

THE JOURNEY JOURNAL



November 2020 Edition

Welcome to the November 2020 Edition of The Journey Journal! Here is a quick list of what you can find in this month's newsletter: Reminders, Pray With Us (Veterans Day and Thanksgiving), Smart Adaptive Clothing, Virtual Groups & Webinars, and Riddles & Games.

Starting Off With a Couple of Reminders:

1. **Covid-19 precautions.** Unfortunately, the coronavirus is still a big issue across the country with cases rising in many areas including our own state of New Jersey. Please make sure to continue to follow CDC guidelines including wearing a mask when you are out, good hand washing, and maintaining 6 feet social distancing.
2. **Happy Thanksgiving!** Be open to celebrating Thanksgiving in new ways this year. Stay in touch with family and friends via zoom, phone calls and cards. Have a happy, safe, and healthy holiday!
3. **Happy Veteran's Day!** To all of those who served our country and their family members, thank you so much for your service!
4. **Deepavali:** Deepavali (more commonly known as Diwali) is a Hindu festival that is celebrated in November for 5 consecutive days. Diwali (the Festival of Lights) symbolizes the victory of light over dark!



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November 2020 Edition

Pray With Us

- Veteran's Day -

For our Veterans, we say a huge **thank you!** Please take a moment and thank a Vet, not only this month but every month.



Veteran's Day began as Armistice Day in 1919 (celebrating the end of World War I), November 11 has been celebrated as Veterans Day in the United States since 1954. Many people observe the day with ceremonies and parades that honor the sacrifice and dedication of those who have served in the armed forces of the United States. One way to honor a veteran is in prayer. Remember our veterans with prayer or a moment of silence in a religious service, privately, silently as a parade passes by, with a personal card or note. Being intentional in thought or prayer can connect you, a veteran and God in a meaningful and productive way.

Journey Hospice: 609-380-4302



Pray With Us

- Veteran's Day Prayer -

Lord, I pray that all Veterans feel honored and appreciated. I pray that our nation seeks to understand how difficult returning from battle is. Help all of us help our veterans heal from their deep warrior wounds. Grant all of us patience and wisdom during this healing process. I pray that all Veterans be rewarded a hundredfold for all their sacrifice and service. Bless them beyond their expectations.

Please Lord draw each Veteran close to you and grant them the "peace that passes understanding" (Philippians 4:7). And the "peace of Christ to rule in their hearts" (Colossians 3:15). AMEN

- Thanksgiving Prayer -

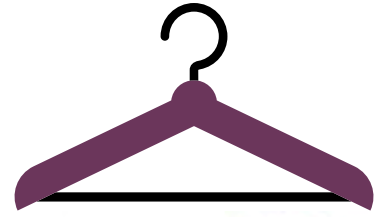
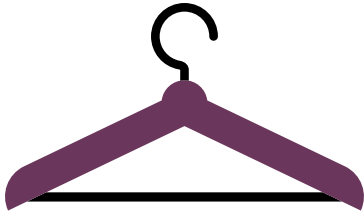
And who can think of November without thinking about Thanksgiving Day!

We all know our Holidays will be different this year because of the Pandemic but we should never forget to be thankful in all circumstances. To me the lyrics to this Hymn say it all! Come, sing along with me... Praise God from whom all blessings flow; praise Him all creatures here below; praise Him above ye heavenly host; praise Father, Son and Holy Ghost.

May each of you have a Blessed November and remember that I am just a phone call away....

- Pastor Carol

Smart Adaptive Clothing



Looking for easy on and off clothing? Chances are we all know someone who struggles with dressing themselves or another. Whether at home or in a professional setting, we can help you lead with style, build confidence, save time, and feel great. We place Velcro behind each button for easy fastening while keeping the button on the front closure and cuffs for a "traditional" appearance.

Our unique styles offer:

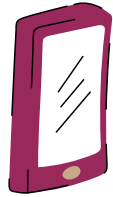
- UV Protection
- Moisture Wicking Properties
- Wrinkle Resistant
- Velcro For Easy On/Off Dressing
- Fashion Forward Designs
- Boost Self-Confidence

Website

<https://smartadaptiveclothing.com/>

November 2020 Edition

Virtual Groups & Webinars



Alzheimer's Association: Online Education Programs

Understanding Alzheimer's and Dementia (Tues., Nov. 10):

Alzheimer's is not normal aging. It's a disease of the brain that causes problems with memory, thinking and behavior. Join us to learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, Alzheimer's disease stages and risk factors, current research and treatments available to address some symptoms, and Alzheimer's Association resources.

Link to register: <https://action.alz.org/mtg/71289663>

Understanding and Responding to Dementia-Related Behavior (Wed., Nov. 11):

Provides participants with a four-step model to address behavioral aspects of dementia. The program details the model and then applies it to some of the most common behaviors associated with the disease.

Link to register: <https://action.alz.org/mtg/71367326>

Alzheimer's Association Website: alz.org/crf

Alzheimer's Association Phone Number: [800-272-3900](tel:800-272-3900)



November 2020 Edition

Virtual Groups & Webinars (Continued)

Journey Hospice: Grief Support Group

Virtual Group meets the 1st Tuesday of each month at 9:30 am

First Meeting will be December 1, 2020

Join us as we support each other. This virtual, informal social and support group provides a welcoming and confidential environment for you to share with others in a similar situation. Learn more about the grief process from Journey Hospice's chaplain and bereavement counselor, Carol Hutchison, and social worker, Madeline Martinez.

Connect by phone or by Zoom.

To register contact Beth Gebhart at:

609-380-4302 or bgebhart@lsmnj.org

Let's Talk Turkey

Advance Directives (Thurs., Nov. 10 at 10:00 am Virtually)

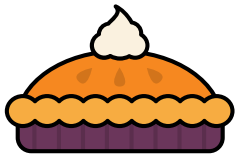
We're celebrating National Home and Hospice Care Month! As part of our recognition, Journey Hospice is providing a free, virtual workshop for the community. Join our staff as they present educational information regarding Advance Directives. They will also guide you on how to complete documents that express personal wishes regarding medical decisions.

Register online at: <https://conta.cc/3lP4isj> or call 609-760-6073

Questions? Email: bgebhart@lsmnj.org

*link will be emailed to registered participants prior to the workshop





Riddles & Games

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Unscramble each of the clue words. Take the letters that appear in boxes and unscramble them for the final message.



Missing Numbers

Try to fill in the missing numbers.

The missing numbers are integers between 0 and 9.

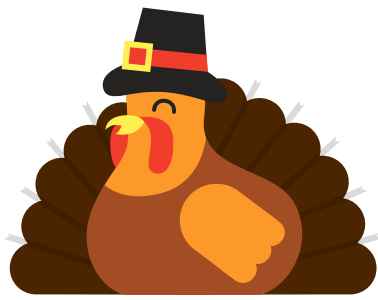
The numbers in each row add up to totals to the right.

The numbers in each column add up to the totals along the bottom.

The diagonal lines also add up the totals to the right.

				11
	7			23
			9	24
			9	21
0	5	4		14
13	16	25	28	21





Word Game

Answers:

Turkey, Stuffing, Corn, Football, Potatoes, Pilgrims, Native Americans, Apple Pie, Parade,
Cranberries, Squash, Bake, Delicious.

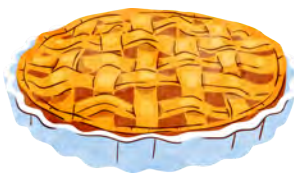
Final Word: Thanksgiving

Missing Numbers

Answers:

11

4	7	7	5	23
7	3	5	9	24
2	1	9	9	21
0	5	4	5	14
13	16	25	28	21



- The right care at the right time -

