



# JAIME'S JOURNAL

*Your home away from home!*

## **Valentine's Day Around the World**

**Valentine's Day is celebrated around the world in much the same way as it is here in the US—candy, chocolates and romance. Check out some of these other fun traditions:**

### **JAPAN**

**Chocolate called "giri-choco" is given to friends and colleagues. "Hon-mei" chocolate is reserved for lovers and if a man is really lucky, his suitor will hand make him hon-mei.**

### **SINGAPORE**

**Who said Valentine's Day is just for lovers? Single women gather around the Singapore River and pray for the perfect soulmate.**

### **SOUTH AFRICA**

**Young women pin their lover's name on their sleeves.**

### **GREECE**

**Perfume is a big gift among Greek men who believe the fragrance from perfume will help them sing the hymns of love and romance.**

### **SPAIN**

**The single most important motive of this day in Spain is to pamper one's suitor.**

### **CHINA**

**This day is celebrated in August and lovers visit the Temple of the Matchmaker and pray for love, happiness and possible marriage.**

## **THE SHOW MUST GO ON!**

**Superbowl LV is here! Like here—in Tampa!**

**And the Tampa Bay Buccaneers are in it! How cool is this? Even for non-football fans, this is awesome! The Bucs had not been in the play offs in years and not only are they hosting the Superbowl, they are playing in it.**

**This is a first for the NFL. Some more firsts—this is the first Superbowl during a pandemic. This is the first Superbowl where capacity is drastically limited. This is the first Superbowl where spectators must wear a mask. But we still love football. We really love the Bucs but more than anything  
WE LOVE OUR MEMBERS!**



### **Activities to stimulate your loved ones using the 5 Dimensions of Wellness in honor of Superbowl LV.**

- **Make up a touchdown dance!** Grab your football and have fun celebrating. (Physical)
- **Have a virtual Superbowl party.** Remember this is the year of the firsts. You can still have all the Superbowl fun and fare via Zoom! (Social)
- **Whip up an awesome spread.** OK you may not be making dip for 20 but you can still have fun with some of your favorite dips and party foods. (Emotional)
- **Test your football knowledge.** Check out the quiz on the next page of the newsletter. (Intellectual)
- **Pray for your team to win big!** Well that is sort of a joke but we should all pray daily for every person around us! (Spiritual)

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

### **TO VACCINE OR NOT TO VACCINE (cont.)**

In December, as COVID-19 vaccines were still seeking government approval, we presented pros and cons of vaccines in general. Well, as everyone surely knows, two vaccines have been approved and are now being distributed. The first vaccine to be approved is manufactured by Pfizer-BioNTech and consists of two shots given 21 days apart. Moderna TX, Inc. was not far behind in getting approval and that vaccine is also given in two doses but 28 days apart. All injections are administered in the muscle of the upper arm.

The Centers for Disease Control (CDC) assures us the vaccines are safe and both work in a similar fashion. The vaccines "teach" our immune systems to recognize and fight off the virus that causes COVID-19. Unlike many other vaccines, the live virus is NOT injected. Therefore, the vaccine cannot make you sick with COVID-19. However, many people have reported fever, chills and feeling achy after the vaccine. This is a sign that the body is building protection against the virus. It typically takes a few weeks for the body to fully build immunity so it is important to continue safety protocols even after getting the vaccine.

We are in Phase 1 of the roll out, which allows vaccinations for staff and residents of long term care facilities, persons 65 years of age and older and healthcare personnel. Phase 2 will begin sometime in March and vaccines will be available to those in critical organizations (as identified by the governor) and people who are at a higher risk of severe illnesses. Finally, phase 3 will make the vaccines available to the general public and should be available in April, though exact dates are not yet known.

Whether or not you decide to get vaccinated, please still do your part by washing your hands often, wearing your mask and practicing social distancing!

## Caregiver's Corner

### **SUPERBOWL TRIVIA (answers on back cover)**

**Which team holds the record for the most Superbowl wins?**

**What team has had the most Superbowl appearances?**

**What player has had the most Superbowl appearances?**

**What teams played in the first ever Superbowl?**

**How many pounds of chicken wings are consumed on the big day?**

**How many pounds of guacamole are consumed?**

**What city has hosted the most Superbowls?**

**What is the only team to NOT score in a Superbowl game?**

**How much are half time performers paid?**

**What over the counter drug sees an increase in sales the day after the Superbowl?**

**How fast was the quickest score in any Superbowl?**

**How much does the Lombardi trophy weigh and what precious medal is it made of?**

### **AS WE CELEBRATE "LOVER'S" DAY, LET'S SHOW OURSELVES SOME LOVE!**

*"Be determined to handle any challenge in a way that will make you grow." - Les Brown*

*"Compassion automatically invites you to relate with people because you no longer regard people as a drain on your energy." - Chogyam Trungpa*

*"A good laugh and a long sleep are two best cures for anything." - Irish proverb*

*"If you want others to be happy, practice compassion. If you want to be happy, practice compassion." - Dalai Lama*

*"Sometimes asking for help is the most meaningful example of self-reliance." Senator Cory Booker*

*"It is not the load that weighs you down. It's the way you carry it." - Lena Horne*

*"The closest thing to being cared for is to care for someone else." - Carson McCullers*

*"There are only four kinds of people in the world. Those who have been caregivers. Those who are currently caregivers. Those who will be caregivers and those who will need a caregiver." - Rosalyn Carter*

**WE *LOVE* OUR CAREGIVERS!**

**Superbowl Trivia answers**

**Pittsburgh Steelers**

**New England Patriots**

**Tom Brady!**

**Packers v Chiefs**

**1.3 billion**

**43.8 million**

**Miami (11)**

**Miami Dolphins**

**Nothing**

**Antacid (too many wings!)**

**7 seconds by the Seahawks  
in Superbowl XXVIII**

**7 pounds of Sterling Silver**

**February birthdays**

*Happy birthday to our Valentine  
members*

*16th—Diana Rocco*

*23rd—Edwina Grove*

*February celebrates things we love!*

*2/6—Nat'l Frozen Yogurt Day*

*2/14—Nat'l Cream Filled Choc Day*

*2/17—Nat'l Random Acts of  
Kindness Day*

*2/19—Nat'l Caregiver's Day*

*2/23—Nat'l Banana Bread Day*

*2/27—Nat'l Strawberry Day*

*Zodiac signs— Aquarius and Pisces*

*Birthstone—Amethyst*

*Famous February birthdays—*

*Presidents Ronald Reagan,  
Abraham Lincoln, and George  
Washington, actor Clark Gable and  
basketball great Michael Jordan*

