



JAIME'S JOURNAL

Looks like home. Feels like home!

SPRING IS IN THE AIR

- **The first day of spring is 3/20. Bye-bye winter!**
- **Spring is associated with rebirth, renewal and re-growth.**
- **The first day of Spring is referred to as the vernal equinox, which means equal night. This day has 12 hours of day and 12 hours of night.**
- **Spring fever refers to symptoms associated with the arrival of spring, including restlessness and daydreaming. Who doesn't want to get out and enjoy the weather?**
- **Spring holidays—Easter, Mother's Day, Father's Day, Cinco e Mayo. So much to celebrate! (St. Patrick's Day just missed the cut.)**
- **Daylight savings time (DST) begins at 2 am 3/13 and runs through the beginning of November.**
- **Not all states participate in DST—Hawaii and Arizona do not.**
- **Heart attacks, strokes and car crashes increase—all possibly due to the loss of sleep— around the start of DST. Get your sleep!!**

STILL MOVING!

Seems everyone knows that physical activity improves blood pressure and circulation, increases immune function, boosts mood and, well, improves everything! Movement is especially important for our seniors. Immunity tends to become compromised as we age. Loneliness and isolation can creep up on our seniors so mood boosters are a necessity. Here at Jaime's we see first hand the positive impact physical activity has on our members. We continue to exercise daily and encourage you to stay physically fit with your loved ones. Take a walk, plant a garden, do the jig. It's springtime and no better time to be outdoors. We love this season.

WE LOVE OUR MEMBERS!



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

- **Plant a garden.** Who says you can't plant a garden in the Florida heat? Tomatoes, peppers, eggplant and the list goes on. (Physical)
- **Get local produce from a farmer's market.** There are so many markets around town. Enjoy local fare until your own garden harvest is ready. (Social)
- **Craft a spring salad.** Put your loved one to work chopping up some of those vegetables from the farmer's market. Spring is the best time to try out some new salads. (Emotional)
- **Test your spring holiday knowledge.** Page 1 of the Journal is chock full of spring facts and page 3 has St. Patty's Day fun. (Intellectual)
- **Get out in nature.** Many people say they feel more connected to God in nature than anywhere—even church. What a perfect time to enjoy the great outdoors. (Spiritual)

Look for more exciting ways to stimulate your loved one in next month's edition of Jaime's Journal.

THE IMPORTANCE OF GOOD SLEEP



With the loss of an hour of sleep as we enter into Daylight Savings Time, we thought it an appropriate time to remind everyone of the importance of sleep. Sure it feels good but quality slumber is so much more than feeling good. Sleep is the time when our bodies repair themselves from everything we do to them during our waking hours. And many of us wreak havoc on our bodies with stress, worry, anxiety, poor eating habits and little physical movement.

Many studies have shown getting the right amount of good sleep is the best way to improve your immune system. People who regularly get less than 7 hours of sleep nightly are 4 times more likely to catch a cold when exposed to a virus than those who got more than 7 hours. (The risk is even higher for those who get less than 5 hours nightly.)

In addition to getting sick less often, people who have good sleep routines have a lower risk of heart disease and diabetes. They have reduced stress and improved moods. Good sleepers think more clearly and get along better with others than not so good sleepers. They also maintain a healthier weight than those who do not sleep well.

Approximately 83.6 million Americans do not get the recommended 7 hours of nightly sleep. If you are one, make sure to pick up a copy of next month's Jaime's Journal for some tips on how to fall asleep quicker and sleep deeper!



Caregiver's Corner

ST. PATRICK'S DAY FUN

Many people celebrate this day as the day St. Patrick drove the snakes out of Ireland. Well, St. Patrick was real but he likely did not drive snakes out.

St. Patrick is believed to have spread Christianity throughout Ireland and to have brought the organized church into existence. (This is way cooler than driving out some snakes!)

It is believed that St. Patrick used the three leaves of a shamrock to explain the Holy Trinity—Father, Son, Holy Spirit)

Blue is the color originally associated with St. Patty's Day. Of course, green has become the color to wear to avoid being pinched.

Speaking of being pinched— legend says we wear green on this day because green makes us invisible to leprechauns who like to pinch.

Traditionally, peas are planted on St. Patrick's Day.

Cabbage seeds are also planted on this day. However, farmers once believed that to make the seeds grow well, you had to plant them in your nightclothes.

It is tradition to drink green beer on this day. In fact, millions of pints amounting to \$245 million are consumed.

HOME REMEDIES

There are so many uses for some of the most common items we have right in our refrigerators or kitchen cabinets. For the next few months, we will feature natural remedies (like peanut butter) for our every day use.

Use a bit of peanut butter on a cotton cloth to rub off adhesive labels.

Massage a bit of peanut butter into hair to remove chewing gum.

Rub a bit on a squeaky door hinge.

Use a thin coat as a substitute for shaving cream!

Hang pinecones with a mixture of peanut butter and seed as a treat for birds.

Peanut butter works great to polish leather, vinyl and wood.

Spread some on an apple for a mouse trap.



St. Patty's Day Traditions!

Everyone knows wearing green and eating corned beef and cabbage are a must on March 17.

Here are some other favorite Irish traditions.

**Shepherd's Pie
Irish Stew
Blarney Stone Pastries
Drinking Green Beer
Dyeing a River Green
Drowning the Shamrock**



March birthdays

Happy birthday to our spring "babies"

3rd—Marlene G.

8th—Nancy C.

14th—Doris L.

March is National Nutrition Month.

1—Nat'l Peanut Butter Lovers Day!

12—Nat'l Baked Scallops Day

16—Nat'l Artichoke Hearts Day

21—Nat'l French Bread Day

26—Nat'l Spinach Day

Zodiac signs— Pisces, Aries

Birthstone—Aquamarine

**Famous folks born in March —
Harry Belafonte, Albert Einstein,
Alexander Graham Bell, Nat King
Cole, Chico Marx, Joan Crawford**

