- 08/31- Rosary and Communion at 10:30am



## Lunch-In's

Please sign up! (\$)

08/12 Papa John's

08/19 Magerk's

08/26 Jersey Mike's

The Silver Reader book bundle exchange will be on August 22nd 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, August 7th!

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

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

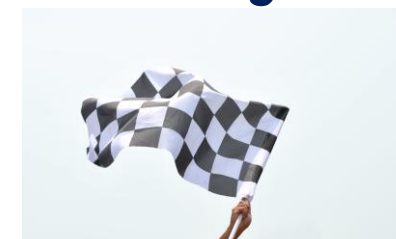
## July Highlights



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, August 29th at 8:30am. Breakfast will be served in the multipurpose room with Stephanie and Jennifer from our management team. We hope to see your family there.



**Join us for our annual CAR SHOW on Friday, September 19<sup>th</sup> at 5 pm. We hope to see you there for a fun evening of classic cars and motorcycles!**



## EMPLOYEE OF THE MONTH:



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

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