

JAIME'S JOURNAL

Your home away from home!

RESOLUTIONS FOR 2021

Some of the top resolutions year after year include losing weight, getting healthy, saving money and working less. 2021 has brought a different outlook on life and some twists on the old resolutions. (Apparently, that's what a pandemic will do to us!)

FIND LOVE

BUILD A BETTER BUDGET

TRAVEL MORE—EVEN WITHOUT A
DESTINATION

TRY A NEW EXERCISE REGIMEN

COOK ONE NEW THING EACH WEEK

GET A NEW JOB

READ MORE BOOKS

EAT VEGGIES REGULARLY

TAKE THE STAIRS

DRINK MORE WATER

DO ONE THING AT A TIME

GIVE YOURSELF (AND OTHERS) MORE
COMPLIMENTS



Out with the old....in with the new

Welcome 2021! Many of us are glad to see 2020 in the rear view mirror. The year dealt us some social, political, and economic issues that many of us have never experienced (and never want to again!). The year also handed us the COVID-19 pandemic, which brought unexpected change to Jaime's. Though we had to close for short periods, Jaime's has welcomed new members and even started a virtual program. We are ready for this new year! We can all look ahead, rather than behind. Remember the windshield is much bigger than the rearview mirror. We love 2021 and WE LOVE OUR MEMBERS!



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

- **Go for a hike.** Check out hillsboroughcounty.org and sign up for the 2021 Hiking Spree. There are dozens of trails and nature preserves tucked all over the county. (Physical)
- **Make group resolutions.** It is always easier to do things with the support of others so make resolutions to do good together and enjoy sharing some great times. (Social)
- **Resolve to spend more quality time with loved ones.** There is no better gift we can give ourselves or our loved ones than our time. (Emotional)
- **Learn something new.** It is never too late to learn a new recipe or take up a new hobby. (Intellectual)
- **Start a daily devotional.** Setting aside some time daily to spend with God will help you find the peace and joy only He can offer. (Spiritual)

THE IMPORTANCE OF HEALTHY EATING

Healthy eating is not just about managing your weight. Healthy eating paves the way for good heart health, reduced cancer risk, diabetes management, bone strength and improved gut health. In addition to these physical benefits, a healthy diet also leads to good sleep, better mood and improved memory. Check out some of the most healthy diets.

1. Low-carb, whole-food is a way of eating that focuses on natural, unprocessed (think packaged) foods such as veggies, fruits, fish, nuts and fats.
2. A Mediterranean diet is especially effective for preventing heart disease and has been linked to a reduced risk of Alzheimer's disease. This diet consists of plenty of fruits and vegetables, poultry, fish, whole grains, legumes and extra virgin olive oil.
3. The Paleo diet includes foods presumably eaten by our ancestors and includes meat, fish, vegetables and fruit. Dairy and grains are not on the plan.
4. A gluten free diet is essential for those who are intolerant of gluten, a protein found in wheat, rye and barley. Any food containing gluten is avoided.
5. Veganism has gained popularity and is entirely plant based. This way of eating excludes all animal based products—even honey—it's made by a bee!

Remember the adage “you are what you eat?” Well, it's true. While some of the diets presented here may seem restrictive, what we eat is so important to our physical and mental health. As with anything, however, “everything in moderation” is probably a good mantra by which to live. Aiming to eat healthy 80% of the time is a great way to start the new year!

Caregiver's Corner

NEW YEAR'S EVE AROUND THE WORLD

Greeks hang onions as a symbol of re-birth.

In Denmark, it is a tradition to throw china at the front doors of friends and neighbors as a sign of leaving ill will and aggression behind. More dishes at a door means more good luck.

Scottish tradition holds that the first person to cross a home's threshold after midnight on New Year's Day should be a dark haired male, a symbol of good luck.

Father Frost and the Ice Maiden plant a tree deep in the frozen Lake Baikal in Russia.

Italians who want to conceive wear red underwear—red is the color of fertility.

In Brazil, citizens throw white flowers into the ocean as an offering to Yemoja, a water deity, in exchange for her blessings for the coming year.

NATURAL REMEDIES FOR GETTING RID OF A COLD

In the midst of a pandemic, we forget that the common cold is actually still out there. Here are some natural remedies for the prevention and treatment of the symptoms of a nasty cold.

1. Rose hip tea is full of Vitamin C and can prevent colds.
2. Lemons, oranges and apple cider are considered cold remedies.
3. Fresh gingerroot can be taken for chills.
4. In the "olden days" onions were believed to pull contagious diseases from sick patients and were hung in sick rooms. Today, some people boil an onion and drink the water.
5. Garlic cloves can be added to soups or other foods or chopped and popped like pills.
6. Eating lots of hot and spicy foods will help clear the sinuses.
7. Put honey on chapped lips before going to bed
8. A good diet and some exercise can help to stave off the common cold and many other ailments!



I HAVE A DREAM

Martin Luther King Jr, arguably the most influential civil rights leader of all time, was born January 15, 1929. We honor and recognize MLK, Jr. this month. Let us never forget what the great leader stood for—equality and justice for all, truth, non-violence and Christian values. Let us never stop dreaming!

I say to you today, my friends, so even though we face the difficulties of today and tomorrow, I still have a dream.

It is a dream deeply rooted in the American dream.

I have a dream that one day this nation will rise up and live out the true meaning of its creed, "We hold these truths to be self-evident, that all men are created equally."

—Excerpts from "I Have a Dream" Speech of April 4, 1968.

January birthdays

Happy birthday to our January babies

10th—Luisa Alvarez

18th—Patricia Luther

25th—Sybil Tudor

26th—James Neel

30th—Mary Johnson

Baby it's cold outside—January is the coldest month of the year!

1/6—Nat'l Cuddle Up Day

1/8—Nat'l Bubble Bath Day

1/17—Nat'l Hot Buttered Rum Day

1/21—Nat'l Hugging Day

1/31—Nat'l Hot Chocolate Day

Zodiac signs— Capricorn, Aquarius

Birthstone—Garnet

*Famous December birthdays—
Betty White, Elvis Pressley, Oprah
Winfrey, Alexander Hamilton,
Martin Luther King, Jr.*



Jaime's

Adult Day Centers