

APRIL, 2024

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

Joyful Journey

ADULT DAY SERVICE

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

www.joyfuljourneywl.org



MUSIC & MEMORY PROGRAM

The Joyful Journey Program Team has begun preparations to bring the Music & Memory program back to Friends. Music & Memory is an internationally recognized program that operates under the premise that people have a strong memory of and emotional connection to music from their formative years, ages 15-25.

A playlist composed of this music and tailored to the individual can “tap deep memories long attached to the brain and can bring listeners back to life, enabling them to feel like themselves again, to converse, socialize, and stay present.” Joyful Journey provided this program to Friends from 2017 to 2020. We are looking forward to bringing it back for current and future Friends to enjoy!

ST. PATRICK'S DAY SHENANIGANS



HELP A CAREGIVER

“What can I do to help?” It seems like a very simple question, and for a caregiver, it can sometimes feel too overwhelming to answer. Here are our top three ways to offer help that caregivers may readily accept.

1. **Give them a break:** Say, “I would love to spend some time with your loved one. Can I stop over for a few hours so you can have a break?” Then, be sure to have a few days and times handy that you can suggest, if they don't have a specific need.
2. **Bring over food:** Everyone likes a break from cooking! Give your caregiver a call and let them know what you are bringing over. It is also nice to ask if they have a specific day and time that works best.
3. **Stay in touch:** Whether you are connected to the caregiver or the person who is being cared for, be sure to give them a call on a regular basis. Send them a card! Let them know you are thinking of them. And, ask if you can stop by to visit.

QUOTE SELECTED BY JOYFUL JOURNEY FRIENDS

The deep roots never doubt spring will come. *Marty Rubin*



Caregiver Support Workshop

Caregiving can be incredibly rewarding and equally stressful.

Joyful Journey is offering this workshop to provide inspiration, validation, and practical skills to help caregivers navigate their ever-changing journey. A few topics that will be covered include caregiver selfcare, understanding brain changes in everyday life, and how to engage your loved one in activities.

We will also provide time for you to meet other caregivers and talk about your experiences in a supportive environment.

This event is FREE and light refreshments will be served.

Please RSVP by April 11 to 765-607-6156 or
info@joyfuljourneywl.org.

Saturday
April 13th

600 Lindberg Rd
West Lafayette

10am-12pm



Visit our website for more information
www.joyfuljourneywl.org