



# JAIME'S JOURNAL

*Looks like home. Feels like home.*

## MEMORIAL DAY FACTS

**Memorial Day was called Decoration Day and originated in the years following the Civil War.**

**Originally, only Civil War veterans were honored. We now celebrate fallen heroes from all wars.**

**More soldiers died in the Civil War than any other war in American history—approximately 620,000.**

**On the first Decoration Day, President James Garfield gave a speech at Arlington National Cemetery.**

**Memorial Day became an official federal holiday in 1971. It is observed on the last Monday in May.**

**Each year on Memorial Day, a national moment of remembrance takes place at 3 pm local time.**

**The American flag should fly at half staff until noon on Memorial Day.**

## FUN AT JAIME'S

If you have been at Jaime's for more than a few months, you know how much we love a good tea party. Jaime threw another epic one in April. The tea was terrific, the food was fantastic and the entertainment was enjoyable. But the fun doesn't stop there. May is full of exciting events. We will be celebrating all of our active and retired military personnel this Memorial Day. We will also be paying tribute to the late and great Audrey Hepburn. Last but certainly not least we celebrate our own Audra as we recognize National Administrative Assistants Day. (Thanks for Griswold Home Care for helping us out there!) There is truly no such thing as an ordinary day at Jaime's so come on down and join the fun!

**We love fun and WE LOVE OUR MEMBERS!**



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

- **Register for a 5k.** Lace up those shoes—there are several running events (you can also walk) Memorial Day weekend. Check out page 3 of the Journal for more details. (Physical)
- **Throw a wreath making party.** Invite some friends, get out your red white and blue ribbon and get creative. You will have a patriotic good time while creating a masterpiece for your front door. (Social)
- **Whip up a red, white and blue drink for your wreath party.** Check out the back of the Journal for a fun recipe! Your loved one will love helping in the kitchen. (Emotional)
- **Test your Memorial Day knowledge.** Page one of the Journal has some pretty good facts. See what you know about this day. (Intellectual)
- **Observe the moment of remembrance.** Be sure to stop and say a prayer for all our fallen soldiers at 3 pm on Memorial Day. (Spiritual)

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

### BEHAVIOR CHANGES IN DEMEMENTIA PATIENTS

Why is my wife so angry? Why is dad so mean to me? Find yourself asking these questions?

You are not alone! We all have bouts of anger, agitation or frustration. However, for a person



with dementia, these emotions are often much

more exaggerated. And angry outbursts may increase as the condition worsens. There are reasons your loved one may be

experiencing these feelings and engaging in seemingly angry, at times, aggressive outbursts.

1. Your loved one may be in physical discomfort. Pain can most certainly be a trigger for agitation and anger if your loved one is unable to articulate that pain. Even weakness, which occurs naturally as the body ages, can lead to these angry episodes.
2. Fear is a huge contender in angry outbursts. Dementia robs our loved ones of the ability to “think straight.” Imagine not being able to remember someone’s name or not being able to come up with the “right” word. Dementia creates such fear in its victims. That fear can lead to frustration and anger.
3. Depression, much like fear, can cause any of us to lash out in a seemingly angry manner.
4. Environmental factors such as large crowds, loud noises and physical clutter can lead to outbursts. Your loved one with dementia can be overwhelmed by these situations and act out.

Changes in behavior for people with dementia is not uncommon as the disease attacks the brain. Armed with some reasons *why* your loved one is acting out can better help you understand how to deal with such behaviors. Check out our Caregiver’s Corner on page 3 for some tips on how to deal with and prevent emotional outbursts.

## Caregiver's Corner

### REMEMBER THE FALLEN

Monday May 30, we honor the men and women who made the ultimate sacrifice for our country. Countless active duty soldiers have given their lives defending our freedoms and the rights of all! While we honor these men and women daily, be sure to fly your American flag in honor of these brave men and women on Memorial Day. The flag should be flown at half staff until noon before it is raised to full staff. And if you are looking for a fun way to honor our heroes, sign up for one these races:

May 28—Honor our Heroes Memorial 5k  
Oldsmar

May 28—Spring Lake Memorial 5k and 10k  
Brooksville

May 30—Trinity Memorial Day 5k  
Trinity



Here are some tips on how to manage your loved ones' angry or aggressive outbursts:

1. First, remember, in many cases, your loved one cannot control these outbursts. Understanding this will help you see it is often the disease, not the person.
2. Try to find the root cause of the aggressive behavior. See page two for additional information. First and foremost make sure your loved one is not in physical pain.
3. Respond to your loved one's anger with a calming tone. As much as possible, create or move to a calm area.
4. Reassure your loved one that you are there and that he/she is safe. Remember fear is a big factor.
5. Turn off anything loud. Play calming music.
6. Attempt to move to a new activity. Try to re-direct your loved one's attention to something fun or upbeat.
7. Never argue with your loved one. Validate feelings. If your loved one says it is raining but the weather is sunny, simply say "well grab the umbrella so we don't get wet!"
8. Remove yourself from the area (if practical to do so) if nothing else works.
9. Keep your cool! Two angry people is definitely not better than one.
10. Do not blame yourself. Rather use any situation as a learning one.

**RED WHITE AND BLUE  
FUN..... IN A CUP**

**Ice Cubes**

**Clear cup**

**Cranberry juice**

**Pina Colada mix**

**Blue Powerade Zero**

In order to layer this drink as shown in the picture, put the drink with the most sugar on the bottom. Use sugar free blue Powerade for the top layer—since this juice has zero sugar it will sit on top of the other juices that have more sugar content. Pour each layer slowly to get that fun, patriotic, layered look.



**May birthdays**

*Happy birthday to our May  
"babies"*

**5/8—Fred R. and Brenda F.**

**5/10—Galen F.**

**5/16—Mary U.**

**5/20—Elsie F.**

**5/21—Don J.**

**5/31—Nelly G.**

**May National Days:**

**6—Nat'l Nurses Day**

**16—Nat'l Mimosa Day**

**20—Nat'l Pick Strawberries Day**

**21—Nat'l Strawberries and  
Cream Day**

**Zodiac — Taurus, Gemini**

**Birthstone—Emerald**

**Famous folks born in May—**

**Audrey Hepburn, John Wayne,  
Stevie Wonder, James Brown**



**J a i m e ' s**  

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**Adult Day Centers**