

THE JOURNAL

JOURNAL

December 2021 Edition



Welcome to the December 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, Flu Shot, Coloring, Wright Brothers Day, Light, National Tax Security Awareness Week, and Riddles & Games.

Starting Off With a Couple of Reminders:

1. **Happy Holidays:** Happy Holidays to anyone who celebrates one of the wonderful festivals in the month of December. Regardless of the holidays you celebrate, have a love-filled, peaceful, and restful holiday season and New Year!
2. **Covid-19:** Especially with the holiday season coming up, it is important to remember that Covid-19 cases are still occurring. Variants of the disease are also appearing in different parts of the world. It is important to continue protecting yourself in public/crowded areas and take the precautions that you deem necessary. This may include getting the booster vaccine if you are 18+ and staying masked. Here are links with more information on boosters and Covid-19:

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/booster-shot.html>

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

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Pray With Us

I recently found a number of inspiring sayings on the internet and would like to share these inspirations...

- **Prayer of Hope:** Dear God, When I stand at the beginning of a new day, bless me with **vision** to see the best of things to come.... **Wisdom** to make good decisions...and most of all, **faith** that you are walking with me every step of the way. Amen.
- Some days life is all about your dreams, hopes and visions for the future. But there are some days where life is just about **putting one foot in front of the other**. And that's okay.
- Imagine if we **loved each other** the way our **pets loved us**.
- When you have a friend that is going through a personal storm, instead of being a weatherman and spreading the news, try being an umbrella and **cover them with love!**
(all of the above sayings do not list an author)
- **Courage** does not always roar. Sometimes courage is the quiet voice at the end of the day saying, "I will try again tomorrow." by Maryanne Radmacher.

Blessings Chaplain Carol

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Flu Shot

From the Nurse's Desk:

December 6-12 is National Influenza Vaccination Week. People that suffer from chronic illness are proven to be at a higher risk of developing serious complications from the flu. When you receive your flu shot you are less likely to have these complications. We hope you will join Journey Hospice this year as we encourage everyone including our patients and families to protect themselves and their loved ones from this year's flu. There is still time to get your flu shot!

Please see your RN case manager or call Denise at the office 609-380-4302.

Coloring



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Wright Brothers Day



December 17 is Wright Brothers Day, a day to celebrate the first successful flight of a heavier-than-air, mechanically propelled airplane. Orville and Wilbur Wright made the flight on December 17, 1903. This first flight flew for about 12 seconds and went about 120 feet. The brothers flew a few more tests that day, their best one lasting 59 seconds and covering 852 feet. The flights signified that the Wright Brothers had invented the first working airplane, and from there modern aviation was born. The brothers continued improving on their design, and were able to get their flight in air for 39 minutes by 1905. The brothers made their first public flights in France in 1908, building public interest. In 1909, the US Army Signal Corps purchased a specially designed plane and the brothers founded the Wright company to sell their aircrafts. The brothers have left an important mark on the aviation industry, and because of their work we can fly nearly anywhere today.



The month of December is all about light and its importance in our lives. Here are a few reflections about light:

- No matter the darkness around you, shine your light. Even if you are the only thing shining for miles.
- Tyler Knott Gregson
- Finding Light: I embrace the possibility that this earth we inhabit; it is just a different sky. A sky where we are hollow stars. And in this earthy firmament - to find a true friend, is much the same as earning the celeste glare, whose life will brim out soul with light.
- Clariel Estevez

National Tax Security Awareness Week

Day 1 - Cyber Monday: Protect personal and financial information online

The IRS and the Security Summit partners remind people to take these basic steps:

- Use security software for computers and mobile phones – and keep it updated.
- Avoid phishing scams, especially related to tax refunds and COVID-19, Economic Impact Payments, and other tax law changes.
- Use strong and unique passwords for all accounts.
- Use multi-factor authentication whenever possible.
- Shop only secure websites; look for the "https" in web addresses and the padlock icon; avoid shopping on unsecured and public Wi-Fi in places like coffee shops, malls, or restaurants.

Day 2 - Giving Tuesday: Beware of scammers using fake charities

The IRS and the Security Summit partners warn people to avoid getting scammed when donating to charities. The agency provides the following tips:

- Individuals should never let any caller pressure them into giving a donation without allowing time for them to do some research.
- Confirm the charity is real by asking for its exact name, website and mailing address and confirming it later.
- Be careful about how a donation is made. After researching the charity, pay by credit card or check and not by gift card or wiring money.

Day 3 - Get an Identity Protection PIN

Taxpayers who can verify their identities online may opt into the IRS IP PIN program – a major expansion of the program from previous years. This is another tool taxpayers can use to protect themselves – and their tax refund. Here's what taxpayers need to know:

- The Identity Protection PIN or IP PIN is a six-digit code known only to the individual and the IRS. It provides another layer of protection for taxpayers' Social Security numbers on tax returns.
- Use the Get an Identity Protection PIN (IP PIN) tool at [IRS.gov/IPPIN](https://www.irs.gov/ippin) to immediately get an IP PIN.
- Never share the IP PIN with anyone but a trusted tax provider

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Holiday Trivia



1. What are the two other most popular names for Santa Claus?
2. In which modern-day country was St. Nicholas born?
3. In the movie It's A Wonderful Life, what happened every time a bell rang?
4. Which country does eggnog come from?
5. What is Ralphie's little brother's name in the movie A Christmas Story?
6. Which country started the tradition of putting up a Christmas tree?
7. What parade was first held January 1, 1886?
8. Where is the world's largest menorah situated?
9. Who was the first President to celebrate Hanukkah at the White House?
10. What is the translation of the title of the song "Auld Lang Syne"?



Answers:
1. Kris Kringle and Saint Nick 2. Turkey 3. An angle got his wings 4. England
5. Randy 6. Germany 7. Tournament of Roses 8. Grand Army Plaza in New York
9. President Harry Truman 10. Times Gone By

- The right care at the right time -



December 2021 Edition

Riddles & Games

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

Word Search

- Candles
- Christmas
- Cold
- December
- Decoration
- Fireplace
- Hanukkah
- Kwanzaa
- Lights
- Mittens
- Party
- Snowball
- Snowman
- Winter



Number Blocks

Fill in the missing numbers

The missing numbers are integers between 0 and 5.

The numbers in each row add up to totals to the right.

The numbers in each column add up to the totals along the bottom.

The diagonal lines also add up to the totals to the right.

					10
					11
				2	10
			4		11
					7
					16
13	8	15	11	8	15



Riddles & Games

Logic Grid Puzzle

Use the clues and grid below to help you solve this puzzle (use an **o** for a box you know is correct and an **x** for a box you know is incorrect).

Every room got two coats from different painters. Which painter used the 10" roller?

- All the painters used once the color with the same initial of their name, either in the first or second coating.
- Rodney and Walter used the same type of tool.
- A roller painted red first, then green.
- Walter didn't paint green.
- Someone painted blue and white, in either order.
- Rodney used a brush.
- The tools used for the green room have 2" difference.
- The brushes didn't start with blue.
- The tool used for the first white coat is 4" smaller than Gerald's one.



		First coat				Second coat				Tool			
		blue 1st	green 1st	red 1st	white 1st	blue 2nd	green 2nd	red 2nd	white 2nd	6" brush	8" brush	10" roller	12" roller
Painter	Bruce												
	Gerald												
	Rodney												
	Walter												
Tool	6" brush												
	8" brush												
	10" roller												
	12" roller												
Second coat	blue 2nd												
	green 2nd												
	red 2nd												
	white 2nd												



Painter	First coat	Second coat	Tool
Bruce			
Gerald			
Rodney			
Walter			