



# JAIME'S JOURNAL

*Your home away from home!*

## CHRISTMAS AROUND THE WORLD

We all have our favorite holiday traditions—Christmas cookies, ugly sweaters, trimming the tree. But how do they celebrate around the world? Here are some of our faves.

### JAPAN

Rather than feast on a turkey dinner, many Japanese head to the local KFC (yes—Kentucky Fried Chicken) for some finger lickin' good yum! In fact, KFC at Christmas is so popular, many people order food months in advance!

### ICELAND

Each night for 13 days leading up to Christmas, children place their shoes by the window before bed. Yule Lads visit each night and leave candy for the good kiddos and rotten potatoes for the not so good kiddos.

### IRELAND

The Irish leave a tall red candle in the window overnight as a symbol of warmth and shelter.

### AUSTRALIA

Father Christmas swaps his reindeer for six white boomers or kangaroos.

### ITALY

A good witch delivers presents on a broom rather than a sleigh.

## It's the Most Wonderful Time of the Year

So maybe 2020 has not been what any of us expected. But we still have reason to celebrate. As we go through this season of Advent, take the time to enjoy some of your favorite holiday traditions, as we will at Jaime's. Stay tuned for more information about our annual ugly sweater contest, cookie exchange and holiday festivities. As usual, Jaime's did not skimp on decorations—check out some of the pictures below. Jaime's loves the holidays and WE LOVE OUR MEMBERS!



## Activities to stimulate your loved ones using the 5 Dimensions of Wellness in honor of Christmas

- Take a nighttime stroll.** Grab your walking shoes, bundle up and check out the Christmas lights in your neighborhood. (Physical)
- Enjoy some holiday fun.** Check out page 3 of the Journal and go meet some new folks while enjoying the season. (Social)
- Bake up some fun and memories.** Follow the cookie recipe on the back page of the Journal for one of Jaime's family favorites. (Emotional)
- Google "Christmas Around the World."** Discover how people all over the world celebrate the holidays. We posted some of our favorites on page 1. (Intellectual)
- Attend a Christmas Eve service.** If you are not ready to go to a live service, make sure to watch online. This is the true reason for the season! (Spiritual)

## TO VACCINE OR NOT TO VACCINE

Some time ago, we did a piece on the pros and cons of vaccines. During this pandemic, and in the wake of a vaccine for Covid-19 (Coronavirus), we thought it an appropriate time to re-visit the topic.

Our immune systems protect against infections. However, the system can get overwhelmed, causing serious infections. A vaccine stimulates the body to make antibodies that can protect against getting a disease immediately and in the future. However, there are mixed opinions on the necessity, effectiveness and safety of vaccines.

### PROS OF VACCINES

1. Prevents dangerous diseases from spreading.
2. Protects you AND others from harmful diseases.
3. Vaccines undergo rigorous research, studies and testing.

### CONS OF VACCINES

1. Allergic reactions and harmful, sometimes fatal, side effects.
2. Mandatory vaccines may infringe upon personal liberties.
3. Some diseases for which there are vaccines are relatively minor.

We are not advocating for or against vaccines. Whether or not you decide to get vaccinated against Covid-19, you should still take simple precautions to help prevent the spread of the illness—wash your hands, wear your mask and practice social distancing. Stay safe!



## Caregiver's Corner

### HOLIDAY FUN AROUND TOWN

Busch Gardens—Christmas Town

Curtis Hixon Waterfront Park Winter Wonderland and Ice Skating

Zoo Tampa at Lowry Park  
Christmas in the Wild

Symphony in Lights—Wiregrass Mall  
Nightly 6—9 pm on the hour

Waterfront Lights Downtown  
St Pete

River of Lights  
Pirate Water Taxi—Downtown Tampa

Lighted Boat Parade  
Riverwalk Tampa  
December 19 6:30 pm

### HOLIDAY FUN AT HOME

Mix up some fun Christmas cocktails

Have an ugly sweater contest

Binge watch Christmas movies

Make homemade ornaments

Take a family pic in your PJs

Read a classic Christmas book

### HOLIDAY SURVIVAL TIPS

This is known as the most wonderful time of the year. However, the holidays are very stressful for many, especially caregivers. Throw a pandemic in the midst and we have a recipe for disaster! Rest assured—the season is not ruined. Here are some tips we hope will help you have a truly joyous Christmas season.

1. **Keep your spirits high**—This may be easier said than done but we can take some affirmative action to be positive. For example, listening to Christmas music can have a positive impact on even the busiest caregivers. And what's better is the effect is immediate!
2. **Be mindful of others.** While we should always practice this, it is especially important during this world-wide crisis. There are so many opinions out there but we should take care not to offend anyone with ours.
3. **Reach out to positive people.** We all know the adage “misery loves company” but we say joy loves it even more. Staying in touch with positive people will help you to stay positive.
4. **Do things you love.** Don't stop doing the things you enjoy. If you love to work out but are not ready to return to the gym, take that work out to the great outdoors.
5. **Limit exposure to the news.** We can get so caught up in the news and “the numbers” that we think of nothing else. Stay informed without being obsessed.
6. **Be careful, not fearful.** We are living in uncertain times (the disease itself, possible economic shut down, etc.) but worrying and living in fear does not add one single day to our lives. So wash your hands, wear your mask, practice social distancing and find the joy in life!

### Monster cookies

**12 eggs**  
**4 cups sugar**  
**8 tsps baking soda**  
**3 lbs chunky peanut butter**  
**1 lb chocolate chips**  
**2 lbs brown sugar**  
**2 tsps vanilla**  
**1 lb butter**  
**3 lbs oatmeal**  
**1 lb M&Ms**

**Mix all ingredients together  
Bake on ungreased cookie  
sheet for 12—14 minutes at  
350**

**\*This recipe makes more than  
200 cookies.**

**\*\*Caution—these cookies are  
insanely addicting so be  
prepared and don't say we  
didn't warn you!**

### December birthdays

*Happy birthday to our December  
members*

**15th—Baker Jordan**  
**19th—Alfred Podolsky**  
**26th—Lorena Moore**

*December is all about the holidays!*

**12/4—Nat'l Cookie Day**  
**12/8—Nat'l Brownie Day**  
**12/9—Nat'l Christmas Card Day**  
**12/12—Nat'l Gingerbread House**  
**12/8—Nat'l Ugly Sweater Day**  
**12/24—Nat'l Eggnog Day**  
**12/26—Nat'l Candy Cane Day**

*Zodiac signs— Scorpio, Sagittarius*

*Birthstone—Blue Topaz*

*Famous December birthdays—  
Walt Disney, Frank Sinatra,  
Sammy Davis, Jr, Clint Eastwood,  
Sean Connery*

