

JAIME'S JOURNAL

Looks like home, feels like home!

Why not adopt "lifestyles" rather than make resolutions?

***Follow a consistent sleep schedule—a good night's rest just starts everyday right**

***Be more present—enjoy every moment**

***Be truthful**

***Spend time alone—take care of you and you can take care of anyone**

***Be kind—it's that simple!**

***Spend time with God**

***Pray more**

***Write down your goals—makes them real**

***Make a vision board—may seem like a "kid" thing to do but it sure is fun**

***Learn lessons—don't look at mistakes as anything but lessons to be learned**

***Don't get easily offended**



2021—YEAR IN REVIEW

As we say hello to 2022, we can look back to 2021 and all the fun we had at Jaime's! We ushered in the new year celebrating and kept the party going all year. Love was in the air for our Valentine's social. We enjoyed some traditional Irish fare for St. Patty's Day. Our All American themed tea party was a great success in July. Everyone came adorned in their scariest and best costumes for our annual Halloween tea party. We paid tribute to our veterans in November and ended the year with our favorite Christmas traditions and entertainers. We love the new year and WE LOVE OUR MEMBERS!



Activities to stimulate your loved ones using the 5 Dimensions of Wellness in honor of your new lifestyle!

- **Go for a hike.** The popular hiking spree is back. Check out hillsboroughcounty.org and sign up to hike the dozens of trails and nature preserves tucked all over the county. (Physical)
- **Invite friends over to make vision boards.** Start the year off with friends and a vision! All you need is poster, magazines, scissors and some glue. (Social)
- **Resolve to spend more quality time alone.** There is no better gift we can give ourselves than time alone to recharge and re-energize. (Emotional)
- **Learn something new.** It doesn't have to be a new language. How about just a new recipe? (Intellectual)
- **Pray more.** Set aside some time daily to spend with God. Make a list of prayer requests and always start your prayers with thanksgiving. (Spiritual)

A NEW YEAR....A NEW WAY OF EATING

Many of us make the resolution to eat better or to lose weight or both only to abandon the new ways rather quickly. Often when we think about changing our diet, we think about calorie counting, low carbs, high carbs, high fat, low fat.....dieting can feel overwhelming. Rather than think of it as a resolution, think of it as a lifestyle, and the change is more likely to stick!

Healthy eating is not just about managing your weight. Healthy eating paves the way for good heart health, reduced cancer risk, diabetes management, bone strength and improved gut health. In addition to these physical benefits, a healthy diet also leads to good sleep, better mood and improved memory. Check out some of the most healthy diets.

1. The whole-food diet is a way of eating that focuses on natural, unprocessed (think packaged) foods such as veggies, fruits, fish, nuts and fats.
2. A Mediterranean diet is especially effective for preventing heart disease and has been linked to a reduced risk of Alzheimer's disease. This diet consists of plenty of fruits and vegetables, poultry, fish, whole grains, legumes and extra virgin olive oil.
3. A gluten free diet is essential for those who are intolerant of gluten, a protein found in wheat, rye and barley. Any food containing gluten is avoided.
4. Veganism has gained popularity and is entirely plant based. This way of eating excludes all animal based products—even honey—it's made by a bee!

Remember the adage "you are what you eat?" Well, it's true. And we can eat foods that taste good and make us feel good! As with anything, however, "everything in moderation" is probably a good mantra by which to live. Aiming to eat healthy 80% of the time is a great way to start the new year!

Caregiver's Corner

NEW YEAR'S EVE AROUND THE WORLD

In Mexico, there is a tradition of eating one grape for every chime of the clock bell at midnight. A wish comes with each grape.

In Denmark, it is a tradition to throw china at the front doors of friends and neighbors as a sign of leaving ill will and aggression behind. More dishes at a door means more good luck.

Scottish tradition holds that the first person to cross a home's threshold after midnight on New Year's Day should be a dark haired male, a symbol of good luck.

Polar bear plunges are popular in the US, UK and Canada. People from all over gather at local lakes at designated times and plunge into the icy cold waters on New Year's Day.

Italians who want to conceive wear red underwear—red is the color of fertility.

Spain has a tradition of "starting the year off on the right foot" where Spaniards must literally take the first step of the new year with their right foot.

NATURAL USES OF SALT

More home remedies.....as promised. Who knew salt had so many uses? It does way more than just season our food. Check out some of these other really nifty uses.

1. Salt can remove fruit stains from clothes. Just rub some on wet clothes and wash as usual.
2. To get rid of mildew spots, mix salt and butter-milk, rub it on the affected cloth and let dry in the sun.
3. Wine spill? Pour salt on it immediately to absorb the stain.
4. Restore color to faded fabric by soaking it in a strong solution of salt and water.
5. Keep weeds at bay by sprinkling salt throughout your plant beds or between bricks and stones.
6. For an easy dropped egg clean up, just add salt and clean with a paper towel.
7. Freshen smelly sneakers by pouring salt in. Wait 24 hours before shaking out.
8. Silk flowers dusty? Put them in a paper bag with several tablespoons of salt and shake gently.
9. Sprinkle salt on a piece of paper and run your sticky iron over it a few times.
10. To remove perspiration stains, make a salt and water paste and rub into the cloth. Wait an hour and launder as usual.



I HAVE A DREAM

Martin Luther King Jr, arguably the most influential civil rights leader of all time, was born January 15, 1929. We honor and recognize MLK, Jr. this month. Let us never forget what the great leader stood for—equality and justice for all, truth, non-violence and Christian values. Let us never stop dreaming!

I say to you today, my friends, so even though we face the difficulties of today and tomorrow, I still have a dream.

It is a dream deeply rooted in the American dream.

I have a dream that one day this nation will rise up and live out the true meaning of its creed, "We hold these truths to be self-evident, that all men are created equally."

—Excerpts from "I Have a Dream" Speech of April 4, 1968.

January birthdays

Happy birthday to our January babies

6th—Anita W.

26th—Jim N.

Baby it's cold outside—January is the coldest month of the year!

1/6—Nat'l Cuddle Up Day

1/8—Nat'l Bubble Bath Day

1/17—Nat'l Hot Buttered Rum Day

1/21—Nat'l Hugging Day

1/31—Nat'l Hot Chocolate Day

Zodiac signs— Capricorn, Aquarius

Birthstone—Garnet

*Famous January birthdays—
Betty White, Elvis Presley, Oprah
Winfrey, Alexander Hamilton,
Martin Luther King, Jr.*



Jaime's

Adult Day Centers