



JAIME'S JOURNAL

Your home away from home!

HURRICANE FACTS

Hurricane season is in its second month already. Check out these facts:

Hurricane season runs from June 1—November 30 and the peak of the season is mid-August to late-October.

Florida has most often been hit in even years. This is 2019 so maybe we are in the clear.

Florida is the state most battered by hurricanes followed by Texas, Louisiana and North Carolina.

2005 was the busiest and most destructive season in Florida with 28 storms and 15 hurricanes!

The busiest decade on record was the 1880s followed by the 1940s.

Hurricanes are ranked by wind speed on a scale of 1 to 5. A "cat 3" is considered a major storm.

The Florida Panhandle was hit with Hurricane Michael, a massive category 5, in October 2018.

Cyclone, typhoon and tropical storm all are other names for hurricanes—difference is generally where the storm took place.

JAIME'S "BAKES IT IN" FOR THE ALZHEIMER'S ASSOCIATION

So many of you showed up (and big!) for the bake sale we held for the longest day campaign on June 21. We raked in (well baked in) a whopping \$741.00 to kick off our fundraising campaign for the Alzheimer's Association. If you missed out, don't fret. We will do it again in the fall when we hold our second annual *Cake Walk to End Alzheimer's* (look for updates at Jaime's and in upcoming issues of Jaime's Journal). All of this is leading up to the big event—the Walk to End Alzheimer's which will be held Saturday November 2 at Raymond James Stadium. Please see Jaime to sign up and walk with our team. WE LOVE OUR MEMBERS AND THEIR FAMILY MEMBERS TOO!



Activities to stimulate your loved ones using the 5 Dimensions of Wellness in honor of Independence Day

* Grab your walking shoes and head to an Independence Day Parade. Lutz and Temple Terrace are among the towns where you can watch. (Physical)

* Watch reigning champion Joey Chestnut defend his title in Nathan's National Hot Dog Eating Contest with family and friends. It will be aired on ESPN on the 4th. (Social)

* Ask your loved one about his/her favorite Independence Day traditions and share yours. (Emotional)

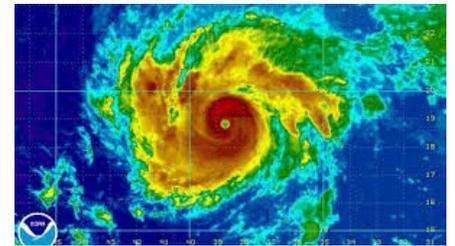
* Don't forget other features of Independence Day like the Pledge of Allegiance. Discuss the meaning of "one nation, under God" with your loved ones. Talk about what it means to be able to worship freely in this great nation. (Spiritual)

* Challenge your loved one with some of the Independence Day fun facts on page 3 of Jaime's Journal. (Intellectual)

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

**In the Eye of the Storm—
Hurricane Season 2019**

With Hurricane Season upon us, we want to make sure you are as prepared as possible. Evacuations, power outages, flooding, and contaminated drinking water are just a few of the inconveniences that can occur during a hurricane. Your loved one with dementia, however, may perceive these as real catastrophes. Your loved one may not understand why the television is not working or why it is getting so hot in the house. But imagine having to evacuate your loved one? These are all real possibilities during a hurricane. (See Caregiver's Corner on the next page for more tips specific to your loved ones' needs.) The Greater Tampa area has been spared a direct hit for a long time, though we watched Michael do major damage to the Panhandle last year and waited for Irma to hit the year before. Please do not let another miss keep you from preparing.



Being prepared is our best weapon against the storms and the devastating damage that can ensue. If possible, purchase a generator to maintain some electricity in the home in case of outages. Make sure all vehicles are filled with gas (stations run out!), get cash (ATMs will not work without power or internet connections) and have cell phone chargers for your car (house charges will not work without electricity). Make sure to have flashlights and plenty of batteries and enough non-perishable foods/canned goods to last several days. Start buying an extra case of water each week you grocery shop. That way you can have a stock pile when stores run out (and we have all experienced this!). Finally, buy an extra tank of gas for your grill or invest in a small camping grill. These things can happen and your best defense is to be prepared!

Caregiver's Corner

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 Thomas 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 in Coney Island. The winner ate 74 hot dogs in just ten minutes last year!



As a caregiver for someone with dementia, you may find hurricane season even more stressful. Here are some tips to help you through the season:

1. **Don't allow your loved one to watch non-stop coverage of a storm.** The media sensationalizes these events and this can be especially upsetting to your loved one with dementia.
2. **Enroll in MedicAlert + Alzheimer's Safe Return.** This is a 24 hour nationwide emergency response service for individuals with Alzheimer's or related dementia. Call 1-888-572-8566 or visit www.alz.org.
3. **Know your evacuation route.** Prepare in advance an inland place where you will go in case of evacuation as well as the route you will use to get there.
4. **Know where shelters are.** Counties have a limited number of special needs shelters. Also, only certain shelters accept your furry friends. Information can be found at your county's website so you know the shelters that will meet all your needs.
5. **Make a checklist of medications.** Speak to your pharmacist or medical provider to determine what procedures are in place for prescription refills in the event of a true emergency.
6. **Stay calm.** Hope for the best but prepare for the worst—always better safe than sorry!

MEMBER SPOTLIGHT



Lois Logan joined Jaime's on 10/4/17 and has been smiling since! A social butterfly, Lois loves to stay on top of all the news at Jaime's—and she's not afraid to share it! She loves to sing during Jaime's Idol and enjoys creative arts. Thank you, Lois, for being a part of our family!

July birthdays

Happy birthday to our July "babies"

1st—Charlie O'Connell

9th—Claudette Williams

19th—Mona Brunton

Grab your checkered blanket and your favorite ice cream. July is National Picnic Month and National Ice Cream Month—what a perfect combo!

Zodiac signs—Cancer and Leo

Birthstone—Ruby, which signifies loves and passion while attracting good luck

Famous folks born in July—Princess Diana, President Gerald Ford, Senator Bob Dole, Phyllis Diller

