



JAIME'S JOURNAL

Your home away from home!

Turkeys...to eat or not to eat? Here are all the fun facts you never thought you wanted to know about turkeys.

Turkeys are not the slow pokes we may think—they can run up to 25 MPH and fly up to 60 MPH!

Male or Female? Check out its poop. A male turkey's droppings will be shaped like the letter J while a female's will be more spiral shaped.

Turkeys have way better than 20/20 vision. They can also see in color.

Male turkeys are called "gobblers" after the sound they make to call females.

The average adult gobbler weighs 16—22 pounds but the largest turkey ever recorded was upwards of 86 pounds!

Turkeys sleep in trees.

88% of Americans will eat 44 million turkeys on Thanksgiving.

An overwhelming majority of people prefer white meat over dark meat.

THANKFUL FOR.....

What are you thankful for? Family? Friends? The weather we enjoy in Florida? Just being alive? Here at Jaime's we are so thankful for our members. We are thankful for another amazingly successful tea party—check out pics below. We are thankful for your support in raising money for the Walk to End Alzheimer's—we sent over \$3,700 to the Alzheimer's Association! We are also immensely thankful for all our Veterans—not just on Veteran's Day, but everyday. Be thankful this season and have a wonderful Thanksgiving! We love this season of gratitude, we love our veterans and

WE LOVE OUR MEMBERS!



Activities to stimulate your loved ones using the 5 Dimensions of Wellness in honor of Thanksgiving

- **Walk (or jog) a Turkey Trot.** Virtual races were all the rage last year but the “real” ones are back —see the back page of the Journal for some of our favorite turkey day trots. (Physical)
- **Go to a local Farmer’s Market.** Snag a great gift for yourself or another while meeting and supporting local vendors. (Social)
- **Look through family photo albums.** Pull out the old albums (you know those things we had before all our pics were saved on our google accounts?) and laugh (or cry) while reminiscing. (Emotional)
- **Learn to say “thank you” in three languages.** Merci, Gracias, Asante. Then put your new found knowledge to work thanking as many people as you can! (Intellectual)
- **Do a random act of kindness.** Find a stranger and do something kind, no matter how small. Remind people of the good in the world. (Spiritual)

Check out some more holiday fun on page 3 of the Journal.

Stress and the holidays

As if caregivers don’t have enough stress on any given day then here come the holidays. The “most wonderful time of the year” can also be dubbed the most stressful time of the year for many, especially those caring for a loved one with dementia. Holiday shopping, meals, in-laws....the list of stressors goes on and on. And that is on top of the stress of caring for a loved one. And, by the way, stress is real. It affects us emotionally and physically. But there are ways to side step stress this holiday season and always.

HOLIDAY SURVIVAL TIPS



1. Say no. This may be our favorite but also the most difficult. With so many parties to attend, people to see and gifts to buy, many of us find it hard to say no. Pick the things most precious to you and forego the rest. You will feel much better in the end.
2. Take time for yourself. With so much to do, this may seem hard but you will actually get more done if you take a few minutes for yourself each day.
3. Stick with healthy habits. You can’t possibly say no to that peanut butter fudge but you can nibble versus gorge. Also, make sure you stick to some work out plan. You may not get in as much as you normally do but even 10 minutes of exercise daily can be impactful.
4. Stick to a budget! Many of us find ourselves overspending at the holidays. Your great aunt’s sister’s brother’s uncle will likely not be looking for a gift from you.

Caregiver's Corner

Most people have a few Thanksgiving traditions. How about starting a new one? Here are some of the top picks for how Americans celebrate this season of thanks.

Arrange a fall bouquet

Bake a pumpkin or apple pie

Break the turkey's wishbone (and don't forget to make a wish!)

Donate to a food bank or volunteer at one

Eat pie for breakfast and top it with lots of whipped cream

Get lost in a corn maze

Give thanks around the dinner table

Make apple cider

Set up a Thanksgiving scavenger hunt

Go Black Friday shopping

Rake some leaves

Host a "Friendsgiving"

Watch the Macy's Day parade

Learn to cook a new dish for the feast

Pick out your Christmas Tree

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 for everyday ailments—like stress and anxiety.



Herbal teas are a great natural remedy for stress. Chamomile, sage and mint teas are especially good at reducing tension. Elderberry tea is relaxing. Rosemary tea may alleviate depression.

Lavender oil can be especially helpful in reducing anxiety. Massage a few drops on your temples. You can also spray lavender on your linens.

Eating lettuce with your dinner may be calming, which may help you sleep well.

Sage oil may prevent stressful nightmares.

A warm bath can be very relaxing. Adding essential oils such as lavender or chamomile may add to that relaxation.

Mandarin oranges with your evening meal may help insomnia.

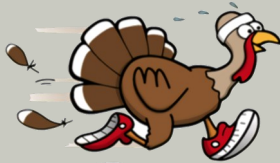
TURKEY TROTS—check out these awesome Thanksgiving races also dubbed “turkey trots” and start your turkey day off right!

Tampa Bay Times Turkey Trot
Clearwater High School
7:00—5k
8:30—1 miler

Wiregrass Turkey Trot
Shops at Wiregrass
7:00—5k

Gobbler 5k
Jay B Starkey Park, New Port Richey
7:30—5k

Coffee Pot Turkey Trot
Northeast Elementary
7:45—5k



November birthdays

Happy birthday to our November members

7th—Sandra L.

8th—Bobby L., Lillian C.

11th—Leslie P., Robert A.

November is National Gratitude Month—let's give thanks this month and throughout the year!

1—Cinnamon Day

3—Stress Awareness Day

11—Veteran's Day

21—Stuffing Day

30—Day of Giving

Zodiac — Scorpio, Sagittarius

Birthstone—Topaz

Famous people born this month— Grace Kelly, Bruce Lee, Mark Twain, Billy Graham, Winston Churchill

