

# JAIIME'S JOURNAL

## **A Royal Wedding is in the Air**

**Prince Harry, younger son of Prince William and the late Princess Diana, will wed Meghan Markle on May 19, 2018.**

**The wedding will be held in St. George's Cathedral at Windsor Castle.**

**The Succession to the Crown Act requires Prince Harry to get permission to marry.**

**The cake will be lemon elderberry flavored and adorned with the colors of spring.**

**Pub hours throughout England will be extended so revelers can enjoy the festivities.**

**Harry and Meghan are going against the tradition of marrying on a weekday. They are being married on Saturday.**

**Some celebrity guests include Sir Elton John, tennis great Serena Williams and singer Ed Sheeran.**

## **ENTERTAINING JAIIME'S STYLE**

Jaime's members love music and entertainment. Music is such a powerful force for all of us and that does not change as we age. We carefully select engaging, energetic entertainers who



perform a variety of songs from the "good old days." There isn't a toe that's not tapping, a finger not

snapping and a

lip not singing along when a dynamic singer is in front of our crowd. Music is such an important part of Jaime's and we would like to thank all of our outstanding performers! (Check out these pictures from Jaime's 29th birthday celebration!)



**Activities to stimulate your loved ones using the 5 Dimensions of Wellness**

- \* **Take a walk “down the aisle.”** Fashion a makeshift aisle and have your loved ones walk to the wedding march. What a fun way to get in some great exercise. (Physical)
- \* **Watch the Royal Wedding.** The nuptials of Prince Harry and Meghan Markle will be aired May 19, 2018 from 5 am - 10 am on ABC News. (Social)
- \* **Reminisce about your loved one's wedding day,** How did he/she feel? What did he/she wear? How many guests? Was there cake? If so, what kind. (Emotional)
- \* **Read some Bible versus.** The top “wedding” versus include Proverbs 18:22; Colossians 3:14-22; 1 Corinthians 13:4-12; Ephesians 5:22-23. (Spiritual)
- \* **Test your loved one's knowledge of The Royal Family.** You can learn all about the Royal Family simply by googling “fun facts about the Royals.” (Intellectual)
- \* **Watch for more fun, stimulating activities in next month's edition of Jaime's Journal!**

## **Things to Consider Before Choosing a Long Term Care Facility**

(Part 2 of 2)

Last month we provided some tips to follow when looking at long term care facilities. If you are faced with this difficult task, speak to Jaime and do the following:

1. Talk with family members of residents. Ask why they chose a particular facility and if they would choose it again. Ask for tips to ensure your loved one will get the care and attention needed.
2. Check staffing. Unfortunately, the pay in long term facilities is not high and turn over tends to be high. But heavy turnover can be indicative of poor management as well.
3. Give the smell test. Does the building smell clean and fresh? Is it well ventilated? Many residents of long term care facilities are incontinent. But there should not be a smell of stale urine or harsh cleaning products.
4. Give a sound test. Are the sounds peaceful and calming? Are residents laughing and talking? Or are there constant beeps, buzzes and other anxiety producing noises?
5. Have a meal. Sit with the residents and eat the same meal. While you may not be dining at a 5 star restaurant, the food should still be appetizing and healthy.
6. Ask tough questions. Do not be afraid to ask staff, management, residents and family members anything that is on your mind. Remember your loved on may be calling this place home.

There are approximately 1.4 million residents in 15,600 skilled nursing facilities and about 1 million residents in over 28,000 assisted living facilities across the United States. As our population ages, these numbers will increase, making odds greater that your loved one may be in need of a facility. All facilities are required to comply with certain state and federal guidelines in order to receive payments from the government. As such, all undergo routine inspections. The survey results are available to the general public at [www.ahca.myflorida.com](http://www.ahca.myflorida.com).

**Caregiver's Corner**

### PROFILE OF THE MALE CAREGIVER

Most of us think of caregivers as the women in our families. But that is a stereotype that is certainly changing. Check out these facts about male caregivers.

- \* A whopping 40% of caregivers across America were males in 2017. This is up from 34% in 2009.
- \* About 16 million men care for a family member or friend.
- \* Among male caregivers, 25% help with feeding and bathing, 29% with dressing and 30% with toileting. More than half perform nursing and medical duties.
- \* Men still do not feel as comfortable asking for help as their female caregiver counterparts.
- \* The typical male caregiver is 48 years old and caring for a 68 year old female loved one - often his mother.
- \* Most male caregivers still work full time and are married with children, making the task of caring for an older adult that much more challenging.
- \* Men tend to not want to talk about being stressed and overwhelmed, which can lead to a host of other problems.

***“Though those with Alzheimer’s might forget us, we as a society must remember them.”***

*- Scott Kirschenbaum, Filmmaker*

### WARM WEATHER TIPS

**It’s nearly impossible to avoid the sun entirely here in the Sunshine State (and who would want to!). So as the dog days of summer seem to be rapidly approaching, here are some tips to staying safe.**

- \* **Stay out of the direct sunlight if possible.** Front porch sitting is one of the favorite pastimes at Jaime’s but we are sure to “soak up the shade” during the most intense sunlight hours.
- \* **Stay hydrated.** Drink plenty of cool water, clear juices and other liquids free of alcohol and caffeine. And drink even if you are not thirsty!
- \* **Dress appropriately.** Wear loose, light weight clothing and a hat when you can.
- \* **Use sunscreen.** Choose a broad protection factor above 15. If you do get sunburnt, apply cool rags and a moisturizer with aloe to the area and drink extra water.
- \* **Wear sunglasses.** Never forget to protect your eyes.
- \* **Recognize the symptoms of dehydration, heat stroke and heat exhaustion.** If you or your loved one experiences weakness, headaches, cramps, dizziness, nausea, high body temperature and/or a change in pulse rate - seek medical attention.

