

JAIME'S JOURNAL



Your home away from home!

FUN HALLOWEEN AND FALL EVENTS

Humane Society's Pumpkin Patch
Two locations—Hyde Park Village
and 3607 N. Armenia Avenue

Fox Squirrel Corn Maze
Weekends through October
10 am —5 pm
3002 Charlie Griffin Rd. Plant City

Seal Swim School's Pumpkin Patch
Weekends through October
Family Fun Fest 10/12 4 pm—7 pm
19509 N. Dale Mabry Hwy. Lutz

CABA'S Trunk or Treat
Northdale Park and Community
Center 15550 Spring Pine Drive
10/25 6:00 pm—8:30 pm

The Grove's Fall Festival
10/26 and 10/27 10 am—5 pm
Trunk or Treat 10/26 4 pm—6 pm
6105 Wesley Grove Blvd.

Trunk or Treat/Harvest Festival
October 31 5:30—7:30 pm
17538 Livingston Ave. Lutz

We raised HOW MUCH?

As most of you know, Jaime's has a team for the Walk to End Alzheimer's being held at the Raymond James Stadium on Saturday November 2. (We have plenty of room for more team members so see Jaime to sign up!) We held our 2nd annual *Cake Walk to End Alzheimer's* fundraiser last month and auctioned off cakes, cookies, brownies, cupcakes, muffins and many fun door prizes—all generously donated by our community friends. We raised \$1,115.00 at our inaugural event last year. This year we topped it! We raised.....drum roll please.....a whopping \$1,444.00!!! All proceeds will go to this great cause. Thanks to everyone who donated goodies and participated in the event. We love you all and WE LOVE OUR MEMBERS!



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

- Head to a pumpkin patch or a corn maze. (See page 1 of Jaime's Journal for a few suggestions.) What a great way to enjoy fall and get in a work out. (Physical)
- Make a simple Halloween costume—decorate a witch hat or cut out a sheet ghost. Your loved one will have a ball reminiscing about their own childhood costumes. (Emotional)
- Attend Jaime's super fab Halloween tea party. It will even top last year's! All are welcome but space is limited so please RSVP. (Social)
- Play a game with your loved one where you each call out as many words as you can think of related to Halloween. Think scary, fall, ghosts, witches.....you get the idea. (Intellectual)
- Look into the background of this holiday that some think of as a pagan one. You may be surprised to learn that Halloween has some religious roots. (Spiritual)

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

TO VACCINATE OR NOT TO VACCINATE

There is a great deal of controversy surrounding vaccines in children. More and more parents have refused to vaccinate their children against diseases such as the measles. However, the controversy has not extended to the older population. In fact, a recent study of Americans 45 and older showed more than 50% were up to date with the whooping cough vaccine and many had other vaccines that can protect against various conditions. We are not here to argue for or against vaccines—just provide information.

1. Chicken pox—Anyone who has not had chicken pox can get the vaccine. Only one vaccine is needed.
2. MMR—Anyone born in 1957 or later is a candidate for this vaccine. This vaccine protects against measles, mumps and rubella. One dose is generally all that is needed, but if you are not sure if you have had it, another dose is not harmful.
3. Tetanus—Everyone can benefit from this vaccine and should be done every ten years.
4. Pneumonia—The Centers for Disease Control and Prevention recommends this one time vaccine for everyone over 65 years of age.
5. Shingles—This vaccine is recommended for anyone over 50 years of age who has not had the vaccine in the past 5 years. A new vaccine was released in 2017.
6. Flu—This annual vaccine is recommended for anyone over 65.



With cold and flu season right around the corner, you should consult your physician to determine if any of these vaccines are right for you. Recommendations vary depending, in part, on prior vaccinations, age and overall health.





HALLOWEEN FUN FACTS

- Halloween has long been thought of as a pagan holiday. After all, it is filled with witches, ghosts and spirits. However, it actually evolved from a Catholic holiday called All Hallows' Eve, a night of feasting before All Saints Day.
- The Protestant Church has long opposed Halloween celebrations but they have now become more a part of pop-culture than religion in the United States.
- Look for these top costumes this year—Rapper Lil Nas X, Genie from Aladdin, The Rocketman Elton John, The Addams Family.
- Superstition holds that if you are born on Halloween you are blessed with the gift of being able to communicate with the dead.
- The custom of trick or treating originates with the Celts—they handed out candy to the spirits that roamed the streets so they would not harm the next year's crops.

Caregiver's Corner

What's new in Alzheimer's research

- * Blood tests that will allow early detection of Alzheimer's disease are nearing reality according to a recent article in the AARP magazine. Though many people shy away from early diagnosis because there is no cure, early detection allows for earlier treatment. Treatment can slow the development of symptoms so early detection can be important.
- * Researchers in Australia are focusing on the immune system and its effect on the brain as it relates to Alzheimer's. As we age, the immune system becomes tired and the nerve cells of the brain are not well protected. Chronic inflammation weakens the immune system and can play a role in the development of dementia. A new compound that significantly reduces inflammation is being developed.
- * Researchers believe they have developed an eye test that can predict those who are at most risk of developing the disease. Again, early detection can be so important.
- * A neurologist found two strings of amino acids that have significantly improved memory in mice and reduced some of the harmful physical changes in the brain associated with Alzheimer's.

Special thanks to everyone who
donated goodies to our cause!

Bank OZK
Bella Vita
Cake Girl
Cakes by Gates
Capri Pizza and Pasta
Chick-Fil-A
Chuy's
Dunkin' Donuts
First Watch
Ford's Garage
Griswold Home Care
Home Instead Senior Care
Inspired Living
McAllister's
Law Office of Michaelangelo Mortellaro
Mellow Mushroom
Nothing Bundt Cakes
Pat Petkovich
Pilot Bank
Sharon O'Brien
Laura Schaffer
Starbuck's
Glendalyn Torres and Cris Rodriguez
USF Student Government
Wright's Gourmet House
Jim Youngblood

October birthdays

Happy birthday to our October babies!

10/4—Ralph Miller

10/22—Harold Weinberg

10/28—Ira Braunstien

October is Emotional Wellness Month

Feed your emotions with homemade
cookies on Nat'l Homemade Cookie Day—
October 1

October 15—Nat'l I Love Lucy Day

October 28—Nat'l First Responders Day

Birthstones—Opal and Tourmaline

Signs—Libra and Scorpio

Famous October birthdays—

Mahatma Gandhi, John Lennon, Bill Gates,
Julia Roberts, Jimmy Carter



Jaime's
Adult Day Centers