

September 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- Director of Dietary

Leigh Vest- Director of Resident  
Care

Tom Ruud- Maintenance

Terri Clay- Housekeeping

## September 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



**5<sup>th</sup> Return the Flu Vaccine form by today. See  
back of page for details....**

**5<sup>th</sup> Rockford Library Book Delivery at 1:30**

**6<sup>th</sup> Chaplain Val Visiting Today**

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

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

**22<sup>nd</sup> Senior Steppers Program at 2:15**

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

**27<sup>th</sup> Mass at 9:00**

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

## Bishop Hills Rock-A-Thon



As part of Biking for Baruch  
Moving for Miles in the month of September  
we will be hosting a Rock-A-Thon. Last  
year was our first time doing it and we had  
lots of fun! It will be all day Wednesday,  
September 20<sup>th</sup> at Bishop Hills! At 10:30

a.m. we will be serving donuts and coffee, 2:15 p.m.  
a music program and ice cream everyone is welcome  
as long as you want to Rock ☺. We need volunteers-  
residents, staff and family members to rock with us,  
our goal is to have someone (or more the merrier)  
rocking the whole day! You can also donate to  
sponsor us rocking. Starting August 21st we will be  
selling \$5.00 sponsorship tags (you can donate using  
the QR code above too) in our new main entrance!  
Help us run tags all the way down the front hall and  
show your support to our rocking volunteers!  
Donations will be going toward a shade awning for  
our deck space! Questions contact Rachel  
[bishopactivities@baruchsls.org](mailto:bishopactivities@baruchsls.org)

## A Caregiver's Tool Box

Caregiving is a series of attitudes and behaviors that are learned over time. The toolbox for a caregiver is filled with a variety of skills. Below are some of the items found in a caregiver's toolbox.

**Compassion:** Jesus was filled with compassion when He ministered.

Compassion is kindness in action. It is a way of relating to one another on a caring level.

**Kindness:** Kindness is a characteristic of the Spirit. D.W. Williams and Willie Williams each lived to be 105 years old. They were married for 82 years. They said the secret to a long marriage was being nice to each other. That's pretty good advice.

**Prayer:** Praying for someone is to place them in God's hands. We provide the care and God provides the cure. Not only do we tell people we will pray for them. We can actually follow through and pray for someone.

**Saying a Blessing:** When we bless someone, we say good words about them and to them. We all desire to hear good words. Compliments can really make a person's day. Saying good words will have a ripple effect on those around you.

**A Cup of Cold Water:** Jesus talks about the importance of doing little things to let people know you care. In Matthew 10:42 He mentions giving a cup of cold water to someone who is thirsty as an act of caregiving. Little acts of kindness help make to fill our days with a sense of being loved and belonging. Using these tools regularly is something we all can do to brighten our corner of the world

-Chaplain Jeff Meyers

## Flu Vaccines for Bishop Hills Residents October 2nd

We need a form filled out **for everyone**. If you want your family member to have the flu vaccine fill out the Consent Form. If you do not want your family member to have one fill out the Declination Form. Please fill out **one** of the two enclosed forms for the flu vaccine clinic and drop off, email [leigh.vest@baruchsls.org](mailto:leigh.vest@baruchsls.org) or mail back to Bishop Hills by Tuesday, **September 5th**. Please save us a phone call and return one of the forms as soon as possible.

## Amazon Wish List

Would you like to support Bishop Hills by buying supplies for us? Just scan this QR code to see our new Amazon Wish List (or you can email Rachel at [bishopactivities@baruchsls.org](mailto:bishopactivities@baruchsls.org) for an email link). Take a look at our Amazon Wish List for ideas and then have them shipped directly to us! On our list are things like: arts and crafts supplies, office, nursing and housekeeping supplies, Keurig coffee for the staff etc. Note: if you prefer to buy local just contact Rachel to make sure it's the right thing we are looking for. Thanks!



## A Note from the Beauty Shop

Unfortunately, because of bills not being paid to our hairdresser, starting **August 3<sup>rd</sup>** any services done in the beauty shop must be **prepaid**. You can drop a check in the mail directly to Diane Long or you can drop it in our new drop box located by the beauty shop door. If you have any questions feel free to text Diane. We are very fortunate to have Diane as our talented hairdresser here at Bishop Hills so we would like to make sure she is being paid on time. Thank you.