

JAIME'S JOURNAL

Looks like home. Feels like home!



LEAP INTO SUMMER.....THE JAIME'S WAY

We love our sweets and June 21 saw Jaime's explode with lemons. Lemon cupcakes, lemon cookies, lemon cheesecake and, of course, lemonade! A special thanks to our good friend and colleague, Jordan of Renaissance Assisted Living Facility, who set up a real life lemonade stand right here at Jaime's to usher in the first day of summer. And summer it is! We are already experiencing above average temps so check out some tips inside to stay safe this summer. With summer, hurricane season also blows in. If you are from here, you know Tampa has not had a direct hit in decades. But don't be fooled into thinking you don't have to prepare. Inside you will find some practical tips to follow for that "just in case." Happy summer!



COOKING WITH ALZHEIMER'S

Imagine living with Alzheimer's—it's hard to do! Some of us *almost* experienced it when Jaime's hosted the "Dementia Bus." Participants wore glasses smeared with Vaseline, headphones blaring static and sirens, gloves on our hands and even ill fitting orthotics in our shoes to simulate neuropathy. We were then given a list of several tasks to complete all while barely being able to see, struggling with loud noises in our ears, walking in pain and....well you get the point. It is not EASY living with dementia—for anyone involved. But this nasty disease does not have to rob us of every pleasure in life. Your loved ones can still do so much, which is why, here at Jaime's, we take our activities very seriously. We engage your loved ones with meaningful interactions and so can you! Cooking and baking are some of those activities you can do at home with your loved one.

Cooking and baking are traditions that are passed down through generations. You and your loved one can have so much fun cooking and baking together. Your loved ones may even have some secret recipes to share!

Cooking and baking can also provide many therapeutic benefits.

1. Stimulating the senses . Because so many senses are involved, cooking and baking can trigger wonderful memories.
2. Certain tasks during cooking and baking , such as stirring and kneading, can serve to improve fine motor skills.
3. Studies have shown that cooking and baking can help improve the overall mood in people with Alzheimer's.
4. Creating a sense of purpose. Your loved one will enjoy seeing *their* loved ones enjoy a wonderful meal they helped prepare!
5. Many people with Alzheimer's experience loss of appetite. Cooking and baking can help stimulate the desire to eat—especially a meal prepared by their own hands.

Give it a try! We think you will be surprised at how much fun you can have cooking and baking together—more importantly how much fun your loved one will have! Check out the recipes on the next page and make sure to give appropriate tasks and avoid dangerous ones such as using sharp knives or handling dishes right out of the oven. Bon appetit!



In keeping with the lemon theme, check out these recipes for **Lemon Chicken** and **Lemon Ricotta Dessert Cake**. Send us pics of your loved one in action and we will publish them in our fall edition of the Journal.

3-4 bone-in, skin-on chicken thighs	2 tsps fresh chopped rosemary
4 tsps lemon zest (from 2 lemons)	1 tsp kosher salt
2 cloves garlic, crushed	2 tbsps fresh chopped thyme
2 tbsps butter melted	Lemon slices for garnishing

Whisk in a glass bowl the lemon zest, garlic, thyme, rosemary and salt.

Make small slits in the chicken so the marinade can penetrate; coat the chicken with marinade and refrigerate for 1–2 hours.

Preheat oven to 425 and place the chicken, skin up, in a baking dish; brush with butter.

Cook 15 minutes then baste with marinade.

Cook an additional 20–25 minutes until chicken is cooked through and skin is crispy.

Garnish with lemon slices and enjoy with a side of fresh asparagus!



1 cup cake flour	3 eggs
2 tsps baking powder	1 cup ricotta cheese
3/4 cup white sugar peeled	1 large lemon, zested and
1/2 cup butter (softened)	1/4 cup milk
1 tsp vanilla extract	

Preheat oven to 325 and grease 8 inch round baking dish.

Mix flour and baking powder together.

Cream sugar and butter with an electric mixer. Add vanilla and beat one more minute. Add eggs one at a time, mixing completely after each one.

Add flour mixture and beat until combined.

Add ricotta cheese, lemon zest and lemon juice. Beat on medium speed for two minutes.

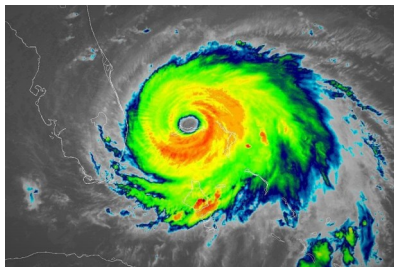
Add milk and beat only until mixed in.

Pour batter into baking dish and bake 45–50 minutes.

ENJOY!

Hurricane Season 2023

Well it's that time of year again. Time to get prepared—stock up on non perishable food, water, batteries and gas for your generators. Time to familiarize yourself with an evacuation route and nearby shelters. Hurricane Season 2023 opened on June 1 and will run through November 30 with the peak of the season being mid-August to late October. The National Oceanic and Atmospheric Administration (NOAA) has predicted a near normal 2023 season. But don't let this prediction fool you. The NOAA estimates 12 to 17 named storms with 5 to 9 becoming hurricanes and 1 to 4 becoming major hurricanes. It is 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 Emily, Harold, Jose or Tammy hit.

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 this storm season!



The Importance of Staying Hydrated

If you haven't noticed the record heat this summer, you have not stepped outside! A feels like of over 100 degrees and we have not even reached the hottest month of the year— August. It is more important than ever to stay properly hydrated. You should aim for your loved one to drink at least 8 glasses of water daily. If your loved one does not like plain water, try adding a low sugar flavoring, buying 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!

