

August 2021

# 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: Thursday August 5<sup>th</sup> at 2pm

## Important Dates

August 12<sup>th</sup>

Chaplin Val

August 14<sup>th</sup>

Matthew Packer

Living Joy 8am  
Hyde Park Memory 9am  
Hyde Park Assisted 10am

August 26<sup>th</sup>

Chaplin Val



Find us on  
**Facebook**

Living Joy Assisted Living  
Hyde Park Assisted Living

## Chaplain Thoughts

### Write It Down

The older I get, the more I need to take notes to help me remember. Sometimes my pride gets in the way of remembering. I convince myself I can remember something without writing it down. When I'm at the store, I wonder what it was I came to the store to get.

I've learned I'm in pretty good company. We are the group of people who have been told to write things down.

God gave Moses this advice in Exodus 17:14 "... The Lord instructed Moses, "Write this down on a scroll as a permanent reminder." Jeremiah was told to "write all the words I have spoken to you in a book." One of my favorites is God telling Habakkuk to "Record the vision and inscribe it on tablets" in Habakkuk 2:2. Even before God shares the vision He tells Habakkuk to write it down. God knew Habakkuk well.

Here are some of the things I've written down as I've aged. My will. I have a written will AND I have told my wife and children where it is kept.

Guidance for my funeral service is written out. This file contains guidance with hymns, scripture, songs, funeral home, and other suggestions. The idea is to make it easier on my family.

A list of my assets is written down and updated annually. Writing stories about my family is so important. One friend wrote a short story about his life. It was 10-15 typed pages long. It was so interesting to read his life story. Being short made it enjoyable to read. The short story shared things his grandchildren didn't know. He was able to communicate his feelings of affection for his family members and special friends.

A relative I have never met wrote a book about his branch of the family tree. It was so interesting to read stories about family members I had never met. I would never have known them if they were not written down. The book contained testimonies of individual's faith in Jesus Christ.

Writing out your story of faith for others to read may touch future generations of your family.

As we grow older, it is a good idea to write things down. You will bless your family and friends as you do so.

## Resident Birthdays

Johnny H. 1<sup>st</sup>

Lucille M. 16<sup>th</sup>

Yvonne H. 17<sup>th</sup>

Ellen W. 20<sup>th</sup>

Eula W. 25<sup>th</sup>



HAPPY BIRTHDAY

We are so happy to be able to allow families back into the communities! We have missed your faces 😊 please ensure when visiting you keep your masks on at all times and that you stay in your loved ones room.

Thanks for helping to keep everyone safe.

We are happy to say that we are joining the alzheimers walk again this year. The walk will be held on October 9, 2021 at the U of M flint. If you would like to walk with us you may do so by registering to walk at [act.alz.org/flint](http://act.alz.org/flint) you may join our team by typing in Hyde Park/ Living Joy or under my name Nina Coleman. If you need help registering I can help. You may contact me Monday- Friday at 810-659-3000. We are also helping to raise money for the Alzheimers Association if you would like more information on how to do so please contact the RCM's or myself.

### **!ATTENTION!**

If any one would like to donate face masks, hand sanitizers, lysol wipes and or sprays, bingo candy, bingo prizes, lotions, or nail polish we would appreciate the help. If you have any questions you may contact Nina at (810) 659-3000 or by email at [nina.coleman@baruchsls.org](mailto:nina.coleman@baruchsls.org)

## Caregiver Birthdays

Angela G. 7<sup>th</sup>

Olivia S. 22<sup>nd</sup>

Tiffany M. 23<sup>rd</sup>

Shelby H. 25<sup>th</sup>

Tonya L. 28<sup>th</sup>

Kristy N. 28<sup>th</sup>



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

Postage  
Information

## Watermelon Salad

- 2 tbsp extra virgin olive oil
- 1 tbsp mint, chopped to taste
- 1 tbsp lime juice
- $\frac{1}{4}$  tsp fine sea salt to taste
- 1 pinch black pepper to taste
- 3 cups watermelon cut into cubes
- 1 cup cucumber, sliced and quartered
- $\frac{1}{3}$  cup feta cheese, crumbled

In a large bowl, whisk together extra virgin olive oil, mint, lime juice, sea salt, and pepper until oil and lime juice have combined. Add watermelon, cucumber, and feta cheese to bowl. Use spatula to gently toss ingredients until completely coated in dressing. Serve watermelon salad immediately with fresh feta and mint as garnish (optional)

