



JAIME'S JOURNAL

Your home away from home!

Top 10 New Year's Resolutions

More than 50% of Americans make New Year's Resolutions. But only 10% of people actually keep them.

Here are the top 10 resolutions:

- Lose weight
- Exercise more
- Eat more healthy
- Stop smoking
- Spend less/save more
- Work less
- Enjoy life more
- Learn something new
- Help others more
- Get organized

Open the Journal for some tips on how to KEEP those resolutions!

DECEMBER FESTIVITIES

December is always a fun month at Jaime's. Staff members did an amazing job decorating for Christmas. Family members provided yummy goodies all month long. We had an ugly sweater contest after members made their own (not-so-ugly) sweaters. We had a Christmas cookie exchange (YUM!) with a variety of sweet treats!

And, as usual, we had some great entertainment. We all loved singing along to the Christmas classics. As we get back into the swing of things and resume our post holiday schedules, we here at Jaime's wish all of you a healthy, happy, prosperous 2019! We have

lots of great new activities at Jaime's and many of the same favorites. We love the new year and WE LOVE OUR MEMBERS!



Activities to stimulate your loved ones using the 5 Dimensions of Wellness in celebration of 2019!

- Ski! Well ok we don't have snow in Florida but simulating skiing is a great workout! (Physical)
- Share some favorite New Year's traditions—like black eyed peas as a symbol of wealth in the year to come. (Emotional)
- Resolve to volunteer this year. You can make hats for NICU babies, send snacks to troops overseas or even serve food to the homeless at Trinity Café (or just whip up a meal and give it to anyone you see). Volunteering is a great way to meet people. (Social)
- Get schooled on New Year's traditions around the world—see page 3 of the Journal. And vow to learn something about a new country every week. Keep the learning going all year long! (Intellectual)
- Many Christians view New Year's Eve as a time of reflection, prayer and thanksgiving. Start the year off with an attitude of gratitude and great things are sure to follow! (Spiritual)

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

HOW TO KEEP YOUR NEW YEAR'S RESOLUTIONS

As we head into a new year, many of us will resolve to change something. One recent study found that only 9% of people who make a resolution actually felt like they were successful in achieving their goals. So.....impossible to meet your goals? Difficult maybe — but not impossible. With commitment AND conviction, you CAN achieve your goals. Here are some tips to help you along the way:

1. Choose specific, realistic goals. For example, if your goal is to “lose weight” or “get in shape” perhaps you can be more specific and resolve to lose ten pounds or run a marathon.
2. Start small. If your goal is to run a marathon, don't expect to run 26.2 your first time out. Instead, start with a 5k or even just a mile.
3. Get support from friends and family. A good support system can help you stay on track. If your goal is to eat more healthy, let everyone know so they will not eat junk food in front of you.
4. Take one day at a time and do not let a relapse derail your goals. If you resolved to quit smoking and you have a cigarette after a stressful day, start fresh the next day.



Resolutions are attainable with some determination. We can plan, plan, plan but life tends to get in the way of even the most carefully devised plans. So live in the moment and trust that you will attain all your goals! Remember—it is about changing your lifestyle or behavior even if you do not achieve your “goal.”



New Year's Eve Around the World

We all have our favorite NYE traditions—watching the ball drop, smooching a loved one, a champagne toast—but here are some fun traditions from other parts of the world.

In Mexico, there is a tradition to eat one grape for every chime of the clock bell at midnight. A wish comes with each grape.

Koreans pay tribute to ancestors as part of the New Year's celebration.

In Japan, Buddhist temples ring bells 108 times. This has been a sacred number for a long time.

Polar Bear Plunges (crazy people diving into arctic cold waters) are gaining popularity in Canada, the US and the UK.

A New Year's party is not complete in Russia without a *blini*, a type of pancake dating back to ancient Slavic rituals.

Spain has a tradition of "starting the year off on the right foot" where Spaniards literally must take the first step of the new year with their right foot.

Caregiver's Corner

HEALTHY SLEEP IS ESSENTIAL

As a caregiver for someone with dementia, you may find yourself getting little to no sleep for nights on end. Study after study reveals chronic sleep deprivation can lead to all sorts of ailments. Here are some tips, published by AARP, to improving your sleep:

- * Create a nighttime environment for sleeping, not caregiving.** Unless it is absolutely necessary, do not sleep in the same room as the person for whom you are caring. Your room should be cool, dark and quiet.
- * Worry intentionally during a specific time.** Set an hour early in the day to get organized and write down a to do list. Even write down your worries. This should help calm your mind to sleep.
- * Prompt sleep with good habits.** Playing video games or watching TV may be too stimulating. Instead try reading, listening to relaxing music and gently stretching.
- * Use your breath.** Deep breathing can help relax muscles and slow heart rate - essential for falling asleep.

