

Church Services

Sundays and Wednesdays @ 10:30am-
Rosary and Communion with St.
Ignatius

*

Wednesdays @ 1:00pm- North
Harford Worship Service with Pastor
John in the AL Lounge

*

1st TUESDAY Baptist Service with Rev.
Richard Weih on 08/04 at 2pm in the
Multi-purpose Room

*

1st WEDNESDAY Mass with St. Ignatius
on 08/05 at 11:15am in the Activity
Room



follow along on all of our adventures
please check out:

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!

Please join us on Thursday August 20th at
1pm, in the activity room for a wellness
chat on falls prevention with Jess from
Bayada.

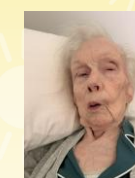
New Resident Highlight



Elizabeth S.



Maxine M.



Eleanor S.



Earl S.



Doris P.

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 2026

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



Shanell Smith
Executive Director

Meghan Caine
Admissions Director

Jennifer Metevia
Business Office Manager

Heather Roberts
Culinary Director

Benjamin Jenkins
Maintenance Director

Rachel Jones
RN/BSN/CM/DN Director
of Nursing

Josphine Karanja
LPN/ADON Assistant
Director of Nursing

Stephanie Frank
Recreation Director

A Letter from the Executive Director:

I hope you're all enjoying the beautiful summer days! I have some exciting news to share. Please join me in giving a warm welcome to our new Assistant Director of Nursing, **Josphine**! She brings a caring heart, wonderful experience, and a passion for serving others, and I know she will be a fantastic addition to our community. If you see Josphine around, please introduce yourself and help make her feel right at home.

I'm also looking forward to celebrating with all of you at our upcoming **Luau**! It will be a fun-filled day with delicious food, music, laughter, and great company. I hope everyone will come out and enjoy the festivities together.

One of the greatest joys of being your Executive Director is getting to know each of you. Please don't hesitate to stop by my office anytime to say hello, share an idea, ask a question, or simply visit. My door is always open, and I truly enjoy hearing from you. Thank you for making our community such a special place to call home. I look forward to seeing you soon!

Warmly,
Shanell Smith

ASTROLOGY CORNER

In astrology, those born between August 1 and 22 are Leo’s Lions. Mixing strength, ambition, creativity, and a flair for the dramatic, it is no wonder that the king of the jungle is Leo’s mascot. Whether it’s in Hollywood or in the home, Leos accomplish their goals. Those born between August 23 and 31 are Virgos. Virginal Virgos are considered shy, pure of spirit, and self-sufficient. They take incredible pride in their work, show diligent habits, and are well respected in their circles.



August Spirit Days

- 08/03 – wear yellow day
- 08/07 – wear a beach themed shirt day
- 08/14 – wear a graphic t-shirt day
- 08/19 – wear a graphic t-shirt day
- 08/20 – wear a Hawaiian shirt day
- 08/21 – fun scrub top day
- 08/23 – wear your favorite color day
- 08/27 – wear a band t-shirt day
- 08/28 – fun scrub top day

August Birthdays

RESIDENT BIRTHDAYS

- Flocerfina “Flo” O. 08/02
- Barbara B. 08/03
- Patricia S. 08/08
- Mary S. 08/12
- Charlene P. 08/16
- Elizabeth S. 08/19
- Marion J. 08/21
- Amanda T. 08/25

STAFF BIRTHDAYS

- Rachel Jones 08/03
- Emily Trott 08/08
- Alex Wockenfuss 08/08
- AJ Rotunno 08/10
- Ryan Ferguson on 08/12
- Michelle Gary 08/16
- Roxanne Horsey 08/18
- Fred Phillips 08/18
- Faith Andreen 08/22
- Amy Johnson 08/28
- Danielle Morgan 08/28
- Achliann Gallardo 08/30

STAFF anniversaries

- Robin Wood 1 Year
- Aakillah Johnson 2 Years
- Danielle Morgan 3 Years
- John Schaaf 10 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

- 08/02- Rosary and Communion at 10:30am
- 08/03- Wear Yellow Day
- 08/03- Horse Racing in the Lounge at 3pm
- 08/04- Rev. Weih Baptist Service at 2pm
- 08/04- Sing-A-Long in the Lounge at 3pm
- 08/04- Music with Tom Cooke at 6pm
- 08/05- Full Mass Service with St. Ignatius at 11:15am – Activity Room
- 08/05- North Harford Worship at 1pm
- 08/05- Food Committee Meeting at 1:30pm
- 08/05- BINGO in the Activity Room at 1:30pm
- 08/06- Resident Meeting at 10:30am
- 08/07- Wear A Beach Themed Shirt Day
- 08/07- Breakfast Trip to IHOP at 8:30am
- 08/07- BINGO in the Activity Room at 1:30pm
- 08/07- Harp Concert with Laura at 3:30pm
- 08/08- Star of the Month – Robert Redfield at 3pm
- 08/09- Rosary and Communion at 10:30am
- 08/10- Afternoon Movie in the Lounge - at 2pm
- 08/10- Frosted Lemonades in the Lounge - at 3pm
- 08/11- Wear Orange Day
- 08/11- Lunch in from Lib’s Grill at 12pm
- 08/11- Travels with Larry! at 2pm
- 08/11- Get Fit with Andres! In the Lounge at 2:30pm
- 08/11- Sing-A-Long in the Lounge at 3pm
- 08/12- Rosary and Communion at 10:30am
- 08/12- North Harford Worship at 1pm
- 08/12- BINGO in the Activity Room at 1:30pm
- 08/12- Jokes and Jams with Centre Methodist at 6pm
- 08/13- Scenic Bus Trip at 9:30am

- 08/14- Wear a Graphic T-Shirt Day
- 08/14- BINGO in the Activity Room at 1:30pm
- 08/16- Rosary and Communion at 10:30am
- 08/17- Bus Trip to the HDG Promenade at 9:30am
- 08/17- Ladies Tea at 3pm
- 08/18- Lunch in from Pappas at 12pm
- 08/18- Just Having Fun Singing Group at 2:00pm
- 08/18- Sing-A-Long in the Lounge at 3pm
- 08/19- Wear a Graphic T-Shirt Day
- 08/19- Rosary and Communion at 10:30am
- 08/19- North Harford Worship at 1pm
- 08/19- BINGO in the Activity Room at 1:30pm
- 08/20- Wear a Hawaiian T-Shirt Day
- 08/20- Resident Inservice with Jess from Bayada! UTI Prevention at 1pm
- 08/20- Hawaiian Luau and Rockin’ with Danny Dolan at 6pm
- 08/21- Wear a Fun Scrub Top Day
- 08/21- BINGO in the Activity Room at 1:30pm
- 08/22- Travelogue – the Everglades at 3pm
- 08/23- Wear Your Favorite Color Day
- 08/23- Rosary and Communion at 10:30am
- 08/24- Men’s Social at 3pm
- 08/25- Lunch in from Magerk’s at 12pm
- 08/25- Sing-A-Long in the Lounge at 3pm
- 08/26- Rosary and Communion at 10:30am
- 08/26- North Harford Worship at 1pm
- 08/26- BINGO in the Activity Room at 1:30pm
- 08/26- Jokes and Jams with Centre Methodist at 6pm
- 08/27- Wear a Band T-Shirt Day
- 08/27- Scenic Bus Trip at 9:30am
- 08/27- Classics with Chris at 1:30pm
- 08/28- Wear a Fun Scrub Top Day
- 08/28- SILVER READER DELIVERY AT 11AM
- 08/28- BINGO in the Activity Room at 1:30pm
- 08/30- Rosary and Communion at 10:30am
- 08/31- Wear a Football Jersey/Apparel Day
- 08/31- Afternoon Movie in the Lounge - at 2pm

Lunch-In's

Please sign up! (\$)

08/11 - Lib's Grill

08/18 - Pappas

08/25 - MaGerk's

The Silver Reader book bundle exchange will be on August 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 on Thursday August 6th at 10:30am! Food Committee Meeting in the Activity Room on Friday July 10th at 1:30pm!

JOIN US FOR FROSTED LEMONADES IN THE LOUNGE! STARTING AT 3PM ON MONDAY AUGUST 10TH!

YUMMY!!!



July Highlights



Attention Families!

We have our next Caregiver Breakfast returning on: Friday August 28 at 8:30am with Benjamin and Stephanie from our management team! Please email Stephanie to RSVP-we can't wait to catch up and see everyone!



Please join us for a Hawaiian Luau on Thursday August 20th from 6-7pm. We will be having entertainment from Danny Dolan for the evening! Please wear your favorite Hawaiian shirt or any Hawaiian themed attire!

EMPLOYEE OF THE MONTH:



Forest Hill Heights would like to recognize **Robert "Pete" Campbell** as **Employee of the Month** for **August 2026**. Thank you for your dedication and the difference you make in the lives of everyone at Forest Hill Heights!