



# JAIME'S JOURNAL

*Looks like home. Feels like home.*

## EASTER FUN

**Easter celebrates the resurrection of Jesus Christ. Jesus rose from the grave after living a sinless life on Earth.**

**Holy week begins with Palm Sunday and culminates to Maundy Thursday, Good Friday and Easter Sunday.**

**Americans spend \$1.9 billion on Easter candy. This is second only after Halloween.**

**70% of that candy is chocolate.**

**Eggs have long been a symbol of fertility and Easter is thought to bring new life and re-birth.**

**Almost 80% of Americans think the ears of a chocolate bunny should be eaten first.**

**There is a reason we wear our "Sunday best" on Easter. Tradition holds that if you wear new clothes on Easter, you will have good luck for the year.**

**Some say that dyeing eggs represents the blood of Jesus.**

**The idea of the Easter bunny originated in Germany.**

**Over 16 million jelly beans are consumed at Easter.**

## SPRING HAS SPRUNG!

Outside the birds are chirping, the bees are buzzing, the flowers are blooming and the sun is shining. But inside, spring is in full bloom at Jaime's as well. Our entertainers are chirping (and we have some new ones!), staff members are buzzing about, new members are blooming and all of our members are shining! There is so much going on at Jaime's this month that you won't want to miss a single day. Make sure you are here when Monica shares the 12 Secrets of a Long Life—but don't keep it a secret. This is too good not to share! We love spring, we love a long life and

**WE LOVE OUR MEMBERS!**



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

- **Have an Easter egg hunt.** Whether you are hiding eggs or hunting them, you are getting a work out. (Physical)
- **Decorate Easter eggs.** Before you hunt them, you have to color them. Get a dozen (or more) and let the inner kid in you get to work. (Social)
- **Break out the photos with the Easter bunny.** Do you remember sitting on the Easter bunny's lap? What fabulous memories! (Emotional)
- **Test your Easter knowledge.** Page 1 of the Journal is chock full of fun facts and page 3 has Easter traditions from around the world. (Intellectual)
- **Attend a sunrise service.** There is nothing better than attending an outdoor service watching the SUN rise and celebrating the SON rising. (Spiritual)

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

### HOW TO GET GOOD SLEEP

Last month we wrote about the importance of sleep. But how are busy, stressed caregivers supposed to get the recommended 7 to 8 hours of *quality* sleep nightly?

Studies suggest that at least 30% of the population suffers from insomnia— having trouble falling asleep or getting back to sleep. Most of us have trouble sleeping from time to time. But consistent poor sleep can lead to a host of health problems. Here are a few tips to sleeping better and deeper.

- Be consistent. Go to bed and get up at the same time every day, including weekends. This will help your body find its natural rhythm.
- Avoid large meals too close to bedtime.
- Do not consume caffeine, nicotine or alcohol for several hours before bed.
- Make sure your bedroom is dark, quiet and cool.
- Remove electronics such as televisions, iPads and smart phones from your bedroom. The “blue light” can trick your brain into thinking it is still daytime.
- Don't face the clock. Looking at the clock if you wake up in the middle of the night can intensify insomnia.
- Get physical activity during the day to ensure better sleep—just make sure the exercise is not too close to bedtime.
- While taking naps can be beneficial, irregular or long ones can interrupt precious nighttime slumber.
- Take a relaxing bath or shower before bed.
- Your mattress and pillow should be comfortable.
- Try simple meditation, which can reduce stress and anxiety.



## Caregiver's Corner

### EASTER AROUND THE WORLD

- In Bermuda, people fly kites before Easter to celebrate Jesus rising from the tomb.
- Italians make pane de Pasqua (Easter bread) in the shape of a wreath that resembles the crown of thorns Jesus wore.
- Young children in Finland, mainly girls, dress up like Easter witches wearing colorful clothes and painting freckles on their cheeks.
- In Poland, people pour water on each other. Tradition holds that girls who get soaking wet are going to marry within a year.
- Mexicans participate in reenactments of the crucifixion of Jesus Christ.
- In one city in the Philippines, several people are “nailed” to crosses to commemorate the crucifixion of Christ.
- A procession is led by the Pope in Vatican City. 14 stops, representing the stations of the cross, are made along the way.
- In Hungary, young men sprinkle perfume or perfumed water on girls and then ask for a kiss.
- In Haux, France, a giant omelet is served in the city's main square. More than 15,000 eggs are used and more than 1,000 people are served.

We continue our series on home remedies. Many of us are ready to “spring clean” and what better way to clean than with safe, natural products that can be found right in your kitchen—like vinegar and baking soda.

- Clean dirt and grease from your stovetop with white vinegar.
- White vinegar can also be used to clean and shine laminate countertops.
- Clean and deodorize the toilet bowl by pouring white vinegar into it.
- Wash a wood or tile floor with an orange. Cut the orange in half and rub in circles to remove grease and dirt. Then wipe with a damp rag.
- Equal parts of white vinegar and water can remove animal urine stains and odors.
- To remove stains from silverware, place it in a pan and cover with sour milk. Let sit overnight, rinse with cold water, then rinse with hot water.
- To remove countertop stains without scratching, apply a paste of baking soda and water.
- To remove bathtub and sink film, wipe with white vinegar then baking soda.

**Who is this birthday girl?**

She was born the 20th of this month right here in Tampa.

She is a proud wife and bonus mom to two teenage boys.

She loves her 2 pups.

She is a registered nurse.

She ran away from school on her first day of kindergarten.

She likes a little champagne every now and then.

She loves Hallmark movies.

She eats chicken for dinner 5 nights a week.

Her favorite season is fall.

Last clue—she runs the best adult day center this side of the Mississippi!



**April birthdays**

*Happy birthday to our spring "babies"*

**4/4—Joyce W.**

**4/6—Veronika B.**

**4/20—Jaime S.**

**4/22—Harold P.**

April is Humor Month— laugh it up! Here are some funny ones.

7—Nat'l No Housework Day

8—Nat'l Day of Silence

14—Internat'l Moment of Laughter Day

19—Nat'l Wear Your PJs to Work

29—Nat'l Hairball Awareness Day

Zodiac — Aries, Taurus

Birthstone—Diamond

Famous folks born in April — Queen Elizabeth II, William Shakespeare, Thomas Jefferson, Marlon Brando, Shirley Temple

