

THE JOURNEY JOURNAL

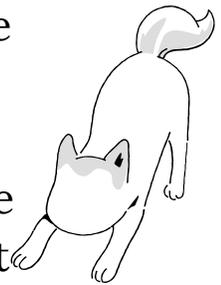
September 2021 Edition

Welcome to the September 2021 Edition of The Journey Journal! Here is a quick list of what you can find in this month's newsletter: Self-care, Pray With Us, and Riddles & Games.

Self-care

As September approaches, our lives will become much busier and can get stressful sometimes. Below is a list of activities you can do to relax your body and your mind:

1. **Go Outside:** Whether it is for a walk or other form of exercise or just to sit and and look at the world around you, going outside is a great way to relax.
2. **Stretch:** Stretching is a great way to increase flexibility, range of motion, and energy levels. Make sure to find stretches that work for you and stretch before and after working out.
3. **Mindfulness Jar:** Fill a water-sealable jar almost entirely with water. Add a little bit of dish soap, glitter, food coloring drops, and clear or glitter glue (optional). Close the jar and shake it up. If you would like the glitter to move slower in the jar add more dish soap. Shake it whenever you you need a break, shake up the jar and watch the glitter twirl and settle!
4. **Take a Moment to Laugh:** Watch a funny movie or comedian perform, play a silly game or dance, read the comics or funny paper, or tell a joke!



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Pray With Us

Gracious God, as we prepare to start a new academic year, we have many feelings, expectations, fears and hopes. Help us to remember, however, that we have the comforting assurance from you: "I will always be with you."

Whether we are transitioning from work and leisure of summer back to the classroom, or working from home to back into an office, give us patience with ourselves and with each other.

For those transitioning to becoming a caregiver, Lord, we ask for them to feel Your presence in a special way, Your presence of comfort and peace, of love and support.

Turn our anxieties into confidence, our worries into hope. Fill our hearts with joy, and our minds with wisdom.

May we remind ourselves of Psalm 141:3 "Set guard, O Lord, over my mouth; keep watch over the door of my lips".

Pastor Carol



www.journeyhospicenj.org
Journey Hospice 6712 Washington Ave. Suite 302
Egg Harbor Township, NJ 08234

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Johnny Appleseed Day

September 26 is the day to commemorate one of America's most famous legends, it's Johnny Appleseed Day! Most people are surprised to know that Johnny Appleseed was in fact a real person, and on this day in September, we celebrate not only his enduring legacy in this country but also his birthday!

While we don't know exactly when or who began celebrating this day as National Johnny Appleseed Day, we do know that the date was chosen because September 26 was Johnny Appleseed's birthday.

Johnny Appleseed, despite his American legend status, was a real man by the name of John Chapman, who was born in 1774 and became one of the United States' pioneer nurserymen. Appleseed became known for planting the first apple trees in American territory, in the states of Pennsylvania, Indiana, Ohio and what were back then the northern counties of West Virginia.

He built his first nursery near Brokenstraw Creek in Pennsylvania and then traveled as far as Illinois and Iowa, Michigan, and Wisconsin, leaving a great trail of bountiful fruit trees behind. He planted the trees for free, and left them at the care of a neighbor, and would come back every year or two to take care of them.

Cont. Johnny Appleseed

Along with his seeds, Appleseed also shared his teachings wherever he went. Above all, he taught people to be kind, and the need to love all animals and do them no harm. In fact, Johnny Appleseed is thought to be one of the first vegetarians.

Whenever people think about Johnny Appleseed they think about his appearance that was as humble as his spirit. He was known for his wide-brimmed hat and for often being shoeless. He traveled across the country by foot, horseback or canoe, and would travel back miles to where he had planted his nurseries if he heard that an orchard was in poor condition.

Johnny Appleseed has become an American hero because he selflessly devoted his life to planting apple seeds with the sole purpose of having other people enjoying the fruit and apple cider. While doing so, he helped pioneers with their plantations which allowed them to claim land, thus greatly improving the American expansion.



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Riddles & Games



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

Word Search

- Acorn
- Apples
- Autumn
- Cider
- Fall
- Football
- Harvest
- Labor Day
- Leaves
- School
- September
- Sunflower



Math Squares

	-	6	÷		-1
-		×		+	
	-		+		1
×		-		÷	
	-		-	4	-6
-9		47		5	

Fill in the missing numbers

The missing values are the whole numbers between 1 and 9.

Each number is only used once.

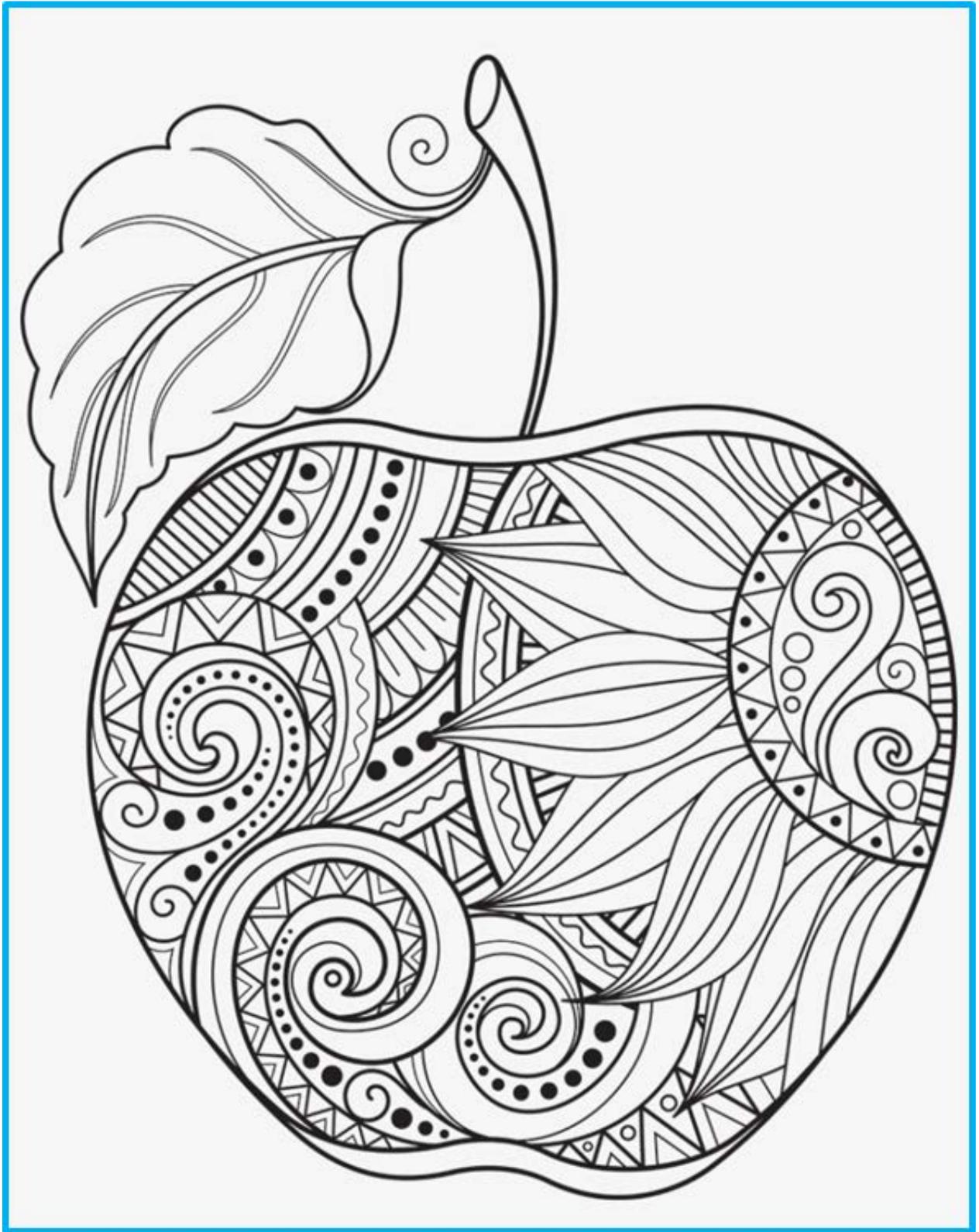
Each row is a math equation.

Each column is a math equation.

Remember that multiplication and division are performed before addition and subtraction.



	5		47		-9
-6	4	-	7	-	5
	÷		-		×
1	8	+	9	-	2
	+		×		-
1-	3	÷	9	-	1



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Journey Hospice 6712 Washington Ave. Suite 302
Egg Harbor Township, NJ 08234
Journey Hospice: 609-380-4302