

JAIME'S JOURNAL

Your home away from home!

ALZHEIMER'S BY THE NUMBERS

5.7 million – number of Americans living with Alzheimer's Disease.

20 (or more) – number of years before symptoms appear that brain changes associated with Alzheimer's may begin.

65– every 65 seconds a person is diagnosed with Alzheimer's.

3.4 million— number of women living with Alzheimer's Disease.

2.0 million—number of men living with Alzheimer's Disease.

1 in 10—number of people over the age of 65 living with Alzheimer's.

1 in 3 – seniors die with Alzheimer's.

18.4 billion—hours of care are provided annually to Alzheimer's patients.

\$341,840—estimated lifetime cost of care for an individual with Alzheimer's Disease.

\$7.9 trillion—potential cost savings for current US population from early diagnosis of dementia.

CAKE Walk to End Alzheimer's

The Alzheimer's Association's Walk to End Alzheimer's is being held November 2 at the Raymond James Stadium. Jaime's has had a team for the last two years and we have raised over \$4,000.00 in the quest to find a cure for this devastating disease. We want to do even more this year! We started our efforts early with a bake sale that earned over \$700.00. We are hosting another awesome event— our second annual *Cake Walk to End Alzheimer's*—on September 18 from 5 pm—7 pm with our wild and crazy peanut auction starting at 5:30. We will have plenty of sweet treats for raffle and auction. We will also be signing up new team members. So please stop by our event and bid on some yummy treats and help us raise money for the cause!



Activities to stimulate your loved ones using the 5 Dimensions of Wellness in celebration of fall!

- You know we love to tell you to go take a walk so GO TAKE A WALK! Notice the change in colors and collect fallen leaves—as much as is possible in Florida where we don't have much of a fall. (Physical)
- Use those leaves you found on your walk to create an art project. Let your loved one use glue, glitter, anything fun. Express yourself! (Emotional)
- Say hello to every single person you pass on that walk or, even better, join a walking club. One to try is *Take the First Step*. There is something about exercising in a group that makes it so much more fun. (Social)
- Identify the leaves you found on your walk and match them to their trees. (Intellectual)
- Enjoy a short road trip to St. Augustine and tour Cathedral Basilica, the oldest church in the state. Bonus—The more North you travel, the brighter the fall colors! (Spiritual)

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

Brain Health

Know the old adage “move it or lose it” commonly used in reference to our physical health? Well, at Jaime's we also love “use it or lose it,” which has become the catchphrase to describe the best way to ward off the problems associated with aging, including cognitive decline, memory loss and even Alzheimer's disease.



Benefits of Mental Stimulation

Mental stimulation may slow the progression of Alzheimer's and other forms of dementia and can even be beneficial to those with mild to moderate dementia. Some studies have even suggested mental stimulation can actually ward off the disease. Other studies have found that mental stimulation:

- * Improves scores on memory tests
- * Delays worsening of dementia symptoms by 6—9 months
- * Improves communication with others
- * Improves interactions with others
- * Improves mood and increases feelings of well being
- * Improves overall quality of life.

What Can You Do?

Start by doing the things you have always done. Love crossword puzzles? Keep doing them!

Try something new! Take that cooking lesson or foreign language class you always wanted to but never did.

Read about current events and then discuss them with a friend.

Take up any new hobby.

Anything that keeps your mind active!

Remember—the mind is a powerful thing to waste so

USE IT OR LOSE IT!

FALL INTO FALL

- September 21 is the first day of fall. While we may not feel the effect in Florida as much as other places, we will experience a drop in temps and humidity—even if that drop is ever so slight.
- Many trees, most notably the oak, maple, aspen and gum, produce a spectacular spectacle of vivid colors as leaves change colors.
- Fall is good for the economy - “leaf peeping” (chasing the chasing leaves) is a \$3 billion industry in the Northeast.
- A wet growing season followed by a dry autumn filled with sunny days creates the most lush array of fall colors.
- The Northern tier of states offers the most splendid color changes. However, you can catch some pretty fabulous leaf changing just a few hours north of Tampa.
- Some places, like the Caribbean Islands, never see fall, much less the beautiful colors. The weather is more mild all year because of the proximity to the Equator.

Caregiver's Corner

Caregiver Tips from a caregiver

You receive advice from your doctor, nurse, friends, family members, even staff members at Jaime's. Below are some tips from a caregiver for someone with Alzheimer's—someone who really knows where you are!

1. Live in the moment! Take that trip. Stop and smell those proverbial roses while you still can. Living in the moment will make this diagnosis a bit more bearable.
2. Find support. Lean on people and resources (books, articles, etc.) as much as possible. Don't try to do it alone.
3. Stay active. This goes for you and your loved one with Alzheimer's—especially if you were already active.
4. Find a place of joy. They do exist—you just may have to make an effort to find them.
5. Find ways to let go. Try not to blame anyone for this diagnosis. Try not to focus on the “why.” Find your inner peace.
6. Share stories. Do not hold it in and never feel embarrassed for sharing. Sharing will make you realize that you do not have to do it alone.
7. Talk about what is important. Encourage your loved one to do this while he/she is still able. This may serve to alleviate some anxiety that is so familiar to this disease.

MEMBER SPOTLIGHT



Mattie Hayes joined Jaime's in August 2017. She loves crossword puzzles, creative arts and puzzles. Mattie has 9 grandchildren and 14 great grands—WOW! What a joy Mattie has been for over two years with the Jaime's family!

September birthdays

Happy birthday to our September "babies"

2—Josephine Morales

14—Benedicta Garcia

15—Donna Hurt

20—Lois Logan

25—Carmen Jimenez

28—Mattie Hayes

29—Melba Billington

Zodiac signs— Virgo and Libra

Birth flower—Morning glory or aster

Famous folks born in June—Greta Garbo, Lauren Bacall, Agatha Christie, Colonel Sanders of KFC



Jaime's

Adult Day Centers