

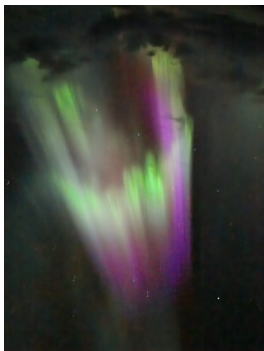
The Journey Journal



November 2025 Edition

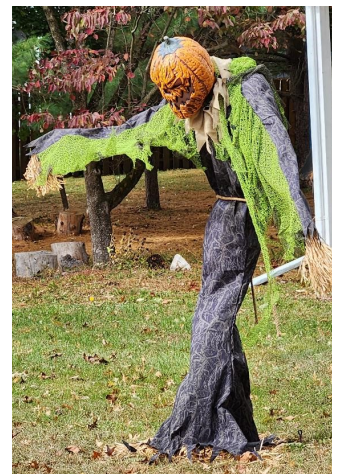


Photos to Enjoy: Northern Lights of Iceland*



Across the cold and velvet night,
A curtain billows, shimmering bright.
The cosmic winds begin to blow,
And paint the sky in emerald glow.
A dance of light, a silent song,
Where charged particles belong.
They weave and twist, a flowing stream,
A living, breathing, fever dream.
The northern heavens, green and red,
A vibrant sheet, above my head.
The stars themselves grow pale and dim,
Against this breathtaking whim.
And in this awe-inspiring sight,
The human spirit takes its flight.

Creative Halloween Displays*



* All photos taken by the Editor on her recent trip to Iceland and around the neighborhood in Mercer County prior to Halloween.

Pray With Us

~ Grief ~



When someone is in grief, they don't need to be cheered up.

They don't need advice or a timeline.

Grief asks for something deeper.

It asks for a presence that doesn't flinch.

A steadiness that can hold sorrow without rushing it away.

A witness who knows how to sit in silence - and stay.

Grieving people need someone who has learned how to walk beside them through the pain without turning it into a project.

Someone who knows how to listen,
how to make room for what hurts,

and how to offer authentic compassion that isn't performative.

They need to be witnessed.

They need to be seen.

This kind of presence isn't about perfection.

It comes from learning. From practice.

From choosing to show up differently.

Shared by Jim O'Hern, spiritual counselor

- Chaplain Jim -



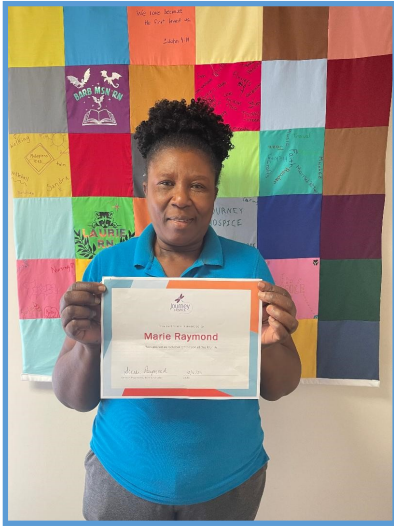
Fun Facts About November



- November's full Moon is traditionally called the **Beaver Moon**. This was based on the month that beaver traps were set before winter in the Colonial era.
- There are weather lore associated with every month. One of the November weather folklore *If there's ice in November that will bear a duck, There'll be nothing after but sludge and muck.*
- Some famous people whose birthdays are in November include - Mark Twain, Matthew McConaughey, Leonardo DiCaprio, Ryan Gosling, Jimmy Kimmel, Whoopi Goldberg .
- There was pumpkin, but no pumpkin pies at the First Thanksgiving Feast.
- The tradition of football on Thanksgiving began in 1876.

Congrats to Our Employees of the Month

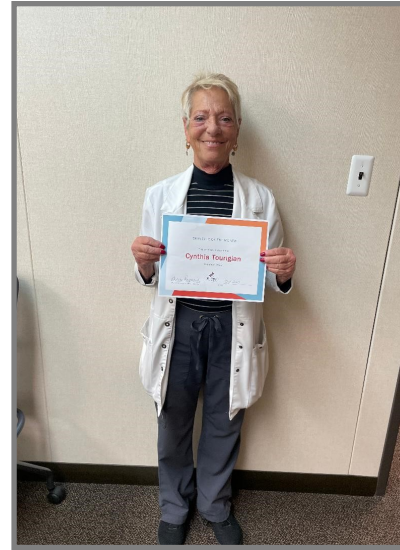
Marie Raymond is our **October Employee of the Month**. She has been with us a short time but made a huge impact on patients, families, facilities and her colleagues. We have had multiple compliments from families and facilities on her great work.



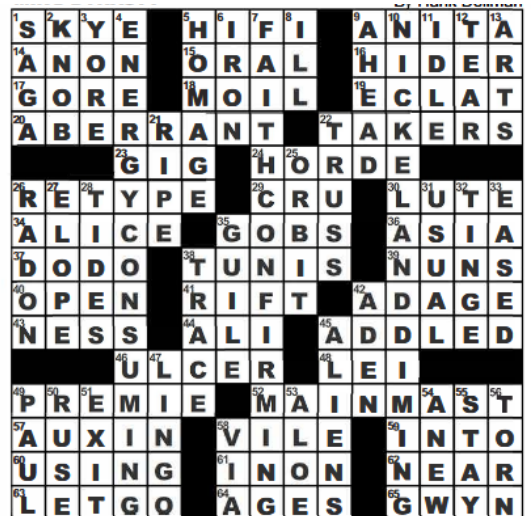
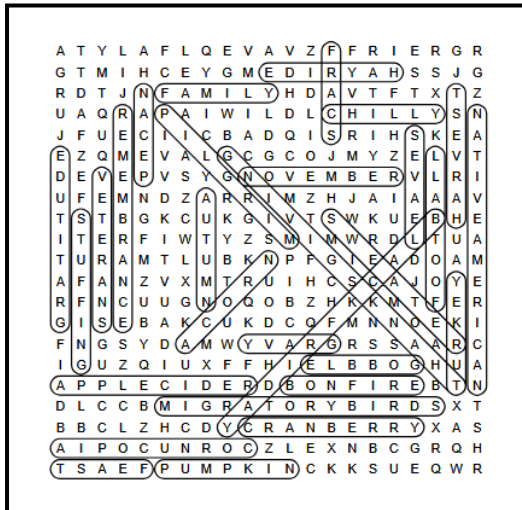
Marie Raymond



Cindy Tourigan



Cindy Tourigan, our Palliative APN, is our **September Employee of the Month**. Cindy has been with us a short time but her commitment, friendliness, flexibility, teamwork and knowledge has really been instrumental in the growth of our Palliative Program.





Join The Shores at our 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!

TUESDAY, DECEMBER 16TH, 10:30 AM - 12:00 NOON

Ocean City Free Pubic Library, 1735 Simpson Avenue, Ocean City, NJ 08226

RSVP IS REQUIRED! Call 609.399.8505 or email MErcolani@umcommunities.org **VIRTUAL SUPPORT GROUPS ARE ALSO AVAILABLE!** To learn more, contact Pam Garofolo at 908.675.1230 or pgarofolo@umcommunities.org.



Complimentary Breakfast

DOOR PRIZE RAFFLE

Registration: 9 to 9:30 AM

Panel Discussions with Q and A:
9:30 to 10:30AM

RSVP required by 11/7 to:
609-380-4302 (ask for Denise or Beth)

Word Search

November

WORD SEARCH DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.



ACORN, APPLE CIDER, AUTUMN, BLACK FRIDAY, BONFIRE, CHILLY, CORNUCOPIA,
CRANBERRY, FAMILY, FEAST, FOOTBALL, GOBBLE, GRATITUDE, GRAVY, HARVEST, HAYRIDE,
LEAVES, MIGRATORY BIRDS, NATIVE AMERICAN, NOVEMBER, PECAN, PILGRIM, PUMPKIN,
REMEMBRANCE, SCARF, STUFFING, SWEATER, THANKSGIVING, TURKEY, VETERANS





November Crossword

ACROSS

- 1) Terrier type
- 5) 45 player
- 9) Santa ___ Park race track
- 14) Soon, in old poems
- 15) Type of exam or hygiene
- 16) One in concealment
- 17) Bill Clinton's veep
- 18) Churn
- 19) Acclaim
- 20) Deviating from the norm
- 22) "Any ___?" ("Volunteers?")
- 23) Comic's booking
- 24) Monster mass
- 26) Use the keyboard, again
- 29) Grand ___ (wine label term)
- 30) Guitar's ancestor
- 34) "The Brady Bunch" housekeeper
- 35) Scads
- 36) China setting
- 37) Extinct flightless bird
- 38) One of the Barbary States
- 39) "Sister Act" roles
- 40) Accessible to all
- 41) Break in friendly relations
- 42) "Haste makes waste," e.g.
- 43) "The Untouchables" man
- 44) Mr. Baba
- 45) Scatterbrained
- 46) Stomach woe
- 48) Floral neckpiece
- 49) Early arrival?
- 52) Maritime upright
- 57) Computer speaker abbr.
- 58) Absolutely wicked
- 59) "___ the wild blue yonder"
- 60) Taking advantage of
- 61) Knowing, as a secret
- 62) Close to
- 63) Set free
- 64) Numbers for your children?
- 65) Nell, lover of Charles II

DOWN

- 1) Story spanning generations
- 2) Door feature
- 3) Days of long ago
- 4) Exhausting
- 5) Display of respect
- 6) Pressing agent
- 7) Miraculous
- 8) Sick
- 9) Leading in a race
- 10) Nagging pettily
- 11) Having nothing to do
- 12) Raze (with "down")
- 13) ___ and sciences
- 21) Ready to be picked
- 22) Supporting beam
- 25) Circle, as a planet
- 26) Home health hazard
- 27) Forgo a big wedding
- 28) They have highs and lows
- 31) Frequent diner's order
- 32) Color trace
- 33) ___ up (relented)
- 35) Craftiness
- 38) Identify a caller
- 42) Arabian Gulf port
- 45) Creatures from outer space
- 47) Slang
- 49) Damascus road convert
- 50) Trojan horse, infamously
- 51) Leave
- 53) Bubble bath ingredient
- 54) From the beginning
- 55) Command to Spot
- 56) Ripped
- 58) By way of

MING DYNASTY

By Hank Dellman

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