

# JAIME'S JOURNAL

*Your home away from home!*

## Summer Fun Facts

**June 21 is the first day of Summer and is also the longest day of the year—known as the June or Summer Solstice.**

**Solstice comes from the Latin words *sol*, which means sun, and *stitium*, which means standing.**

**This is an astronomical phenomenon whereby the sun is at its highest and most northern points in the sky all year.**

**When the sun is higher in the sky, the rays reach the earth at a more direct angle. This creates the warming trend known as summer. (Are we sure the solstice did not occur in April here in Tampa??)**

**Your shadow will be the shortest it will be all year at noon on the solstice.**

**Get out your yoga mats—mass groups of yogis participate in summer solstice sessions as a way to celebrate sacred transition in the flow of life.**

**People from all over the world follow the solstice tradition of traveling to Wiltshire, England to visit Stonehedge—the prehistoric monument.**

**June's full moon is also known as the Full Strawberry Moon so dig into some of the juicy berries!**

**Speaking of fruit—watermelon is one of summer's sweetest treats and contains 92% water. Enjoy as much as you can to stay super hydrated!**



## THE DAY WITH THE MOST LIGHT IS THE DAY WE FIGHT!

That's the motto of the Alzheimer's Association's Longest Day event. On June 21st, thousands of people across the world join The Alzheimer's Association to "fight the darkness" of Alzheimer's Disease. They raise funds to bring awareness for the care, support and research of the disease through events like bake sales, book sales, Bingo tournaments, silent auctions and yard sales. Jaime's will be selling lots of homemade sweet treats throughout the day on the 21st to jump start fundraising for our Walk to End Alzheimer's team. Come join the fun and support the cause!

*\*See Jaime if you would like to donate any treats to sell. All proceeds will benefit the Alzheimer's Association.*



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

- **Tend to your summer garden.** It's hot but the hard stuff should be done. The garden is planted but needs tending. Just 20 –30 minutes a day provides a good work out. (Physical)
- **Go to a gardening group.** The local libraries and garden clubs hold meetings on how to best tend to those gardens and how to keep summer pests at bay. (Social)
- **Make summer floral arrangements.** Many flowers are in full bloom so gather up a bunch and have fun displaying them. (Emotional)
- **Have fun with the naming as many ways as you can to beat the heat this summer.** Think swim, popsicles, fans, iced tea. (Intellectual)
- **Walk through a garden in bloom.** Try the meditation garden at St. Paul's Catholic Church in Carrollwood. (Spiritual)

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

**CREATING YOUR ACTION PLAN**

We have printed a great deal of information regarding what you can and should do to reduce the risk and/or slow the progression of cognitive decline. These include making sure you are getting enough physical activity, eating a diet full of healthy choices, challenging your brain and getting enough socialization. Well, the Alzheimer's Association has published a call to actually create that action plan. Over 5 million Americans are living with Alzheimer's Disease. Let's not be statistics. Instead, answer the questions below and get to work!



What do you do for your physical health and exercise? What would you LIKE to do for your physical health and exercise?

What do you do for your diet and nutrition? What would you LIKE to do to improve your diet and nutrition?

What do you do for your cognitive activity? What would you LIKE to do to increase your cognitive activity?



What do you do for your social engagement? What would you LIKE to do to increase your social engagement?

Every 65 seconds, someone in the United States develops Alzheimer's Disease. Alzheimer's Disease is the 6th leading cause of death in the United States. There may not be a cure—yet. Until there is, it's great to know there is so much we can do to combat this disease. Create your action plan now!

## Caregiver's Corner

### I AM A MEMBER

By Margaret Malm

I am a member

of Jaime's place.

But I can't remember

when I became a member.

I joined in June, I think

or maybe September.....

What month I don't remember.

Was it May or November,

or March or December?

when I became a member?

I don't remember.

The recent past

eludes my grasp.

Dates and names

I don't remember.

But this I know

and do remember.

I am a member

of Jaime's place

And, oh, what fun I have!

### 10 Ways to Love Your Brain

Your brain should be a priority when it comes to your health! Use the following ten tips (published by the Alzheimer's Association—alz.org) to give those brains a much needed work out (yes our brains need to work out too!) to reduce the risk of cognitive decline:

1. Break a sweat—engage in regular cardiovascular exercise that elevates your heart rate.
2. Butt out—Evidence shows that smoking increases the risk of cognitive decline—so stop smoking!
3. Heads up—decrease your risk of brain injury by wearing a seatbelt and a helmet when bike riding.
4. Take care of your mental health—depression increases the risk of cognitive decline according to some studies.
5. Fuel up right—eat a balanced diet higher in fruits and vegetables.
6. Catch some ZZZs—not enough sleep may result in problems with memory and thinking.
7. Follow your heart—the same risk factors of cardiovascular disease—obesity, high blood pressure, diabetes—can also lead to decreased cognitive health.
8. Hit the books—Take a class to stay sharp and lower you risk of cognitive decline.
9. Stump yourself—Challenge and activate your mind. Doing so may have short and long term benefits on your brain.
10. Buddy up—Staying socially engaged may support brain health.

**MEMBER SPOTLIGHT**



***Claudette Williams joined Jaime's on 9/27/17 and has come almost every, single day since! That makes her the member who has come more times than any other—wow! Claudette loves anything that involves singing and dancing. Thanks, Claudette, for always being the life of Jaime's!***

**June birthdays**

*Happy birthday to our June "babies"*

**17th—George Higgins**

**18th—Bill Condrey**

June is National Eat Your Fruits and Veggies Month and Soul Food Month—some delicious collard greens will cover both!

June may have been named for Juno, the wife of the Jupiter.

Zodiac signs— Gemini and Cancer

Birth flower—Honeysuckle, which is a symbol for the everlasting bonds of love

Famous folks born in June—Marilyn Monroe, Josephine Baker and Harriett Beecher Stowe

