



Patience and Understanding

On an afternoon in December, I was having a lovely conversation with Friend Lindy about the newsletter. She let me know she would like to put a quote in our next newsletter. To which I said, "Sounds great! What would you like people to know?" Her response, "Please be patient and understanding, I have Autism." Thank you, Lindy, for sharing your thoughts and sentiments.

The idea of patience and understanding is a great place for us all to start our new year. And, how can we truly start to exercise patience and understanding with our loved ones that test our resolve? Here are a few ideas that we hope will inspire you:

1. Take a deep breath and slow down. You may even need to step away from the situation that is making you lose your patience and that is OK. You can return after a few minutes and see if that brief respite helps refocus the situation.
2. Impatience can be caused by feeling a lack of control. Ask yourself, "What can I control in this situation?" Then, focus your efforts to resolve the issues you can control.
3. Prioritize your time. One expert on cultivating patience says, "If you gain time, you gain patience."

Get Ready! Get Set! PUZZLE!

Brrrrrrr! It might be cold outside, but it is toasty inside at Joyful Journey and our Friends know just the activity to help them stay active and warm - jigsaw puzzles. Use these tips at home to help your loved one feel successful and independent when working their own puzzle:

1. "Do" the puzzle with them. This can mean sitting and chatting while they complete the puzzle, helping get all the pieces face up, or adding a few pieces yourself.
2. Choose a puzzle with the description "large piece". The larger piece puzzles are easier to manipulate.
3. Less is more! Puzzles with 30-60 pieces can come together in one sitting and leave us feeling fulfilled with a sense of completion.



Creativity Kits By the Numbers

In January of 2021, Joyful Journey began a new outreach program with the goal of providing engaging and quality activities to families in their homes through what we call Joyful Journey Creativity Kits. In twelve months, we have sent over 435 creativity kits into the community! Each kit includes some of our favorite activities that are sure to spark creativity and curiosity, including fun word games, brain teasers, and more. If you or someone you know would like a kit, please email us at info@joyfuljourneywl.org. We are happy to provide the kits each month at no cost to the recipient, while supplies last.

Quote of the Month Selected By Friends at Joyful Journey

"When nothing is sure, everything is possible." -Margaret Drabble