

JAIME'S JOURNAL

Looks like home. Feels like home!

Walking and wading in wacky weather!

Wow have those temps been frigid! No doubt Florida is seeing it's fair share of sweater weather—well wool coat, hats and mittens weather! We even had snow in North Florida and flurries were reported in Tampa! We Floridians are simply not used to this. Up north, homes are winterized. Here, though, our bodies need to be winterized—and, yes, it's a real thing! Before venturing into the cold, get your body ready by doing some light stretches. You may also find that you breathe differently in the cold air. Again, a real thing. To keep your breath regulated, make sure you are taking slow, steady, low breaths. Seems silly but winterizing our bodies can help us endure these cold days!

Jaime loves the cold (even though we all don't) and

WE LOVE OUR MEMBERS!

“Squirrels gathering nuts in a flurry will cause snow in a hurry.”



COLD WEATHER MYTHS BUSTED

We have all heard that the cold weather makes us sick. Many people go so far as to stay indoors for fear of getting sick. However, we catch colds from viruses, not from cold temperatures. Because people tend to stay indoors in close quarters when the cold weather settles in, viruses spread more easily. In addition, viruses thrive in cold, dry weather. Even more, your immune system weakens in cold weather, making you an easier target for getting sick. Some tips for staying healthy during the winter (or anytime) - eat well, exercise, keep your stress levels low and take a shot every day (see the next page for one of Jaime's home remedies).

Now that we know cold weather does not *cause* sickness, let's bust some other myths.

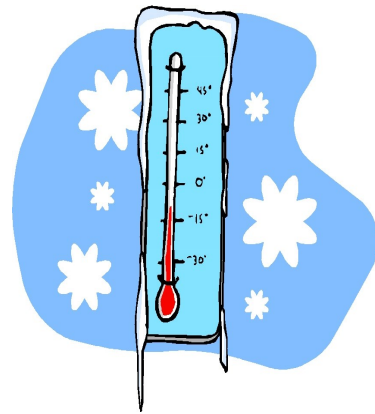
You should drink hot coffee if you are cold. This is partly true—as long as the coffee is caffeine free. Caffeine causes blood vessels to constrict, which slows the warming process.

You should rub your fingers or toes to warm them up.

This practice is generally ok unless your fingers or toes are extremely cold or potentially frostbitten. If that is the case, rubbing can be harmful. Try wiggling your fingers and toes until they are warmed up.

Shivering makes you colder. In fact, shivering is your body's natural reaction to cold temperatures. The rapid muscle contractions generate heat, causing your body temperature to increase.

Whether or not you love this weather, we know it won't last. So enjoy the change....summer is right around the corner.



Recipes from Jaime's Kitchen

Every January, we honor the incredible legacy of the great Dr. Martin Luther King, Jr. Dr. King was only 39 years young when he was tragically killed. But his accomplishments will live on forever. He authored five books, won the Nobel Peace prize and gave one of the most famous speeches of all time. Possibly the most influential leader of the American Civil Rights movement, Dr. King promoted peaceful protests aimed at desegregation, voting rights for African-Americans, fair labor rights for all and ending racial discrimination. May the words of this great man never be forgotten!

And so even though we face the difficulties of today and tomorrow, I still have a dream. It is a dream deeply rooted in the American dream—MLK, Jr. 8/28/1963 Lincoln Memorial Washington D.C.

Want to stay healthy this winter and all year round? Try these two quick and easy remedies Jaime swears by.

“Healthy shot” (and no this does not include whiskey!):

Juice of half of a lemon

Teaspoon of honey

Cayenne pepper (as much as you can handle)

Turmeric (again, as much as you can handle)

Add a bit of water if you really need to
Shoot it like whiskey!

Banana smoothie:

One banana

Teaspoon of honey

Scoop of all natural peanut butter

Cup of milk

Ice

Blend and enjoy!

Stay healthy....Jaime's way. Oh and these shots are good in all seasons. Cheers to good health!

JAIME'S PET PROJECT—UPDATE

Jaime's Pet Project was held Wednesday November 13, 2024. We raised over \$2,000.00 for our 4-legged friends. Thank you so much for your support! We continue to accept donations of food, blankets, toys, kitty litter and more.

