

# JAIME'S JOURNAL

*Looks like home. Feels like home.*

June happenings.....

## Summer Fun Facts

**June 21 is the first day of Summer and is also the longest day of the year—known as the June or Summer Solstice.**

**Solstice comes from the Latin words *sol*, which means sun, and *stitium*, which means standing.**

**When the sun is higher in the sky, the rays reach the earth at a more direct angle. This creates the warming trend known as summer.**

**Your shadow will be the shortest it will be all year at noon on the solstice.**

**Watermelon is one of summer's sweetest treats. It is actually not a fruit but a vegetable.**

**Ice pops were created in 1905 by an 11 year old boy! (Check out some more fun facts on the back page of the Journal.)**

**The Eiffel Tower actually grows about 6" in the summer due to the expanding iron.**

**The first modern Olympic games were held in Greece in the summer.**

**The first national spelling bee was held in June in 1825.**

**Mosquitos are most prevalent in summer months so keep your repellent handy.**

**June marks the start of the Hurricane season here in Florida. See page 3 for some useful tips to staying safe during this storm season.**

The month of June has tons going on. We pay tribute to all of the great dads out there as we celebrate Father's Day on June 19. Father's Day dates back to 1910 when a girl, Sonora Smart Dodd, wanted to honor her father, William Jackson Smart. Mr. Smart, a Civil War veteran, was a single parent who raised six children. Now that takes *smart* parenting!

June also marks the first day of summer and is National Great Outdoors Month. This one can be tough with the heat we are already feeling. So it's great news that June is also National Iced Tea Month. To make that tea even more tasty, add some mint or one of summer's sweetest treats—watermelon! We love summer. WE LOVE OUR MEMBERS!

Have you heard? Jaime's is on the web! Check us out at [www.jaimesadultdaycenters.com](http://www.jaimesadultdaycenters.com) and follow us on Instagram and Facebook.



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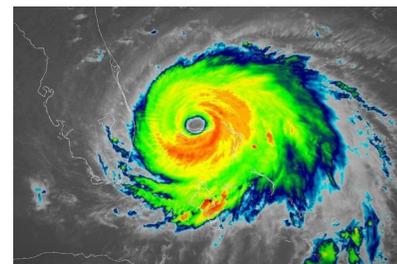
**Activities to stimulate your loved ones using the 5 Dimensions of Wellness for summer**

- **Play in the sprinklers.** Be a kiddo again and have as much fun as you did back then. What a great way to get a work out and stay cool. (Physical)
- **Fire up the grill and host a backyard BBQ.** Summer is the best time to try some of those new pasta or grilled veggie recipes! If you have a favorite recipe, share it with us to print in next month's newsletter. (Social)
- **Make watermelon ice pops.** And reminisce with your loved one about their favorite popsicle memories. (Emotional)
- **Test your popsicle knowledge.** Check out the back cover to learn all you ever wanted to know about this favorite childhood treat. (Intellectual)
- **Do yoga outdoors.** There is nothing like nature to get you closer to God. And meditating outdoors is sure to increase that closeness. (Spiritual.)

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

## **In the Eye of the Storm— Hurricane Season 2022**

Well it's that time of year again—the time we remind you to stock up on non perishable food, water, batteries and gas for your generators. Time to get familiar with your evacuation route and shelters. Yes, hurricane season is upon us. The season opened on June 1 and will run through November 30. While the peak of the season is mid-August to late October, June has already seen Tropical Storm Alex. We were spared this time but we may not be so lucky next time. That's why you must make sure you are as prepared as possible. Evacuations, flooding, power outages, and contaminated drinking water are just a few of the things we may experience. While you may view these as inconveniences, your loved one with dementia may perceive these as real catastrophes. Your loved one may not understand why the television is not working or why the house is so hot. But imagine having to evacuate your loved one!



Being prepared is our best weapon against the potential devastation of hurricanes. If you don't have a generator, consider purchasing one. Make sure all your vehicles are filled with gas (stations run out!), get cash (ATMs do not work without electricity). Make sure to have flashlights, plenty of batteries and enough canned and perishable foods to last at least a few days. Start buying an extra case of water each week. Buy an extra tank of gas for your grill or some extra charcoal. And check out our caregiver's corner for some additional tips on how to BE PREPARED in the eye of the storm!

## Caregiver's Corner

### HURRICANE SEASON 2022

As we enter into hurricane season, here are some tips to weather this season:

1. Prepare early. Get supplies now. Many common items are not as common as they once were. You do not want to be stuck in long lines at the last minute.
2. Make a list. You will need the normal batteries, canned goods, flashlight, etc. However, you may also need to consider extra masks, gloves, disinfectant wipes and hand sanitizer.
3. Make sure to have at least 7 days worth of all essential supplies.
4. Plan to hunker down at home if possible. If you are in an evacuation zone, know your shelters. If need a loved one requires a special needs shelter, apply now.
5. If your home is safe, consider allowing close family members or friends to shelter with you to avoid others having to go to shelters.
6. Stay calm and don't panic!

At Jaime's, we recognize how difficult being a caregiver can be. The emotional and physical toll can be overwhelming. In this section of the Journal, we like to offer practical tips to all of our caregivers. So we would love to hear from you—real caregivers giving real advice.

Do you have a story to share or some tips to offer? Please let us know so we can post here in the Journal. In the meantime, know you are not alone. Jaime's has a support group. Come join us the second Tuesday of each month at 11 am. Refreshments and coffee are provided by Arden Courts. This is a safe place to share stories, lean on others, shed some tears and even have some laughs.

We have a great group of folks who know what you are going through.



### THE HISTORY OF THE POPSICLE

The first popsicle was invented in 1905 by an 11 year old boy—Frank Epperson.

Frank left his cup of soda with a stirring stick outside. It got cold overnight and the soda froze—with the stick “sticking” out.

Frank called his invention the “Epsicle” but others started calling it “Pop’s ‘sicle.”

Frank patented the “Popsicle” in 1923 and the world is now a better place!



### June birthdays

*Happy birthday to our June “babies”*

**11th—Charlotte H.**

**16th—Eileen W.**

**23rd—Ralph J. and Ron K.**

**26th—Mildred R.**

**27th—Carol F.**

June is National Fresh Fruit and Veggies Month

5—Nat’l Veggie Burger Day

9—Nat’l Strawberry Rhubarb Day  
(ok so maybe this is not a fruit)

11—Nat’l Corn on the Cob Day

17—Nat’l Eat Your Veggies Day

21—Nat’l Smoothie Day

Zodiac signs— Gemini and Cancer

Birthstone—There are several but the Pearl is the most popular.

Famous folks born in June—  
Morgan Freeman, Anne Frank,  
Judy Garland, Helen Keller

