

February 2023

# Bishop Hills Newsletter

Bishop Hills Assisted Living | 4951 11 Mile Rd NE, Rockford | 866-8227 | [www.bishophills.org](http://www.bishophills.org)



We send this mailing to the first contact. Please share the information with other family members. If you would like additional family members to receive this by e-mail please contact Rachel at [bishopactivities@baruchsls.org](mailto:bishopactivities@baruchsls.org)

Deb Smith- Administrator

Julie Rick- Associate Administrator

Rachel Kooiman- Director of Life Enrichment

Paula Obiden- Resident Care Manager

Leigh Vest- Resident Care Manager

Tom Ruud- Maintenance

Carolyn Parcher - Housekeeping

## Febraury Events

for more information see the calendar on our website at [www.bishophills.org](http://www.bishophills.org)



Find us on Facebook @bishophillsrockford  
Bishop Hills Elder Care for updated pictures

- 3<sup>rd</sup> Music Program by David Molinari at 2:30
- 7<sup>th</sup> Rockford Library Book Delivery at 1:30 room to room
- 14<sup>th</sup> Valentine's Day- party in dining room at lunch and heart hunt game
- 15<sup>th</sup> Chaplain Val Visiting and communion service at 2:15
- 18<sup>th</sup> Hymn Sing at 2:30 with Three Angels Church
- 20<sup>th</sup> Acrylic Painting Class with Peg at 1:00
- 21<sup>st</sup> Resident Council Meeting at 1:15
- 21<sup>st</sup> National Bird month program at 3:00
- 22<sup>nd</sup> Mass at 9:00
- 22<sup>nd</sup> Music Man Program at 5:30

### Over the Counter Medications

During cold/ flu season our staff have found over the counter medications (cough drops, cough meds, Tylenol, Imodium, Mucinex etc.) in residents rooms. These can interact with other medications so it is very important that our staff dispense them! Bishop Hills has to have doctors orders for all over counter medications. If in doubt please check with our resident care managers before leaving medications in residents rooms.

### Beauty Shop

If you would like to use the beauty shop to cut your family members hair please talk to the front office or Rachel before using. Thank you.

## Pressing On

Paul writes in Philippians 3:12-14: "Not that I have already obtained this or am already perfect, but I press on to make it my own, because Christ Jesus has made me his own. Brothers and sisters, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining toward what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus".

There is a Precious Moments cross stitch picture of a young boy running, his hair blowing back and a smile on his face. Alongside him is his dog, running, with his ears back and tail straight up. In front of them are the words "Press On." When my boys were young, I hung this up in their room, reminding them to keep pressing on toward Jesus no matter what happens in life.

I remember events in my life that needed pressing on: Math was a difficult subject in school until I was in college, and I aced a math test!

One winter, my family was constantly ill, until my doctor suggested using paper cups. We kept pressing on and became well. I still use them today. Relationships in my life have needed pressing on as they evolve and change.

Our life is like that of a runner. In order to run a steady race, one needs properly fitted shoes for a firm foundation that supports the body while running. Clothing that is well fitted and lightweight and a steady pace, bringing the runner to their goal and the prize. We can liken the shoes to the firm foundation we have in Jesus Christ, the clothing to God's Word that helps us breathe and the steady pace which culminates in reaching the goal for the prize of our arrival home with Jesus.

As you run this race of life, keep your eyes on Jesus. Don't look back as it will slow you down. Let go of all that is weighing you down and stay steady as you 'press on toward the goal for the prize of the upward call of God in Christ Jesus'.  
Chaplain Val

### Time to Stock Up

Reminder: next time you visit check your family members bathroom to make sure they are stocked up of the following: (we do not supply them)

Hand Soap (liquid hand soap is easier for residents to use than bar soap)

Body Wash

Shampoo & Conditioner (unless they get their hair done weekly in beauty shop)

Liquid Body Wash

Lotion

Shaving cream (for men)

Deodorant

Band-aids

Toothbrush (time to change it ☺)

Toothpaste

Denture supplies (if needed)

Wipes

### Clothing

Socks, t-shirts, bras, at least 3 pairs of pants that fit (please make sure all clothing is labeled with residents name)

### Volunteer for returning pop cans/bottles

This a great volunteer opportunity for high school students or anyone that needs a flexible volunteer schedule. We will contact you when the barrel is full. All proceeds go toward our outdoor fund. If you are interested or have questions please contact Rachel at [bishopactivities@baruchsls.org](mailto:bishopactivities@baruchsls.org)

### Glass case decor needed

Do you have a collection that you could display in our glass case in the main hallway? Some ideas would be teddy bears, vintage items, holiday themed items etc. If you are interested or have questions please contact Rachel at [bishopactivities@baruchsls.org](mailto:bishopactivities@baruchsls.org) .

### Do you craft?

If so, do you have handmade items that you would like donate for us to sell? We would like to sell things out of our glass case when we do not have collections to display. If you are interested or have questions please contact Rachel at [bishopactivities@baruchsls.org](mailto:bishopactivities@baruchsls.org).