



JAIME'S JOURNAL

Your home away from home!

Thanksgiving Around the World

While other countries do not celebrate Thanksgiving in the traditional sense that Americans do, many other countries do have Thanksgiving-like celebrations.

CHINA: Chung Chiu Moon Festival—This three day feast features mooncakes, sweet cakes with a salty yolk center to represent the full moon. These cakes are exchanged as a sign of peace and unity.

UNITED KINGDOM: Harvest Festival—The English make corn dolls and celebrate the harvest with a supper that features the season's produce. Children also take gifts of fruit and vegetables to give to the needy and elderly.

GERMANY: ERTENDANKFEST—The day begins with a sermon followed by a procession crowning a harvest queen. Rather than turkeys, chickens are fattened up for the feast.

GHANA: Homowo or Yam Festival—Yams are a major crop in Ghana. The festival is held to ward against famine and to thank the spirits for a bountiful harvest.

BARBADOS: Crop Over Festival—This celebration is all about sugarcane. The ceremonies deliver the last canes of the season and crowns the biggest sugarcane producers of the season.

BRAZIL: Day of Thanksgiving—Brazilians express gratitude to the Lord for a good harvest throughout the year.

HAPPY THANKSGIVING Y'ALL

All Things Halloween

Jaime's was filled with Halloween last month from the Halloween themed tea party to Leslie's Halloween singing performance to the



Sugar Times Singers' monster bash to the costume party! We had Pink Lady Rizzo from Grease, a past due pregnant gal, Robin of Batman and Robin, a rock star, Dr. Seuss, a go-go girl, a graduate, a milkmaid, a pirate and an assortment of witches and goblins. Jaime and Julie

also participated in a trunk or treat event with the North Tampa Area Chamber of Commerce and passed out candy to over 1,000 trick or treaters. What a month! WE LOVE OUR MEMBERS!



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

- Head out to a local turkey trot and walk a 5k before consuming more food than one should ever eat in a given day! (Physical)
- Let your loved one help you prepare a dish. Or ask for your loved one's favorite recipe. (Emotional)
- Even if you can't walk one of those turkey trots, you can head out to cheer on the runners. The camaraderie is incredible and everyone is in the best of spirits! (Social)
- Recall as many foods related to Thanksgiving with your loved one. Then try to name as many foods as were eaten at the first Thanksgiving celebration in 1621. (Intellectual)
- Play the "thankful game." Put all the letters of the alphabet on folded sheets of paper. Mix them in a bag, draw letters then name something you are thankful for that starts with that letter. For example, if Jaime drew "m" she would shout that she is thankful for her members. (Spiritual)

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

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 incontinence and toileting .

Incontinence can be caused by many factors, including the inability to recognize the need to go, not knowing where the bathroom is, stress or even a medical condition such as a urinary tract infection. Some medications can even cause incontinence. Whether your loved one recently started to lose control of bladder or bowels or has been incontinent for some time, these tips can be helpful.

1. Make sure your loved one knows where the toilet is and the toilet is unobstructed and easily accessible.
2. Leave the bathroom door open so your loved one does not think it is in use.
3. Install handrails or grab bars as needed.
4. Develop a routine for toileting. For example, get in the habit of taking your loved one to the bathroom every two hours.
5. Make sure your loved one's clothing is easy to remove.
6. Respect the need for privacy as much as possible. Your loved one is likely to have some feelings of embarrassment.
7. Consider a bedside commode if necessary.
8. Be supportive and reassuring in the case of an accident. Never reprimand your loved one or get angry. Consider saying "oh you must have spilled something" rather than "oh no you had an accident."
9. Always remember that your loved one is not at fault for incontinence.



TURKEY FUN FACTS

- Wild turkeys can fly short distances at 40–50 mph—WOW!
- Turkeys can run up to 12 mph.
- Turkeys can also swim—perhaps they were our original tri-athletes!
- During mating season, male turkeys strut their stuff in unison in front of the females. But only the most dominant alpha males—about 6 out of 170—are allowed to mate.
- Studies show that females prefer males with long snoods. Who studies this stuff?
- An adult gobbler (male turkey) has sharp spurs on his legs for fighting.
- The color of a turkey's face and neck will change depending on its mood.
- And last but not least—a turkey's gender can be determined by its droppings—the males' is spiral shaped while the females' is shaped like a "J."

Caregiver's Corner

HOLIDAY SURVIVAL TIPS

While the holidays are supposed to be fun-filled and exciting, they can also be stressful for people with dementia and those caring for them.

Here are some tips to keep the upcoming holidays full of JOY!

(We gave these tips in last year's November edition of Jaime's Journal but they are worth repeating!)

- * Have a quiet room/area planned for your loved one with dementia if he/she needs to "escape" the hustle and bustle. Remember large gatherings can be very intimidating even to the person who used to love hosting large dinners and parties.
- * Try to follow your loved one's normal daily routine. For example, if your loved one takes a nap at a certain time, make sure to allow that - even if it interrupts dinner!
- * Discuss your loved one's condition with family and friends so they know what to expect.
- * Be patient and flexible.
- * Include your loved one in conversation but avoid phrases like "don't you remember?"
- * Don't make too many holiday commitments. As a caregiver, you may already be overwhelmed and the stress of having to do too much may be, well, too much for you and your loved one.
- * Take care of yourself!!

