

**FEBRUARY, 2024**

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600 Lindberg Road  
West Lafayette, IN 47906  
765-607-6156

[www.joyfuljourneywl.org](http://www.joyfuljourneywl.org)



**Friends said, "Let it Snow!" Everyone enjoyed  
making large paper sack snowflakes.**



## ACTIVITY SPOTLIGHT

### EDUCATIONAL PROGRAMMING

Every month, Joyful Journey includes new surprises and opportunities for Friends to connect with each other and the world around them. Educational programs give the Program Team an opportunity to share interesting topics with Friends in an engaging way. We use our large TV's to show pictures and videos during the program and also have prepared prompts to ask Friends as a jumping off point to discussion. Each program develops its own pace and side conversations. The space comes alive with shared thoughts, feelings and stories when prompted by the topic. Some interesting areas we have recently covered include: ice sculpting, interesting facts about Indiana, and famous written love letters.

## POWERFUL STATISTICS LINKED TO SOCIALIZING

Did you know adult day services provide impactful health and wellness benefits specifically related to their social environment? In 2020, the National Academies of Sciences, Engineering and Medicine was so concerned about social isolation, they conducted a study on the topic and here is what they found. Social isolation increases the risk of Dementia by up to 50% and increases risk of heart disease and stroke by up to 30%. While at Joyful Journey, Friends receive the benefits of socializing, connecting and making new friends. Joyful Journey is part of a growing solution for those prone to feeling isolated.

*In the garden of life, a friend's a bloom, through sunshine and storms, a comforting room. With laughter and support, they light the way, in friendship's embrace, we cherish each day. Unknown author*



## MEET THE TEAM

Thanks to our marketing partner, Find8 Performance Marketing, our website stays updated and fresh. With their help, our staff page was recently updated to include information and pictures of our Joyful Journey Team. Please head to [www.joyfuljourneywl.org](http://www.joyfuljourneywl.org) and click Staff to learn more about all nine team members and what we do to move our mission forward. "Thank you" to Program Lead Kylie Warren for taking all of our headshots.

QUOTE SELECTED BY JOYFUL JOURNEY FRIENDS

**Talk to yourself like someone you love!**