

July 2023

# Bishop Hills Newsletter

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

## July 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> Patriotic Day- music, ice cream and confetti  
poppers on deck at 1:30

4<sup>th</sup> Independence Day

5<sup>th</sup> Chaplain Val Visiting Today

7<sup>th</sup> Music Program at 2:15- guitar, clarinet,  
fiddling music

11<sup>th</sup> Rockford Library Book Delivery room to room  
at 3:00

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

17<sup>th</sup> Acrylic painting class with Peg at 1:00

18<sup>th</sup> Resident Council Meeting at 1:15

26<sup>th</sup> Mass at 9:00

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

Warm weather is here! Fans and summer  
clothing needed for residents.

Please make sure your family member has  
lightweight clothing to wear that fits! It would also  
be super helpful if you pull out some of the colder  
weather clothing and store them away. We have  
many residents right now that have very full  
closets which makes it extremely difficult for staff  
to take care of cloths. It is also a good time to  
check and make sure clothing is labeled. Also,  
even though residents rooms have A/C units we  
ask everyone to bring in fans to move the air  
around the rooms!

# The Gift of Aging

“Even to your old age and gray hair, I am He, I am he who will sustain you. I have made you and I will carry you.” Isaiah 46:4  
“Stand up in the presence of the aged, show respect for the elderly and revere your God. I am the Lord.” Lev. 19:32

As I looked up the online weather report, two news boxes flashed their headlines. “I’m a doctor that specializes in anti-aging,” said one. Another in bold letters stated, “I’m all about battling aging in every way I can!” Gazing at the wrinkles that have appeared in my cheeks the last few years, it’s easy to get pulled into these views. Now, I know they are talking about the physical effects of aging. But these views can negatively influence our views of aging in general and of older persons specifically

So, really... battling aging?!? Growth, change and aging is a natural part of life. Imagine if no one aged after birth. All of us infants! We would be able to do much less if we remained infants. As we journey through life, aging allows us to have a variety of experiences. We sing, play, build things, drive, bake, learn, love, work, and share our gifts and interests. At a certain point in life, we may not be able to still do these things, but we still have value. We have a lifetime of experiences and knowledge that come with age and having lived life. And if open to the Spirit of God, we also have wisdom and understanding from our years lived that are gifts to the generations after us.

.Aging is not an option and it does take courage. May we remember three things. For those who have lived decades of life, remember you are valuable. You have years of experience to share with others. You have grown and learned from mistakes that others have yet to make. These are great gifts. For those who are young and have years left to live, remember that, though you know a lot, you do not know it all. Ask those who have lived decades for their wisdom and advice. Listen to their stories and learn from them. Celebrate their lives. And for all, remember that God is with us every step of the way.

Chaplain Karen

## Tables in Halls

If your family member has a small decorative table out in the hall we ask that you do not put anything breakable and nothing special on them. Tables get bumped by med carts, wheelchairs and walkers so occasionally things do fall off and get broken.