

**JANUARY, 2024**

A 501(c)3 Charitable Organization  
thankful for all donations and  
memorials.



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### Engaging Programs and People

In 2023, we were able to build a team of unique care and program professionals, along with our volunteers, each bringing their own strengths and creativity to their role. Along with this high level of mission mindfulness, we will continue Caregiver Conferences and pertinent community educational opportunities for all! The Joyful Journey Team is excited to begin a new year chock-full of great experiences for Friends and families.

Watch for the return of the Opening Minds Through Art program and corresponding Art Show, as well as, the Music and Memory program. These are both nationally recognized programs that Joyful Journey team members have been certified to provide.

Volunteers play an important role at Joyful Journey, and sometimes they have four legs! Meet Ashby, a beautiful Dalmatian, and his pet parent, Gary. They are Joyful Journey's newest additions to the volunteer team. Ashby is a certified therapy dog through Therapy Dogs International. Gary has been raising and training therapy dogs for 14 years, sharing his kind and personable dogs with people throughout the community. It is clear that Gary has a passion for helping people through dog therapy. Ashby and Gary will be returning to Joyful Journey regularly in 2024.



### Winter Reminiscing

Reminiscing is a great activity for the whole family, especially on a cold winter day spent inside. Telling stories and sharing memories have been proven to enhance self-esteem and provide feelings of fulfillment. If you are finding it more difficult to talk about memories and reminisce with your loved one, try any of the following activities:

- Pick out a photo, book or memorable family item and let your loved one hold the item. Tactile sensation can be a great way to draw focus to the memorable item.
- If your loved one is experiencing changes in their memory, talk about the memories attached to the item as you recall them, from your perspective.
- Make statements instead of asking questions. For example, when looking at a picture, instead of asking "Do you remember who this person is?", state, "This is you and your brother in the old apple orchard... you loved eating your mom's apple pie... I remember..."
- Leave time between statements for your loved one to respond.
- You can even light a scented candle to help promote memory recall. Relax and enjoy the moment!

### QUOTE SELECTED BY JOYFUL JOURNEY FRIENDS

*"Cheers to a new year and another chance for us to get it right." Oprah Winfrey*