



JAIME'S JOURNAL

Your home away from home!

Easter Fun

We will celebrate the resurrection of our blessed Savior on Sunday, April 21. Here are some other fun facts about the holiday.

Holy week begins on Palm Sunday April 14 and commemorates Jesus' triumphant march into Jerusalem.

Maundy Thursday marks the celebration of what is now known as The Last Supper.

Good Friday is the day Christ was crucified but it did not stop there. Jesus was resurrected three days later and we have celebrated Easter since.

Only 12 of the 50 states recognizes Good Friday as a holiday.

The giving of eggs dates back to long ago and is seen as a symbol of rebirth and joy .

The tallest chocolate Easter bunny was 33 feet tall and weighed a whopping 15,000 pounds.

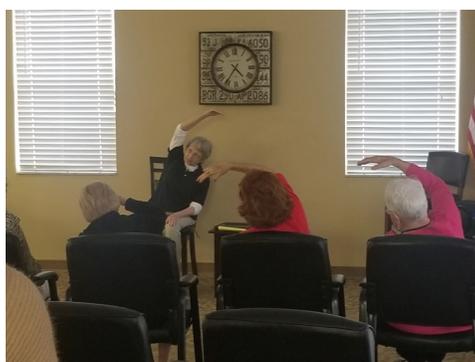
Americans consume more than 16 million jelly beans during this season.

More than 90 million chocolate bunnies are purchased.

Marshmallow "peeps" are the most popular non-chocolate candy this time of year.

BEING MINDFUL

You may have noticed some changes to our calendar. One of the new programs we have implemented — and it seems to be a crowd pleaser— is our "Mindful Meditation" session every afternoon. Our very own Linda has had a blast relaxing and winding everyone down after a busy day at Jaime's. Meditation offers so many amazing benefits to us all. (See more about the benefits on page 2 of The Journal.) Our goal is to send your loved ones home in a peaceful state of mind, body and soul. We have received fantastic feedback from members and families. Have an idea? Want to see an activity on the calendar? See Jaime and we will see what we can do. We love new ideas and WE LOVE OUR MEMBERS!



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

- **Plant Easter lilies**— or any other Spring flowers. This is the perfect time to start a garden and you will get your exercise tending to it daily. (Physical)
- **Go to an Easter egg hunt.** Who says this is just for kids? Your loved one will enjoy watching the little ones get their trinket filled eggs. Many churches in the area sponsor events. (Social)
- **Color some Easter eggs.** Again, not just for kids. Your loved one will have a ball decorating eggs and reliving childhood fun. (Emotional)
- **Challenge your loved one to come up with as many words as possible related to the holiday.** Think Jesus, bunny, eggs—you get it. (Intellectual)
- **Go to a Good Friday service.** Easter is one of the most attended services of the year and may be stressful for you and your loved one so check out a Friday service. (Spiritual)

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

MINDFUL MEDITATION

What is mediation?

Webster's defines meditation as "thinking deeply or focusing one's mind for a period of time...." After a busy day at Jaime's, we think mediation is the perfect way to end the day. With calming music in the background, members are lead into a state of relaxation through light stretching and breathing exercises.

What are the benefits of meditation?

The benefits of meditation can be seen in everyone, including seniors and dementia patients. Many people with Alzheimer's disease or related dementias experience "sundowning." This is a state of confusion that often occurs late in the afternoon or early evening. The effects are generally restlessness, agitation, irritability and increased confusion. Wandering and pacing may also ensue. The exact cause of sundowning is unknown but we do know that ending the day with mindful mediation can decrease the symptoms of sundowning and can:

1. Reduce stress and depression.
2. Control anxiety by promoting relaxation and calm.
3. Increase energy and improve immune function by reducing the levels of stress hormones secreted in the bloodstream.
4. Slow down the progression of Alzheimer's Disease.
5. Decrease muscle tension and aches.



You don't have to be an expert to learn this art of meditation. Try it and you and your loved one can enjoy the endless benefits.



Caregiver's Corner

PLAY BALL!!

We have enjoyed spring training but the real baseball season is underway! We are dedicating this edition of Jaime's Journal to our own, the late Jack O'Brien. Jack joined the Jaime's family 2/19/18 and graced us with his presence for almost a year until his passing on 2/2/19. You never saw him without his beloved Boston Red Sox hat. He is sorely missed! Hail Mary full of grace, the Yankees are in second place. This one's for you Jack!

- The first world series was played between Pittsburgh and Boston in 1903 and was a nine game series. (And I thought 9 innings was enough!)
- The Red Sox play at Fenway Park, one of the country's most beloved stadiums.
- Fenway Park has a single red seat. This marks the spot where Ted Williams hit a 502 foot homerun in 1946.
- The park boasts a 27 foot wall, dubbed The Green Monster, in left field to keep people who don't pay from seeing the game.
- The New York Yankees have won more world series than any other team. (Sorry, Jack!)
- The Tampa Bay Rays were formed in 1998 and play at Tropicana Field in St. Pete. (Gotta give a shout out to the local boys!)

Resources at the Byrd Center

The Byrd Alzheimer's Center and Research Institute ("The Byrd Center"), one of the most prestigious programs dedicated to the prevention, treatment and cure of Alzheimer's Disease, is right here in Tampa.

- The Byrd Center conducts diagnostic memory assessments and screenings, as well as ongoing treatment. Clinical trials can be a big part of treatment as well.
- The Byrd Center was founded with caregivers in mind. It offers caregiver education related to behavior management, communication skills, legal issues, stress management, driving safety and home safety.
- The Byrd Center boasts state of the art labs where scientists work to find the causes of and cures for diseases affecting memory.
- The Byrd Center is staffed with doctors, researchers, clinicians and educators all working hard for your loved one. So take advantage of this amazing resource!

MEMBER SPOTLIGHT



Margie Howard joined the Jaime's family on 9/20/18 and has been bringing us all joy since. With her warm heart and big smile, you can't help but to be happy around her. At 88 years young, Margie can "out activity" almost any other member. When asked what her favorite activity at Jaime's is, she said "all of them!" Thanks Margie for making us all smile!

April birthdays

Happy birthday to our April "babies"

15th—Roger Cole

20th—Rock Waltrip and our very own, Jaime who is turning 29....again

29th—Dottie Nichols

April is named for the Greek goddess of love, Aprodite

Signs—Aries and Taurus

Birthstone—Diamond

Birth flower—Sweet pea or daisy

April is National Humor month

Earth Day is celebrated on April 22

Famous folks born in April—Queen Elizabeth II, Jennifer Garner and David Letterman

