
JAIME'S JOURNAL

Looks like home, feels like home!

CELEBRATING BLACK HISTORY MONTH

Black History month was created by Carter G. Woodson in 1926. Woodson is known as the Father of Black History.

Black History Month provides an opportunity to understand black history and spotlight important people and events in African-American history.

Carter Woodson was an American author, historian and journalist. He received a PhD from Harvard University in 1912—he was only the second African-American to accomplish this.

Woodson chose February for Black History month because it is the birth month of Frederick Douglas and Abraham Lincoln.

Frederick Douglas was an African-American social reformer and abolitionist who wrote several autobiographies describing his life in slavery.

Canada, Ireland and the United Kingdom also celebrate Black History month.

Black History Month was officially recognized in 1976 by President Gerald Ford.

LOVE IS IN THE AIR

Monday February 14 is Valentine's Day, and it's all things love this month. Some of our fun will include activities and topics like Famous Lovers, All Things Red, a Valentine's scavenger hunt, romance trivia, and Name that Love Song. And the fun doesn't stop there. Our wellness presentation—Laughter is the Best Medicine—is sure to be a big hit. The combination of love and laughter—does it get any better? So let's love and laugh our way through February. We love that love is in the air and WE LOVE OUR MEMBERS!



Activities to stimulate your loved ones using the 5 Dimensions of Wellness in honor of Valentine's Day

- **Take a stroll with a loved one.** Walking is, hands down, one of the best physical activities you can engage in. And doing it with someone you love makes it that much sweeter. (Physical)
- **Have an indoor picnic.** Invite family and friends on a chilly day for a picnic, complete with a checkered table cloth, inside. (Social)
- **Take a scenic drive.** Grab your loved one and hit the road. You don't even need a destination—just a full tank of gas! (Emotional)
- **Test your love IQ.** A quick google search reveals several fun love quizzes. (Intellectual)
- **Study love stories in the Bible.** Some of the best love stories can be found in your Bible. Abraham and Sarah (Genesis 17-18), Mary and Joseph (Matthew 1) and Ruth and Boaz (Ruth 4) are some favorites. (Spiritual)

Stay tuned for more activities in the next edition of The Journal.

Happy Valentine's Day!

HOW TO KEEP YOUR NEW YEAR'S RESOLUTIONS

As we enter the second month of 2022, statistics show that many of us have already abandoned our resolve to change something. But, hey, why not get back on track and make that change after all? You may say "but why? It's just too hard." Difficult—maybe. Impossible? Hardly! With some commitment and conviction, you can achieve any goal you set. Here are some tips that can help you along the way:

1. Make sure your goals are specific and realistic. If you have to tweak a goal to make it stick, do it. For example, if your goal was to lose 50 pounds and that seems insurmountable, resolve to lose 20. If your goal is to "get in shape" perhaps you can be more specific and decide to walk for 20 minutes daily.
2. Start small. If your goal is to eat healthier, don't feel like you have to throw away everything in your kitchen that is not a vegetable. Maybe replace a not so good for you side with a vegetable at every meal.
3. Get support from family and friends. A good support system will hold you accountable and help keep you on track. If your goal is to stop spending so much money, let your friends know you are only eating out once weekly.
4. Don't beat yourself up if you veer off track slightly. If your goal is to stop ordering from Amazon and you find yourself drawn to the computer for some retail therapy one day, forgive yourself and start fresh the next day.

Resolutions are possible with, well, some resolve! Even as you are working toward your goal, you are making improvements and that is a win!



Caregiver's Corner

COLD, COLDER, COLDEST

It looks like we are in for 6 more weeks of winter. Punxsutawney Phil saw his shadow just as much of the country braced for massive winter storms.

- Groundhog Day is a traditional holiday celebrated on February 2 and predicts the arrival of spring.
- February 2 is not a random day. It is a "cross quarter" day, which means it is the mid-point between the winter solstice and the spring equinox.
- The tradition started in Punxsutawney, Pennsylvania in 1886.
- Cooked groundhog was a delicacy at some of the first celebrations.
- Legend has it that if a groundhog, affectionately called Punxsutawney Phil, sees his shadow when he "pops up," winter will carry on for 6 more weeks. If he does not see his shadow, spring is right around the corner.
- Phil's handlers argue that his predictions are 100% accurate. But Phil is actually not a very good meteorologist—he has been correct only 39% of the time since the dawn of the celebration.



HOME REMEDIES

There are so many uses for some of the most common items we have right in our refrigerators or kitchen cabinets. For the next few months, we will feature natural remedies (like mint leaves) for our every day use.

1. Food—Mint can be sprinkled on salads, fruits or even veggies.
2. Drinks—Add mint leaves to ice trays and use the mint cubes in any summer drink.
3. Tea—Steep your tea with a few mint leaves and you can avoid the cost of herbal teas.
4. Mouthwash—Chop some mint and add to boiling water. Strain and refrigerate.
5. Breath freshener—Chew on a few mint leaves for minty fresh breath on the go.
6. Mint bath—Steep a handful of mint leaves, strain and add to your bath water to take away the stress of the day.
7. Ease sunburn pain—Steep tea, cool for a few hours and apply to burnt skin.
8. Hair rinse—Add mint tea to apple cider vinegar and apply to scalp.
9. Facial toner—Add mint to your facial toner for an added feeling of clean.



President's Day 2022

Although we refer to this day as President's Day, the official federal holiday is "Washington's Birthday."

George Washington, the first president of the United States, was born on February 11, 1731 according to the Julian calendar.

In 1752, the Gregorian calendar was adopted, which moved Washington's birthday 1 year and 11 days to February 22, 1732.

President's Day is observed annually on the third Monday in February.

George Washington's birthday became a legal holiday in 1879.

Washington was known for his wooden dentures. In fact, they were made of hippopotamus teeth filed down to fit his mouth!

February birthdays

Happy birthday to our "love" babies

16th—Diana R.

17th—Juanita F.

23rd—Edwina G.

February celebrates things we love!

2/1—Nat'l Dark Chocolate Day

2/6—Nat'l Frozen Yogurt Day

2/9—Nat'l Pizza Day

2/18—Nat'l Caregiver's Day

2/19—Nat'l Chocolate Mint Day

2/23—Nat'l Banana Bread Day

2/27—Nat'l Strawberry Day

Zodiac signs— Aquarius and Pisces

Birthstone—Amethyst

Famous February birthdays—

Rosa Parks, Thomas Edison, Charles Darwin, Elizabeth Taylor



Jaime's

Adult Day Centers