



JAIME'S JOURNAL

Your home away from home!

4th of July Fun Facts

Independence Day marks the anniversary of our country's independence from Britain. The actual Declaration of Independence was signed July 2, but the Declaration was published on the 4th.

Independence Day was not made an official federal holiday until 1870—almost 100 years after its signing.

The tradition of fireworks on Independence Day dates back to 1777.

Americans spend over \$1 billion on fireworks and only 10% of those are professional displays—that amounts to a ton of backyard displays.

There are approximately 13,000 emergency room visits annually for fireworks related injuries on the 4th of July.

Americans will consume a whopping 150 million hot dogs. How many will the champion of the annual hot dog eating contest consume? Last year, Joey Chestnut ate 75 dogs and buns in ten minutes to claim the coveted prize.

Potato salad and baked beans are the most popular side dishes on the 4th.

RED, WHITE and TEA

Afternoon tea is a British tradition dating back to 1870.

Dinner was generally served “fashionably late” at 8 pm, leaving a long gap between lunch and dinner. Fast forward a couple of centuries and Jaime's has revived the traditional tea party. And if you or your loved one have never been to one of Jaime's tea parties, you are really missing out. Come join us for the 4th of July All American Tea Party at 2:00 on Friday, July 2. There will be plenty of red, white and blue goodies, entertainment and, of course, tea. Come dressed in your favorite Independence Day tea party hat and make some lasting memories. We love our independence, we love tea and WE LOVE OUR MEMBERS!



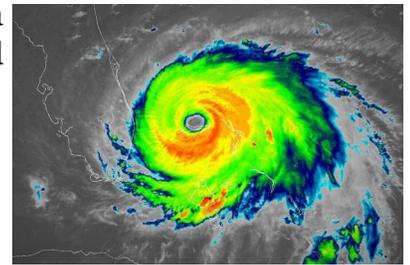
Activities to stimulate your loved ones using the 5 Dimensions of Wellness in celebration of the 4th of July

- **Head out to a parade.** 2020 didn't allow for parades but this is 2021 and the marching bands are back! Walk part of the route and get some good movement in. (Physical)
- **Head out to some of the 4th festivities.** Check out page 3 for some of the fun stuff around the Bay Area. Celebrating America's freedom is a great way to meet people. (Social)
- **Whip up some red, white and blue fun.** Try strawberries, blueberries and marshmallows on a skewer—festive and yummy! (Emotional)
- **Test your 4th of July knowledge.** How much do you really know about this holiday? Check out page 1 for some fun facts. (Intellectual)
- **Read the Declaration of Independence.** The Preamble, especially, is a reminder that we have a supreme Creator. (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 2021

Well it's that time of year again—the time to stock up on non perishable food, water, batteries and gas for your generators. Time to familiarize yourself with an evacuation route and nearby 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 was already a busy month. Ana, Bill and Claudette were all tropical storms (Ana actually formed in May), and Claudette caused major damage and was responsible for 14 deaths in Alabama! Now that we have your attention, we want to make



sure you are as prepared as possible. Evacuations, power outages, flooding 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 and plenty of batteries and enough 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. Check out our caregiver's corner for some additional tips on how to BE PREPARED in the eye of the storm!

Caregiver's Corner

INDEPENDENCE DAY AROUND TOWN

7/3—Temple Terrace Independence Day
Celebration

10 am—parade

6:00 pm—9:30 pm—festivities/fireworks
200 Inverness Ave.

7/4—Fireworks Cruise Pirate Water Taxi
8:45 pm—9:45 pm
Tampa Convention Center Dock

7/4—Tampa's Boom by the Bay
and Boat Parade
Downtown Tampa
5:00 pm—10:00 pm

7/4—Freedom Fest on the American
Victory Ship
705 Channelside Dr.
6:00 pm—9:15 pm

7/4—Celebration at Avalon Park
Wesley Chapel
5060 River Glen Blvd
5:00 pm—9:00 pm



The 2021 Hurricane is predicted to be a busier season than normal one. As a caregiver, it is even more important to be prepared. Here are some helpful tips:

1. Prepare an emergency kit. Include medications, food and water, important papers and extra clothes in an easy to carry backpack or bag.
2. Make sure those important papers are in a water proof container. Include your Power of Attorney and Health Care Surrogate documents, along with a list of medications and diagnoses—for you and your loved one. Be sure to include important phone numbers of doctors and loved ones.
3. Make an evacuation plan before disaster strikes. Now is the time to plan. Know your evacuation route, where you might go and where the nearest shelter is. Know what type of shelter you may need. For example, some offer special needs care while others accept pets.
4. If your loved one lives in an assisted living facility, know the emergency plan of the building. Will your loved one stay there or evacuate with you?
5. Keep your loved one calm by talking to him or her softly and by remaining positive. Staying calm yourself is the best way to keep your loved one calm.
6. Be patient with your loved one who may not understand what is going on. If you are stressed, you can bet your loved one is too!

American Flag Caprese Salad



18 small purple potatoes
Kosher salt
1 lb herbed cheese at room temp
24—1" mozzarella balls
1/4 cup olive oil
1/3 cup fresh basil leaves
15 cherry tomatoes halved
Cook 18 purple potatoes in salt.
Cool and cut cross way.
Cut a piece of parchment paper
and, using a pastry bag with a star
top, pipe the herbed cheese in the
upper left corner. Arrange potatoes
cut side up on the cheese then pipe
stars on the potatoes.
Drizzle the olive oil over the rest of
the parchment paper. Make a line
of tomatoes then a line of mozza-
rella balls until "flag" is complete.

July birthdays

*Happy birthday to our July
members*

7/1—Charlie O. and Janet S.

7/2—Laveta B.

7/9—Claudette W.

7/11—Sefa O.

7/30—James B.

July is all about the ice cream!

**1—Nat'l Creative Ice Cream
Flavor Day**

7—Nat'l Strawberry Sundae Day

17—Nat'l Peach Ice Cream Day

18—Nat'l Ice Cream Day

23 – Nat'l Vanilla Ice Cream Day

Zodiac — Cancer

Birthstone —Ruby

Famous folks born in July—

**George W. Bush, Henry Ford,
Nelson Mandela, Princess Diana**

