

THE JOURNAL

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June 2021 Edition

Welcome to the June 2021 Edition of The Journey Journal! Here is a quick list of what you can find in this month's newsletter: Reminders, Pray With Us, Nurse's Corner, Journey Photos, and Riddles & Games.

Starting Off With a Couple of Reminders:

1. **Covid-19:** The finish line is in sight! Covid-19 vaccines are now available to anyone 12 years or older (Pfizer is the only vaccine available for those 12-18) living in the state of New Jersey. If you would like to get a vaccine visit the link below to find appointments and availability:
<https://covid19.nj.gov/pages/finder>
2. **Happy Father's Day!** Happy Father's Day to all of the amazing fathers!
3. **Happy Pride Month and Flag Day!** Happy Pride Month to everyone who belongs to the LGBTQIA+ community! An article about Pride Month and Flag Day can be found on page 5.
4. **Summer is here!** This year summer solstice (first day of summer) falls on Sunday, June 20. Have a great summer and enjoy the warm weather!



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Pray With Us

"I ask that the eyes of your heart may be opened, so that you may know the hope of His calling, the riches of His glorious inheritance in the saints, and the surpassing greatness of His power to us who believe...."

Ephesians 1:18-19

Opening the eyes of our hearts may seem an odd statement to some; but to those of us who choose to search for goodness and blessings: our lives become richer and fuller. We are able to weather the momentary squalls and move forward knowing we are supported.

Until we recognize the Divine eyes of our hearts, we miss so much of the richness that is right in front of us. And sometimes I have to remind myself that those eyes can get heavy and begin to close. When that happens we tend to fall into a funk and miss the joy that is all around.

Open my eyes, that I may see glimpses of truth thou hast for me; place in my hands the wonderful key that shall unclasp and set me free.

God is giving us a beautiful landscape of life. Open your eyes and take it all in!

Praying for clear vision!

- Pastor Carol

Nurse's Corner

June is National Fall Prevention Month - Facts About Older Adult Falls:

- About 36 million older adults fall each year—resulting in more than 32,000 deaths.
- Each year, about 3 million older adults are treated in emergency departments for a fall injury.
- One out of every five falls causes an injury, such as broken bones or a head injury.
- Each year at least 300,000 older people are hospitalized for hip fractures.
- More than 95% of hip fractures are caused by falling—usually by falling sideways.
- Women fall more often than men and account for three-quarters of all hip fractures

Use this checklist to find and fix hazards in your home:

Stairs and Steps (Indoors and Outdoors)

- Are there papers, shoes, books, or other objects on the stairs?
 - Always keep objects off the stairs.
- Are some steps broken or uneven?
 - Fix loose or uneven steps.
- Is there a light and light switch at the top and bottom of the stairs?
 - Have an electrician put in an overhead light and light switch at the top and bottom of the stairs. You can get light switches that glow.
- Has a stairway light bulb burned out?
 - Have a friend or family member change the light bulb.
- Is the carpet on the steps loose or torn?
 - Make sure the carpet is firmly attached to every step, or remove the carpet and attach non-slip rubber treads to the stairs.
- Are the handrails loose or broken? Is there a handrail on only one side of the stairs?
 - Fix loose handrails, or put in new ones. Make sure handrails are on both sides of the stairs, and are as long as the stairs.

Nurse's Corner

Floors

- When you walk through a room, do you have to walk around furniture?
 - Ask someone to move the furniture so your path is clear.
- Do you have throw rugs on the floor?
 - Remove the rugs, or use double-sided tape or a non-slip backing so the rugs won't slip.
- Are there papers, shoes, books, or other objects on the floor?
 - Pick up things that are on the floor. Always keep objects off the floor.
- Do you have to walk over or around wires or cords (like lamp, telephone, or extension cords)?
 - Coil or tape cords and wires next to the wall so you can't trip over them. If needed, have an electrician put in another outlet.

Kitchen

- Are the things you use often on high shelves?
 - Keep things you use often on the lower shelves (about waist high).
- Is your step stool sturdy?
 - If you must use a step stool, get one with a bar to hold on to. Never use a chair as a step stool.

Bedrooms

- Is the light near the bed hard to reach?
 - Place a lamp close to the bed where it's easy to reach.
- Is the path from your bed to the bathroom dark?
 - Put in a nightlight so you can see where you're walking. Some nightlights go on by themselves after dark.

Bathrooms

- Is the tub or shower floor slippery?
 - Put a non-slip rubber mat or self-stick strips on the floor of the tub or shower.
- Do you need some support when you get in and out of the tub, or up from the toilet?
 - Have grab bars put in next to and inside the tub, and next to the toilet.

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Pride Month



June is Pride month, a month in which people across the world come together to celebrate the LGBTQIA+ (Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, Asexual,+) community. Pride in America originated from the Stonewall Riots on June 28, 1969. Later, the entire month of June was designated as 'Pride Month' to recognize and support the members of the LGBTQIA+ community.

Here are a few links to learn more about the LGBTQIA+ community and what you can do to support it:

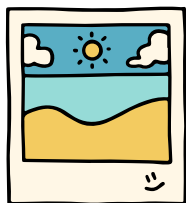
- Resources for allies: <https://buffer.com/resources/lgbtqia-resources/>
- Resources for LGBTQIA+: <https://www.glaad.org/resourcelist>
- The Stonewall Riots: https://www.history.com/topics/gay-rights/the-stonewall-riots#section_5

Happy Flag Day

Flag Day is celebrated on June 14, which falls on a Monday. On June 14, 1777, the Second Continental Congress took a break from writing the Articles of Confederation and passed a resolution stating that "the flag of the United States be 13 stripes, alternate red and white," and that "the union be 13 stars, white in a blue field, representing a new constellation." Over 100 years later, in 1916, President Woodrow Wilson marked the anniversary of that decree by officially establishing June 14 as Flag Day.



June 2021 Edition



Journey Photos



Our Photos for June



Dhanya Sureshbabu



Beth Gebhart



Beth Gebhart



Linda Lorenz

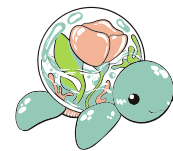
This picture was taken 2 years before I lost my best friend, "Max Cat". I live in Virginia and Max always enjoyed watching all the wildlife that surrounds us. It made me smile and made my heart hurt at the same time. How lucky I was that he selected me to care for him !

- Linda Lorenz

Thank you so much for all of the wonderful photo and photo description submissions this month! If you would like to share a photograph in the next edition of the Journey Journal, email me, Dhanya, at dhba2179@gmail.com.



Riddles & Games



Double Puzzle

MERMUS

1		4		10		6	

UNS

8		

ASYAFHERTD

			9		11				

ECEBLATRE

									5

NVACOTIA

							7

CPIAGNM

			3			

HBCAE

				12

UNF

		2

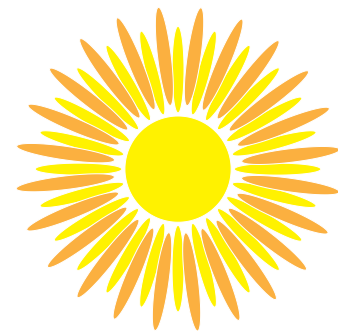
1	2	3	4	5	6	

7	8

9	10	11	12



Unscramble each of the clue words. Take the letters that appear in numbered boxes and put them in the message boxes below to reveal the final message!



Math Squares

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.

	÷		+		7
-		×		-	
	-	1	+	9	13
×		-		-	
	+		-		9
-22		-5		-10	

	01-		5-		22-
6	÷	-	÷	+	9
	-		-	×	
13	6	+	1	-	5
	-		×		-
7	3	+	2	÷	8

Summer is here



JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

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