

# THE J URNEY

## J URNAL

May 2022 Edition

**Welcome** to the May 2022 Edition of The Journey Journal!

Here is a quick list of what you can find in this month's newsletter: Reminders, Mental Health Awareness, Ways to Reduce Stress, Thank you Nurses, Pray With Us, Veteran-to-Veteran, and Riddles & Games.

### **Starting Off With a Couple of Reminders:**

1. Memorial Day - Memorial Day is a day in which those who lost their lives while serving in the US military are honored.  
Memorial Day falls on Monday, May 30.
2. Mother's Day - Mother's Day is a holiday in which we take the time to show appreciation and honor the mothers in our lives.  
On Sunday, May 8th remember all those who have served the role of Mother in your life.
3. National Mental Health Month - This month is National Mental Health Month. Mental Health has been largely stigmatized for many years. It is important to remember, however, that your mental and emotional health is just as important as your physical health and that there are many resources.



# Mental Health Awareness

Mental health issues have long held stigmas, despite the fact that one-in-five US adults will suffer from a mental health condition during his or her lifetime, and countless family members and friends will be affected in the process. Whether you suffer from mild depression or anxiety, or you're helping a loved one cope with a more serious condition such as schizophrenia or bipolar disorder, you probably realize that it is not only the condition that's difficult to live with, but also the social isolation. This is why it's so important to raise awareness about mental health, and do all you can to assist patients loved ones who are trying to deal with mental health conditions. The month of May is dedicated to mental health awareness, but you can become informed and help spread awareness year-round.

Here are a few resources to learn more or seek assistance.

**National Suicide Prevention Lifeline:** Call 988 if someone is in crisis or needs immediate help, answered 24/7

**Open Counseling:** Resources listed by county as well as explanation of publicly- funded and state programs, [opencounseling.com/public-mental-health-nj](https://opencounseling.com/public-mental-health-nj)

**New Jersey MentalHealthCares:** Behavioral health information and referral service to learn about local options for mental health care. Call 866-202-4357 between 8am & 8pm, email: [help@njmentalhealthcares.org](mailto:help@njmentalhealthcares.org)



# Ways to Reduce Stress

**1. Breathe** - Slow, deep breaths can help lower blood pressure and heart rate. Try pranayama breathing, a yogic method that involves breathing through one nostril at a time to relieve anxiety. The technique is supposed to work the same way as acupuncture, balancing the mind and body.

**2. Listen to Music** - No matter what the song, sometimes belting out the lyrics to a favorite tune makes everything seem all right. If you're in a public place, just listening to music can be a quick fix for a bad mood. Classical music can be especially relaxing right before bedtime.

**3. Take a Quick Walk** - When you're feeling overwhelmed or having trouble concentrating, go for a quick stroll around the block. You'll get the benefits of alone time, physical activity, and a few minutes to gather your thoughts.

**4. Eat Some Chocolate** - Just a square (about 1.4 ounces) of the sweet stuff can calm your nerves. Dark chocolate regulates levels of the stress hormone cortisol and stabilizes metabolism.

**5. Laugh** - Laughter is one of the sillier ways to beat stress, but there's science behind it. A fit of hysterics can increase blood flow and boost immunity. Check out a hilarious YouTube video (maybe a piano-playing pug?) for a quick pick-me-up.

For more ways to reduce stress check out this amazing article by the University of Colorado - Boulder:

<https://www.colorado.edu/law/25-quick-ways-reduce-stress>

# Thank You Nurses

National Nurses week is May 6 to May 12. A time to recognize the hard work and dedication of nurses. At

Journey we are blessed to have a dedicated team of knowledgeable, caring and committed nurses. Each nurse is dedicated to her craft and puts the needs of the patient first. Thank you for the energy and compassion you bring to your work each day. Here is a list of the amazing Journey nurses that make the Journey experience what it is:

- Donna Bingeheimer
- Kara-Lynn Brown
- Tammy Canianno
- Melissa Dagrosa
- Cheryl Fear
- Nicole Hand
- Denise Knights
- Consulea McKinley
- Anna Ngwafu
- Danielle Petrie
- Denise Raymond
- Bernadette Salopek
- Karen Sanchez
- Darlene Thurber
- Tashia Williams



# Pray With Us



May is a beautiful month. It is a month that falls squarely in the season of Spring, includes a celebration of mothers in all their forms and fashions, and ends with Memorial Day, a time to honor the men and women who gave their lives to protect and serve the United States. But this year, for most of the month of May, Christians continue to celebrate Easter.

In fact, the season of Easter does not actually end until May 23. It may seem strange, at times, to celebrate Easter for a whole season when most people in the world celebrate it as a one-day holiday, and then move on. However, there is something wonderfully relaxing about fact that Easter is a 50-day season because it allows for plenty of time to rejoice and experience what it really means to say, “Christ is risen.” And, to a lesser extent, because one can still justify eating jellybeans every day.

To each their own.

As we breathe in the freshness of springtime, as we observe the life being re-born all around us, let us not forget to give thanks to the one who always gives us hope and take a full 50 days to explore, savor, and relish the idea of the resurrection and its implications. Chaplain Sebrina LaBelle

# Veteran-to-Veteran

Greetings from the bunker,

On Monday, May 30th we will observe Memorial Day 2022. This special, solemn day is reserved for our nation's heroes. We honor the brave men and woman; who have answered our nations call to duty, and have made the ultimate sacrifice. All too often Americans forget the true meaning of this day, and associate it with the unofficial start of summer. They have barbecues, visit the beaches, spend time with family and friends. I would urge all of you to check in with your local American Legion, VFW, or Marine Corps League. All of these military organizations have ceremonies; special events, or participate in township parades. Our county parks also have ceremonies. This year try and attend your local parade. Wave that American flag in honor of our fallen heroes, for it is they that have given us the freedoms which we enjoy today. All of the military organizations I have mentioned here have special events open to the public. These events raise funds to help support veterans, and assist them with some very special needs. There are numerous non-profit (501 c3) military organizations that you can support. Two of my favorites include:

## **Military Support Group of New Jersey MSGNJ**

Karen Jennings (Marine Mom)

P.O. Box 118

Stratford, N.J.08084

karenjennings@aol.com, phone 856-783-1953

Karen and her team mail Care Boxes to troops who are deployed overseas- covering all branches of our military. They do a fantastic job, and as of March 31st they have mailed over 200 care packages!

## **K9sforwarriors.org**

This organization supplies service dogs throughout the country. These service dogs are essential in treating PTSD, and are helping to stem the tide of suicide among our veterans.

# Veteran-to-Veteran

## Important Dates in U.S. Military history:

1. May 10th: 1775 The Green Mountain Boys of Vermont capture Fort Ticonderoga- strategic early win for future Americans.
2. May 12, 2018: The statue of legendary U.S. Marine horse Sergeant Reckless unveiled- received 2 purple hearts for service in Korean War.
1. May 19,1943: Winston Churchill and Franklin Roosevelt plot D-Day, would take over a year to plan.



# Riddles & Games

## Word Search



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

- Basket
- Cherry Blossom
- Cinco de Mayo
- Daffodil
- Flowers
- Garden
- Hyacinth
- Memorial Day
- Mother's Day
- Springtime
- Star Wars Day
- Strawberries
- Sunshine
- Tulip



## Number Blocks



12

			3
			0

15

4

10

12

12 11 12 6

8

**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 the totals to the right.

8	9	2	1	1	2	1
12	0	3	3	4	5	4
10	3	3	1	3	3	0
4	0	4	0	4	0	4
15	3	5	2	3	5	5
12						