

THE JOURNEY JOURNAL



January 2021 Edition

Welcome to the January 2021 Edition of The Journey Journal! Here is a quick list of what you can find in this month's newsletter: Reminders, Virtual Dementia Symposium, Good Reads, and Riddles & Games.

Starting Off With a Couple of Reminders:

1. **Happy New Year:** Happy New Year! 2021 is here and with it comes a fresh start. Looking to try out a new resolution this year? Here is a list of some 2021 resolutions. Remember: you do not have to stick to the resolution exactly and can change or stop it at any time.

What matters is your own goal and your own growth !

<https://www.goodhousekeeping.com/health/wellness/advice/g985/achievable-new-year-resolutions/>

2. **Covid-19:** Unfortunately, the Covid-19 pandemic is still a big issue and cases are rising across America once again. Please make sure to continue following Covid-19 safety guidelines including wearing a mask when you are out and maintaining 6-foot social distancing. On a positive note, the coronavirus vaccine has been approved for use in the United States and the distribution process has started. Here is a link with some extra information about the vaccine, and an approximate timeline on when vaccines will be available: <https://www.cnn.com/2020/11/30/health/covid-vaccine-questions-when/index.html>

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Pray With Us

Oh Lord, What a year 2020 was! There was so much suffering from COVID, wildfires, hurricanes, floods, tornadoes, protests, riots, political unrest, shootings and social injustice, just to name a few. Our society lost so many “famous people” but to each of us the loved one we lost was famous too.

For all the negative things we could say about 2020, a lot of good happened too! The human spirit showed its resiliency! There were more donations of food and clothing than I have ever seen. So many volunteered to help their neighbors in many different ways. Hospitals and medical personnel received donations of PPE equipment. People feed their local Police and First Responders as a way to saying thank you.

People ask, how then can I have **hope**? We have to remember that **hope** is the grace to live with reality and still find peace and joy. **Hope** is a necessity especially in times like these. **Hope** is not unrealistic expectations that everything will work out to the way it used to be. **Hope** is the confidence and faith that however things turn out, God will be with us, God will see us through, and God will bring healing.

What a blessing the gift of **hope** is!

Hope gives us the ability to comfort others; because God comforts us during life’s difficulties we also know God equips us through our own suffering to minister to others needs.

I pray for each of you in this New Year of 2021 that the **hope** in knowing as the Apostle Paul said in Romans “In everything God works for good”. May your year be filled with God’s **hope** and confidence.

Pray with me won’t you that we all keep **hope** alive...

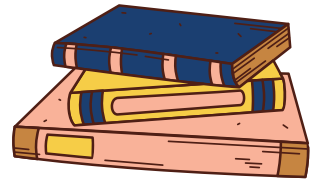
Pastor Carol





January 2021 Edition

Good Reads



January is known as Book Blitz Month, so we have compiled a list of ways to find and read books as well as a list of some of our favorite books to read.

Finding and Reading Books

Hardcover and Paperback books:

- Library: Libraries are open some are operating in person while others provide drive-up service. Make sure to check your local library's website to see hours and services.
- Online/ In person stores: If you are looking to buy a book, there are many places to make a purchase. Some places to buy books include: Amazon, Target and Barnes and Noble.

E-books:

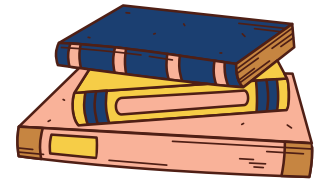
E-books can be read on most electronic devices as long as the necessary applications are downloaded on that device. E-books provide a perfect alternative to in person shopping!

- Library: Most libraries have E-books available on their online websites. These E-books are free and have similar check-out periods as most library books.
- Online Stores: Amazon has a large selection of electronic books that can be accessed on a kindle (order with the same account you log into your kindle), or order from a non-kindle device with the kindle app.



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Good Reads



Looking for the perfect book? Here is a quick list of some fan favorites from Journey Hospice and the New York Times!

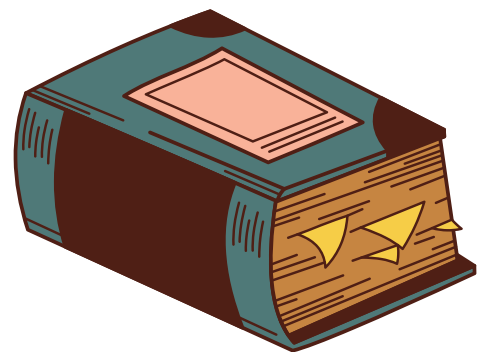
Our Favorite Books

Below are the names of the Journey members who made suggestions and the title(s)/author(s) of the books that they suggested:

- Beth Gebhart: The Color of Water - James McBride
- Karen Sanchez: Stolen Lives - Malika Oufkir and Cape May Court House A Death in the Night - Lawrence Schiller
- Denise Raymond: A Child Called "It" - Dave Pelzer
- Donna Bingenheimer: The Little Prince - Antione de Saint Exupery
- Carol Hutchinson: The Bible
- Darlene Thurber: Intensity - Dean Koontz

New York Times - Best Books of 2020

- A Children's Bible - Lydia Millet
- Deacon King Kong - James McBride
- Hamnet - Maggie O'Farrell
- Homeland Elegies - Ayad Akhtar
- The Vanishing Half - Brit Bennett
- Hidden Valley Road - Robert Kolker
- A Promised Land - Barack Obama
- Shakespeare in a Divided America - James Shapiro
- Uncanny Valley - Anna Wiener
- War - Margaret MacMillan



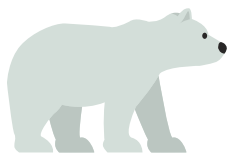
Riddles & Games



Word Search

S Q D P R Q E M S Z A M O T G C F D L H
 Q N S X E Y E A R I P S H O O N P L I B
 G D O R S V L F A W N G E U C S A W N R
 J Y U O O E E F X R I N N P L B E M E A
 M U X X L P L K L N A T I N O Y L M W T
 P B H R U L R N D E D R N P C P S A I H
 J F H H T W A I D O J A T R K L S I N T
 S H C P I O M B W Z X D Q J G J U P P Y
 F Q V V O A R N G K D N C I S U M M W B
 S A U J N O W C R L J E N D E A G F N A
 J E K A D F U T U D O L A N U E M I B B
 P P X P R O P V L E E A V J C Y J S N N
 K H R K R E Y S T U P C I N W M H W N V
 N O I T I D A R T R U S J Q C H P M J J
 W P O G Y F M Q W W T P F U L X Q M L W
 A Q I N G Q I O E U H I U R J X G I E G
 J A N U A R Y F T J R K S S M K X T Q M
 L B A M B O U Q L S E Z K L K T V L H Z
 T X H A U L T Q T E V K K V K I A A S V
 J Z N X D U R U O S V U L O V I J L T I

- BABY
- BALL
- BALLOONS
- CALENDAR
- CLOCK
- COUNTDOWN
- EVE
- FIRST
- JANUARY
- MIDNIGHT
- MUSIC
- NEW
- RESOLUTION
- TIMES
- SQUARE
- TRADITION
- YEAR



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 the totals to the right.

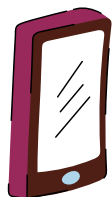
The numbers in each column add up to the totals along the bottom.

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

				16
			1	20
				17
3			9	19
	7	7	8	31
19	23	24	21	26



Virtual Dementia



Symposium



Virtual Dementia Symposium (Tues., Jan. 12 from 8:30 a.m. to 12:00 p.m.):

Join the Alzheimer's Association for a free, half-day Virtual Dementia Symposium featuring local speakers and four short presentations:

- Effective Communication
- Stigma
- End of Life
- Strategies for Activities of Daily Living

This event is appropriate for family and professional caregivers, community providers, and seniors. A 15-minute break is scheduled for 10:25 a.m.

Register online at: <https://action.alz.org/MTG/71119290> or

Register by phone at: [800.272.3900](tel:800.272.3900)

* This symposium will be conducted over Zoom*

Riddles & Games Answers

				16
5	8	6	1	20
2	7	5	3	17
3	1	6	9	19
9	7	7	8	31
19	23	24	21	26

