

March 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

Kellie Bennor- Dietary Director

Paula Obiden- Resident Care Manager

Leigh Vest- Resident Care Manager

Tom Ruud- Maintenance

Carolyn Parcher - Housekeeping

## March 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



1<sup>st</sup> Chaplain Val Visiting and communion service at 2:15

7<sup>th</sup> Rockford Library Book Delivery at 1:30 room to room

17<sup>th</sup> St. Patrick's Day

18<sup>th</sup> Hymn Sing at 2:30 with Three Angels Church

20<sup>th</sup> First Day of Spring!

20<sup>th</sup> Acrylic Painting Class with Peg at 1:00

21<sup>st</sup> Resident Council Meeting at 1:15

22<sup>nd</sup> Mass at 9:00

29<sup>th</sup> Chaplain Val Visiting

29<sup>th</sup> Music Man Program at 5:30

31<sup>st</sup> Marty Miller Music Program at 2:15

### Construction Starting!

Bishop Hills is going to see some dust, smell fresh paint and new furniture moving in as we get into the months of March and April! Construction will start first in the kitchen, then move out to the halls and main rooms. Residents rooms will not be done during this time. Weekly classes might need to be moved or rescheduled during this time. Some days meals might be temporarily served in rooms as needed. We will do our best to communicate these changes to the residents daily. Please see daily schedules posted in halls for changes.

### The Chosen Show

During the month of March we will be playing The Chosen show. It is about the life of Jesus and his disciples. It will be playing in the learning center on Tuesdays at 3:00.

## Good Grief

The phrase, "Good Grief", reminds me of the comic strip Charlie Brown. It also reminds me that all of us experience grief. With understanding and kindness, we can learn to grieve in a way that is good for us. It can be good grief.

We are in the Lenten season of the church year. Lent is a time to focus on various time-tested disciplines of the Christian faith. Some of these disciplines are silence, fasting, frugality, study, worship, celebration, prayer, fellowship, confession, and service. These learned habits can help us to grieve as we deal with losses.

Consider the life of Job in the Old Testament. He practiced Godly habits that guided him in his time of major losses. Study: In Job 1:21 he quotes a truth he learned many years ago. "Naked I came from my mother's womb, and naked I shall return there." Worship: Job worships God in the same verse. "The LORD gave, and the LORD has taken away. Blessed be the name of the LORD". Fellowship: Job's friends hear of the losses in his life and come to fellowship with him. The friends came to "sympathize and comfort him." Silence: Job's friends "sat down on the ground with him for seven days and seven nights with no one speaking a word." Job 2:13. We can learn a lot when we take time to listen. They saw that Job's "pain was very great". Confession: In most of the book, Job and his friends talk with one another trying to make sense of Job's grief. Confession teaches us the value of talking about our faith with God and others. Celebration: Job's grief guides him to affirm a truth that he wants to share with everyone. In Job 19:23-25 he proclaims: "Oh that my words were written! Oh, that they were inscribed in a book!" What are the words he is excited about? "I know that my Redeemer lives, and at the last He will take His stand on the earth."

We all will face many griefs in our journey here on earth. Our faith offers us the skills to experience good grief. This Lenten season take some time to practice some of the classic disciplines of the Christian faith. These practices are very handy as we deal with the losses associated with aging.  
-Chaplain Jeff Meyers

Spring is in the Air and we are thinking about warmer weather ahead....

Spring Cleaning- we need all family members help cleaning out clutter and closets.

- Cloths and Closets- Many closets are getting over stuffed and making it very difficult for staff and residents to take care of things in closets. Bins can be put under beds for out of season clothing if needed. Please take time to check and make sure all clothing is labeled and fitting residents correctly. Also, check to make sure residents have at least a week worth of clothing especially underclothing, socks, pants and pajamas.
- Clutter- Our housekeeper needs to be able to clean all surfaces in resident rooms. Please leave only a minimal amount sitting out on side tables etc.
- Resident's toiletries- please check your family member's room for the following...

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

Dencher supplies (if needed)

Wipes