

September 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 September 2<sup>nd</sup> at 2pm

## Important Dates

September 6<sup>th</sup>  
Labor Day

September 9<sup>th</sup>  
Chaplin Val

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

September 12<sup>th</sup>  
Grandparents Day

September 14<sup>th</sup>  
Matthew Packer  
Living Joy 8am  
Hyde Park Memory 9am  
Hyde Park Assisted 10am

September 22<sup>nd</sup>  
First day of autumn

September 23<sup>rd</sup>  
Chaplin Val



Find us on  
**Facebook**

Living Joy Assisted Living  
Hyde Park Assisted Living

## Chaplain Thoughts

### Joy in Refuge

For the past three days, Michigan has been plagued with intense humidity resulting in storms with very strong winds, thunder, lightning and rain! These storms have brought about destruction to property, loss of electricity and fear within our hearts and minds. We wonder when we need to take refuge.

Throughout scripture God's people have been plagued with fear and the need to take refuge. Take for instance Daniel, who was thrown into the lion's den because he refused to bow down to King Darius. As the lion's circled around Daniel, God sent an angel to close the mouths of the lions (6.22).

Then there is Jonah. God called Jonah to travel to the city of Nineveh to convince the people to leave their wicked ways. Jonah decided not to obey God and instead he tried to run away from God by hopping onto a ship going in another direction! A terrible storm came, wildly tossing the ship about the water. Jonah convinced the crew he was the reason for the storm and so they tossed him overboard! He was then swallowed by a large fish and sat inside that fish for three days until he was spit out onto the shore (Jonah 1&2).

Another story of refuge in scripture comes from the story of Rahab. Rahab was a prostitute living in the city of Jericho. The walls of Jericho protected the city from invaders, however, the Israelites sent in two spies to check out the city. When the city guards heard about these two spies, they went looking for them. Rahab hid the spies from the city guards under some hay on the roof of her house. After the city guards left, the spies thanked Rahab and she asked them that in return for hiding them, to spare her family from harm when Israel invaded Jericho. Rahab and her family were spared on that day. They came to know the Lord and a part of the family of Israel (Joshua 2). As we look at the places of refuge God provided for his people, we see Daniel found refuge in the protection of the angel shutting the lions' mouths. Jonah found refuge in the belly of the great fish and the spies found refuge under the stack of hay on the roof of a prostitute's home. In each of these places of refuge there was joy. The joy of being sheltered from danger, the joy of finding refuge in a second chance and the joy of finding salvation in God.

If we only look at the logistics of where we have found protection in different moments in our life and we do not look at the joy from the Lord, then we have missed the beautiful transformation it will have in our lives as it did for Daniel, Jonah and Rahab.

Praise the Lord that the **joy** of the Lord is my refuge (Psalm 18:12).

Chaplain Val

Baruch Senior Ministries

## Resident Birthdays

Martha A. 1<sup>st</sup>

Kenneth S. 5<sup>th</sup>

Pam V. 5<sup>th</sup>

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

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

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

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



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

Anna K. 1<sup>st</sup>



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

Postage  
Information

## Greek Salad

- 2 cucumbers, peeled and chopped into  $\frac{1}{4}$  slices
- 4-6 roma tomatoes, chopped
- $\frac{1}{2}$  red onion, sliced
- $\frac{1}{4}$  cup olive oil
- 1  $\frac{1}{2}$  tablespoon lemon juice
- 2 tsp dried oregano
- $\frac{1}{2}$  cup crumbled feta cheese
- Salt and pepper to taste
- Black olives pitted and sliced to taste

In a large bowl, combine cucumbers, tomatoes, and onions. In a smaller bowl mix the olive oil, lemon juice, and dried oregano. Pour over the vegetables and mix well. Season salad with salt and pepper. Sprinkle feta cheese and olives over the top of salad and mix. Taste and adjust spices if needed. Refrigerate until ready to eat. Enjoy!

