

The Journey Journal



October 2023



Little Known Days in October

October 7: World Smile Day: World Smile Day celebrates the ever-popular yellow smiley. It also offers us an opportunity to do an act of kindness. According to the World Smile Day website, a proclamation of this day was made by the U.S. Congress. Now that should put a smile on your face. The smiley face became so popular, that the U.S. Post Office issued a stamp with the smiley face. The intent of World Smile Day is to do an act of kindness or help one person to smile. Why not do both!? The yellow smiley stands brightly smiling upon this day, offering its stamp of approval. **REMEMBER:**



The shortest distance between two people is a smile!

October 9: Pastor Appreciation Day: Celebrated annually on the second Sunday in October falls a non-official holiday called Pastor Appreciation Day. Sometimes called Clergy Appreciation Day, this holiday occurs during Pastor Appreciation Month and celebrates the contributions of priests, pastors, reverends and ministers in the U.S. Pastor Appreciation Day began with the establishment of Clergy Appreciation Month. In Timothy 1 (5:17), Paul began the concept of clergy appreciation when he stated that the elders of the church are worthy of double honor. He reiterated this idea in Thessalonians 1 (5: 12-13) when he stated that those who work hard among you should be held in the highest regard for their work. This idea became Clergy Appreciation Month in 1992, established by pastors and religious workers. Eventually, Pastor Appreciation Day would form out of this month.

October 13: National M and M Day: The candy originated in the United States in 1941, and M&M's have been sold in over 100 countries since 2003. They are produced in different colors, some of which have changed over the years. On this day, grab a bag of M&M's to have as an afternoon pick-me-up or a snack after dinner. While they are perfectly delicious when eaten on their own, they can also make a great addition to trail mixes or even sprinkled on top of ice cream.

October 26: National Pumpkin Day: National Pumpkin Day is a non-official holiday which falls on October 26th and is celebrated annually. The purpose of this holiday is to celebrate and give thanks for that squash cultivator that is such an integral part of American culture. The pumpkin is not only delicious but it is also one of the main symbols of Halloween in the U.S and is a central element in many fall festivals, events, and contests. A popular event featuring the humble pumpkin is "Pumpkin Chunking." This event involves teams building a multitude of different mechanical devices that are all intended to throw a pumpkin as far as possible. Some of the devices constructed for Pumpkin Chunking Competitions include air cannons, trebuchets, catapults and even ballistas. With their popularity increasing each and every year, it really shouldn't be a surprise that this orange squash has its own holiday.



Pray With Us

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest." Matthew 11:28 (NLT)



When life feels overwhelming and the weight of our responsibilities threatens to crush us, it can be tempting to rely on our own strength and strive to find a solution. However, the Bible reminds us that in times of distress, we are called to rest in the Lord. This concept of rest goes beyond simply taking a break or finding physical comfort; it is an invitation to surrender our worries and burdens to God, trusting in His power and provision.

Resting in the Lord requires humility and faith. It means acknowledging that we cannot control every aspect of our lives and surrendering our plans into God's hands. In doing so, we find peace in knowing that He is fully capable of carrying our burdens and working all things together for good. Instead of striving endlessly, we can embrace a posture of stillness before God as we wait expectantly for Him to act on our behalf.

In this place of rest, we have the opportunity to deepen our relationship with God. As we release control and embrace trust, we open ourselves up to experiencing His presence more intimately. We discover that true rest comes not from external circumstances but from finding solace in being close to Him. It is here where He refreshes us, strengthens us, and renews our minds with His truth. So let us lay down our worries at His feet today and enter into His perfect rest.

- Pastor Theo

Remember to Wash Your Hands Often As Fall Approaches

- ***As we move into the Fall, it's important to remember this simple task to keep healthy.*** Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap. Lather your hands by rubbing them together with the soap. Scrub your hands for at least 20 seconds.



Rinse your hands well under clean, running water. Always wash your hands:

- Before, during, and after preparing food
- Before eating
- After handling pets, pet food, or pet treats
- After using the restroom or changing a diaper
- After blowing your nose, coughing, or sneezing into your hands
- After touching garbage
- Before and after treating a cut or wound
- Before and after caring for someone who is sick

Congrats to Our Employee of the Month



Donna Bingenheimer is September's Employee of the month. Donna has been with Journey serving as a massage therapist, RN case manager, on-call nurse and sharing her vast knowledge of alternative therapy until her retirement. We are pleased to have her in the role of interim Director. Thank you, Donna, for all you do to service patients, families and staff!



Try This 'Head to Toe' Relaxation Technique



Whether you're trying to fall asleep or just trying to ground yourself in the moment, doing a head-to-toe relaxation is a great way to relax your body and mind, and take a few moments for yourself. A head-to-toe meditation relaxes every part of your body, and must be done slowly and deliberately. This process involves tightening your muscles, starting from your feet and working your way up to your head, releasing as you go. Here's how it works:

1. Get into a comfortable position. You can sit or lie down.
2. Close your eyes, if you feel comfortable doing so.
3. Settle into the space you are in. Take a few deep breaths. Feel the weight of your body being supported by a chair or a bed. Notice any sounds, sensations or smells and just let them be.
4. Starting at the top of your head, gently scan down your body and focus on relaxing it.
5. Once you reach your toes, pause for a moment.
6. Now, start the relaxation by tensing your toes: curl them into your feet and hold them tight for 3-5 seconds. Release them. Take a deep breath and repeat for another 3-5 seconds.
7. Next, tighten the muscles of your feet, then your calves, your knees, your stomach, your back, each arm, your fingers in each hand, each shoulder, your neck and your head. Even try parts of your face too. Tense each part, release it. Take a deep breath and repeat for another 3-5 seconds.
8. When you're done, gently shift your attention to your breath. Feel the weight of your body in your space.
9. When you feel ready, slowly blink your eyes open.

GOOD LUCK!

October Puzzles

Word Search

Words can be found across, down or diagonally



GOBLINS

GHOSTS

SPICE CAKE

FULL MOON

BOUNTIFUL

CHILLY

BLACK CAT

LEAF STREWN

UNPREDICTABLE

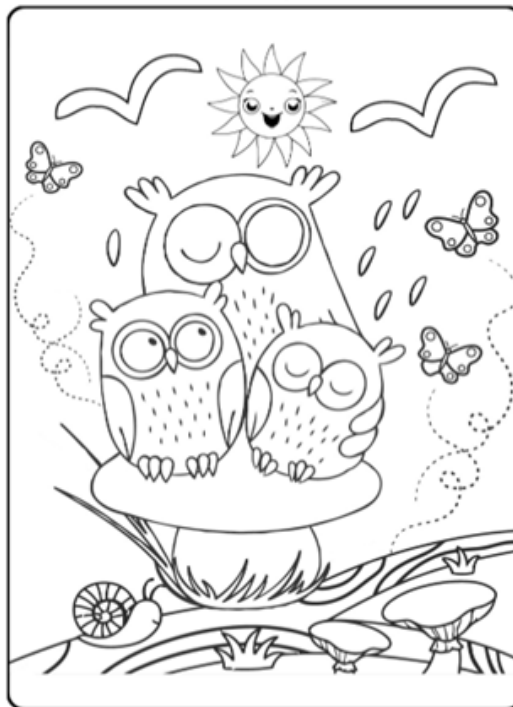
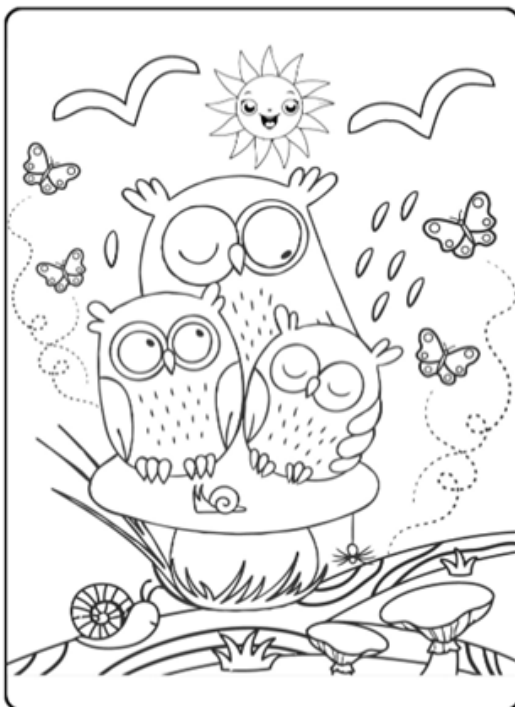
HOWLING

CRACKLING

ENJOYABLE

FARM GROWN

WILTED



Can you spot the 10 differences between these two pictures?



A dementia friendly space for you and your loved one to experience creativity and social connections. Participants can engage in music, gentle movement, art and more!

DATES: 10/24, 11/28, 12/12

TIME: 10:30 a.m. to 12:00 p.m.

LOCATION: Ocean City Free Public Library
1735 Simpson Ave., Ocean City, NJ 08226

RSVP REQUIRED BY 10/17 TO MICHELE AT
609-399-8505 OR MERCOLANI@UMCOMMUNITIES.ORG



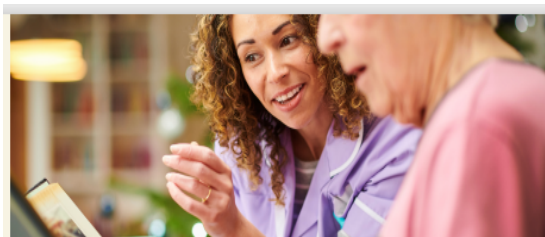
BRATTON
ESTATE & ELDER CARE ATTORNEYS



**United Methodist
Communities**
The Shores



FREE educational opportunity open to caregivers, people living with the disease and the general public who want to learn more about the disease. No one should face Alzheimer's alone. Join us to learn about:



ALZHEIMER'S & DEMENTIA EDUCATION WORKSHOP

Offered at Two Locations!

Dementia signs and symptoms

Causes and treatment

Brain Health

Services and resources

**WEDNESDAY, OCT 11TH
10 AM - 12 PM**

OPEN TO THE PUBLIC

**OCEAN CITY FREE
PUBLIC LIBRARY**

1735 SIMPSON AVE.,
OCEAN CITY, NJ

**RSVP to MICHELE MUSTO: 609-391-6321 or
MERCOLANI@UMCOMMUNITIES.ORG**

**THURSDAY, NOV 16TH
12:30 PM - 2:00 PM**

OPEN TO THE PUBLIC

**MIDDLE TWP
DEVICO SENIOR
CENTER**

23 ROMNEY PLACE,
CMCH, NJ

RSVP BY 11/9 to MARILYN MILLER at 609-465-8865

BRATTON LAW CONTACT CAPE-ATANTIC SEMINAR BY THE SHORE CONFERENCE ON ALZHEIMER'S

Thursday, November 30, 2023 | 8:30 AM - 4:00PM
Atlantic City Convention Center in Atlantic City, NJ

Seminar by the Shore is a full day conference for family members, caregivers & professionals supporting people with Alzheimer's disease and other dementia.

Event includes breakfast, luncheon, CE Credits, free adult day care, Virtual Dementia Tour offered by Arbor Terrace, discounted parking and room at Sheraton

Registration Fees	Caregivers	Professionals (CE Credits)
Early Bird until 8/30/23	\$ 40	\$ 90
Regular Registration	\$ 50	\$ 100



**SCAN THE QR CODE TO REGISTER OR CONTACT
MARY JO BERNARDO FOR MORE INFORMATION 609-823-1850**

Word Search Solutions

