

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 at 2pm in the Multi-
purpose Room

*

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



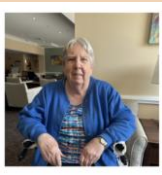
follow along on all of our adventures
please check out:
www.instagram.com/@foresthill_heights

Wake Up to Wellness

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 September 17th
at 1pm, in the activity room for a wellness
chat on influenza and pneumonia with Jess
from Bayada.

New Resident Highlight



Gail



Richard



Shirley



Linda



Mary

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

SEPTEMBER 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

Kelly Anderson
RN/CM/DN Case Manager

Stephanie Frank
Recreation Director

A Letter from the Executive Director:

Happy September! As we say goodbye to summer
and welcome the first hints of fall, I hope you are
looking forward to cooler days, beautiful weather,
and all the fun this new season brings.
We have plenty to look forward to this month,
including our upcoming Car Show! It will be a
wonderful opportunity to get outside, enjoy some
beautiful cars, and spend time together with friends,
family, and neighbors. I hope to see many of you
there!

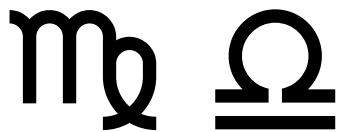
I am also excited to welcome Kelly, our new
Delegating Nurse/Case Manager, to our community.
Kelly has more than 30 years of healthcare
experience, and we are so happy to have her join our
team. Over the next few weeks, Kelly will be
stopping by to personally meet each of you. Please
be sure to give her a warm welcome!
September is a wonderful month to enjoy our
community, connect with one another, and make
new memories. Thank you for helping make this
such a special place to call home.
Wishing everyone a happy, healthy, and fun-filled
September!

Warmly,
Executive Director
Shanell Smith

“Life is better when you’re laughing, sharing, and making
memories together.”

astrology corner

In astrology, those born between September 1 and 22 are Virgos. Virgos are observant, independent, reliable, and intellectual. Virgos have sharply organized minds and enjoy analyzing problems in an attempt to bring order to chaos, no matter the consequences. Those born between September 23 and 30 balance the scales of Libra. Libras seek equality, justice, and harmony. Eager to cooperate, Libras are charming diplomats who seek compromise and goodwill.



September Spirit Days

- 09/04: Wear Red Day
- 09/07 Wear a Graphic T-Shirt Day
- 09/10: Wear Gold Day
- 09/14: Wear Brown Day
- 09/18: Wear a Fun Scrub Top Day
- 09/21: Wear Purple Day
- 09/23: Wear Fall Colors Day
- 09/24: Wear a Car/Motorcycle/Automotive T Shirt Day
- 09/30: Wear Orange Day
- ***Every Friday will also be Purple Friday, wear purple to show support of Alzheimer's awareness and for the Baltimore Raven's!***

September Birthdays

RESIDENT BIRTHDAYS

- John G. 09/06
 - Barbara B. 09/12
 - Annie C. 09/12
 - Sherrill 09/13
 - Richard F. 09/17
 - Carole P. 09/27
- STAFF BIRTHDAYS
- Tonna Parker 09/08
 - Trinity Alston 09/14
 - Tiana Prim 09/15
 - Mikaila Elthringham 09/21
 - Susan Lamastra 09/21
 - Haley Lookingbill 09/22

STAFF anniversaries

- Ava Adam 1 Year
- Twyla Adams 1 Year
- Patrick Budelis 1 Year
- Jocelyn Mullen 1 Year
- Cheryl Papilon 1 Year
- Megan Cleary 3 Years
- Emily Trott 3 Years
- Amelio "AJ" Rotunno 4 Years
- Heather Blevins 5 Years
- Virginia "Ginny" Garrett 5 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

- 09/01- Star of the Month – Robert Redfield at 10am
- 09/01- Rev. Weih Baptist Service at 2pm
- 09/01- Sing-A-Long in the Lounge at 3pm
- 09/01- Music with Tom Cooke at 6pm
- 09/02- Full Mass Service with St. Ignatius at 11:15am – Activity Room
- 09/02- North Harford Worship at 1pm
- 09/02- BINGO in the Activity Room at 1:30pm
- 09/03- Resident Meeting at 10am
- 09/03- Food Committee Meeting at 1pm
- 09/03- Scenic Bus Trip at 9:30am
- 09/03- Crafty Hour with Michelle! at 2:30pm
- 09/04- Wear Red Day
- 09/04- BINGO in the Activity Room at 1:30pm
- 09/04- Harp Concert with Laura at 3:30pm
- 09/06- Rosary and Communion at 10:30am
- 09/07- Wear a Graphic T-Shirt Day
- 09/07- Wii Games! at 3pm
- 09/08- Lunch in from Noodles & Co. at 12pm
- 09/08- Travels with Larry! at 2pm
- 09/08- Sing-A-Long in the Lounge at 3pm
- 09/08- Yesterday Once More with Ken King at 6pm
- 09/09- Rosary and Communion at 10:30am
- 09/09- North Harford Worship at 1pm
- 09/09- BINGO in the Activity Room at 1:30pm
- 09/09- Jokes and Jams with Centre Methodist at 6pm
- 09/10- Wear Gold Day
- 09/10- Crafty Hour with Michelle! at 3pm
- 09/11- Breakfast Trip to Bob Evans at 8:30am
- 09/13- Rosary and Communion at 10:30am
- 09/13- Oak Grove Musical Performance at 2pm

- 09/14- Wear Brown Day
- 09/14- Afternoon Movie in the Lounge - at 2pm
- 09/15- Lunch in from Jersey Mike's Subs at 12pm
- 09/15- Just Having Fun Singing Group at 2:00pm
- 09/16- Rosary and Communion at 10:30am
- 09/16- North Harford Worship at 1pm
- 09/16- BINGO in the Activity Room at 1:30pm
- 09/17- Wheel Chair Wash with Bayada at 11am
- 09/17- Resident Inservice with Jess from Bayada Influenza & Pneumonia Prevention at 1pm
- 09/17- Scenic Bus Trip at 2pm
- 09/17- Crafty Hour with Michelle! at 2:30pm
- 09/17- Rockin' with Danny Dolan at 6pm
- 09/18- Wear a Fun Scrub Day
- 09/18- BINGO in the Activity Room at 1:30pm
- 09/20- Rosary and Communion at 10:30am
- 09/21- Wear Purple Day
- 09/21- Afternoon Movie in the Lounge with Apple Pie - at 2pm
- 09/22- Lunch in fromSaladworks\ at 12pm
- 09/22- Sing-A-Long in the Lounge at 3pm
- 09/23- Wear Fall Colors Day
- 09/23- Rosary and Communion at 10:30am
- 09/23- North Harford Worship at 1pm
- 09/23- BINGO in the Activity Room at 1:30pm
- 09/23- Jokes and Jams with Centre Methodist at 6pm
- 09/24- Wear a Car/Motorcycle/Automotive T-Shirt Day
- 09/24- Classics with Chris at 1:30pm
- 09/24- Crafty Hour with Michelle! at 2:30pm
- 09/24- FHH Annual Cruise-In / Car Show at 5pm
- 09/25- Dress Like Dolly Parton Day
- 09/25- SILVER READER DELIVERY AT 11AM
- 09/25- BINGO in the Activity Room at 1:30pm
- 09/27- Rosary and Communion at 10:30am
- 09/27- Calgary Baptist Service at 2pm
- 09/28- Wii Games! at 3pm
- 09/29- Sing-A-Long in the Lounge at 3pm
- 09/30- Wear Orange Day
- 09/30- Rosaryand Communion at 10:30am
- 09/30- North Harford Worship at 1pm
- 09/30- BINGO in the Activity Room at 1:30pm

Lunch-In's

Please sign up! (\$)

09/08 - Noodles & Co.

09/15 - Jersey Mike's Subs

09/22 - Salad Works

The Silver Reader book
bundle exchange will be on
September 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 in the
Activity Room on Thursday
September 3rd at 10:30am!*

*And the Food Committee
Meeting in the Activity Room
on Thursday September 3rd at
1pm!*

August Highlights



MARK YOUR Calendars!!!

Please join us on
Thursday, September 24th
at 5pm for our annual
FHH Cruise-In / Car
Show!

We will have live jazz
music by The Girls Night
Out band! We hope to see
you there!



***Please check out the
Activities bulletin board
for the Ravens football
schedule! ***

EMPLOYEE OF THE MONTH:



Forest Hill Heights would
like to recognize **Tina
Newlon** as **Employee of
the Month** for
September 2026. Thank
you for your dedication
and the difference you
make in the lives of
everyone at Forest Hill
Heights!