

# JAIME'S JOURNAL

*Your home away from home!*

## AUGUST FUN FACTS

August marks the official end to summer break for the school kids but not a break in the heat! Here are some fun August facts:

- \* August is named after Augustus Caesar, founder and first emperor of the Roman Empire.
- \* August is related to the word "auger" - a hole digging tool that farmers use this time of year to prepare for the next season.
- \* Fans of Elvis Presley mourn his death each August 16 - the day he died in 1977.
- \* On August 24, 79 AD, the volcano Mt. Vesuvius erupted, destroying the city of Pompeii.
- \* August has two birthstones. The Peridot is one of the oldest gems on Earth. The Sardonyx is known to have mystical powers!
- \* August is National Admit You Are Happy Month! It is also National Family Fun Month and boasts National Smile Week :)
- \* August 3 is National Watermelon Day. Be sure to stop by Jaime's for some tasty treats!

## EATING WELL



Lunch at Jaime's is always good but our members were treated to one especially scrumptious meal last month. Chef Moss of Brookdale Northdale put on a fabulous display of culinary arts as he sautéed, spiced, diced and chopped his way to a splendid spaghetti feast fit for a king! We loved the presentation but loved the finished product even more. **WE LOVE OUR MEMBERS!**



- \* August 4 is National Chocolate Chip Cookie Day. (This should be plural - who can just eat one!)
- \* August 5 is National Sisters Day. Jaime and Julie will be sure to celebrate this day!
- \* August 6 is National Wiggle Your Toes Day.
- \* August 10 is National Lazy Day. We all need one of these but, again, why is this not plural?!
- \* August 15 is National Relaxation Day. Why isn't it August 11 so we have two lazy days in a row?
- \* August 21 is National Senior Citizens Day. Grab your loved ones and tell them how much they mean to you, which you should be doing daily anyway!
- \* August 25 is National Kiss and Make Up Day. But don't pick a fight just to partake.
- \* August 30 is Toasted Marshmallow Day. Sounds like s'mores!
- \* August 31 is National Eat Outside Day. Though this may be more pleasant once these "dog days of summer" are behind us!

ENJOY YOUR AUGUST -  
FALL IS RIGHT AROUND THE  
CORNER!

## The Importance of Staying Hydrated



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August is the hottest month of the year and it is more important than ever to stay properly hydrated. Though we have addressed this in previous editions of Jaime's Journal, this important topic warrants revisiting. It is important to aim for 8 glasses of water daily. If your loved one does not

like plain water, try adding a low sugar flavoring, carbonated water or even try diluted fruit juice. But steer clear of alcoholic beverages or those with too much caffeine that can lead to dehydration. Also, encourage your loved ones to drink even if they are not thirsty. By the time we are thirsty, we may already be dehydrated.

### Seniors are more susceptible to dehydration

Seniors are more at risk for dehydration (and electrolyte imbalance) because their bodies do not hold water as well as their younger bodies did. Some medications common to seniors may also increase the risk of dehydration.

### Signs of Dehydration

Often, we are dehydrated before we even realize it. Here are some signs to look for in your loved one:

- \*Muscle cramping
- \*Dry/white tongue
- \*Lethargy
- \*Constipation
- \*Dark urine
- \*Excessive time with no urination
- \*Low blood pressure
- \*Weak pulse



### Treating Dehydration

If your loved one is exhibiting signs of possible dehydration, the fluids and electrolytes must be replaced. This can take up to a full hour. Water and a beverage with electrolytes, such as Gatorade, should be given immediately. Severe cases may require a trip to the Emergency Room. But let's avoid that and just make sure to drink plenty and always carry water with you everywhere you go!

Activities to stimulate your loved one using the 5 Dimensions of Wellness in honor of "Back to School"

**Walk the track at your local school.** Most school tracks are open late and some are open all the time. Try the track at Ben Hill Middle School after the school day ends. (Physical.)

**Visit a child or grandchild's classroom.** Most teachers welcome visitors to read and socialize with the kids. (Social.)

**Reminisce with your loved one about his/her first day of school.** Long term memory sticks with us and you may learn something really cool about your loved one while he/she has fun remembering "the good old days" before all students had cell phones and computers. (Emotional.)

**Contribute to an underprivileged school or classroom.** Many teachers use personal money to buy classroom supplies for students whose parents cannot provide supplies. Your church can provide a list of schools most in need. (Spiritual.)

**Pull out the old flash cards.** You may be surprised what multiplication and division your loved one has retained. (Intellectual.)

***"Caffeine dehydrates the brain and body."***  
***Daniel G. Amen, Preventing Alzheimer's: Ways to Help Prevent, Delay, Detect and Even Halt Alzheimer's Disease and Other Forms of Memory Loss***

## Caregiver's Corner

**If you are caring for a child and an elderly loved one, back to school can be especially stressful for you. Here are some tips to get through it.**

- **Pack bags and lunches/snacks the night before.** Mornings are generally more hectic than evenings so a few extra minutes at night may save much more time in the morning.
- **Lay clothes out the night before.** Too many choices for your child or your loved one can create more stress for you in the morning.
- **Plan to leave earlier than normal.** Remember that traffic will be much heavier than during the summer with everyone returning to school. Road rage is a real thing! Don't be a victim or the perpetrator.
- **Be mindful of bus routes.** If possible, avoid routes with buses. If you are stuck behind a bus - remember the road rules related to stopped buses.
- **Know your school zones.** Try to avoid routes with several school zones. Remember the speed limit in school zones is 15 miles per hour. And always wave to your crossing guard!
- **Ask your employer to be patient while you adjust to your new routine.** Most will understand if you are up front. And the first few weeks of school are always the worst.
- **Be patient, breathe and don't forget to take care of yourself.** A book on tape, some relaxing music and some deep breathing should help you through.