

JAIME'S JOURNAL

Your home away from home!

**Fall into Fall.....
at a Fall Festival**

**Lutz Pumpkin Days
All weekends in October
206 Newberger Rd. Lutz**

**Horsepower for Kids Fall Festival
All weekends in October
8005 Race Track Rd. Odessa**

**Rapraeger's Pumpin Patch and
Fall Festival
Weds—Sun in October
16907 Boy Scout Rd Odessa**

**Florida Railroad Museum Pumpkin
Patch and Railroad Express
10/17—10/18
12210 83rd St E Parrish**

**Wesley Chapel Pumpkin Smash Fest
10/16—10/18
6333 Wesley Grove Blvd**

**Octoberfest at the Grove
10/23—10/25
6333 Wesley Grove Blvd**



4th Annual Halloween Tea Party

Join us October 30th for our 4th Annual Halloween Tea Party. Come hungry and plan to have your taste buds stimulated as you enjoy Kay's famous deviled eggs and all our other favorite tea party treats. Also come dressed in your scariest, silliest or most original costume to enter our costume contest. This is sure to be a ghoulishly good time! A witchingly wacky day! A ghostly gathering! A frightening festival! A scary soiree! Ok you get the idea. If you have not attended a tea party at Jaime's, be sure to mark your calendar. You do not want to miss this wizardly wingding. We love tea parties and WE LOVE OUR MEMBERS!



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

- **Walk around a pumpkin patch or fall festival.** Cooler weather is coming so get out and enjoy one (or more) of the many festivals around town—see page 1 of the Journal. (Physical)
- **Don't miss Jaime's 4th Annual Tea Party.** All of Jaime's friends will be in attendance—and in costume. Also, check out one of the festivals and meet some new friends....socially distanced of course. (Social)
- **Carve a pumpkin.** Or paint a pumpkin. Or bake pumpkin bread. These are all wonderful ways to enjoy the season of pumpkins! (Emotional)
- **Halloween word challenge.** See how many fall and Halloween words you and your loved one can find in the word search on the back cover of the journal. Be the first to turn it in and get a treat—not a trick! (Intellectual)
- **Get in nature.** If you're not ready to get back to church, get outside. Many people report feeling closer to God when in nature. (Spiritual)

Treatment for Alzheimer's Disease

There is currently no cure for Alzheimer's Disease. While the search for a cure is ongoing, a great deal of research focuses on treatment options. Most treatments for Alzheimer's focus on maintaining mental function in the affected person, managing behavioral systems and slowing the progression of the disease.

There are two classes of medications that are most commonly prescribed for Alzheimer's disease and other forms of dementia. However, there is a great deal of buzz regarding natural remedies. Here are the top "home" treatments.

1. Coconut Oil has been shown to improve cognitive function and perhaps even prevent Alzheimer's Disease. The oil can be eaten by teaspoons and used in baked goods, on salads and in smoothies.



2. Vitamin B-12 helps neuro function and a deficiency may lead to memory loss. Taking a supplement or eating foods rich in the vitamin, including meat, fish, eggs, milk and avocados, may help.

3. Cinnamon has been known to prevent or delay the symptoms of Alzheimer's Disease. You can put this sweet spice in nearly anything you eat—especially during this pumpkin season!

4. Turmeric has anti-inflammatory properties that can slow the progression of Alzheimer's Disease and improve cognitive function.

5. Omega-3 fatty acids can slow the growth of certain brain lesions associated with Alzheimer's Disease. Foods rich in Omega-3s include fatty fish, walnuts, flaxseeds and olive oil.



Caregiver's Corner

VOTE 2020

No matter if you are Republican, Democrat or Independent, conservative or liberal, it is important to vote. Tuesday November 3 is election day.

Weather and the harvest dictated election day. In the 1800s, most American workers were farmers and could not travel during harvest. Travel was not easy in the winter so end of fall became the time to vote.

Only about 50% of Americans vote.

At least 22 countries require citizens to vote—penalties such as community service and fines are imposed for those who do not vote.

In 1847, a cartoonist penned the elephant and donkey as the symbols for Republicans and Democrats, respectively.

Victoria Woodhull was the first woman to run for president—in 1872.

Gerald Ford is the only person to serve as Vice President and President without actually being elected. Richard Nixon appointed him VP when Spiro Agnew resigned and he became President when Nixon resigned.

The AARP has published some tips for caregivers specifically in this age of COVID.

Reduce Exposure—for those who take care of loved ones at home, take precautions such as not shopping at peak hours. Of course, avoid large crowds and wear your mask when in public places.

Reschedule basic wellness appointments to avoid possible exposure in doctors' offices. But do not miss important appointments!

Keep germs away. Because little is known about how long the virus stays on surfaces, be sure to not only wash your hands but sanitize surfaces as well.

Make sure to keep plenty of supplies such as gloves, wipes, over the counter medications and tissues on hand. There is no need to hoard but do make sure you have back ups of all necessary supplies.

Keep extra non-perishable foods in your pantry. Again, no need to hoard—just be prepared. And since this is still hurricane season, you should be stocked!

Live in the moment and enjoy the slower pace—even if it is only temporary!

HALLOWEEN WORD SEARCH

h a h r e u t o j u h a l l o w e e n h w
s c a r y f b n m j d g o f q w i t c h c
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October birthdays

*Happy birthday to our Fall
"babies"*

22nd—Harold Weinberg

25th—Ligia Rodriguez

28th—Ira Braunstein

October is all about Pumpkin
Spice and everything nice and, of
course, Halloween.

7—Pumpkin Seed Day

21—Pumpkin Cheesecake Day

26—Pumpkin Day

27—Black Cat Day

30—Candy Corn Day

Zodiac signs— Libra , Scorpio

Birthstone—Opal

**Presidents born in October—
Jimmy Carter, John Adams,
Dwight D. Eisenhower, Theodore
Roosevelt, Rutherford B. Hayes,
Chester Arthur**

