

OCTOBER, 2022

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



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

www.joyfuljourneywl.org



**TWO FORMER
GIRLSCOUTS SHARING
MEMORIES**



Please help us cast the Joyful Journey net wider to reach caregivers that are not aware they have adult day resources right in their own backyard. We are currently scheduling speaking engagements and presentations to share our mission, benefits and caregiver tips. If your service group, faith-based organization, HOA or club is interested in learning more about Joyful Journey, email bess@joyfuljourneywl.org or call 765-607-6156. We would love to talk to you!

If Not Now, Then When?

When is the right time to seek additional support as a caregiver? This can be a complicated question to answer and is up to each caregiver to decide. However, we have found that early intervention is always better than waiting. When you seek support early, you are setting you and your loved one up for a more successful transition from independent to supportive living.

The person needing care will have the opportunity to build relationships with additional people before a cognitive decline makes that more challenging. If your loved one is losing mobility due to a sedentary lifestyle, giving them a place and reason to be more active is key and will help them build back strength and balance. Taking steps to be engaged socially, physically, mentally and creatively when those first warning signs begin to surface, will help your loved one build a reserve to draw on as their need for support grows in the time to follow. It also benefits caregiver health and wellbeing. A trusted support group can share more of the caregiving load which helps prevent family caregiver burnout and injury.

There is also a financial benefit to early care. When adult day services are incorporated early enough into a caregiving routine, people in need of care may be able to stay in their homes longer and delay a costly move into assisted living or a nursing home. We encourage you to seek care early. It just makes sense... and cents.

Activity Spotlight

Time Slips are a fun way for Friends to write a story that is unique to them. We start with an inspiring photograph or painting. Then, simple questions are asked to create the characters of the story and what they are doing. Some stories are short and simple, while some get very elaborate. We let the Friends lead the way to decide when the story is complete. This is a great way to activate the language center in our brains!



PARACHUTE LAUGHTER

"October—The true heart of Autumn...The perfect blend of daydream and reality."

Terri Guillemets