

October 2021

Hyde Park–Living Joy



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

Important Dates

October 9th
Alzheimer's walk

October 14th
Chaplin Val

October 26th
Matthew Packer
Living Joy 8am
Hyde Park Memory 9am
Hyde Park Assisted 10am

October 28th
Chaplin Val

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

When: Thursday October 7th at 2pm



Find us on
Facebook

Living Joy Assisted Living
Hyde Park Assisted Living

Chaplain Thoughts

Joyful Therapy

In Psalm 15:5 the Psalmist reflects on the inheritance God gives to us when we become believers. One vital part of the inheritance is joy. Psalm 15:11 says: “In Your presence is fullness of joy”.

Most of us have heard the phrase laughter is good medicine. This is a paraphrase of Proverbs 17:22 which reads, “A joyful heart is good medicine.”

Did you know that research supports the idea that happy people tend to live longer and experience better health than their unhappy peers? Ed Diener, a professor of psychology at the University of Illinois, summarized his review of 106 studies on the topic by saying “the general conclusion from each type of study is that your subjective well-being—that is, feeling positive about your life, not stressed out, not depressed—contributes to both longevity and better health.”

In one assisted living facility the residents have a happy hour. They gather to laugh. The day I joined them they were having snacks and watching “I Love Lucy” re-runs. I must admit it was a lot of fun to be with a group of seniors who were laughing. It certainly brightened everyone’s day.

One ninety-year-old was known for her sense of humor. She was in the hospital for an extended stay. It is not always easy to find good sleep in a hospital. One evening she was in a deep sleep. In the middle of the night, she was tapped on the shoulder by the nurse. She groggily came out of her sleep and realized the nurse only needed to take a routine temperature and pulse. With her characteristic humor she said to the nurse: “Next time, if I am sleeping, don’t wake me up, just hold a mirror by my face and check if I’m breathing. If I’m breathing that’s all the vital sign you need.”

The nurse noted her comment in her chart. When the doctor was making his rounds the next day, he talked with the ninety-year-old patient.

He said: “I see the nurse awoke you last night to take your vital signs.”

She said: “The nurse did.”

He said: “I’ve put in your records that if you are sleeping, they are not to awaken you. If you are breathing that is the only vital sign necessary until you wake up.”

She said: “That’s perfect.” They both had a good laugh.

Every time my friend told me this story, she did so with an amused look in her eye. The way she told the story always made me laugh. My friend lived to be over 100. A joyful heart really is good medicine.

Resident Birthdays

Judy H. 1st

Bill W. 5th

Norbert B. 9th

David W. 15th

Beulah B. 19th

Maxine C. 31st



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 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. (It's not too late you can still join!)

!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

Caregiver Birthdays

Keonta G. 7th

Sabra T. 11th



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

Postage
Information

Chicken pot pie

- 1lb skinless boneless chicken
- 1 cup carrot sliced
- 1 cup frozen peas
- ½ cup celery sliced
- 1/3 cup butter
- 1/3 cup onion chopped
- 1/3 cup all-purpose flour
- ½ tsp salt
- ¼ tsp black pepper
- ¼ tsp celery seeds
- 1 ¾ cup chicken broth
- 2/3 cup milk
- 9in unbaked pie crust

Preheat oven to 425 degrees. In a saucepan, combine chicken, carrots, peas, and celery. Add water to cover and boil for 15min. Remove from heat, drain and set aside.

In saucepan over medium heat, cook onions in butter until soft and translucent. Stir in flour, salt, pepper, and celery seed. Slowly stir in chicken broth and milk. Simmer over medium-low heat until thick. Remove from heat set aside.

Place the chicken mixture in the bottom pie crust. Pour hot liquid mixture over. Cover with top crust, seal edges, and cut away excess dough. Make several small slits in the top to allow steam to escape.

Bake in preheated oven for 30 to 35 minutes, or until pastry is golden brown and filling is bubbly. Cool for 10 minutes before serving.

