



JAIME'S JOURNAL

Looks like home. Feels like home!

BLACK FRIDAY

Are you brave enough to shop the day after Thanksgiving? If so, you should know some of these fun facts.

The idea of Black Friday as the kick off to the holiday shopping season started after the 1924 Macy's Thanksgiving Day Parade.

Apparently, the term "Black Friday" was coined by Philadelphia cops in the early 1960s. They were frustrated with the bad weather, congested shopping and horrible traffic after an annual Army-Navy football game that day.

Retailers tried to rebrand the name to "Big Friday." That didn't stick.

Black Friday, as we know it today, was not the busiest shopping day of the year until around 2001—thanks to retailers like Best Buy offering unheard of deals.

Black Friday is actually a very busy day for plumbers—think of all those clogged toilets in the busy stores.

Since 2006 17 people have died and 125 have been injured on this day. No TV is worth it folks!

In 2011, Walmart broke the Black Friday tradition by opening on Thanksgiving Day.

All Things Spooky!

October went out with a scary bang with our 6th annual spooky tea party. Picture it—Jaime, dressed as a gangster and toting a machine gun, busted into the main room demanding hands up and jewels turned over. Charlotte, on perfect cue (though not planned) yelled "I am a police officer." The room erupted with laughter and the festivities began. What a fabulous party with creative costumes and mouth watering morsels!



Check out our collage on the back cover to see a wicked witch, an angelic angel, a cuddly cat, a pilfering pirate, a jazzy judge and many more. We are so grateful for the opportunity to bring such joy to our members. We love Halloween and

WE LOVE OUR MEMBERS!



Activities to stimulate your loved ones using the 5 Dimensions of Wellness in honor of Thanksgiving

- **Run/walk a turkey trot.** What a great way to start your turkey day—with a 5k race. Check out page 3 for the trots around town! (Physical)
- **Cheer on the turkey trotters.** Even if you cannot run or walk a race, you can go out and enjoy the comradery. (Social)
- **Bake up some fun and memories.** Thanksgiving is a time for family recipes and your loved one probably has plenty to share. Make it even more special and make a dish together. (Emotional)
- **Test your football knowledge.** Football is as much a part of Thanksgiving as turkey. What teams always play on this day? (Intellectual)
- **Just be grateful.** Meditate on God's word for ten minutes before putting the bird in the oven. "Give thanks to the Lord, for He is good." Psalm 107:1. (Spiritual)

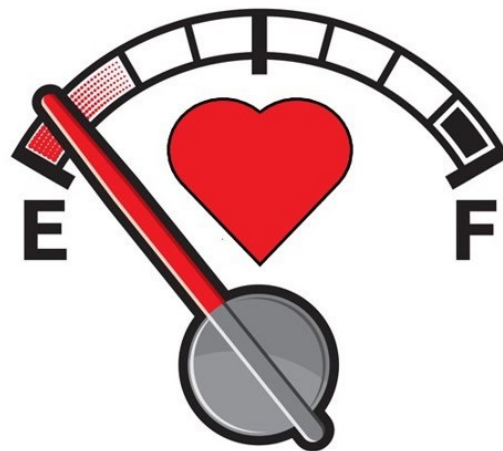
Look for more exciting ways to stimulate your loved one in next month's edition of Jaime's Journal.

COMPASSION FATIGUE

How are you? Feeling good? Working out? Eating well? Sleeping 8 hours every night? Drinking that newest juice that promises all sorts of health benefits? Spending quiet time reflecting on the good in the world? Or do you feel like you are running on empty? Chances are if you are reading this, you are caring for a loved one with dementia. That is not easy no matter how well you are taking care of yourself or how positive of an attitude you have. If you are feeling run down, you may well be suffering from "compassion fatigue." This term describes symptoms that one experiences when constantly exposed to the sickness, suffering, pain or hurt of another person. And it can sneak up on even the best of us!

The world is full of sickness, suffering, pain and hurt—just turn on the news or scroll through your social media feed. It won't be long before you are reading about someone else's tragedy. Then you cannot escape it at home because you are faced with your duties as a caregiver. So even if you take supreme care of yourself, the constant exposure to affliction is exhausting. So what to do? Take a break. Turn off the news. Disregard social media. And take care of yourself. This season, especially, is one of thanksgiving. Be thankful for the opportunity to care for a loved one. While it can feel like an overwhelming responsibility, even a burden at times, being a caregiver is a tremendous blessing to your loved one and to you as well.

If you feel like you may be suffering from compassion fatigue, talk to someone. It is a real thing! Don't let the ills of the world weigh you down. Re-fuel and be thankful this season (and always).



**TURKEY TROTS AROUND
THE TOWN***

Tampa Bay Turkey Trot
Clearwater High School
Clearwater

Tampa YMCA Turkey Gobbler
Amalie Arena
Downtown Tampa

10th Annual Gobbler
First Christian Academy
New Port Richey

Coffee Pot Turkey Trot
North Shore Elementary
St. Petersburg

Wiregrass Turkey Trot
Wiregrass Mall
Wesley Chapel

Run for the Pies
Holiday Park
Lakeland

*All races are Thanksgiving
morning—times vary

November birthdays

Happy birthday to our November "birds"

5th—Bob D.

7th—Sandra L.

11th—Robert A.

November is National Alzheimer's Awareness Month .
It is also National Family Caregiver Appreciation
Month. Jaime's recognizes and honors all of our
family caregivers.

November 11 is Veteran's Day. A special thank you to
every one of our members who served our country
and fought for the freedom we all enjoy!

4—Nat'l Candy Day

10—Nat'l Vanilla Cupcake Day

17—Nat'l Homemade Bread Day

21—Nat'l Stuffing Day

Zodiac signs— Scorpio, Sagittarius

Flower—Chrysanthemum (better known as "mums")

Famous folks born in November—Winston Churchill,
Daniel Boone, Grace Kelly, Charles Schulz, Mark Twain,
Danny DeVito



Jaime's

Adult Day Centers