



Faith Connections April 2024

THE DICK PARKS MEMORIAL **RACE AT THE ROCK**

Back at the Rock!



Welcome back! The 2024 Dick Parks Memorial Race at the Rock is Back at the Rock! After four years of virtual races due to the pandemic, we are thrilled to welcome you once again to Flat Rock's main campus! The race is Saturday, May 18, with registration starting at 8:00 AM in the gym located at 7353 County Road 29, Flat Rock, Ohio.

Race options include a 1-mile walk and a professionally timed 5K event. The virtual race component is still available but does not

include a shirt or other physical perks. To register for the race or to get additional information click here:

<https://bit.ly/RaceAtTheRock>

New this year:

- Food Trucks including The Candy Depot, C&C Donut Factory, and MacRoni's Macaroni Bites
- The Wall of Hope
- Volunteer Information

If that isn't exciting enough, we invite you to stay after the race for the grand opening and ribbon cutting of the highly anticipated **TRL Outdoor Therapeutic Center!** This newly developed area includes a prayer labyrinth, accessible recreational equipment, and beautifully landscaped spaces for relaxation! The Memorial Walking Trail accented with trees and benches, honors the memory of Thomas Wesley "Wes" Garrett, beloved grandson of Rev. Nancy Hull, retired Flat Rock President/CEO, and her late husband, Rev. Charles Frye.



The TRL Outdoor Therapeutic Center is made possible through the generous donations of individuals, families, churches, companies, foundations, and organizations—people like you! If you're a donor, you can visit

<https://bit.ly/TRL-RSVP>

We can hardly wait to see you at the 2024 Dick Parks Memorial Race at the Rock on May 18!

Flat Rock Homes, Care Center, and Community Services 7353 County Road 29, PO Box 1, Flat Rock, Ohio 44828
www.flatrockhomes.org 419.483.7330



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Remembering Dick and Liz Parks

The Race at the Rock was renamed The Dick Parks Memorial Race at the Rock in 2019 to honor the late Rev. Dr. Richard "Dick" Parks, former Board member and ardent supporter, who was incredibly committed to Flat Rock. He and his wife, Elizabeth, "Liz", worked tirelessly to gather friends and congregants to participate in the Race. Sadly, Liz Parks passed away on February 13, 2024, and we remember our friends, Dick and Liz, for their dedication to Flat Rock and the Race at the Rock.

A celebration of life service for Liz will be held Saturday, April 13, 2024, at 11 AM at Lakewood United Methodist Church, 15700 Detroit Avenue, Lakewood, OH. In lieu of flowers, donations are requested in memory of Liz and Dick Parks to Flat Rock Homes, P.O. Box 1, Flat Rock OH, 44828.

Adopt-a-Home

Participate in the lives of our individuals by being an Adopt a Home sponsor! Contact engagement@flatrockhomes.org to become a sponsor

Church Engagement

Pastors, when you need a Sunday off or a guest speaker, our Church Engagement Coordinators, Rose Darling and Deaconess Sherri Buehl are available for pulpit supply, music supply organ/piano (Rose), spiritual gifts retreat (Sherri), disability awareness presentations, and more! Available for all denominations! Email engagement@flatrockhomes.org to reach Rose or Sherri.

We can help you plan and present your Disability Awareness Sunday. Paragraph 265.4 in *The Book of Discipline* (UMC) 2016, lists the following: "Disability Awareness Sunday shall be observed annually...Disability Awareness Sunday calls the Church to celebrate the gifts and graces of persons with disabilities and calls the Church and society to full inclusion of persons with disabilities in the community." For more information: <https://bit.ly/3vGPtTk>.

Whether you want an informative and inspiring message, an interactive disability awareness presentation, or help to attain your Disability Awareness Badge (UMC), we are here to serve your needs! Email engagement@flatrockhomes.org for more information or fill out the interest form at: <https://www.flatrockhomes.org/invite-a-speaker/>

Celebrating our Flat Rock Homes: Restoring Hope Prayer Group

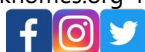
Our Facebook prayer group, "Flat Rock Homes: Restoring Hope" celebrates four years! We launched the page on April 7, 2020, to share prayers, joys, and concerns during the early days of the COVID-19 pandemic and we continue to share prayers and devotions six or seven days each week. You are invited to join us! It is free. Click here to join <https://www.facebook.com/groups/frhrestoringhope>



Walmart SparkGood Round-Up Program

Round up and donate your change or registry items on Walmart.com. You can now round up every time you shop on Walmart.com and choose Flat Rock to receive these donations! Getting started is simple! Find out more: <https://www.walmart.com/sparkgood>

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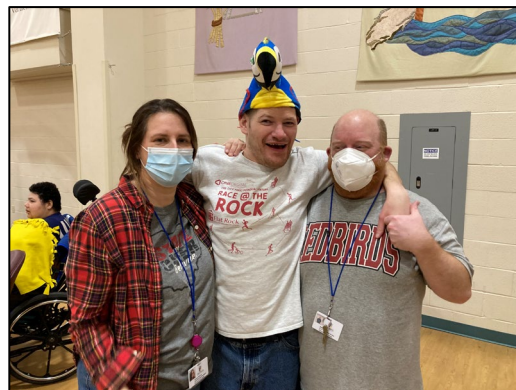


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Check out photos of fun at Flat Rock Care Center on the next pages!



Flat Rock Care Center residents colored Easter eggs as part of their festivities this year.



Flat Rock Care Center residents play games and other activities in the gym with the Life Enrichment team.

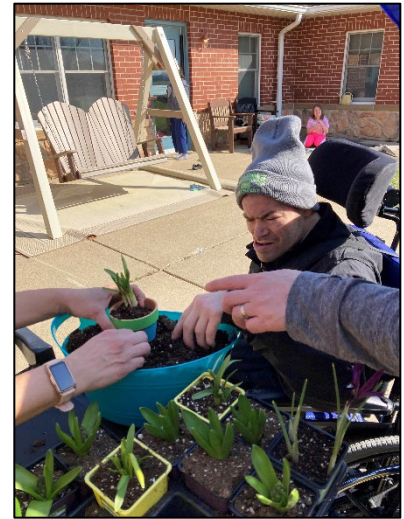
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The Life Enrichment Team took Flat Rock Care Center residents to the Rutherford B. Hayes Presidential Library & Museums for a President's Day Event.



The Flat Rock resident garden is underway! Residents did a lot of planting of flowers in preparation for the other fun things that will be filling their gardens.



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