

JAIIME'S JOURNAL



Your home away from home!

FUN HALLOWEEN AND FALL EVENTS

Excel Health's Family Fun Fest
Saturday 10/6 10 am—2 pm
Campus Hill Dr. Tampa

Fox Squirrel Corn Maze
Weekends through October
10 am —5 pm
3002 Charlie Griffin Rd. Plant City

Horse Power Sanctuary for Kids
and Animals' Pumpkin Patch
Weekends 11 am—5 pm
8005 Race Trac Rd. Tampa

Seal Swim School's Pumpkin Patch
Weekends through October
Family Fun Fest 10/13 4 pm—8 pm
19509 N. Dale Mabry Hwy. Lutz

The Grove's Fall Festival
10/26 and 10/27 10 am—5 pm
Trunk or Treat 10/26 4 pm—6 pm
6105 Wesley Grove Blvd.

Idlewild Baptist's Trunk or Treat
October 31 5:30—7:30 pm
18333 Exciting Idlewild Blvd. Lutz

We raised HOW MUCH?

As we reported last month, Jaime's has a team for the Walk to End Alzheimer's being held at the Amali Arena on Saturday November 3. (We have plenty of room for more team members so see Jaime to sign up!) We held a fundraiser last month and auctioned off cakes, cookies, brownies, cupcakes, muffins and all sorts of fun door prizes—all generously donated by our community friends. We expected to raise a few hundred dollars. Instead we raised.....drum roll please.....a whopping \$1,115.00!!! All proceeds will go to this great cause. Thanks to everyone who donated goodies and participated in the event. We love you all and WE LOVE OUR MEMBERS!



Activities to stimulate your loved ones using the 5 Dimensions of Wellness in celebration of Halloween!

- Head to a pumpkin patch or a corn maze. (See page 1 of Jaime's Journal for a few suggestions.) What a great way to enjoy fall and get in a work out. (Physical)
- Make a simple Halloween costume—decorate a witch hat or cut out a sheet ghost. Your loved one will have a ball reminiscing about their own childhood costumes. (Emotional)
- Attend Jaime's super fab Halloween tea party. It will even top last year's! All are welcome but space is limited so please RSVP. (Social)
- Play a game with your loved one where you each call out as many words as you can think of related to Halloween. Think scary, fall, ghosts, witches.....you get the idea. (Intellectual)
- Look into the background of this holiday that some think of as a pagan one. You may be surprised to learn that Halloween has some religious roots. (Spiritual)

Look for more ways to stimulate your loved one in next month's edition of Jaime's Journal and have a Happy Halloween!

ACTIVITIES OF DAILY LIVING

We continue our feature on activities of daily living and how they can be less stressful for you and your loved one. This month we will look at grooming, which includes hair care, nail care, foot care, dental care and other types of personal hygiene such as shaving.

Your loved one may still be able to perform all of these activities related to grooming. However, as your loved one's Alzheimer's related symptoms progress, these seemingly simple routines may become anything but.

1. Let your loved one do as much as possible—even if that means a hair or two is out of place. Ask your loved one what hair style he/she prefers. If she went to the beauty parlor weekly, continue that routine. If he went to the barber, keep him going!



encourage the same.

2. Do not force your loved one to engage in personal care. Instead use gentle reminders and even perform tasks side by side. For instance, if your loved one is having trouble, show him/her how you brush your hair and
3. Keep a routine as much as possible. For instance, eat breakfast, brush teeth, comb hair. But be flexible as well. Sometimes your loved one may simply be having a bad day.
4. Pick the right person. A mother may be more comfortable with her daughter in law helping her with personal care than she is with her son helping.
5. Use simple, safe personal grooming tools such as cardboard nail files and electric shavers rather than metal files and sharp razors.
6. Celebrate what your loved one can still do. Alzheimer's can rob people of the ability to perform even the most mundane tasks. The more you let your loved one do, the more independent he/she may be for as long as possible.





HALLOWEEN FUN FACTS

- Halloween has long been thought of as a pagan holiday. After all, it is filled with witches, ghosts and spirits. However, it actually evolved from a Catholic holiday called All Hallows' Eve, a night of feasting before All Saints Day.
- The Protestant Church has long opposed Halloween celebrations but they have now become more a part of pop-culture than religion in the United States.
- Look for these top costumes this year—Prince Harry and bride, Meghan Markle; ice skating icon, Tonya Harding; the Black Panther.
- Superstition holds that if you are born on Halloween you are blessed with the gift of being able to communicate with the dead.
- The custom of trick or treating originates with the Celts—they handed out candy to the spirits that roamed the streets so they would not harm the next year's crops.

Caregiver's Corner

Virtual Dementia Tour coming to Jaime's

- Ever get frustrated with your loved one's forgetfulness?
- Ever get tired of answering the same old questions from your loved one day in and day out?
- Ever snap at your loved one for taking too long to do something?
- Ever grow weary of explaining the same thing over and over and over and over.....?
- Ever feel like you get no respite?
- Ever so exhausted you want to throw your hands up or just cry?
- Ever feel guilty for feeling these feelings?

If you answered yes to the above questions, then you **MUST** attend the Virtual Dementia Tour at Jaime's on November 9 from 1:30 - 4:30. Fusion Healthcare will present this amazing experience. You will get an idea of what it might be like to live with dementia. We promise this experience will change your outlook and perhaps even your relationship with your loved one. Space is limited so please sign up at the front desk to secure your spot. You don't want to miss this!

