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The Bugle

2000 Main St. Paris, KY 40361

(859)987-5750

A monthly publication of Bourbon Heights Nursing Home, Inc. for the benefit of residents, their families, the staff and the community.

Promised Perfect Peace

By: Josiah Spears

Isaiah 26:3 “Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.”

In the short verse above, we have an inspired promise from God for perfect peace. Peace is perhaps the one thing that everyone desires the most. We often think that it's happiness, but what good is happiness if we don't have peace? To obtain peace, people turn to everything imaginable. There are those things that are looked down upon in society such as drugs and excessive drinking; at the core, the reason people turn to these things in an effort to forget the things that are causing them such heaviness. But the sought out sources of peace aren't isolated to these negative things, there are many more. In an effort to find peace, some people turn to their career. They work and work in the hopes that either in their work, or through their work, they will find some kind of peace. Others turn to relationships, to find someone, who will give them peace. Some people turn the majority of their focus on themselves, thinking that if they can just work on themselves and fix themselves, that they can finally achieve the peace that they so strongly desire. The commonality shared between all of these is that they can't truly bring peace. For a season, there may be something that resembles peace, but that's just the distraction that is caused by the novelty of these things, and since distraction and peace are not the same thing, the distraction quickly wears off, and the lack of peace is once again overwhelmingly felt.

The only way to have peace is found in the verse above: we must keep our minds fixed on God alone. He must be the One that is at the forefront of our minds; the One who is above every other thought; the One whom our minds naturally go to when faced with blessings or burdens. Our minds must be totally fixed on Him. The problem then is that, if we're totally honest, our minds are not always stayed on God. It's not that God isn't in our minds, but He's placed on the back burner. That alone is enough to rob us of any peace that we could have, but what makes matters worse is that what fills our minds in the place of God are the things that cause us a lot of panic. We think of our country and the volatile national landscape. We think of a virus that has affected the world for over a year now. We worry about what the future holds for us, considering the current events. All of this, and much more is what fills our minds, and in turn, fills us with a peaceless dread and anxiety.

If you find yourself in the rut of peacelessness, then dear Christian, once again fix your mind on the Lord. Don't let your mind run to and fro; don't let your thoughts wander to wherever they would please, but rather bring “...into captivity every thought to the obedience of Christ.” Perfect peace is promised to us, and this is how we obtain it. If there are any people that should have peace in such tumultuous times, it ought to be the people of God. So may we exalt our heavenly Father by shewing forth that we have perfect peace in such tumultuous times.

New Hires:

Amanda Brown, LPN

Mary Burnham, SRNA

Alexis Hernandez,

Dietary

Destany Herrington, SRNA

Emily Lewis,

Dietary

Jennifer Quiroz, Dietary

Ariella Teegarden,

Dietary

Angel Tree:

We are having our annual Angel Tree Program. Angels will be available by Friday November 5th, 2021. All gifts has a price limit of \$25 and will be due back to the facility by Friday December 10th, 2021. To reserve a angel please call the activity department at (859)987-5750



Employee of the Month: Tracy Tolliver!

Tracy is described by his co-workers as so thorough and organized. He has worked very hard to create organizational processes for important documents. He is kind and helpful to anyone who needs help, he never complains about any task he has to complete. One word to describe Tracy is organized.

Tracy has been an employee here at Bourbon Heights just over a year. Bourbon Heights provided an opportunity for him to do what he likes to do and to work closer to home. His favorite part about working here is his co-workers . He states they all get along wonderfully. Tracy

is a very talented piano player and substitutes for chapel when needed. He is very involved in his church. He is the treasurer and music worship minister at his church. He loves his two dogs. Meah and Zoey.

Congratulations Tracy!

Bourbon Heights, Inc. is an independent, non-profit, multi-level facility, including independent apartments and adult day health center, with personal care, short term rehabilitation, outpatient rehabilitation, long term care, and respite care.

Features of the facility include: In-house beauty salon, free Wi-Fi, cable television, limited access security doors, personalized care, laundry services, daily activities, weekly chapel services and more.

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