



JAIME'S JOURNAL

Looks like home. Feels like home!

I SCREAM, YOU SCREAM....

We all scream for ice cream! What a great summer we have had here at Jaime's. One of the absolute highlights has been the monthly visits from the ice cream truck. Bomb pops, strawberry shortcake, fudgesicles and ice cream sandwiches—oh my! Shannon, owner and operator of Cool Cravings, handed out some of our favorite cool, summer treats—all courtesy of Terra Bella of Keystone Assisted Living Facility. We are so lucky to have some amazing community partners.

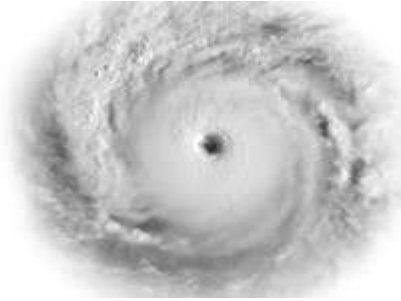
We will be closing the summer with our annual Jaime's Pet Project. Come prepared to buy some sweet treats (that won't melt) on September 16. See inside for more details.

We love ice cream, we love pets and **WE LOVE OUR MEMBERS!**



HURRICANE SEASON 2026

Though hurricane season began in June, we have not seen much in the way of tropical activity. Still, we cannot let down our guard. None of us can forget 2024 when Helene and Milton ravaged the Tampa Bay area in September and October. Though the National Oceanic and Atmospheric Administration (NOAA) reported a 55% chance of a lower than normal season for 2026, we should still be prepared. If you have not already done so—stock up on non perishable food, water, batteries and gas for your generators. Familiarize yourself with an evacuation route and nearby shelters. We dedicate every summer newsletter to this subject because it is so important to be prepared, especially if you are caring for someone with dementia.



Evacuations, power outages, flooding and contaminated drinking water are just a few of the things we could experience. While you may view these as inconveniences, your loved one with dementia may perceive these as real catastrophes. Your loved one may not understand why the television is not working or why the house is so hot. Worse, imagine having to evacuate your loved one! But you can be ready if “the big one” hits.

Being prepared is our best weapon against the potential devastation of storms. If you don't have a generator, consider purchasing one. Make sure all your vehicles are filled with gas (stations run out!), get cash (ATMs do not work without electricity). Make sure to have flashlights and plenty of batteries, along with perishable foods, to last at least 7 days. Start buying an extra case of water each week. Fill medications. Buy an extra tank of gas for your grill or purchase extra charcoal. Know your evacuation route and have a plan. Above all, do not take warnings lightly.

You can also help your loved one get through an emergency unscathed. Do talk to your loved one about what is going on without creating alarm. On the same note, do not allow your loved one to watch the news obsessively. This can create unnecessary fear and will only add to your stress. Try to maintain as much routine as possible for your loved one. Finally, stay calm and do not panic!

We will always keep your loved ones safe in our care. However, if an advisory is issued, we may have to close to protect your loved ones and our team. Let's hope that does not happen and together we will weather what's left of this storm season!



PET SHELTER FACTS

The first animal shelter opened in 1869 in Pennsylvania.

It is estimated that upwards of 6.5 million pets enter shelters each year in the United States.

Approximately 4.2 million cats and dogs are adopted from shelters every year in the U.S.

Animal shelters are not just for cats and dogs. Hamsters, rabbits, guinea pigs and even birds can be adopted.

Up to 25% of our canine friends in shelters are purebreds—so skip the breeders and stop paying top dollar for your furry friends.

There are about 14,000 rescue programs across the country. We are so lucky to partner with some great ones right here in the bay area.

The number of animals entering shelters is on the decline—now that is some good news!

More good news—shelters are responsible for reuniting over 700,000 pets with their owners each year.

Caregiver's Corner

Pets—to have or not to have?

There have been countless studies on the benefits of having pets. This can be especially true for people with dementia.

*Dogs can reduce anxiety in people with dementia.

*Four legged friends can provide emotional comfort and companionship.

*Furry companions can promote improved physical health—your pup needs to be walked.

*Pups create a social connection with other pet owners.

*Pets can reduce loneliness.

*Animals provide a sense of purpose for their owners.





If you have been to Jaime's this summer, you can see we have been accepting donations of pet food and supplies—the lobby is overflowing with generous donations. But the big day is coming so mark your calendars to join us for our annual Jaime's Pet Project bake sale. Come by Jaime's anytime between 11 and 5 Wednesday September 16th and bring your sweet tooth! All proceeds benefit local pet shelters.

