

JAIME'S JOURNAL



Your home away from home!

August Fun Days

August may be the hottest month of the year but it sure has some cool (and yummy) holidays!

August 2—National Ice Cream Sandwich Day

August 3—National Watermelon Day—see p. 3 for some more fun watermelon facts

August 4—National Chocolate Chip Cookie Day

August 8—International Cat Day

August 10—National Lazy Day

August 14—National Creamsicle Day

August 15—National Relaxation Day

August 16—National Roller Coaster Day

August 18—National Cupcake Day

August 20—National Lemonade Day

August 25—National Banana Split Day

August 26—National Dog Day

August 31—National Trail Mix Day

4th of JULY FUN

Fun, family, flags and fireworks—all words that describe Independence Day and *everyday* at Jaime's. Our members had so much fun making a variety of projects paying tribute to our great country. If you have not had a chance to visit the "Wall of Fame" at Jaime's, you must! There is so much creative talent among our members and we are so proud to display their amazing works of art from paintings to wreaths to the flags seen below. *You* may even be inspired to unleash the hidden artist within.

WE LOVE OUR MEMBERS!



**Activities to stimulate
your loved ones using the
5 Dimensions of
Wellness in honor of
Back to School**

Walk the track at your local school. Most school tracks are open late and some are open all the time. Try the track at Ben Hill Middle School after the school day ends. (Physical.)

Visit a child or grandchild's classroom. Most teachers welcome visitors to read and socialize with the kids. (Social.)

Reminisce with your loved one about his/her first day of school. Long term memory sticks with us and you may learn something really cool about your loved one while he/she has fun remembering "the good old days" before all students had cell phones and computers. (Emotional.)

Contribute to an underprivileged school or classroom. Many teachers use personal money to buy classroom supplies for students whose parents cannot provide supplies. Your church can provide a list of schools most in need. (Spiritual.)

Pull out the old flash cards. You may be surprised what multiplication and division your loved one has retained. (Intellectual.)

Watch for more fun, stimulating activities in the next edition of Jaime's Journal.

The Importance of Staying Hydrated

August is the hottest month of the year and it is more important than ever to stay properly hydrated. Though we have addressed this in previous editions of Jaime's Journal, this important topic warrants revisiting. It is important to aim for 8 glasses of water daily. If your loved one does not like plain water, try adding a low sugar flavoring, carbonated water or even try diluted fruit juice. But steer clear of alcoholic beverages or those with too much caffeine that can lead to dehydration. Also, encourage your loved ones to drink even if they are not thirsty. By the time we are thirsty, we may be dehydrated.



Seniors are more susceptible to dehydration

Seniors are more at risk for dehydration (and electrolyte imbalance) because their bodies do not hold water as well as their younger bodies did. Some medications common to seniors may also increase the risk of dehydration.

Signs of Dehydration

Often, we are dehydrated before we even realize it. Here are some signs to look for in your loved one:

- *Muscle cramping
- *Dry/white tongue
- *Lethargy
- *Constipation
- *Dark urine
- *Excessive time with no urination
- *Low blood pressure
- *Weak pulse



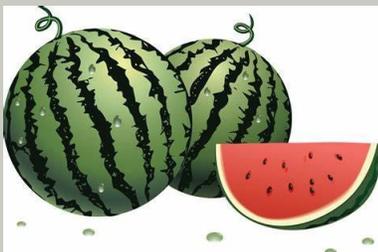
Treating Dehydration

If your loved one is exhibiting signs of possible dehydration, the fluids and electrolytes must be replaced. This can take up to a full hour. Water and a beverage with electrolytes, such as Gatorade, should be given immediately. Severe cases may require a trip to the Emergency Room. But let's avoid that and just make sure to drink plenty and always carry water everywhere you go!

Caregiver's Corner

WATERMELON FUN FACTS

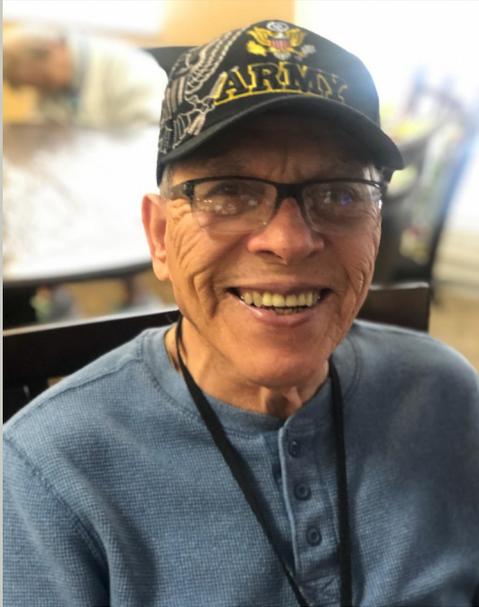
- Watermelons are native to Africa so they need hot, sunny conditions.
- Watermelons are 92% water.
- The top watermelon producing states are California, Arizona, Florida and Georgia.
- The largest watermelon ever grown was in Arkansas and weighed 268.8 pounds!
- Growers in Japan are able to grow a square melon by encasing the plant in a square glass box. It is easier to store but costs a whopping \$82.00.
- The world record for watermelon seed spitting is 75 feet 2 inches.
- China grows more watermelon than any other country.
- In Africa and Egypt, watermelon is enjoyed with a sprinkle of salty feta cheese.
- Watermelons are not a fruit at all. Rather, they are a member of the same vegetable family as the squash, cucumber and pumpkin.



As a caregiver for someone with dementia, you have more than likely experienced some challenging behaviors, such as anger, swearing, aggression and hallucinations from your loved one. Here are some tips to help reduce those behaviors:

1. **Look for the root of the problem.** People with dementia can often not express any physical issues with which they may be faced. Your loved could be in pain, could have a urinary tract infection or could be dehydrated. All have the potential to cause a host of challenging behaviors.
2. **Approach the right way.** The field of vision for someone with dementia is significantly diminished. Make sure to approach from the front to prevent startling your loved one.
3. **Consider surroundings.** Lighting, temperature and even smells can affect your loved one. Be sure the environment is calming and not too loud or bright.
4. **Keep a routine.** Change can be tough for us all but even more so for your loved one with dementia. Keep a schedule as much as possible.
5. **Don't take it personally!** Remember most challenging behaviors are the disease—not your loved one.
6. **Stay calm.** Your mood will affect the mood of your loved one. Dementia is a challenging disease but your loved ones behaviors may not have to be.

MEMBER SPOTLIGHT



Cristino Rodriguez joined the Jaime's family in 2018. He is a proud Army veteran. He loves art (many of his works were recently featured at the Carrollwood Cultural Center), music and socializing. Cris is such a huge help to staff at Jaime's—not sure what we would do without him.

August birthdays

Happy birthday to all of our members born in this hottest month of the year

6th —Cristino Rodriguez

15th—William Yepes

16th—Edward Sfeir

18th—Rolando Navarro

30th—Roberta Clark

August is National Golf Month so grab your clubs and hit the nines!

Zodiac signs—Virgo and Leo

Birthstone—the Peridot is the main gem of August but there are two more—the Sardonyx and the Spinel

Famous folks born in August—astronaut Neil Armstrong, jazz musician Louis Armstrong, actress Lucille Ball, chef Julia Childs

