

THE JOURNAL

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March 2021 Edition

Welcome to the March 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, and Riddles & Games.

Starting Off With a Couple of Reminders:

1. **Daylight Savings:** Daylight savings: We love it in November when we get an "extra hour" of sleep and hate in the spring when we lose an hour. This year daylight savings falls on March 14, 2021. Make sure to set your clocks one (1) hour forward on the 14th and sleep an hour early the night before if you can!
2. **Covid-19 Vaccinations:** Covid-19 vaccines are now being rolled out to millions of people across the country. If you are planning to get vaccinated check out these links for more information on the vaccine itself and how to register for the vaccine.

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

<https://covidvaccine.nj.gov/>



The Director's Note

To all our Journey Hospice Patients and their Families, and Friends, and Caregivers,

I hope this monthly newsletter brings a little well-deserved relief and a break in your routines, and hopefully a little smile to your faces!

While we have kept our fun games and activities, we have added a monthly Executive Director, and Director of Nursing column.

We want you to know our staff, and to be kept informed of “news” at Journey.

We will showcase our new hires and staff, so you can get to know the very special team members at Journey Hospice. I am impressed daily by our staff's dedication and compassion, and their dealing with the snow and ice to get to the homes and facilities! This is one of the many examples of what makes Journey Hospice so special.

We are here to provide care and comfort. We are in “your home,” and accordingly we proceed with the respect and compassion that you deserve. We also follow all safety measures to ease your mind about COVID, with daily practices and temperature and symptom screening of our staff, and patients.

These are challenging times, and Journey Hospice has accepted this challenge in our provision of care.

This little newsletter is our way of establishing our caring community, for letting you know our team is here for you. Please know we are but a visit, or a phone call away, and we care.

Respectfully Submitted,
Darlene Thurber - Executive Director



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Nurse's Corner



From the D.O.N.'s desk:
This month we would like to introduce the newest RN case manager to our Journey hospice team, Bernadette Salopek.

Bernadette, affectionately known as Bernie, has recently joined our team. Bernie is currently licensed in Pennsylvania as well as New Jersey as a registered nurse for over 30 years.

She comes to us with a vast amount of hospice and homecare experience however she has also worked as Director of Nursing in long term care as well as Assistant Director of Nursing in subacute rehabs. Bernie has a passion for hospice care and believes it is a privilege to be allowed to share in the end of life with her patients. Bernie's mom, dad and sister have all been recipients of hospice and currently her brother in-law is on hospice care. Bernie is married, with 3 adult children and 6 grandsons. She loves living near the beach and has a strong faith in God. Her slogan,

“Nothing happens by accident.”

Welcome to our team, Bernie.

Denise Raymond, RN Director of Nursing

Pray With Us

"Be willing to be a beginner every single morning..." Meister Eckhardt

When we wake each morning, do we look at new opportunities, new blessings and a life full of possibilities? Or do we wake exhausted from carrying over the baggage of a lifetime; or just the day before? God provides us a fresh start each time we open our eyes, and looking at life as wondrous and new each day provides us with a series of moments to learn, to grow in faith and to provide the necessary strengths others need as a part of a larger human family. Today is a day of new beginnings, time to remember and move on to the joys and challenges of here and now. May we find it within ourselves to accept all the good things God is placing in front of us! I am keeping all of you in my prayers!

Rev. Carol Hutchison

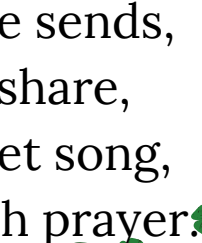


Pray With Us (Cont'd.)



St. Patrick's Day Prayer

May God give you...
For every storm a rainbow
For every tear, a smile
For every care, a promise
And a blessing in each trial.
For every problem life sends,
A faithful friend to share,
For every sigh, a sweet song,
And an answer for each prayer.



Prayer for the Season of Lent



Please pray with me:

Lord God, giver of our every breath, during our Lenten journey send your Holy Spirit to blow the dust off whatever in or around us needs new life. Remind us of our limits so that we will once again experience your limitless power. When we cry to you and feel as if you do not hear us, grant us a tangible reminder of your promise to never leave us alone. When we feel unable to sing your praises or whisper a prayer, surround us with others who will sit with us, pray with us, and be the hands and feet and face of Christ to us. When the night has past and we see the coming dawn, help us to bear the light of Christ to those who still sit in darkness until we all shout alleluias on Easter morning.



Riddles & Games



Word Search

S D R I B E E G N A H C E M I T L M E G
 V Y P A D K S I P P P Y E V B K J Z P Z
 I U T A L X D R K A A M T A D P R U D S
 N Q R Y K W R F E D N V R B S U I V L S
 W A H Z W V Y P S W B C M O V M D S U H
 P L W X R Q H E M N O P A T C J L P V A
 P S C F H C N D P O J L U K B I T R X M
 F E A N W D Y C A U V C F Y E V Y I Z R
 G A N R E R B T R S N G Z G T S I N Z O
 C I T W G P D O X K D T I B G X I G W C
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 V S A S U S D B V C W Z T S P S D T V Z
 A D Q J K E Z R P R X R D W T Y E I E D
 Q Y D Z C L S I A L E P R E C H A U N U
 W Q S M B W G D M M P L T N S P O V B P
 Q B J Q Y K D C A V T U Y S W G E D E D
 E R X K E H O T X Y N N T X D G O D Q Y
 G N V X N J X U J D N Y M P N L J L I A
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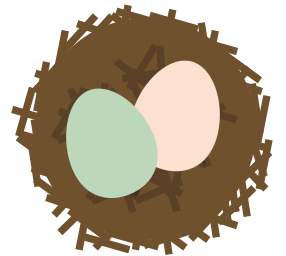
- Ash Wednesday
- Leprechaun
- Pancakes
- Spring
- Birds
- Mardi Gras
- Parade
- St. Patrick's Day
- Fat Tuesday
- Shamrock
- Time Change
- Flowers



Number Blocks

Fill in the missing numbers.
 The missing numbers are integers between 0 and 5.
 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.

				11
				8
				14
	4	1		8
				6
7	16	10	3	5



5	3	10	9	7
6	0	1	4	1
8	0	1	4	3
14	2	3	4	5
8	1	0	4	3
11				