

JAIME'S JOURNAL

Your home away from home!

HAPPY VALENTINE'S DAY!!

About one billion Valentine's cards are exchanged each year - second only to Christmas.

Over \$1 billion worth of chocolate is purchased for Valentine's Day.

In medieval times, girls ate weird foods like ketchup pancakes to make them dream of their future husbands.

England's King Henry VII officially declared February 14 as the holiday of St. Valentine in 1537.

15% of women send themselves flowers on Valentine's Day.

189 million stems of red roses are sold for Valentine's Day.

22,000 is the average number of wedding proposals on Feb. 14.

JAIME'S CELEBRATES ONE YEAR WITH A RIBBON CUTTING!



A heart felt thanks to all who attended our one year anniversary ribbon cutting. We celebrated with champagne and sweets. Thanks to our community partners who donated door prizes. We

are so blessed to serve our members, their families and our community. The last year has been filled with so many wonderful people and memories. We are proud to serve this area and plan to continue for many, many years to come. **WE LOVE OUR MEMBERS!**



Activities to stimulate your loved ones using the 5 Dimensions of Wellness

- * **Play an Active Game of Valentine's Charades.** You can act out such words as love, candy, flowers and marriage. Believe it or not, you can work up quite a sweat playing this fun game! (Physical)
- * **Have a Valentine's movie night.** Invite family members and friends to watch a classic love story like *An Affair to Remember* or *My Fair Lady*. (Social)
- * **Make Valentine's Day cards for troops overseas.** You can decorate your own with simple art supplies. (Emotional)
- * **Grab your Bible and read some of the best love quotes.** Love is mentioned over 200 times in the New Testament so you can read almost any book and get your love fix. (Spiritual)
- * **Have fun doing the Valentine's themed seek a word on the back of Jaime's Journal.** You can download others for some challenging fun! (Intellectual)
- * **Watch for more fun, stimulating activities in next month's edition of Jaime's**

KEEP YOUR FOCUS

AARP Bulletin recently reported on steps to a better brain in older Americans. One of those steps is to stay focused. However, this is not always easy in a world full of electronic stimuli - computers, tablets, smart phones and fit bits. There seems to be an "app" for everything. And social media - oh social media. Just when it seemed everyone was on Facebook, we now have to contend with Twitter, Instagram, Pinterest and Snapchat. How can anyone expect to keep focused with so much going on around us? How on Earth can you ignore that "ding" to signify a new email or that "buzz" alerting you of a new post on Facebook. Well, if you want to build a better brain, you should learn to unplug and stimulate your brain in other ways. Here are some suggestions from AARP on how to regain your focus (and hopefully prevent Alzheimer's in the process).

1. Play an instrument, meditate or write without interruption for 30 minutes. Focusing on one task can increase your ability to focus on other tasks in a relaxed state.



2. Work in the morning. Research shows people between ages 60 and 82 performed better on cognitive tasks in the morning than in the afternoon.



3. Learn a new language. Research has shown that bilingual speakers are better at maintaining focus and attention than persons who speak just one language.

4. Volunteer. A study in Baltimore showed that age related brain shrinking stops when older Americans volunteered as mentors for children.



Caregiver's Corner

February 16th is National Caregivers Day

National Caregivers Day is celebrated annually on the third Friday of February. This day was established to honor all of the brave men and women who provide care to loved ones.

Caregiving is a challenging role that can often be overlooked and underappreciated, but it is also one of the most important and fulfilling roles that anyone can play. Caregivers make such an amazing difference in the loved ones for whom you provide care.

The staff at Jaime's would like to take this opportunity to acknowledge and thank all of you who provide care for a loved one. We understand your family members require assistance in every area of their daily lives. We see the sacrifices you make day in and day out. We know how emotionally, mentally and physically exhausting your job as a caregiver can be.

We would like to recognize all caregivers for all of the hard work and selflessness you show each and every day. We invite you to visit our *Caregivers' Corner* for resources that can help. We are here for you.

THANK YOU!

Jaime, Julie and staff

"Alzheimer's caregivers ride the world's biggest, fastest, scariest emotional roller coaster every day." Bob DeMarco,

TIPS TO DEMENTIA PROOF YOUR HOUSE

- * **Kitchen.** Make sure to remove any spoiled food from the refrigerator. Store any medications, including over the counter vitamins, out of reach. Do not leave knives or other sharp utensils within reach. Consider installing an alarm on the oven. Unplug the stove if your loved one is home alone.
- * **Bathroom.** Keep medications out of reach. Consider a lock on the medicine cabinet. Install grab bars in showers and near toilets. Remove any small electrical appliances such as razors and hair dryers.
- * **Doors.** Make sure caregivers have the ability to unlock doors that may lock from the inside. Install alarms and/or high locks on doors leading to the outside. Keep any doors leading to dangerous areas (stairwells, basements) locked at all times.
- * **Windows.** Install alarms. Install locks to prevent windows from opening too wide.
- * **Common areas:**
 - * Secure household chemicals and cleaning agents.
 - * Have plenty of night lights throughout the house.
 - * Use non-fluorescent lighting when possible.
 - * Avoid too many throw rugs, as these increase the risk of falls.
 - * Keep walking areas clear.
 - * Keep surfaces free of clutter.