

December 2020

Bishop Hills Newsletter

Bishop Hills Assisted Living • 4951 11 Mile Rd NE, Rockford • 866-8227 • 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

Julie Shupe- Administrator

Julie Rick- Associate Administrator

Rachel Kooiman- Director of Life Enrichment

Ellie Fast- Director of Dietary

Paula Obiden- Resident Care Manager

Sonya Lovell- Resident Care Manager

Chris Rolfe- Housekeeping

Tom Ruud- Maintenance

Dates in December

- 1st Making Christmas Tree Ornaments at 2:15
- 4th Music & Memories Special Christmas Tree Decorating
- 17th Hot Cocoa Cart
- 21st First Day of Winter
- 24th Christmas Eve Music and Nativity Reading Program at 2:15
- 25th Christmas Day
- 31st New Years Eve Music and Celebration at 2:15

*During the holiday season it is looking like the CDC and health department will still have the no visitors in building restrictions in place. If you are thinking of taking a resident out of the building for the holidays please contact Bishop Hills in advance by December 18th. Residents that leave the building may need to quarantine in their rooms for the protection of other residents and staff.

Important Information Residents Exposure to COVID:

If you, family or friends have come down with COVID (Corona Virus) please contact us right away if you have been in contact with a residents within the past two weeks of onset of symptoms. This is very important so we can quarantine the resident and take extra precautions when entering the resident's room.

Reminder: Employee Christmas Fund

During the Christmas season many of the residents would like to give back to the staff. We have set up a "Christmas Fund" for residents and their families to give to all of the staff. If you would like to contribute to this fund please make checks payable to **Bishop Hills** and **please note in the memo section on the check for "Employee Christmas Fund" before Saturday, December 7th.** The money will be presented to each of the staff. Please remember that our policy does not allow staff to accept personal gifts or money from residents or their families.

Baruch 2020 Theme Living Joyfully

“The light shines in the darkness and the darkness has not overcome it.”

Never has there been a darker year that I can remember than 2020. Social injustice, rioting, COVID-19, political division, isolation, loneliness, mental health decline, the list could go on and on. The world right now and even more specifically the United States of America, the world in which we live, is a very dark place. It seems in a lot of ways that the world we once knew is a distant memory. And yet it was in a world of darkness not too dissimilar from ours that a great light entered our atmosphere...

...1st century Palestine was a world full of social injustice, murder, power, greed, political division, crippling taxation, this list could also go on and on. This dark world seemed to find and squash any goodness or light that dared enter it, and yet, in a little town called Bethlehem, our Savior was born into an ordinary family and into a world that had no room for him.

As we enter this season of Advent in the Christian calendar, which in simple terms is a season of preparation and expectation of Christ's coming (past and future), I extend an invitation to you and your family to take time together to reflect upon and notice things that are good and beautiful in and around you, things that bring light to our dark world. These things can be very simple things such as a smile, an encouraging word, holding the door for your neighbor, an intentional act of kindness for a stranger, naming things you are thankful for as a family or taking time together to pray and enjoy one another's company. Whatever leads your hearts towards light and goodness this Advent season, I invite you in that direction.

I have personally witnessed all the beautiful things listed above in our homes from residents and staff to one another this year. Christ's life and light continues to shine very bright in the hearts and lives of our residents and staff. I echo the words of St. John concerning the light he saw in Christ, “In him there was life, and that life was a light for the people of the world. The light shines in the darkness and the darkness has not overcome it.” John 1:4-5 May we allow Christ's light to shine in our hearts this Advent season and be the light we wish to see more of in the world.

On behalf of Baruch Senior Ministries, I wish you and your family a very Merry Christmas and a Happy New Year!

Chaplain Clint

Staying Connected this Season

1. If you would like to set up a virtual visit using Facetime, Skype, Zoom or Microsoft Meet please contact Rachel to set up a time. The virtual visit times are 9-5 Mon-Fri. Please contact Rachel (Life Enrichment Director) at 866-8227 or bishopactivities@baruchsls.org
2. Talking on the phone- if a resident does not have a phone in their room please call us and ask for the resident to use one of our phones. The staff may ask you to set up a time for this if it's busy.
3. Check us out on Facebook- we are posting pictures of all the fun things that we are doing during this time. You can go directly to our website at www.bishophills.baruchsls.org under the News tab and we have a link directly to our Facebook page or search on Facebook for Bishop Hills Elder Care. If you search just for Bishop Hills you will find our old Facebook page, so putting in the “Elder Care” part is important.

Christmas cards and 2021 Calendars

Available for residents in the Learning Center for free! Please take what you need. *Note to families, it makes it much easier for residents to send out cards if they have preprinted labels for addresses of family and friends that they might want to send cards to. Return address labels are also handy. Don't forget the postage stamps too.

Gift ideas for residents

If you are looking for gift ideas for a resident you might consider one of these ideas:

Hand soap

Hand sanitizer

Lotion

TV tray (if they don't have one we have been using these a lot for serving meals on)

Socks

Slippers (make sure they have good grip on the bottom)

Puzzle or coloring books

Pens or pencils

Magazine subscriptions

Small 100 piece puzzles

Room deodorizer spray (Febreze etc.)

Flashlights with batteries

Night lights

Picture frames

Decorating for Christmas

We would like to assist the residents in decorating their rooms so they are festive and cheerful this Christmas season. As we will most likely not be able to have family in the building end of November early December (because of CDC and Health department rules) we would like to encourage family members to drop off Christmas decorations this year. The staff will then assist the residents in decorating their rooms. Because of the number of people living here we ask that you follow these guidelines when dropping off décor:

1. Make sure all boxes and bags are clearly labeled with residents name and room number (we will not be responsible for decorations that are not labeled).
2. Please drop of only the suggested items (we will not be able to hang lights, set up trees or time consuming decorations).
 - Wreath or hanger for door (please make sure to include a hanger)
 - One or two simple decorations for the room

Thank you for your understanding during this time. If you have any questions about this please contact Rachel (Life Enrichment Director) at 866-8227 or

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