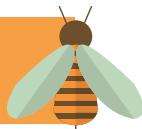
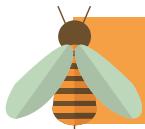


THE JOURNEY JOURNAL



April 2021 Edition



Welcome to the April 2021 edition of The Journey Journal! Here is a quick list of what you can find in this month's newsletter: Reminders; The Director's Note; Nurse's Corner; Pray With Us; Earth Day; Webinars, Walks, and Vaccines; and a Hidden Message Puzzle.

Starting Off With a Couple of Reminders:

1. **Happy Easter (April 4):** Happy Easter!
2. **Happy Passover (March 27 to April 4):** Chag Pesach sameach!
 3. **Happy Earth Day (April 22):** Happy Earth Day!
4. **Covid-19:** Covid-19 vaccines have been rolling out, however, for many people vaccines are difficult to access and the registration process can get confusing. Therefore, the Journey team put together a few articles and resources to help with learning about and accessing vaccines. In the following pages check out the Nurse's Corner articles and the "Having Trouble Getting the Covid-19 Vaccine" articles to access this information!



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The Director's Note

I am so happy to report that spring is right around the corner! My daffodils and crocus are in bloom, what a miracle, and how it makes me smile and marvel at the strength and resilience of Mother Nature. This power and strength has been demonstrated by all of us this year with the pandemic, and the unique paths that all our patients and families are undertaking. It is my sincerest hope that our Journey staff have helped ease your burden along the way. I observe, and listen to our staff and their care and love and empathy for their patients and families, and I can honestly say I am struck by what a privilege and honor it is to be part of this team. We also are so thankful to have the privilege of providing this care to our patients and families.

I am pleased to report that this newsletter will include a word from Denise Raymond, our Director of Nursing, on the questions as to the Covid-19 vaccine. I am aware that many of you are inquiring as to the availability of the vaccine. I am hoping this newsletter will help clarify. Please know you can always call the office with any concerns. I wish each and every one of you a very Happy Spring, I hope for a smile for all of you, with the opportunity for your own warm sun, and blooming crocus and daffodils.

Please take care, and be safe!

Respectfully submitted,

Darlene Thurber - Executive Director



Nurse's Corner

What to expect with the Covid-19 Vaccine

The COVID-19 vaccination will help protect you from getting COVID-19. You may have some side effects, which are normal signs that your body is building protection. Some people have no side effects. Now that Johnson and Johnson vaccine has been released, the local counties have been able to begin vaccination of our home bound residents. We have had some questions if Journey nurses will be providing the vaccines, however at this time hospices in NJ do not have the capabilities to administer the vaccine. There are so many steps including refrigeration, tracking, monitoring for side effects, etc. that makes it more difficult for our nurses. However, with the county health departments and meals on wheels services beginning to administer the vaccines; Journey Social Worker, Madeline is able to help assist in getting the vaccine scheduled for you, your loved one and/or your caregivers.

Please contact Madeline at: [609-380-4302](tel:609-380-4302).

After receiving the vaccine you may or may not experience common side effects: The most common are pain, redness and swelling in the arm where you received your shot. You may also experience tiredness, headache, muscle pain, chills, fever and/or nausea throughout the rest of your body.



Nurse's Corner

What to expect with the Covid-19 Vaccine (Contd.)

Helpful tips if you have pain or discomfort after getting your vaccine, talk to your hospice nurse regarding taking over the counter medications such as ibuprofen and acetaminophen. Drink plenty of fluids, dress lightly, use or exercise your arm and apply a clean, cool, wet washcloth over the area on your arm where shot was administered.

Remember, the side effects should go away in a few days. If they do not please notify your hospice nurse at 609-380-4302. It takes time for your body to build immunities after any vaccination, so continue to keep yourself safe with mask wearing, social distance and proper handwashing during the 2 week following your vaccination. After you are fully vaccinated, you may be able to start doing things you had stopped doing because of the pandemic. Visit the CDC's website for the latest recommendations. www.cdc.gov/coronavirus/vaccines

Vaccinated and non-vaccinated, please continue to wear your masks around anyone who doesn't live in your home. Continue to social distance and hand wash frequently.

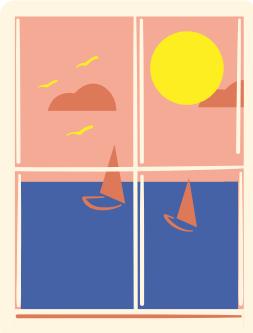
If you have any questions or concerns regarding vaccines, please do not hesitate to call me at 609-380-4302

Pray With Us

Precious Lord, bless those around us and bless the beauty on our Earth that this springtime season has brought our way. Bless the animals of the earth, the lush gardens of our farmers, and the fields full of crops. Bless this planting season so that every seed and sapling is coated in Your touch. Allow there to be enough growth for all people to eat and enjoy Your goodness. I ask that You continue to keep the weather steady, keep the trees growing strong, and bless all the lovely gardens so that Your fruits of the field may ripen, to nourish our bodies. Let us continually be thankful for the miracles of spring, the charm of nature, and the love You never fail to provide for us. Help us to appreciate what You provide for us and encourage us to be generous with our supply. In Your name, I pray. Amen.

Happy and Blessed Spring,
Pastor Carol





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Earth Day

Earth Day is an annual celebration of the wonderful Earth that we live on. The beauty of our Earth is overwhelming; just a glance outside of our windows depicts the most beautiful scenes with the radiance of the sun, brilliance of lightning, and vibrance of greenery. From the oxygen that the Earth gives us, the home it provides, and the food it offers, there are so many things that the Earth does for us that we tend to overlook. Recently there has been an increasing trend of man made climate change - "a long-term shift in global or regional climate patterns" (National Geographic). This was evident in 2020 with the increase in disastrous and heartbreaking fires, winter storms, and pollution across the world. Climate change is a disappointing reality that we must face. Luckily, we have some time to slow down climate change! Everyday we can all make efforts to help out mother nature such as actively trying to lower our carbon footprints and replacing single use products with reusable ones. Every small action counts! This year Earth Day falls on Thursday, April 22. On this day (and everyday thereafter) we can all take the time to celebrate our Earth and work towards making it a cleaner and safer place in the future. Linked below is a website with a few things you can do to help our Earth!:

<https://www.nrdc.org/stories/how-you-can-stop-global-warming>

Webinars, Walks, and Vaccines



Life Planning Workshop: Documents Everyone Should Have in Place (Tues., April 27 at 12:30 pm Virtually)

This free virtual workshop will discuss the essential documents every person should have in place: wills, living wills, types of power of attorney, POLST documents, etc. You will leave with an understanding of necessary documents and how to get started in planning for the future. The workshop is presented virtually, via zoom. Attendees may connect by phone or by zoom conference call. Pre-registration is required. Registered attendees will receive link to connect. To register, call: (800) 458-0651 or email Beth Gebhart at bgebhart@lsmnj.org

Feet in the Street: Virtual Walk/Run (Fri., April 23 - Thurs., April 29)

Do you enjoy walking or running? Then this is the perfect event for you! Let's get moving to help NJ families and seniors! The virtual 1M/5K Fun Run (and WALK) supports LSMNJ's COVID-19 Relief Fund and the H.E.R.O. Program. Visit the LSMNJ page at <https://www.lsmnj.org/support-us/virtual-feet-in-the-street-1m-5k-fun-run/> for more information. If you are interested in the event the link called "race site" will direct you to a page to register. Happy racing!

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Webinars, Walks, and Vaccines

Having Trouble Getting the Covid-19 Vaccine?

Seaville United Methodist Church Can Help!

Step 1: Register with Atlanticare at vaccination.atlanticare.org

Step 2: Visit our website and complete the form at
www.seavilleumc.com/operation-vaccination

Step 3: Let the Vaccine Angels make your appointment.

If you have questions or need help contact Pastor Cricket at:

seavilleumc@gmail.com

Hidden Message Puzzle

First find all the words in the list. Words can go in any direction and share letters as well as cross over each other. Once you find all the words.

Copy the unused letters starting in the top left corner into the blanks to reveal the hidden message.

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

Word List

Animals

Compost

Earth

Flowers

Leaves

Mountains

Oceans

Oxygen

Pollution

Recycle

Reduce

Reuse

Sun

Trees

