

JAIME'S JOURNAL

Your home away from home!

Valentine's Day Fun

The most popular theory on the origins of St. Valentine's Day is that Bishop Valentine, in Roman times, was jailed and executed for secretly performing marriages during wartime against the Emperor's wishes. Before he was executed, he signed a love letter, "Your Valentine." *Rough start for this romantic holiday!*

1 billion cards are exchanged on this day, making it the second largest seasonal card day. *E-cards got nothin' on Hallmark!*

During medieval times, single girls would eat bizarre foods to make them dream about their future spouse. *Break out the ketchup pancakes single ladies!*

Singles should not fret. February 14 has also been designated as SAD or Singles Awareness Day. *Aren't we already painfully aware of our singleness on this day?*

15% of women send flowers to themselves on this day. *But how do they sign the cards?*

Over \$1 billion worth of chocolate and 189 million stems of roses will be bought this day. Oh and 220,000 wedding proposals will be made. *And hopefully accepted!*

HORSIN' AROUND

Activities at Jaime's are always amazing. Among the favorites is pet therapy. Bruce, a German shepherd/greyhound mix, stops by just about every day with his handler, Chaplain Steve. They offer lots of love and prayers for our members. But we took it to a whole new level when Honey the Horse stopped by last month. Yes - we had a horse at Jaime's! (We had goats a few months ago!) Honey is a service horse who enjoys bringing cheer to everyone. Pet therapy offers so many amazing benefits. Studies have shown that just a few minutes with pets causes changes in the brain that produce feel good hormones such as serotonin. Depression and anxiety are lowered, allowing us to be happier and healthier. We love Bruce, Honey and pet therapy and most of all WE LOVE OUR MEMBERS!



Activities to stimulate your loved ones using the 5 Dimensions of Wellness in honor of St. Valentine's Day!

- Go mall walking! Browse the wonderful displays of roses and candy that will be bought this holiday. What a great work out if you want to avoid the outdoors! (Physical)
- Share some love stories. Ask your loved one about the time he/she met his/her significant other. Then watch the twinkle in the eye. Share your story as well. Thinking about love is good for our souls. (Emotional)
- Invite your female family members over for a fun Hallmark movie night. Pop some popcorn and get some heart shaped candy. The Hallmark channel has a great, romantic lineup of movies. (Social)
- Learn some fun Valentine's Day facts. See page 1 of the Journal and google lots more. (Intellectual)
- Grab an edition of Women's World Weekly magazine. They have wonderful heart felt stories of how love and angels collide to make anything possible. (Spiritual)

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

HOW TO TREAT A COLD NATURALLY

Cold season is still in full swing. Many of us do not want to race to the doctor just to get prescribed more medications. There are many natural remedies available that may help heal the ailments brought on by colds. Check them out then flip the page to see how *cold weather* helps your body.

1. Rose hip tea is full of Vitamin C and can help prevent colds. Enjoy a cup daily.
2. Eat lemons and oranges.
3. Take fresh gingerroot for chills.
2. Onions have antibacterial qualities. Historically, onions were hung in sick rooms. Today you can boil an onion and drink the water. (But have a pack of mints handy!)
3. Garlic and horseradish also help to prevent and even remedy colds. A farmer reported in the 2019 Old Farmer's Almanac that a horseradish sandwich is the best remedy for a cold.
4. Eat lots of hot and spicy foods to clear sinuses.
5. Eat prunes which are loaded with fiber, Vitamins A and B, iron and calcium.
6. Treat sore and chapped lips with honey.
7. Treat cracked lips with earwax—yuck!
8. Make a big batch of chicken soup and sip away!



Caregiver's Corner

Cold weather helps your bodies

We often associate cold weather with, well, cold (and flu) season. But cold weather actually has some upsides according to a recent article in Reader's Digest.

Cold weather boosts your brain power. Apparently, the cold helps us to think more clearly.

You burn more calories in cold weather than warm weather. This is because your body has to work harder to maintain your core temperature of 98.6 degrees.

Allergies are alleviated in the cold. Pollen counts are almost non-existent in the winter months.

Cold weather encourages better sleep. Many studies reveal deeper sleep occurs in cooler temps because your core temperature drops quicker than it does in warm months.

Cold weather actually fights some infections because our immune systems are activated in the cold. The negative—the flu virus thrives in the cold.

Cold weather strengthens your heart. The heart works harder to maintain the core temperature. This extra cardiovascular exertion is a good thing!

CAREGIVER STRESS—REDUCED

47 million people in the United States serve as a caregiver to an aging or ill loved one. If you are reading this, you probably fall into that category. Following are some real world tips to reduce some of that stress.

*** Caregivers are naturally compassionate and genuinely want to help .** In order to keep your sanity without feeling like you are also losing your compassion, practice saying "I would love to but I am not in a position to do that right now."

*** Live in the moment.** It is difficult not to miss the "good old days." But don't cheat yourself out of making new memories. Being present and seeing the beauty in the moment will bring calm.

*** Know what resources are available in your community.** Visit Jaime's "Caregiver's Corner" for a variety of helpful tools. We have always touted the importance of support groups—join one. Get to know other family members at Jaime's—a social network can be a life saver.

• **Give yourself a break.** We can't stress this enough. You simply have to take time out—even if it is just 15 minutes daily of mindful meditation for a happy boost.

