

# Hyde Park–Living Joy



Flushing Area Caregiver Support Group  
Presented by: Alzheimer's Association  
Greater Michigan Chapter

Location: Flushing Senior Center  
106 Elm Str.  
Flushing, MI 48433

When: Social Quarantine this month

## Important Dates

September 7<sup>th</sup>  
Labor Day

September 11<sup>th</sup>  
Patriot Day

September 10<sup>th</sup>  
Chaplain Val

September 13<sup>th</sup>  
Grandparents day

September 14<sup>th</sup>  
Baruch Day  
Green and white

September 15<sup>th</sup>  
Luau

September 16<sup>th</sup>  
Super Hero Day

September 17<sup>th</sup>  
Western Day

September 18<sup>th</sup>  
Carnival Day

September 21<sup>st</sup>  
Peace Day

September 22<sup>nd</sup>  
Autumn Begins

September 24<sup>th</sup>  
Chaplain Val



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**Facebook**

Living Joy Assisted Living  
Hyde Park Assisted Living

## Chaplain Thoughts

Pause. Breathe. Begin Again.

There is a phrase I have been drawn to when I am feeling overwhelmed and stressed that helps me slowly come back to myself...Pause. Breathe. Begin Again. I heard this phrase from a former professor of mine, and it was something I could not get out of my head.

Even simply saying the phrase slowly to myself a few times was and is calming. I find myself coming back to this phrase as we continue through this pandemic, not only as a practice that is helpful to me personally, but also as a spiritual practice to be shared with our residents. So what does it mean to Pause. Breathe. Begin Again, and how is this practice helpful to us during this season we are all in?

Pause. I heard a pastor friend of mine once say, "Distraction is the curse of our age. The desperate need today is not for a number of efficient people, or busy people, but for present people." We cannot be present with ourselves, God or our neighbor without pausing and taking time to notice and take inventory of our thoughts, feelings, worries, etc. The act of pausing is a defiance against busyness and distraction, allowing us to "...be still and know that I am God" (Psalm 46:10). When we pause, we can recognize our anxieties and worries and turn those into prayers to God, "...casting all your anxieties on him, because he cares for you. Be sober-minded; be watchful..." (1 Peter 5:7-8). As we take time to pause and notice these things, our hearts are free and have more room to "...give thanks to God in all circumstances..." (1 Thess. 5:18), leaning in and pondering more on all the blessings we do have, which helps us breathe again.

Breathe. In a book titled "Atomic Habits" by James Clear, the author talks all about the science of creating healthy habits and breaking bad habits. One of the ways to begin good habits, he says, is not the length of time you do a habit but how consistently you do it. He suggests that to start a good habit, do it no more than 2 minutes per day coupled with a healthy habit you already do. Once we begin practicing pausing, being still and taking inventory of our hearts and minds as well as our blessings, we can begin to couple it with our breathing for a short 2 minutes per day...breathing in slowly through our nose and slowly exhaling out of our mouths. We can even add scripture to our breathing as a practice that dates back centuries to the desert mothers and fathers, breathing in "The Lord is my Shepherd" and exhaling "I lack for nothing" (Psalm 23). Breath and spirit often mean the same thing in the Hebrew scriptures, and so we pause and then breathe, recognizing our spirit is alive, because of "...he who is in you..." (1 John 4:4).

Begin Again. This phrase is simply grace. Grace for ourselves given to us by God and grace for others that we share. When we pause and breathe, we allow ourselves to become present with ourselves and with God, which then allows us to receive the grace we so desperately need in order to extend our grace and presence to others. My prayer for you and our residents is that you may pause; breathe; and begin again.

Chaplain Clint

## Resident Birthdays

Kathy P.S. 21<sup>st</sup>

Gerald M. 22<sup>nd</sup>

Frances B. 25<sup>th</sup>

Dorothy W. 26<sup>th</sup>

Lois R. 29<sup>th</sup>

Joann W. 30<sup>th</sup>



## Biking for Baruch

**When:** September 12-27

**Where:** This is a VIRTUAL event. Bike from wherever you are!

**Cost:** \$15 rider registration fee

This year Biking for Baruch will be a **virtual biking**

**event from Saturday, September 12 - Sunday,**

**September 27.** Through this 2-week virtual event,

participants can collect donations and ride however

many miles they wish, wherever they wish, at their own

pace, and on their own time. Whether on a stationary

bike at home or a local trail with your team, log miles and

**raise funds for your community!**

An optional kick-off will take place on Saturday,

September 12 from 9:00am-12:00pm at Millennium Park

in Grand Rapids. Riders can pick-up their t-shirt and

goody bag, bike their first miles, and have a free lunch

with other riders! If not attending the kick-off, riders will

receive their t-shirts by mail.

## Caregiver Birthdays

Eric C. 10<sup>th</sup>

Kelly C. 10<sup>th</sup>

Christine M. 14<sup>th</sup>

Victoria R. 27<sup>th</sup>



Hyde Park- Living Joy  
1525 E. Pierson Rd.  
Flushing, MI 48433  
810-659-8507

Postage  
Information

## Buckeye Dip

- 1-8oz package of cream cheese
- ½ cup of butter softened
- 1 cup creamy peanut butter
- 2 cups powdered sugar
- 3 tbs brown sugar
- ¼ cup all-purpose flour
- 1 tsp vanilla
- 1 ½ cups mini semi-sweet chocolate chips

With hand mixer or stand mixer, beat the cream cheese, butter and peanut butter until smooth.

Add in the powdered sugar, brown sugar, flour and vanilla.

Using the paddle mixer attachment or a wooden spoon mix in the chocolate chips.

Store in fridge until ready to serve

Serve with teddy grahams, graham crackers, apples, or pretzels.

