

# THE JOURNAL

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August 2022 Edition

**Welcome** to the August 2022 Edition of The Journey Journal! Here is a quick list of what you can find in this month's newsletter: Pray With Us, We Honor Veterans, Riddles & Games, Aging in Place, and Thank Yous.

## Healthy Habits

The flu, COVID, and MonkeyPox continue to spread in our communities. The single best way to reduce the risk of these contagious illnesses is to get vaccinated. Additionally, good health habits go along way to prevent respiratory illnesses.

1. **Avoid close contact** with people who are sick. Stay home when you are sick. Ask those who are sick to stay home and not visit.
2. **Cover your mouth and nose** when you cough or sneeze. It is best to use a tissue, if one is not available cough or sneeze into your elbow.
3. **Clean hands.** Washing your hands often will help protect you from germs. For the best results use soap and water, if not available use alcohol-based hand sanitizers.
4. **Avoid touching your eyes, nose or mouth.** Germs can spread when a person touches something contaminated and then touches his/her eyes, nose, or mouth.
5. **Practice good health habits.** Clean surfaces, get plenty of sleep, be active, manage stress, drink plenty of fluids, and eat nutritious food.



# Pray With Us

A reflection from *Becoming Rooted* by Randy Woodley

I am currently using *Becoming Rooted* as my morning devotional.

The author stretches the reader to view the world from the perspective of a traditional American Indian. This devotional is eye opening. The following is an excerpt from a chapter on listening and understanding our earth and fellow community members.

“The renowned reporter Dan Rather once asked Mother Teresa what she says to God when she prays. “I listen,” she replied. Somewhat startled, Mr. Rather then asked her, “What does God say to you when you listen?” Without pause or change of expression on her face, Mother Teresa simply said, “He listens.” Indigenous people who are raised traditionally are taught to listen in every situation. Like most values, this skill is caught more than taught. Generations of people living close to the Earth learn that listening skills are vital. Those who live in a culture that values oral tradition and the natural world will learn to be good listeners. Listening is the first lesson of knowing. But only lived experience creates understanding.

Listening to the natural world doesn't necessarily lead to understanding it, but it's a start. What type of listening practice can you implement today?

Heavenly Father, I'm trying to listen.

Beth Gebhart, Volunteer Coordinator

# We Honor Veterans

## We Honor Veterans – Level Three Partner

Journey Hospice is proud to be a partner of We Honor Veterans, a program of the National Hospice and Palliative Care Organization (NHPCO), in collaboration with the Department of Veterans Affairs (VA).

Our participation in this program is a symbol of our dedication and commitment to providing New Jersey's veterans and their families with the best quality end-of-life care and services.

As a committed partner of this distinguished program, Journey Hospice ensures that staff members and volunteers receive continuous education on identifying and planning specialized care for the needs of our veterans and their loved ones in preparation for a peaceful end-of-life journey. In order to serve these brave men and women with the dignity they deserve, we must understand their experiences, recognize their needs, and embrace their life stories.

The greatest gift we can share is to acknowledge their service to our country and recognize their decorated accomplishments. We continue to meet extraordinary veterans in nursing homes and veteran facilities to hear their stories, say 'thank you,' and celebrate their service with a special pinning ceremony.

Additionally, we share free resources and educational opportunities, provide information on the benefits available related to hospice and palliative care services, and assist in the coordination of care.

In return, the gift for us is to hear each veteran's story. It paints a visual picture of their experiences, their comradery among fellow soldiers, and an understanding of the challenges they faced. We walk away from each ceremony with an overwhelming feeling of appreciation for the sacrifices they made to safeguard our freedom.

Journey Hospice is proud to be a Level Three Partner of the We Honor Veterans program.



# Riddles & Games



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

## Word Search

Amusement Park

August

Beach

Bonfire

Fishing

Hiking

Ice cream

Popsicles

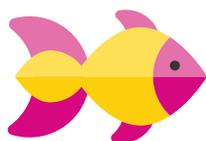
Smores

Sunflowers

Swimming

Tent

Vacation



## Math Squares

	x		-		-1
-		+		x	
6	-		+	8	9
-		+		-	
	x		+		13
-8		9		47	

### 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.

	+		-		3
-		+		-	
	-	8	+		5
+		-		-	
	-	1	-		-5
1		11		-13	



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## Editor Thank You



This August newsletter we say goodbye to volunteer Dhanya Sureshababu. Dhanya has been editing the Journey Journal for two years. Faithfully each month she has put together an interesting and uplifting newsletter. Dhanya graduated high school in June and now moves on to an exciting milestone, college. Thank you Dhanya for all your dedication. We wish you the best.

The September issue of the newsletter will welcome Michelle Herbster as the new editor. Thank you Michelle for taking on this role.

## Thank You Journey

This newsletter will be my last before heading to college. It is definitely a bittersweet moment for me as although I am excited to see what my future holds, I am sad to leave the the editor position for the Journey Journal. I started writing newsletters in October 2020, at the height of the covid-19 pandemic, and found them to be a great form of creative expression for me. As I made more and more newsletters, I got the opportunity to express some of my interests and interact with Journey readers across New Jersey. Hearing everyone's positive feedback and seeing the impact of these newsletters has truly been a blessing. I would like to thank Pastor Carol, Pastor Rick, Mr. Groeber, the nurses, and everyone else who contributed to the newsletter. Most importantly, I would like to thank Ms. Gebhart who gave me this opportunity and was there for me every step of the way. To all the readers of this newsletter, thank you for making my experience as amazing as it was. The newsletter is in great hands and I am excited to see all that awaits for the Journey Journal!

Sincerely,  
Dhanya Sureshababu