

# Hamilton Park United Methodist Church

## News at the Park

July 15, 2022



CashApp (\$TheParkUMC),  
Text-to-Give @ 972-362-6962 or online @  
www.theparkumc.org

www.theparkumc.org

- 1) Locate the "Serve" Tab
- 2) Choose "Serve Through Giving"
- 3) Choose "Donate Today"
- 4) Enter your donation amount and banking information for a "One-Time Donation"

### GRAB AND GO



Sunday & Wednesday

11:30 am - 1:00 pm

Contact Kathy @ 972-768-0116  
for reserved meals

**VBS**  
WEDNESDAY NIGHTS  
June - July 6:15 pm - 8:30 pm  
**Fruit of the Spirit**  
Register at: <https://www.eventbrite.com/e/33860237707>

**gentleness**  
[jen-tuhl-nuhs] noun  
the quality of showing  
kindness and of being  
calm in dealing with others  
(1 Peter 3:15)



### HAMILTON PARK UNITED METHODIST CHURCH ANNUAL GOLF TOURNAMENT

Friday September 23, 2022

Firewheel Golf Park  
600 W. Campbell Road  
Garland, Texas 75044  
(972) 205-3917

Registration & Check-in: 7:00 A.M.  
Putting Contest Starts at 7:30 A.M.  
Shotgun Start: 8:00 A.M.

Four-Person Scramble

**Registration & Payment**  
\$125/Individual  
\$500/Team

Dr. Sheron C. Patterson—Senior Pastor

For additional questions or to become a sponsor please  
contact one of the committee members listed below:

#### TOURNAMENT COMMITTEE

Herman Manning, Chair 972-741-1866  
Bill Johnson 214-293-5661

### Gentleness

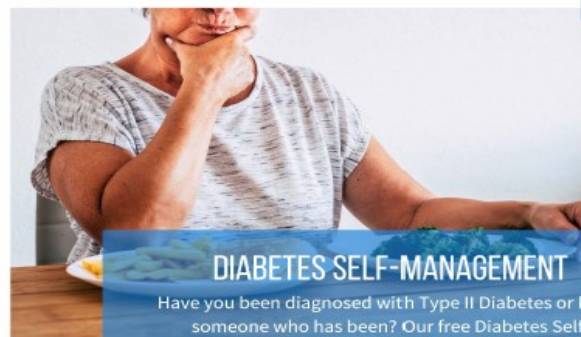
#### Gentleness in the family

- Colossians 3:19 **Husbands**, love your wives, and do not be harsh with them.
- Colossians 3:21 **Fathers**, do not provoke your children, lest they become discouraged.



Marilyn Boyd	Minnie Jackson	Carolyn Laney
Brenda Land	Ashton Smith	Mit Lampkin
Debbie Dunn	Jackie Spann	Ester Bean (H)
Erma Chappell	Pat West	Sharon Bunton
Ruth Robinson	Tyler Goins	Linda Boyd
Mammie Johnson	Marcia Johnson	Yvonne Boyd
Brendon Moore	Shawn De Vaughn	Celia Reece
Ada Phillips	Hercidine Nash	Mary Jefferson
Debbie Spencer	David Kemp	Jeremiah Booker
Ezell Holley	Robert Kemp	
Herbert Griffin	Venus Stanley	
Vivian Stanley	Willie Stanley	

### FREE DIABETES SELF-MANAGEMENT WORKSHOP



### DIABETES SELF-MANAGEMENT

Have you been diagnosed with Type II Diabetes or know someone who has been? Our free Diabetes Self-Management Workshop helps those living with diabetes or pre-diabetes to improve their general health.

#### ABOUT THE WORKSHOP

- Learn about healthy nutrition and exercise choices
- Gain communication skills
- Practice relaxation techniques and talk about better sleep
- Learn how to manage diabetes, high blood pressure and anxiety
- Get support to improve your health

Dallas Public Library - Forest Green  
9616 Greenville Ave, Dallas, TX 75243

11:00 AM - 1:30 PM  
Thursdays, beginning June 30th  
Sessions are once a week for 6 weeks and  
2.5 hours long

**REGISTER TODAY**

[www.ccadvance.org/community-wellness](http://www.ccadvance.org/community-wellness)



214.954.4215

[csharp@ccadvancel.org](mailto:csharp@ccadvancel.org)

[www.ccadvance.org](http://www.ccadvance.org)

## Kenneth H. Cooper, MD, MPH

Kenneth H. Cooper, MD, MPH, preventive medicine pioneer and “father of aerobics,” introduced the concept of exercising in pursuit of good health when he launched the worldwide phenomenon *Aerobics*, in 1968 — his first of 19 books on health and fitness. His latest book, *Start Strong, Finish Strong*, is a collaboration with his son, Tyler Cooper, MD, MPH.



During Dr. Cooper’s 13 years of service in the U.S. Army and U.S. Air Force, he served as a flight surgeon and director of the Aerospace Medical Laboratory in San Antonio. He dreamed of becoming an astronaut and worked with the National Aeronautics Space Administration to help create the conditioning program preparing America’s astronauts for space and in-flight anti-deconditioning program used to keep astronauts active while on board spacecraft.

He also developed the 12-minute and 1.5-mile fitness tests and the Aerobics Point System. Having coined the term “aerobics” in 1968, his definition was added to the Oxford English dictionary in 1986. In 2002, he collaborated with PepsiCo to eliminate trans fats from its Frito-Lay snack line.

Over the past 50 years, Dr. Cooper has proven fitness is a vital sign through research and preventive medicine and wellness services. He remains dedicated to improving the quality and quantity of people’s lives.

Today Dr. Cooper is founder and chairman of Cooper Aerobics Center in Dallas, the home of six health and wellness companies and a non-profit research center called The Cooper Institute. At 91 years of age, his current focus – in addition to seeing patients weekly – is working to help reverse the childhood obesity

epidemic in schools and preventing COVID-19 with increased levels of vitamin D.

Dr. Cooper received his bachelor of science and medical degrees from the University of Oklahoma and a Master of Public Health degree from Harvard School of Public Health. He is board certified in preventive medicine.

For more information call  
Officer Bervin Smith  
(214) 202-6255 or email  
bervin.smith@dpcd.ci.dallas.tx.us

## Northeast Division Senior Wellness & Safety Event

# SAVE THE DATE



Thursday, July 21, 2022  
Lake Highlands High School  
9449 Church Rd. 75238  
9:00am-10:00am —  
Visiting of Tables and Vendors  
10:00am-11:00am—Program  
Guest Speaker —Dr. Kenneth  
Cooper, MD, MPH, Founder and  
Chairman of Cooper Aerobics  
Center in Dallas.

### Some of the Give-Aways and Information:

- How to stay healthy as we age
- Personal Care Bags
- Raffle of Gas Cards
- Fruits ‘n Vegetables
- Cooling Towels
- Dallas County Health and Human Services: Covid Vaccines and mosquito repellent. \$25.00 Gift Cards for those receiving a vaccination.
- Information on Medicaid and Medicare
- Local hospitals providing information and list of services

## SENIOR (Age 50 or Better)



# WELLNESS & SAFETY EVENT



## STAY CONNECTED:

- Senior Bible Study - Wednesday @ 10:00 am in the church library.
- Wednesday Night Bible Study VBS All Summer
- Thursday Prayer 4:00pm-5:00pm - Beverly Galimore (605-475-3200 / Code: 168 199)
- Worship Service - 10:00 am (Facebook or Website)
- Sunday School - 9:00 am - 9:45 am In Person

## Church Office Hours:

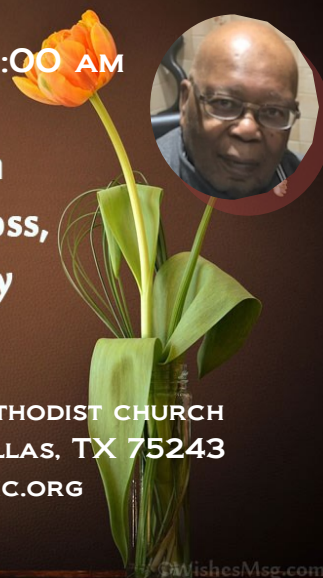
Monday-Thursday  
11am-3pm

Emergency contact  
Art Mosley 469-951-7842

MR. ELBERT WINN  
FRIDAY, JULY 15, 2022 @ 11:00 AM

Although no words can  
really help to ease your loss,  
know that you are in my  
thoughts.

HAMILTON PARK UNITED METHODIST CHURCH  
11881 SCHROEDER RD. - DALLAS, TX 75243  
WWW.THEPARKUMC.ORG



FlowersMsg.com