

March 2024

# 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  
[deb.smith@baruchsls.org](mailto:deb.smith@baruchsls.org)

Julie Rick- Associate  
Administrator  
[julie.rick@baruchsls.org](mailto:julie.rick@baruchsls.org)

Rachel Kooiman- Director of Life  
Enrichment  
[rachel.kooiman@baruchsls.org](mailto:rachel.kooiman@baruchsls.org)

Kellie Bennor- Director of Dietary  
[kellie.benner@baruchsls.org](mailto:kellie.benner@baruchsls.org)

Leigh Vest- Director of Resident  
Care  
[leigh.vest@baruchsls.org](mailto:leigh.vest@baruchsls.org)

Tom Ruud- Maintenance

Terri Clay- 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

- 2<sup>nd</sup> Hymn Sing with Three Angels church at 2:30
- 6<sup>th</sup> Chaplain Val Visiting
- 8<sup>th</sup> Eagles of Oakfield Pond program at 1:30
- 11<sup>th</sup> Rockford Library Book Delivery at 1:30
- 12<sup>th</sup> Northern Strongs Music Program at 2:15
- 15<sup>th</sup> CareLinc Wheelchair and Walker Tune up room to room starting at 2:15
- 16<sup>th</sup> Uniquely Rogue music program at 2:15
- 17<sup>th</sup> St Patrick's Day- wear green!
- 18<sup>th</sup> Acrylic painting class with Peg at 1:00
- 19<sup>th</sup> Resident Council Meeting at 1:15
- 20<sup>th</sup> Chaplain Val Visiting
- 27<sup>th</sup> Mass at 9:00
- 27<sup>th</sup> Music Man Program at 6:15
- 28<sup>th</sup> Resident Easter Egg Hunt- time listed on March Calendar
- 29<sup>th</sup> Good Friday Service at 2:15
- 31<sup>st</sup> Easter Sunday



If you would like to help us with our fundraiser contact Rachel at [bishopactivities@baruchsls.org](mailto:bishopactivities@baruchsls.org) or 866-8227

## Smile. God Loves You

Each year during Lent and Easter I try to focus on something that will make me a better person. This year I decided to remember to smile.

Mother Theresa says: "Let us always meet each other with a smile, for the smile is the beginning of love." I think she has a point.

A smile shared often puts a smile on another person's face. Smiling is a simple act that communicates God's love to another person.

We have just lived through the darkest days of the year. We can all use a little sunshine. A smile is like sunshine to the spirit.

We often close our worship services with a blessing from Numbers 6:24. "May the Lord bless you and keep you; the Lord make his face shine on you and be gracious to you." The blessing describes the Lord's face as shining when he looks at us. I picture the Lord looking at us with a smile on His face. His shining face tells us He loves us.

Sometimes we are unaware of our facial expressions. Our heart may be happy and full of God's love, but we forget to notify our face of the happiness in our heart. Taking some time to consciously remember to smile is a good way to notify our face that God loves us.

Perhaps we could try a little experiment this month. Begin with a couple of days just observing the facial expressions of those around you. Is anyone smiling? Next, consciously choose to smile throughout the day. Do this every day for a week. We might be surprised by the impact of a simple smile.

As a young man, I heard Leo Buscaglia share: "Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around."

Chaplain Jeff Meyers

### Volunteer Opportunities at Bishop Hills

**Games:** (week day or weekend anytime between 10:00 a.m. to 4:00 p.m.) If you enjoy playing games like Checkers, Uno, Dominos, or Skip-Bo we have residents that need some playing partners.

**Popcan and Bottle Returns:** (Anytime) Help Bishop Hills with our ongoing fundraiser. You pick them up and return them at Meijer store.

**Passing Water:** (week day or weekend Morning 10:00 or afternoon 2:30) Every resident gets a fresh glass of water delivered to their room.

**Art Show:** (Once a year) Are you an artist or photographer? We have a changing art display for everyone to enjoy (the artwork can be listed for sale if desired).

**Brain Games Class:** (weekdays anytime between 10:00 a.m. to 4:00 p.m.) Lead residents in word puzzles, fill in the blanks, word scrambles, whiteboard games to get residents thinking. We give you suggestions and ideas and you can plan the class.

**Read A Loud:** (weekdays or weekends anytime between 10:00 a.m. to 4:00 p.m.) You pick short uplifting stories to read aloud to residents that might have a hard time reading for themselves.

Contact Rachel, Life Enrichment Director  
at:

**Phone:**  
616-866-8227

**Email:** [bishopactivities@baruchsls.org](mailto:bishopactivities@baruchsls.org)