



JAIME'S JOURNAL

Your home away from home!

TOP CHRISTMAS TRADITIONS

Countdown with an advent calendar

Listen to classic Christmas music—think Bing Crosby, Frank Sinatra, Dean Martin

Attend a cookie exchange party—Jaime's is having one on 12/21/18 and all are invited!



Get your craft on—string some popcorn or make wreaths



Watch quintessential movies like *Miracle on 34th Street*, *A Christmas Carol* or *It's a Wonderful Life*

Bake from scratch!

Mail holiday cards

Spend time together—bake, look at lights around your neighborhood, have a family game or movie night

Rather than buy gifts, make them— maybe some sugar scrub or a favorite recipe?

Dress up!

Write thank you notes

Share memories of traditions and favorite Christmas movies

Give back—donate and volunteer (see the *Elves for Elders* flyer at Jaime's for a fun way to give!)

NOVEMBER HAPPENINGS

November was a busy one at Jaime's and we have so much for which to be thankful. We participated in the Walk to End Alzheimer's. A big THANKS to our family members who walked with us and donated! The day was unseasonably cool and windy (no it was downright cold) but we survived. Many of our family members also participated in the Virtual Dementia Tour at Jaime's —what an eye opening experience for us all. We celebrated our Veteran's and rounded out the month with a fabulous Thanksgiving meal. And, as always, we had lots of art! The Carrollwood Cultural Center even featured works of our members on its wall of art for November. What a great month! WE LOVE OUR MEMBERS!



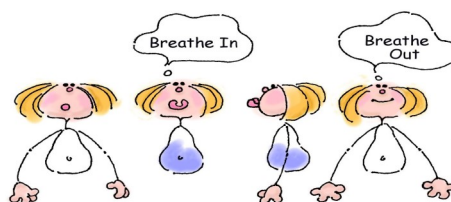
Activities to stimulate your loved ones using the 5 Dimensions of Wellness in celebration of Christmas!

- Dance! Put on some fun Christmas music and get moving—even if it is in a chair. Chair dancing is a great work out! (Physical)
- Sing your favorite Christmas carols and talk about your favorite holiday traditions. Bake some Christmas cookies with your loved ones. (Emotional)
- Head to Barnes and Noble or your local library to hear a reading of your favorite Christmas story. Even visit The Tampa Theater for showings of your favorite Christmas movies. (Social)
- Have fun with holiday trivia like “Holiday Words in Words” or “Holiday Name that Tune.” (Intellectual)
- Sing traditional Christmas hymns. If you can't sing, read the hymns. The meaning is still there! And attend Christmas Eve service. Most churches have so many services from which to choose. (Spiritual)

Look for more ways to stimulate your loved one in next month's edition of Jaime's Journal and have a very Merry Christmas!

RELAX AND TAKE A BREATH

As we move into the holiday season, we want to remind you to really take in the season and enjoy every moment. We realize the holidays can be more stressful for caregivers AND for the loved ones for whom they are caring. When we are under stress and anxiety, our bodies experience this “fight or flight” phenomenon. Our responses include increased heart rate, a “blank” mind, sweating and tense muscles. Our breathing also becomes more rapid and shallow. During these episodes, it is important to breathe deeply, which sends messages to the brain to begin calming the body. Regularly engaging in deep breathing techniques can help in “fight or flight” moments.



1. Breathe in slowly for at least 5 seconds—be sure to count. Pay attention to the feeling of the air filling your lungs.
2. Hold your breath for 5 to 10 seconds. Again, you should count. You don't want to feel discomfort but the breath should be longer than an ordinary breath.
3. Breathe out very slowly, counting 5 to 10 seconds. Pretend you are breathing through a straw—this will slow your breathing.
4. Repeat this process until you feel calm.

Imagery can also be a powerful tool in calming our minds. We have done it here at Jaime's and it is always a hit! Find a quiet spot and think of a place that calms you—think the beach or hiking a mountain. Then practice the breathing techniques above and allow calm to engulf you. Finally, imagine yourself having a happy and stress-free holiday season!

Just Breathe



HOLIDAY FUN

Grab your loved one and head out for some festive good times this holiday season!

Symphony in Lights
Wiregrass Mall

Nightly 6–9 pm on the hour

Ice Skating and Christmas Village

Curtis Hixon Park
Downtown Tampa Daily

Movies at The Tampa Theater

Downtown Tampa
Check Listings

Christmas Town
Busch Gardens Tampa
Select Nights

Tampa Bay Heralds of Harmony

USF School of Music
3755 USF Holly Drive MUS 101
12/8 7–9 pm

Snow on 7th and Holiday Parade

Ybor City 12/8 6–9 pm

Trans Siberian Orchestra
Amalie Arena Tampa 12/16

Lighted Boat Parade
Riverwalk Downtown Tampa
December 22 6:00 pm

Caregiver's Corner

MORE HOLIDAY SURVIVAL TIPS

Everyone here at Jaime's wants your holiday to be full of JOY. Here are some more tips to help ensure the best holiday season ever!

(We gave these tips in last year's December edition of Jaime's Journal but they are worth repeating!)

- * **Don't make too many holiday commitments.** As a caregiver, you may already be overwhelmed and the stress of adhering to a tight schedule may be too much for you and your loved one with dementia.
- * **Consult a doctor before traveling with a person who has dementia.** Traveling during the holidays is stressful for anyone and even more so for someone with dementia. If you must travel—plan ahead and be prepared.
- * **Discuss your plans with your loved one who has dementia.** You may not want to provide all details but do involve your loved one in the fun as much as possible.
- * **Consider a potluck dinner where everyone brings a dish.** Don't try to prepare everything. You may even find fun ways to involve your loved one in preparing foods.
- * **Be okay with creating new traditions.** Change can be a good thing when embraced. New traditions can be as much fun as old ones!
- * **Remember the real reason for the season.** As we celebrate the birth of our savior, take a moment and reflect on your many blessings. An attitude of gratitude is the key to a joyous season!

