



# JAIME'S JOURNAL

*Your home away from home!*

## SPRING IS IN THE AIR

- **The first day of spring was 3/20. Bye-bye winter!**
- **Spring is associated with rebirth and re-growth.**
- **The first day of Spring is referred to as the vernal equinox, which means equal night. This day has 12 hours of day and 12 hours of night.**
- **Spring fever refers to symptoms associated with the arrival of spring, including restlessness and daydreaming. Who doesn't want to get out and enjoy the weather?**
- **Spring holidays—Easter, Mother's Day, Father's Day, Cinco e Mayo. So much to celebrate! (St. Patrick's Day just missed the cut.)**
- **Daylight savings time (DST) began at 2 am 3/14 and runs through the beginning of November.**
- **Not all states participate in DST—Hawaii and Arizona do not.**
- **Heart attacks, strokes and car crashes increase—all possibly due to the loss of sleep—around the start of DST.**

## STILL MOVING!

Seems everyone knows that physical activity improves blood pressure and circulation, increases immune function, boosts mood and, well, improves everything! Movement is especially important for our seniors, as immunity tends to become compromised as we age. Loneliness and isolation can creep up on our seniors so mood boosters are a necessity. Here at Jaime's we see first hand the positive impact physical activity has on our members. We continue to have exercise daily and encourage you to stay physically fit with your loved ones. Take a walk, plant a garden, do the jig. It's springtime and no better time to be outdoors. We love this season.

**WE LOVE OUR MEMBERS!**



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

- **Plant a garden.** Who says you can't plant a garden in the Florida heat? Tomatoes, peppers, eggplant—and the list goes on—can thrive in our heat. (Physical)
- **Get local produce from a farmer's market.** Many markets are re-opening after a "covid hiatus." Enjoy local fare until your own garden harvest is ready. (Social)
- **Craft a spring salad.** Put your loved one to work chopping up some of those vegetables from the farmer's market. Spring is the best time to try out some new salads. (Emotional)
- **Test your spring holiday knowledge.** Page 1 of the Journal is chock full of spring facts and page 3 has St. Patty's Day and Easter fun facts. (Intellectual)
- **Get out in nature.** Many people say they feel more connected to God in nature than anywhere—even church. What a perfect time to enjoy the great outdoors. (Spiritual)

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

**THE IMPORTANCE OF GOOD SLEEP**

With the loss of an hour of sleep as we entered into Daylight Savings Time, we thought it an appropriate time to remind everyone of the importance of sleep. Sure it feels good but quality slumber is so much more than feeling good. Sleep is the time when your body repairs itself from everything you do to it during your waking hours. And many of us wreak havoc on our bodies with stress, worry, anxiety, poor eating habits and little physical movement, making solid sleep imperative.



Many studies have shown getting the right amount of good sleep is the best way to improve your immune system. People who regularly get 6 hours or less of sleep are 4 times more likely to catch a cold when exposed to a virus than those who get more than 7 hours. (The risk is even higher for those who get less than 5 hours nightly.)

In addition to getting sick less often, people who have good sleep routines have a lower risk of heart disease and diabetes. They have reduced stress and improved moods. Good sleepers think more clearly and get along better with others than not so good sleepers. They also maintain a healthier weight than those who do not sleep well.

If you are among the 83.6 million Americans who do not get the recommended 7 hours of sleep, check out the tips to better shut eye in the Caregiver's Corner section of the Journal.



## Caregiver's Corner

### SPRING HOLIDAY FUN

Springtime is host to several holidays, including St. Patrick's Day (well this is a few days before the official start of spring) and Easter.

St. Patrick is believed to have spread Christianity throughout Ireland and to have brought the organized church into existence.

It is believed that St. Patrick used the three leaves of a shamrock to explain the Holy Trinity—Father, Son, Holy Spirit).

Blue is the color originally associated with St. Patty's Day. Of course, green has become the color to wear to avoid being pinched.

Speaking of being pinched—legend says we wear green on this day because green makes us invisible to leprechauns who like to pinch.

It is tradition to drink green beer on this day. In fact, millions of pints amounting to \$245 million are consumed.

Easter celebrates the resurrection of Jesus Christ.

Americans spend \$1.9 billion on candy at Easter. 70% of that candy is chocolate.

76% of people think the ears of the Easter bunny should be eaten first.

Old superstition held that wearing new clothes on Easter guaranteed good luck for the rest of the year.

Sleep—the thing that eludes so many of us!

Sleep—the thing we all want more of!

Sleep—how do we get more?

Here are some tips to good sleep!

- Be consistent. Go to bed and get up at the same time every day, including weekends.
- Avoid large meals too close to bed.
- Do not consume caffeine late in the day.
- Avoid alcohol before bed.
- Make sure your bedroom is dark, quiet and cool.
- Remove electronics such as televisions, iPads and smart phones from your bedroom. The “blue light” can trick your brain into thinking it is still daytime.
- Get physical activity during the day to ensure better sleep—just make sure the exercise is not too close to bedtime.
- While taking naps can be beneficial, long or irregular ones can rob you of precious nighttime slumber.
- Take a relaxing bath or shower before bed.
- Make sure your mattress and pillow are comfortable.
- Try simple meditation, which can reduce stress and anxiety.

### MEMBER SPOTLIGHT



**Mildred R. is our spotlight member this month. She is an ordained pastor and minister with 23 grandchildren and 9 great grands! She was a behavioral therapist working with troubled youth. Mildred received an award for her fight against crime but her greatest achievements are her children. She loves spending time with her family members and her dog, Bella, and listening to gospel music. Mildred is by far one of the kindest, sweetest people ever!**

### March/April birthdays

*Happy birthday to our spring "babies"*

**3/26—Patricia**

**4/4—Joyce**

**4/11—Jerry**

**4/23—Ann**

**4/25—Eleanor**

**April National Days:**

**2—Nat'l Peanut Butter and Jelly Day**

**10—Nat'l Hug Your Dog Day**

**14—Nat'l Gardening Day**

**21—Nat'l Tea Day**

**Zodiac March — Pisces, Aries**

**Zodiac April— Aries, Taurus**

**Birthstone March —Aquamarine**

**Birthstone April—Diamond**

**Famous folks born in March and April —Ruth Bader Ginsburg, Dr. Suess, Albert Einstein, Queen Elizabeth II, William Shakespeare, Thomas Jefferson**

