

JAIME'S JOURNAL

Your home away from home!

4TH OF JULY FUN FACTS

- * 4th of July commemorates the adoption of the Declaration of Independence, not the signing as many people think, on July 4, 1776.
- * Congress declared the 4th of July as an official holiday in 1870.
- * Thomas Jefferson allegedly changed the wording of the Declaration from "the pursuit of property" to the "pursuit of happiness."
- * John Adams and Tomas Jefferson both died on July 4, 1826 - how's that for irony?
- * America's 30th president, Calvin Coolidge, was born on July 4, 1872.
- * In 1776 about 2.5 million people lived in the United States. Today over 300 million people call the U.S. home.
- * The White House held its first 4th of July celebration in 1801.
- * In 1954 the words "under God" were added to the Pledge of Allegiance.
- * The International Nathan's Famous Hot Dog Eating contest will be held on the 4th of July on Coney Island. The winner ate 72 hot dogs in just ten minutes last year!

A NEW KID IN TOWN!

As you know, we recognize the importance of physical activity here at Jaime's Adult Day Centers. We continue to offer Zumba Gold, Yoga, Resistance Training, Dancing and Racquetball (to name a few) daily. We have now added a new and exciting physical fitness program - Let's Get Physical with certified fitness instructor, Aaron. Aaron has been exercising with seniors for years and travels the County visiting seniors in assisted living facilities and now at Jaime's. We are excited to have Aaron and so far our members love his enthusiasm. WE LOVE OUR MEMBERS!



Fire up the grill and get ready for some dynamic Independence Day fireworks. Check out one of these family friendly celebrations or just head to the beach as Jaime will be doing!

- * Downtown Tampa Fireworks
Tampa Convention Center
6:00 - 10:00 pm
- * Tampa Red, White & Blue Festival
Cotanchobee Ft Brooke Park
Downtown Tampa
3:00 pm
- * Mayor's Food Truck Fiesta
Lykes Gaslight Square Park
Downtown Tampa
11:00 am - 2:00 pm
- * 4th of July Parade/Fireworks
Temple Terrace Rec Center
10:00 am
- * Steinbrenner Field Fireworks
6:30 pm - 10:00 pm
- * 4th of July Celebration and Boat Regatta
Seven Oaks Clubhouse
10:00 am
- * July 4th Celebration in the US
5227 Autumn Ridge Drive
Wesley Chapel
5:00 pm - 9:00 pm

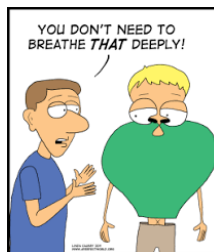
HAVE A SAFE AND HAPPY
INDEPENDENCE DAY!!

SLEEP WELL...THE IMPORTANCE OF GOOD REST

We all know the importance of good, deep sleep. Still, many people do not get the recommended 7-8 hours of quality sleep every night. In fact, the National Sleep Foundation found that about half of the senior citizen population reports some type of sleep problem, such as waking to go to the bathroom and not being able to get back to sleep. Sleep problems in the elderly (and all of us) are correlated with stress, medical conditions, excess weight or fatigue. The study further indicates that many of these problems go untreated.

Additional factors that contribute to insomnia include anxiety, depression, caffeine, alcohol, pain, grief, as well as chronic conditions such as arthritis, asthma, sleep apnea or restless legs syndrome. Here are some tips to help your loved one (and you!) sleep better:

1. Make your bedroom comfortable and inviting. Eliminate noise and excess light.
2. Go to bed at the same time every night. Create a routine that prepares for sleep.
3. Limit caffeine to 1 cup in the morning. Too much can stay with you all day.
4. Massage your loved one's (or your) feet, especially the pressure points on the inside and outside of the heels.
5. Limit alcohol near bedtime that can interfere with deep sleep.
6. Practice deep breathing.
7. Keep a list of positive thoughts and focus on them.
8. Take a 20 minute (not longer) nap during the day.
9. Turn off the TV, computer or cell phone at least ½ hour before you go to sleep. Read a book or listen to relaxing music.
10. Get some exercise during the day. Include walking, weights, yoga, or Tai Chi. Happy sleeping!



Activities to stimulate your loved ones using the 5 Dimensions of Wellness in honor of the 4th of July

- * **Grab your walking shoes and head to a parade - see page 1 for some suggestions. (Physical)**
- * **Watch reigning champion Joey Chestnut defend his title in Nathan's National Hot Dog Eating Concert with family and friends. It will be aired on ESPN on the 4th beginning at 10:50 am. (Social)**
- * **Ask your loved one about his/her favorite Independence Day traditions and share yours. (Emotional)**
- * **Don't forget other features of Independence Day like the Pledge of Allegiance. Discuss the meaning of "one nation, under God" with your loved ones. Talk about what it means to be able to worship freely in this great nation. (Spiritual)**
- * **Challenge your loved one with some of the Independence Day fun facts on page 1 of Jaime's Journal. (Intellectual)**
- * **Watch for more fun, stimulating activities in next month's edition of Jaime's Journal!**

"They may forget what you said but they will not forget how you made them feel." -

Carl W. Buechner

Caregiver's Corner

Caregiver Profile

- **Family caregivers provide the majority of care that helps older Americans remain home.** 87% of seniors say they want to stay in their current homes as they age.
- **Across Florida, more than 4 million family caregivers provide care for aging loved ones.** This accounts for \$29 billion annually in unpaid care.
- **3 in 10 caregivers find their situation very or extremely stressful.** The overwhelming majority report some stress.
- **The average family caregiver is a 49 year old female.** She is generally taking care of her 78 year old mother.
- **The average family caregiver provides 20 hours weekly of assistance to a loved one.** Many, however, are on call 24/7 and often do not get a break.
- **Most family caregivers work full time or part time while caregiving.** In fact, 42% of U.S. workers have provided care for an aging relative or friend in the past 5 years.
- **The majority of working family caregivers report making work accommodations because of caregiving duties.** These include arriving late to or leaving work early, taking time off, cutting back on work hours, changing jobs, or stopping work entirely.
- **Almost half of family caregivers perform medical or nursing tasks.** These include wound care, medication management and injections. Most have not received formal training.
- **Despite these tough statistics, most caregivers say they would do it all over again!**