

# JAIME'S JOURNAL



*Your home away from home!*

## THANKSGIVING TRADITIONS

What's your favorite way to spend turkey day? Check out some of these family traditions and share some of yours for our next edition.

The Macy's Thanksgiving Day Parade—first marched in 1924—is attended by 3.5 million and watched by 50 million every turkey day.

Turkey Trots—starting the day with an early morning race justifies a few extra sides!

Football—whether it's your fave NFL team or a backyard turkey bowl with friends and family, football rules this day.

Christmas shopping—Black Friday has turned into Thanksgiving shopping, as many stores offer rock bottom deals on turkey day.

Being thankful—this is a favorite at Jaime's dinner table where family members take turns telling what they are grateful for.

## LOOK WHO'S MARRIED (and other October happenings)

Jaime is now officially off the market. On October 5, she married the love of her life, Carsten Stern, in a beautiful ceremony in Dade City. Jaime thanks everyone for the well wishes. But a wedding couldn't stop the fun at Jaime's. In addition to regular programming, Jaime's hosted its annual



spooktacular Halloween tea party. As always, a scary good time was had by all! **WE LOVE OUR MEMBERS!**  
**PS—Wishing you all a safe and wonderful Thanksgiving!**



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

- Get up early and run a turkey trot. If you can't make one of the big events, make one of your own. And remember, a walk can be a trot! (Physical)
- Share favorite childhood traditions and be amazed at how much your loved one recalls of Thanksgiving days of yesteryears. (Emotional)
- Kick off the holiday season this weekend with shopping, tree decorating and even tree lighting ceremonies. (Social)
- Come up with as many words as possible related to turkey day. Research the first celebration and quiz your family members. (Intellectual)
- Practice being thankful. Even make a daily list of 5 things for which you are grateful and next year at dinner, you will have a list of 150 things! (Spiritual)

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

## THE MEDICARE ADVANTAGE

Surely you have seen the ads. Stick with traditional Medicare? Switch to an advantage plan? Open enrollment began October 29 and will run through December 7. Here are some basics on the plan.

1. Part A—covers hospitalizations, skilled nursing facility care, Hospice care and home health care. This is generally provided at no cost to the recipient.
2. Medicare Part B—covers medically necessary services and preventative services, including doctors' visits and medical testing. The expected monthly premium in 2020 for Part B is \$144.30.
3. Part D—covers prescription drugs. Premiums average \$40.00 per month.
4. Part C—also known as Medicare Advantage (MA) plans. Medicare pays a fixed amount to private insurance plans. These plans generally offer different services than traditional Medicare.

There are many factors to consider in deciding on traditional Medicare or an advantage plan. Many people are drawn to MA plans because they offer coverage for vision, hearing and dental benefits above what traditional Medicare provides. Under most MA plans, you must see specific doctors while with traditional Medicare, beneficiaries choose their physicians. More information can be found in the *Medicare and You* book or at [www.Medicare.gov](http://www.Medicare.gov).



## Caregiver's Corner

## SPICE IT UP

Pumpkins are everywhere—pies, bagels, cookies, coffees . Check out Jaime's favorite pumpkin cream cheese pie below. Your family members will love you after just one bite!

1/4 teaspoon ginger, ground  
 1 can pumpkin  
 3 eggs  
 1 teaspoon cinnamon, ground  
 1/4 teaspoon cloves, ground  
 3 tablespoons all purpose flour  
 1/4 teaspoon nutmeg, ground  
 1 cup sugar  
 1 pie crust, refrigerated  
 2 packages cream cheese  
 1 tablespoon milk

Heat oven to 375. Place pie crust in 9 inch pie pan. Bake until golden brown approximately 8 minutes.

Beat sugar, flour and cream cheese on low until smooth. Reserve 1/2 cup. Add remaining ingredients except milk. Beat on medium speed until smooth. Pour into crust.

Stir milk into reserved cream cheese and stir over pumpkin mixture. Cut through cream cheese and pumpkin mixtures in S shapes to create swirl effect.

Bake 35 to 45 minutes. Cool 30 minutes, refrigerate 4 hours and ENJOY!

## HOLIDAY SURVIVAL TIPS

Everyone here at Jaime's wants your holiday to be full of JOY. Here are some tips to help ensure the best holiday season ever!

- **Don't make too many holiday commitments.** As a caregiver, you may already be overwhelmed and the stress of adhering to a tight schedule may be too much for you and your loved one with dementia.
- **Consult a doctor before traveling with a person who has dementia.** Traveling during the holidays is stressful for anyone and even much more so for someone with dementia. If you have to travel, plan ahead and be prepared.
- **Discuss your plans with your loved one with dementia.** You may not want to provide every detail but do let your loved one know of plans. Being included in the fun of planning can be a treat for everyone.
- **Consider a potluck where everyone brings a dish rather than trying to prepare everything yourself.** You could also recruit your loved one to help in some of the preparations and create some wonderful moments for you and your loved one.
- **Be okay with creating new traditions.** Change can be a good thing when embraced. New traditions can be as exciting as old ones.
- **Take care of yourself.** Be sure to eat healthy (but do sneak some holiday cookies!), exercise, get plenty of rest and have some "me time" even if it is only 15 minutes every day.
- **Remember the real reason for the season.** As we celebrate the birth of our Savior, take a moment and reflect on your many blessings! An attitude of gratitude is the key to a joyous season.

**MEMBER SPOTLIGHT**



***Mary Coffee joined Jaime's family in March 2018. She loves to dance and is a social butterfly. Mary greets everyone with a hug and a smile. Thank you, Mary, for bringing such joy to Jaime's!***

November birthdays

Happy birthday to our November babies!

11/7—Sandra Lambrou

11/12—Hiram Goza

11/21—Theodore Dixon

November is Long Term Awareness Month

November 2—Walk to End Alzheimer's

November 11—Veteran's Day

November 21—National Gingerbread  
Cookie Day

Birthstones—Topaz, Citrine

Signs—Scorpio, Sagittarius

Famous November birthdays—

Mickey Mouse, Daniel Boone, Grace Kelly,  
Mark Twain, Charles Schultz



**J a i m e ' s**  
*Adult Day Centers*