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# JAIME'S JOURNAL

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*Your home away from home!*

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## **St. Patty's Day Fun**

It has long been a belief that St. Patrick drove the snakes out of Ireland but this is likely a fable.

He is actually credited with spreading Christianity throughout Ireland and bringing the original church into existence.

St. Patrick was not even Irish. In fact, he was born in Britain as Maewyn Succat. He was kidnapped and taken to Ireland to work as a shepherd.

Blue was the original favored color of the day. Now we all know one must wear green to avoid a good pinch.

St. Patrick's Day is a traditional day to plant peas. Cabbage is another vegetable to plant on this day. But old time farmers believe the planter must be wearing night clothes when planting the seeds in order to have a good crop.

The three leaves of a shamrock may represent the Holy Trinity—Father, Son and Holy Spirit.

Boston, Savannah and Chicago rank among the best "green" celebrations in the US.

The City of Tampa dyes the Hillsborough River bright green in celebration of the day.

## ***WE'RE JAMMIN'***

Music.....it speaks to our souls, it stirs memories, it brings great pleasure. No matter the genre, we can appreciate the impact music has on all of us. That's why Jaime's takes its music program very seriously. In addition to the awesome entertainment line up, Jaime's offers "Jaime's Idol" weekly, as well as an array of interactive music therapy sessions led by certified instructors. Check out our calendar for *Let's Jam, Music Sweet Music and Drumming*. And then plan to engage your loved one with some home style music therapy simply by turning on the radio and letting the memories flood. We love music and

**WE LOVE OUR MEMBERS!**



**Activities to stimulate your loved ones using the 5 Dimensions of Wellness in honor of St. Patrick's Day!**

- **Take a walk and hunt for 4 leaf clovers!** What a fun way to turn a simple walk into much more. And imagine the good luck if you actually find one. (Physical)
- **Go to a fun Irish Pub.** But go during lunch (not peak hours) and enjoy some corned beef and cabbage. (Social)
- **Make some rainbows and pots o' gold.** Grab your craft supplies and engage in some expressive arts. Then bring your masterpieces into Jaime's for display. (Emotional)
- **Challenge your loved one to come up with as many words as possible related to the holiday.** Think green, pinch, leprechaun. (Intellectual)
- **Tell the story of Saint Patrick.** You may be surprised to know the religious roots of the holiday. (Spiritual)

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



*MUSIC THERAPY*

*What is music therapy?*

Music therapy is the use of music by a qualified music therapist to address a person's physical, emotional, cognitive or social needs according to the American Music Therapy Association. Music therapy is used to help patients with mental health needs, Alzheimer's Disease and related dementias, substance abuse problems, brain injuries, physical disabilities and pain issues.

*What are the benefits of music therapy?*

The benefits of music therapy (and just music in general) are plentiful. Music is a sure fire way to improve anyone's quality of life.

1. Improves overall physical well being.
2. Increases motivation to participate in rehabilitation of various forms.
3. Reduces depression and anxiety.
4. Provides an outlet for emotional expression.
5. Improves memory.
6. Allows socialization.
7. Leads to better movement and coordination.



You don't have to be a professional to share these amazing benefits of music. Just turn on the radio, strum a guitar or listen to a choir and let the music take over!



## Caregiver's Corner

### IT'S TIME TO SPRING AHEAD

It's that time of year again—time to spring forward. On March 10, we will lose an hour of sleep but will gain precious hours of daylight for months to come. So before you go to bed Saturday night, set back any clocks that will not automatically change.

Here are some fun facts about the time change.

- Ben Franklin is credited with coming up with the idea of daylight savings time (DST) in a letter to the Journal of Paris in 1784.
- In 1916, Germany was the first country to put itself on DST to save energy for the war effort during World War I. Britain followed one month later.
- President Woodrow Wilson instituted DST when the US became involved in WWI in 1918. DST ended when the war ended.
- The US again instituted DST during WWII. Some cities kept up the trend after the war ended.
- In 1966, Congress passed the Uniform Time Act of 1966. This gave states the right to implement DST or not but the entire state had to be uniform.
- Arizona and Hawaii are the only states that do not observe DST.
- Congress has expanded DST three times. DST currently runs from March into November.

### TIPS FOR APPROACHING A PERSON WITH DEMENTIA

\* **Approach from the front** . This will help a person with dementia to be aware you are coming. Approaching from behind can be startling and may produce unnecessary anxiety.

\* **Walk slowly**. Allow your loved one to process that you are approaching.

\* **Stand to the side**. This is a supportive stance, whereas remaining directly in front of someone with dementia may feel confrontational according to [www.dementiacarecentral.com](http://www.dementiacarecentral.com).

\* **Call your loved one by his/her name**. This will create familiarity especially if your loved one does not remember you.

\* **Announce yourself**. Never say “hi mom, remember me?” Instead say “hi mom, it's me, Mary.” This identifies you as someone familiar without insulting your loved one.

\* **Crouch low**. Crouching or sitting helps your loved one to feel less threatened and afraid. This is especially important if your loved one is in a wheelchair, sitting or lying down.

\* **Offer your hand**. The response to this gesture will clue you in on whether or not your loved one will welcome further touch such as a hug.

