

THE JOURNAL

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March 2022 Edition

Welcome to the March 2022 Edition of The Journey Journal!

Here is a quick list of what you can find in this month's newsletter: Reminders, Pray With Us, Veteran-to-Veteran, Effects of Music, Virtual Caregiver's Retreat, and Riddles & Games.

Starting Off With a Couple of Reminders:

1. **Daylight Savings:** This year daylight savings falls on March 13, 2022. Make sure to set your clocks one (1) hour forward on that day and sleep an hour early the night before!
2. **Spring:** Spring is here! March 20, 2022 officially marks the first day of spring. Flowers, warm weather, and annoying allergies are here!
3. **Important March dates in US military history:**
 - a. March 12, 1999 - Michelle Howard becomes the first African American woman to command a US Naval vessel-USS Rushmore
 - b. March 18, 1967 - Barbara J. Dulinsky becomes the first woman to report for combat duty in Vietnam
 - c. March 29, 1973 - Master Sergeant Max Beilke becomes the last US combat soldier to leave Vietnam.

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Pray With Us

In March we often think of St. Patrick's Day and everything green. However, beyond the green shamrocks, corned beef and cabbage, and the green beer, there is a very serious side to St. Patrick's Day. St. Patrick was born in Britain around the year 385. When he was 16 years old, he was captured and held as a slave in Ireland.

After he escaped six years later, he became a believer in Jesus and went back to Ireland, because he had come to love the Irish people who had captured him. He lived among, and ministered to, the Irish until his death around year 461. St. Patrick had a unique way of reaching out to the Irish people. Some missionaries would impose their culture upon the people before bringing the Gospel. However, Before St. Patrick would bring the Good News to the people in a new community, he would take the time and effort to learn about the people and their culture. Once he did that, he would make sure his message would speak directly to them in a way they would understand. (Thus the shamrock, with its three leaves in one plant, became a picture of God: Three Persons in One God.)

One thing to remember about St. Patrick and his way of bringing the Good News to the people is that he did not limit his faith to one day a week or one place. Rather, his whole life was connected to his faith. As such, because of his faith, when he ministered to someone, he would minister to the whole person – body, mind, and soul. We also do not compartmentalize our lives, keeping our faith separate from the rest of our lives. We minister to the whole person – body, mind, and soul. One song that is attributed to St. Patrick is “I Bind unto Myself Today.” The first verse sets the tone for the whole song.

I bind unto myself today
The strong name of the Trinity
By invocation of the same,
The Three in One and One in Three.

As we celebrate St. Patrick's day, we would do well to remember his whole life and how he shared the Good News of Jesus by ministering to the whole person.

Chaplain Rick

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Veteran-to-Veteran

My name is Bob Groeber, and I am a Veteran to Veteran coordinator for Journey Hospice. Over the next few months I will be writing an article concerning the struggles that veterans face after service to our country, and the services available to them. I enlisted in the US Navy in 1969 through 1973. I was a hospital corpsman; and subsequently became a combat corpsman, and served with the Third Marine Division in Okinawa Japan.

This month, March 29th is Vietnam Veterans Day. The Vietnam war (also known as the second Indochina war) lasted twenty years - 1955-1975. This war claimed 58,220 lives, and over 304,000 wounded. There are approximately 117,609 New Jersey Vietnam veterans! Veterans of this war did not return to parades, and waving of the US flag from an appreciable nation. Unfortunately, they returned to protests, and a society that did not appreciate their service. Yes, many of these veterans assimilated back into society however the vast majority struggled with forms of addiction, and many took their own lives. This March 29th please take the time to thank a Vietnam veteran for their great service. Over the past fifty years the Veterans Administration has struggled mightily to reach many of our veterans. The good news is the last five years has shown a significant increase in the efficiency in treating our veterans through work programs, health issues, and overall benefits available to them. Every veteran should know the Veteran Service Officer (VSO) in their area. There are two major resource guides that highlight all of the programs, and benefits available to our veterans.

They are:

1. New Jersey Veterans Handbook

a. Corey Booker (D) NJ Senator

i. 1-856-338-8922

2. A resources guide for New Jersey's Military Veterans and families NJ Vet to Vet operated by Rutgers University

a. 1-866 Vets NJ4

b. 1-866-838-7654

The Barnegat American Legion will be hosting their 3rd Annual Vietnam War Veterans Day Celebration at Fred Watts Gazebo Park on Tuesday, March 29, 2022 at 3 pm. I hope some of you can make it, and don't forget to thank a Vet!

6 Surprising Effects of Music on the Brain

Every time we listen to music, amazing neurological processes are taking place behind the scenes. Research from around the world has revealed a wide range of positive effects that music has on the brain—from increased creativity and decision making to better comprehension and more positive feelings. And that's not all—different types of music can affect us in different ways. Get your iPod ready, and read on to find out how.

1. Happy Music Makes Us See People In A More Positive Light
 - a. Research from the University of London's Department of Psychology found that listening to happy music can make us see people's faces in a positive light - even if they're wearing a blank facial expression.
2. Calm Tunes Encourage Creativity
 - a. Ambient music increases abstract processes in the brain, which are responsible for creative thinking - this according to research from the University of Chicago.
3. New Music Improves Driving Skills
 - a. According to research at Ben Gurion University, listening to new music - that we haven't heard before - can make us safer drivers.
4. Learning an Instrument Improves Motor and Cognitive Function
 - a. Children who learn to play an instrument are likely to display higher language and motor skills, according to a University of St. Andrews study.
5. Classical Music Has Therapeutic Powers
 - a. A study on stroke patients, published in the American Journal of Occupational Therapy, revealed that the brain's ability to process images improved among subjects who listened to classical music.
6. Music Boosts Physical Workouts
 - a. Moving in time with the beat makes physical workouts more effective, according to research from the US National Library of Medicine.

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Virtual Caregiver's Retreat

Caregiving is a demanding role.

However, it's important to not lose focus of yourself. Your health and your well-being are just as important as that of your loved one.

Join us every Thursday in April and take 30 minutes out of your day to recharge by participating in our weekly retreat sessions.

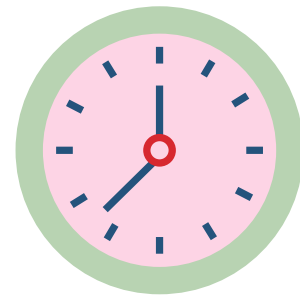
These sessions are FREE and presented virtually. Registration is required. Attendees may connect by phone or by video conference. Registered attendees will receive a link to connect.

To register:

Call: 609-760-6073 or

Email Beth Gebhart at:

bgebhart@lsmnj.org.



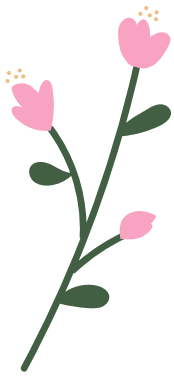
Meeting Time:

Every Thursday in April
from 12:00 -12:30 pm

Events:

- April 7th - Guided Meditation and Imagery
- April 14th - Tai Chi
- April 21st - Nutrition
- April 28th - Yoga





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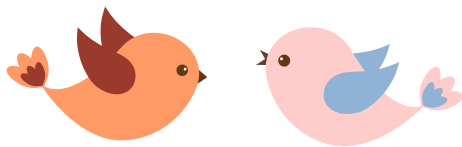


Riddles & Games

Word Search

S G E T Q N D N F P U K B M F N W I Y T
 S S S X E L L B G O I R H O J D J W L R
 R E E E N F Q A P T R T S A J D L P E W
 E Q R N B Y T B E O H A O B P L C E B Q
 V G V S D F C E G F A M H G J D Y N H T
 O L V N J A Y C N G A W I R F B B V F I
 L I I U C A M F G O R O K R Y G D I J K
 C E M D J O Z H O L P Z K P V L Y Q K N
 P I D G O H K T C D Y L F R E T T U B E
 S E E L B F W E U R Q P D Q N X R Q N T
 J P L B C X F D J L A L R O I P V I E Y
 Z M R P A G P A K F I M P S H S A P B M
 R U K F F T M I D S A P D I S R H T K W
 P I R Q R G P D B D F J C L N T V Y M B
 F S H Y U G P V S R L C C H U V F X J T
 C D H G R N R P H C H W D T S L G V R N
 Y T E Z X F K V P G B H S F M I K Z F F
 S P R I N G S A J O Z O I T J D E D D T
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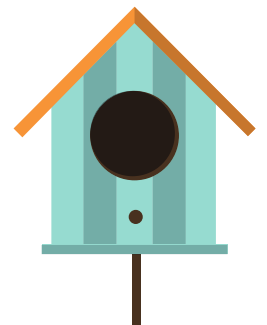
- Butterfly
- Clover
- Daffodil
- Green
- Kite
- March Madness
- Pot of Gold
- Rain
- Spring
- Sunshine
- Tulip



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.

				6
	4		3	11
				9
				11
				11
12	10	10	10	8



8	0	1	0	1	0	1	0	1	2	1	2	1
11	3	4	3	1	3	1	3	1	3	1	3	1
11	3	2	1	5	1	2	1	5	1	2	1	5
9	1	1	1	2	1	1	1	2	1	1	1	2
11	3	3	3	4	3	3	3	4	3	3	3	4
6												