

# THE J URNEY

# J URNAL

May 2021 Edition

**Welcome** to the May 2021 Edition of The Journey Journal!

Here is a quick list of what you can find in this month's newsletter: Memorial Day, Handwashing, Pray With Us, Thank you Volunteers, Journey Photos (a new section), and Riddles & Games.

## **Memorial Day**

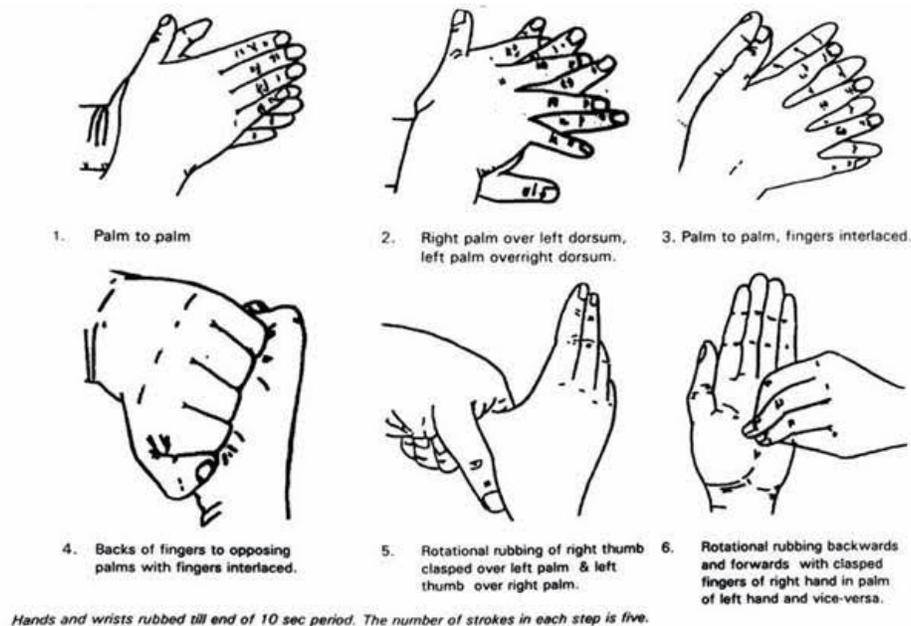
Memorial Day is an important day in which we take time to honor the men and women who died while serving in the United States military. It is a day of recognition of the lives lost and an appreciation of the sacrifices that many made for our country.

Memorial Day falls on May 31 this year. Originally known as Decoration Day, it originated in the years following the Civil War and became an official federal holiday in 1971. This holiday is just one day every year, however, its meaning stays with us everyday. Thank you to those who served or are currently serving in the military.

# Handwashing

May 5 is National Handwashing Day!

It may seem like a simple task but handwashing is not always done properly. Below are some simple steps to ensure you are keeping yourself and your loved ones safe from infection:



Also, while we discuss hand hygiene, it is important to point out that for the general public, wearing gloves is not necessary, according to the CDC, in most situations. Examples of these situations include running errands, when using a shopping cart or using an ATM. The best way to protect yourself from germs when running errands and after going out is to wash your hands with soap and water for 20 seconds or use hand sanitizer with at least 60% alcohol.

When gloves **are** needed is when cleaning and disinfecting your home, when caring for someone who is sick, and when coming into contact with body fluids such as blood, stool, saliva, vomit, urine and/or mucus. Most importantly after removing your gloves **WASH** your hands. **When in doubt wash your hands!**

# Pray With Us

What a privilege I had recently. Barbara Wiener, District Hospital Chair VFW Auxiliary, and myself delivered 150 goodie bags to local Veterans who are in long term care facilities. We wanted them to know that they are not forgotten. Journey Hospice is very active in caring for our Veterans.

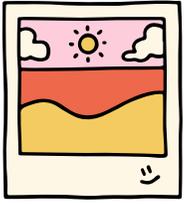
Please join me in prayer:

Loving God, today we pause to reflect on the sacrifice made by those who paid the ultimate price on behalf of our nation. We pray that their sacrifices are never forgotten, nor is the pain of their families. We acknowledge that freedom comes at a cost and pray that we can pursue peace. We hope that, someday, we celebrate Memorial Day as just a memory of the time before we started living the peaceful existence You intended for us since the beginning of creation. Let us turn to You, Lord, in our grief and in our remembrance of the fallen. Guide us toward a harmonious existence as we honor those who were willing to give up their lives that we may gather here today freely. On this Memorial Day, we pray for peace and for those who gave all. Lead us toward a world where no one must give their lives in pursuit of freedom. May we be receptive to Your guidance, and may we never forget the fallen.

Amen.



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# Journey Photos

## New newsletter section alert!



One of my hobbies is photography. I love taking pictures of the things I see in my world (the above picture is from a hike last year during early spring). So as a way to connect the members of the Journey Community, I have decided to create a section in the newsletter to showcase pictures that you, the readers, send in. Pictures can be of anything that you would like to share (i.e. some flowers you see out your window). Additionally, you can write a little blurb about the picture (how it makes you feel, where or when you took the photo). To share your photograph and description email me, Dhanya at [dhba2179@gmail.com](mailto:dhba2179@gmail.com). Pictures from patients, family and staff are welcome. I am looking forward to seeing your submissions!

# Riddles & Games



## Hidden Message

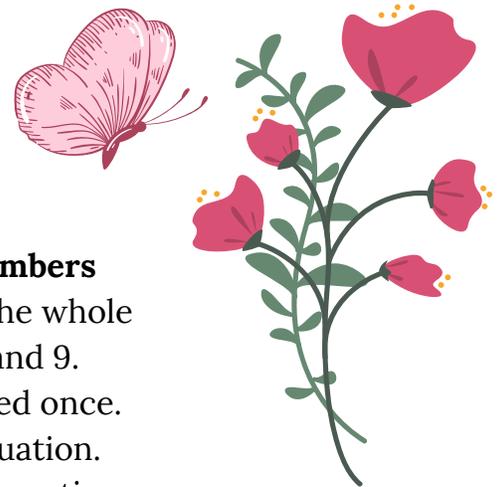
This puzzle is a word search puzzle that has a hidden message in it. First find all the words in the list. Words can go in any direction and share letters as well as cross over each other. Once you find all the words. Copy the unused letters starting in the top left corner into the blanks to reveal the hidden message.

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

- America
- Bloom
- Cinco
- Flag
- Flowers
- Growing
- Happy
- May
- Mothers
- Nature
- Rainbows
- Spring
- Sun
- Warm



## Math Squares



3	×	6	-		17
+		+		+	
	-		÷		3
×		+		-	
	+		-		8
31	23	-2			

**Fill in the missing numbers**  
 The missing values are the whole numbers between 1 and 9.  
 Each number is only used once.  
 Each row is a math equation.  
 Each column is a math equation.  
 Remember that multiplication and division are performed before addition and subtraction.

	-2	23	31
8	5	-	6
	-	+	+
3	2	÷	8
	+	+	+
17	1	-	6