

# JAIME'S JOURNAL

*Your home away from home!*

## Top 10 New Year's Resolutions

More than 50% of Americans make resolutions but less than 10% of people keep them. Here are the top 10 resolutions:

Lose weight

Exercise more

Eat more healthy

Stop smoking

Spend less/save more

Work less

Enjoy life more

Learn something new

Help others more

Get organized



## Team Building at Jaime's

Who would expect that making a Gingerbread House would provide so many benefits? Our members really got into the age old Christmas tradition this season. They worked together, reminisced and had a jolly good time. What a great way to socialize while stimulating the brain and expressing creativity!



### Activities to stimulate your loved one using the 5 Dimensions of Wellness

- \* **Garden.** The Florida vegetable growing season is in full bloom. It's the perfect time to plant almost all veggies and herbs. And your loved one will benefit for months by watering and weeding daily. (Physical)
- \* **Head to the mall.** Many stores offer free samples, especially during off peak hours. What a great way to socialize with others - and get free stuff! (Social)
- \* **String Cheerios.** Then hang the treat from trees out back and enjoy some bird watching. (Emotional)
- \* **Bird Watch.** While watching the birds munch your Cheerios, look up the various species and learn about your visitors. (Intellectual)
- \* **Attend church service online.** If it is too difficult to get your loved one to church service, try watching online. Many local churches stream services live. One to try - [www.bayhope.com](http://www.bayhope.com). (Spiritual)

**Watch for more stimulating activities in next month's edition of Jaime's Journal!**

## Is there a difference between Dementia and Alzheimer's Disease?



Dementia and Alzheimer's Disease are not the same. Dementia is a term used to define symptoms that affect cognitive function such as memory and reasoning. Dementia occurs when brain cells are damaged. Conditions such as stroke, alcoholism, HIV,

Parkinson's, Huntington's and Alzheimer's Disease can cause dementia. Alzheimer's Disease is the most common type of dementia and accounts for 50% - 70% of all cases.

Symptoms of dementia can be mild early on. Dementia often begins with forgetfulness, trouble keeping track of time and getting lost. As dementia progresses, forgetfulness and confusion increase. Ultimately, people with dementia become unable to provide care for themselves.

Alzheimer's Disease is a progressive form of dementia for which there is no cure. The symptoms of Alzheimer's Disease and dementia can be the same but there are some differences. They both cause memory and cognitive decline but Alzheimer's Disease is more likely to lead to apathy, depression, behavioral changes and disorientation.

It is important to know the cause of your loved one's symptoms and be aware of treatment options. While there is no cure for Alzheimer's Disease, some types of dementia can be reversed. For those that cannot, there are treatments to slow the process and make symptoms more manageable.



**The Best Friends Dementia Bill of Rights  
by Virginia Bell and David Troxel**

**Any person diagnosed with any form of dementia deserves:**

- \* **To be informed of one's diagnosis**
- \* **To have appropriate, ongoing medical care**
- \* **To be treated as an adult, listened to and afforded respect for one's feelings and point of view**
- \* **To be with individuals who know one's life story**
- \* **To experience meaningful engagement throughout the day**
- \* **To live in a safe and stimulating environment**
- \* **To be outdoors on a regular basis**
- \* **To be free from psychotropic medications whenever possible**
- \* **To have welcomed physical contact, including hugging, caressing and handholding**
- \* **To be an advocate for oneself and for others**
- \* **To be part of a local, global or online community**
- \* **To have care partners well trained in dementia care**

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***"To care for those who once cared for us is one of the highest honors."***

***- Tia Walker, author***

**Caregiver's Corner**

**As a caregiver for someone with dementia, you may find yourself getting little to no sleep for nights on end. Study after study reveals chronic sleep deprivation can lead to all sorts of ailments. Here are some tips, published by AARP, to improving your sleep:**

- \* **Create a nighttime environment for sleeping, not caregiving.** Unless it is absolutely necessary, do not sleep in the same room as the person for whom you are caring. Your room should be cool, dark and quiet.
- \* **Worry intentionally during a specific time.** Set an hour early in the day to get organized and write down a to do list. Even write down your worries. This should help calm your mind to sleep.
- \* **Prompt sleep with good habits.** Playing video games or watching TV may be too stimulating. Instead try reading, listening to relaxing music and gently stretching.
- \* **Use your breath.** Deep breathing can help relax your muscles and slow your heart rate - essential for falling asleep.