

JAIME'S JOURNAL

Your home away from home!

May Flowers—fact or fiction?

We have all heard the saying “April showers bring May flowers.” But April is not the wettest month and flowers begin to bloom well before May in many regions. Here are some other “facts” about May...or are they fiction?

If you get up on May 1 and wash your face in the May dew, all pimples and freckles would be washed away. Fiction—an old wives tale.

May was named for Maia, the Greek goddess of fertility. Fact but May is not the most fertile month.

Babies born in May are sick throughout their childhoods. Fiction.

The Eiffel Tower was officially opened May 1, 1931. Fact.

May 4 is National Orange Juice Day. Fact

Mother's Day is the second Sunday in May. Fact.

May 15 is National Chocolate Chip Cookie Day. Fact but also a fact that this should be every day!

EASTER FUN....FOR ALL AGES

Creative arts is a big part of Jaime's and April is an easy month to be creative. Bunnies are hopping, colored eggs are hiding and flowers are blooming throughout the building. Our members had an outright ball decorating the place for Easter and Spring. This is the time of year we all love—daffodils, dandelions, tulips and lilies are in full bloom. Spring fever hits us. Days are longer. Sunsets are fabulous. And the humidity has not taken over—yet! So enjoy this time of year and if you need a dose of Spring come on into Jaime's. We love visitors, we love Spring and we especially LOVE OUR MEMBERS!



Activities to stimulate your loved ones using the 5 Dimensions of Wellness in honor of Mother's Day

- **Simply take a walk with your mother.** This is the perfect time of year to enjoy the great outdoors. And you can catch some Vitamin D while you are at it. (Physical)
- **Go to a Mother's Day brunch.** We hear Maple Street Biscuit Company is amazing. But you would have to go Saturday because they are closed Sundays. (Social)
- **Better yet—make a Mother's Day brunch at home .** Whipping up a scrumptious meal together is a fabulous way to honor your mother. (Emotional)
- **Name some of the most well known TV mothers.** Think Carol Brady, June Cleaver, Samantha Stephens. (Intellectual)
- **Read excerpts from Chicken Soup for the Mother's Soul.** The books offer amazing, heartfelt stories of the best moms ever! (Spiritual)

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

YOUR HEALTH

What is Vitamin D?

Vitamin D is important for the maintenance of a strong, healthy body. It helps to maximize the absorption and use of calcium. As such, it is necessary for strong, healthy bones. It is important in ensuring muscles, heart, lungs and brains work well. It also helps our bodies fight infection. Vitamin D is especially important for older adults because it protects against osteoporosis— bone loss due to aging. Studies have even shown that the vitamin can even serve as an anti-depressant and make people feel generally happier.

Sources of Vitamin D

Up to 40% of Americans many not be getting enough of this essential vitamin. So where do we get Vitamin D?

1. Sun—Vitamin D is the only vitamin our bodies produce when exposed to as little as 10–15 minutes of daily unprotected sunshine. (More than that can create other health hazards.)
2. Fish—Wild fish such as salmon, tuna and cod contain more than the daily recommended amount of Vitamin D in just one serving!
3. Fish liver oil—Oil such as cod liver oil contains about 75% of the recommended intake of 600 IU daily.
4. Dietary supplements—Always ask your doctor how much you should take.



If you are not getting enough sunlight, it is recommended to take in up to 1,000 IU of Vitamin D daily. A healthy combination of sunshine and foods is the best way to ensure you are getting the Vitamin D you need!

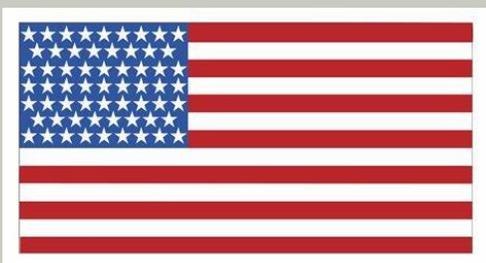


Caregiver's Corner

Displaying the flag properly

Memorial Day is this month and a day when we proudly display our Stars and Stripes. Here are a few important tips (the list is not exhaustive) on how to properly display the flag of the United States of America.

1. The custom is to display the flag only from sunrise to sunset.
2. The flag should not be displayed during inclement weather unless it is an all weather flag.
3. The flag should not be displayed on a float except from a staff.
4. No other flag should be placed above the flag of the United States.
5. When displayed with a group of state flags, the flag of the United States should be at the center and highest point.
6. On a platform, the flag should be above and behind the speaker.
7. When the flag is flown at half-staff, it should first be briefly hoisted to the top before being lowered to half-staff.



Know the 10 Signs

Early detection matters when it comes to Alzheimer's Disease! The Alzheimer's Association published the following list of ten warning signs of which to be aware.

1. Memory loss that disrupts daily life.
2. Challenges in planning or solving problems.
3. Difficulty completing familiar tasks.
4. Confusion with time or place.
5. Trouble understanding visual images and spatial relationships.
6. New problems with words in speaking or writing.
7. Misplacing things and losing the ability to retrace steps.
8. Decreased or poor judgment.
9. Withdrawal from social activities or work.
10. Changes in mood and personality.

www.alz.org/10signs

MEMBER SPOTLIGHT



“Dancing Diane”

Diane Brown joined the Jaime’s family on January 10, 2019 and has been dancing her way through the days ever since. When asked what her favorite activity is she said, “everything— but the Mindful Meditation is icing on the cake.”

Well this surprises us since she loves to dance, dance, dance—but she must need a break from all that moving. Thanks, Diane, for bringing such life to Jaime’s!

May birthdays

Happy birthday to our May “spring chickens”

5th—Doug Roland

6th—Jerry Kennebeck

9th—Mary Coffey

16th—Mary Utz

31st—Charles Flowers

May is National Military Appreciation Month and National Older Americans Month.

Zodiac signs— Taurus and Gemini

Birthstone—Emerald, which signifies success or love

Birth flower—Lily of the Valley

Famous folks born in May—Bing Crosby and Audrey Hepburn



Jaime's

Adult Day Centers