



# JAIME'S JOURNAL

*Your home away from home!*

## SUMMER FUN FACTS

The “dog days of summer” refers to the days between July 3 and August 11. The ancient Greeks blamed Sirius, the Dog Star, for the heat and discomfort of the summer.

Over 650 million long distance trips are made each summer in the U.S.

The most popular summer vacation is the beach. The most popular summer vacation activity is shopping.

July is National Ice Cream Month. Vanilla is the number one choice for Americans followed by Chocolate. (Let Jaime know your favorite flavor and your loved one gets \$25.00 off their next invoice.)

Children are more likely to gain weight over the summer because they are less active and tend to eat more junk food.

During the summer, Americans consume over 7 million hot dogs.

The most dangerous month to go to the hospital is July when seasoned residents are leaving and new ones are coming on.

## DOG DAYS OF SUMMER

Has anyone been outside? It's HOT! But not as hot as it's ever been. The record high in Florida was set in June 1931 when temps reached a high of 109 degrees. WOW! And while it has not been quite that hot in “real temps” this summer, the heat index has certainly reached that high.



But we are staying cool here at Jaime's with some fabulous summertime activities. We love summer time and WE LOVE OUR MEMBERS!



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

\* Grab your sweat bands (it's hot!) and head out for a sunrise or sunset walk. Seems those might be the only times to get some relief from these dog days of summer! (Physical)

\* Plan a "rainbow" picnic where everyone is assigned a color and see what an array of food you get. Make sure your picnic is under a pavilion with a splash pad nearby! Act like a kid again and run through that sprinkler. (Social)

\* Share some of your favorite summer pastimes from years gone by. And make some new memories—like preparing some cool summer dishes or drinks together. Check out the recipe on the back page of the Journal. (Emotional)

\* Get out of the heat and head to your local bookstore where you can pick up a journal. Write down your blessings and your prayers to feel connected to God. (Spiritual)

\* Test your knowledge of Independence Day—check out the fun facts on page 3 of the Journal. (Intellectual)

Watch for more fun, stimulating activities in next month's edition of Jaime's Journal!

## IMMUNE HEALTH

It's summer and we are out and about enjoying the sunshine! And while summer is not flu and cold season, there are still plenty of germs and viruses to which we are exposed. You can, however, protect yourself by boosting your immune system with some of the following tips:

1. Get your *ZZZZZZZs*. Sleep and immunity go hand in hand. Too little sleep has been linked to weaker immune systems.
2. Eat plant based foods that reduce inflammation in the body. Inflammation leads to numerous health conditions and can suppress the immune system. In addition, the fiber in plant based foods allows good bacteria to flourish which may help prevent harmful bacteria and viruses from entering your system.
3. Eat healthy fats like olive oil, nuts and avocados. These reduce inflammation much like plant based foods.
4. Reduce the intake of added sugar. Obesity, diabetes and chronic heart disease—all conditions caused by excess sugar—lead to a weakened immune system.
5. Engage in moderate exercise. Biking, walking, swimming and jogging reduce inflammation in the body.
6. Manage your stress levels. Reducing stress and anxiety is key to a strong immune system.
7. Choose quality supplements like Vitamin C and Elderberry to improve your immunity.

We cannot control the environment around us but we can certainly work to ensure our immune strength. The stronger our immune systems, the more likely we are to fight those nasty pathogens that do not belong in our bodies!



## Caregiver's Corner

### 4TH OF JULY FUN FACTS

- On July 4th, 1776 the Continental Congress formally adopted the Declaration of Independence. John Hancock was the first person to sign the Declaration. The others signed on August 2, 1776.
- Congress declared the 4th of July as an official holiday in 1870.
- Massachusetts was the first state to recognize the 4th as a holiday.
- John Adams and Thomas Jefferson both died on July 4, 1826 - how's that for irony? James Monroe died on July 4, 1831.
- America's 30th president, Calvin Coolidge, was born on July 4, 1872.
- In 2019, the United States imported \$319 million worth of fireworks. That's a whole lot of BOOM!
- With the exception of this pandemic year, there are generally more than 15,000 fireworks celebrations each year in the US.
- The White House held its first 4th of July celebration in 1801.
- In 1954 the words "under God" were added to the Pledge of Allegiance.

### BEAT THE HEAT

**Now that we are in the full swing of summer, and the average heat index has exceeded 100 degrees, here are some tips for you and your loved ones to beating the heat:**

**Drink more fluids. Do not wait until you are thirsty to drink. Stay hydrated all day no matter your level of activity.**

**Avoid caffeine and alcohol, which can be dehydrating.**

**Dress in lightweight, light colored, loose clothing.**

**Stay in the shade as much as possible, especially between the hours of 11 am and 3 pm.**

**Avoid strenuous activities during the heat of the day.**

**Wear sunscreen—always!**

**Be aware of heavy sweating, rapid pulse, pale and clammy skin or cramps. These are signs of heat exhaustion or, worse, heat stroke.**

**Wear a hat and/or sunglasses.**



***The best ever Lemonade***

***9 lemons***

***1 and 3/4 cup sugar***

***1 cup water***

***7 cups ice cold water***

***Ice as needed***

***Combine sugar and 1 cup of water in a saucepan; Bring to a boil to dissolve the sugar; Set aside***

***Roll lemons on counter to soften them; Cut in half lengthwise and squeeze juice into a measuring cup (Be sure to discard the seeds)***

***Pour ice cold water into pitcher; add lemon juice, sugar water and ice***

***Enjoy! (Add simple syrup for taste if needed)***



**July birthdays**

*Happy birthday to our July "babies"*

***9th—Claudette W.***

***11th—Sefa O.***

***12th—Thurman A.***

***27th—Shirley F.***

***30th—Jimmy B.***

**July 19th is Nat'l Sugar Cookie Day and July 23rd is Nat'l Vanilla Ice Cream Day and National Daiquiri Day. Cookies and cream—Yum!**

**Zodiac signs—Cancer and Leo**

**Birthstone—Ruby, which signifies love and passion while attracting good luck**

**Famous folks born in July—Nelson Mandela, Ernest Hemingway, Julius Caesar, Princess Diana**



**Jaime's**  

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**Adult Day Centers**