

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

“Life engenders life. Energy creates energy. It is by spending oneself that one becomes rich...” - Sarah Bernhardt

If you want to have a life, live!

If you want to feel active, move forward!

If you want to receive, give!

Yes, I paraphrased this morning's quote, and I am sure you can do the same. Fill in the blanks with your own thoughts and ideas and celebrate the gift of life that God has given us.

Life is not a spectator sport, nor is it to be taken for granted; on either a personal basis or when we speak of others. Life needs to be fully lived to truly express our gratitude to Almighty God.

In addition, the lives of others become our responsibility as members of the human race, so giving and generosity enhances our own experience and creates a unique sense of joy that cannot be experienced by any other means.

If your Spirit is feeling overwhelmed, stop, look and listen. Psalm 23 “He leads me beside the still water, He refreshes my soul.” Still waters is a picture we place in our mind and memories that bring us an inner peace and serenity. Allow God to guide you there and feel rejuvenated and ready to take on all that life puts in front of you!

As we enter in the season of Lent let us share this prayer:

Loving God, allow our minds to be steadfast in your will and aware of our soul's need. Strengthen us against the temptations of the devil, and remove from us all lust and every unrighteousness, and shield us against our foes, seen and unseen. Teach us to do your will, that we may inwardly love you before all things with a pure mind. For you are our maker and our redeemer, our help, our comfort, our trust, our hope; praise and glory be to you now and forever. Amen

Keeping you all in my prayers!

Pastor Carol

www.journeyhospicenj.org

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 form of addiction, and many took their own lives. This March 29th please take the time to thank a Vietnam veteran for his 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.

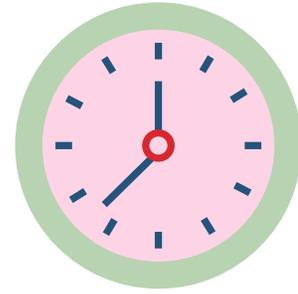
These sessions are FREE and presented virtually. Registration is required. Attendees may connect by phone or by video conference. Registered attendees will receive a link to connect.

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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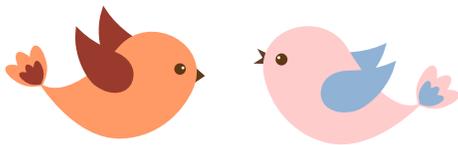


Riddles & Games

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

- 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	5	1	2	1	5	1
11	3	1	2	1	5	1	5	1	2	1	5	1
9	1	1	1	2	5	1	5	1	2	1	5	1
11	3	3	1	4	3	1	4	3	1	4	3	1
6												