



# JAIME'S JOURNAL

*Your home away from home!*

## St. Patrick's Day Fun

- St. Patrick's Day is the national holiday of Ireland celebrated on March 17.
- The holiday marks the date of death of the most popular patron saint of Ireland.
- It is believed the Saint is credited with bringing Christianity to the Irish people.
- It is widely believed (and likely false) that St. Patrick drove the snakes out of Ireland. In fact, there were likely no snakes in Ireland to be driven out.
- The Feast of St. Patrick was first held in the US by Irish immigrants.
- The first St. Patrick's parade was held in New York City in 1762. It is one of the largest in the US today.
- The shamrock is Ireland's national flower. The three leaves represent the Holy Trinity.
- The shamrock is different from the 4-leaf clover, which is hard to find, and considered good luck if found.
- It is tradition to drink green beer on this holiday. Millions of pints amounting to \$245 million is consumed this day each year.



## TEA TIME

If you have never been to a tea party at Jaime's, you must make plans to do so. The food, the fun, the friendships and, oh, did we say the food? And no tea party is complete without tea hats, of course. February's theme was Valentine's and we all shared hats and LOVE.

WE LOVE OUR MEMBERS!



Activities to stimulate your loved ones using the 5 Dimensions of Wellness in honor of St. Patrick's Day!

- **Put on your dancing shoes.** Traditional Gaelic music is some of the best music to dance to. (Physical)
- **Make a traditional meal with your loved one.** Corned beef and cabbage is the way to go this holiday. And don't forget the soda bread—find the best loaf at The Fresh Market! (Emotional)
- **Attend Jaime's for a traditional St. Patrick's Day meal.** And wear green or you will be pinched by every one of your friends! (Social)
- **Test your St. Patrick's Day trivia knowledge.** Check out the fun facts on page one of the Journal. (Intellectual)
- **Attend a St. Patrick's Day church function.** Most churches have services. St. Paul's Catholic Church even has a social at 11:00 am. The church is located in South Tampa. (Spiritual)

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

## THE IMPORTANCE OF SLEEP

Wouldn't you love to crawl into bed and fall instantly into a blissfully deep sleep? 8 hours later you would wake up with the rising sun, ready to face the day with a pep in your step. Then you woke up to reality! Not only do you face the day to day challenges that everyone else does—you also are a caregiver who faces a set of entirely different obstacles than others. But sleep is even more important for all of you caregivers out there. Here are some stats to sleep on:

- It takes the average person 10 to 20 minutes to fall asleep.
- The average American sleeps 7 hours and 6 minutes nightly. But 83.6 million people do not get the recommended 7 hours.
- Studies suggest that a new mattress can improve the quality of sleep by 55%.
- A consistent sleep schedule can make you 1.5 times more likely to feel well-rested during the day.

If you are among the 70% of people who report at least one night of insufficient sleep each month, check out caregiver's corner on the next page for some tips on slipping into your best night's sleep. Happy sleeping!



## Caregiver's Corner

Welcome spring!

Spring begins on March 20 and will last until June 20. Enjoy the season marked with plenty of warmth and sunshine!

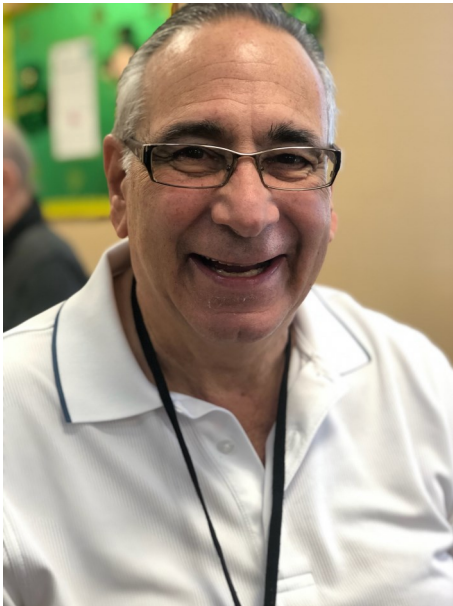
- Spring is associated with rebirth, renewal and regrowth.
- The first day of spring is referred to as the vernal equinox, meaning equal night. This day has 12 hours of day and 12 hours of night.
- The season was called Lent before it became known as springtime (signifying plants springing from the ground). It was then shortened to springing and eventually to spring.
- Trees, plants and flowers begin to grow in spring because of the abundance of light, water and warmth.
- Birds know it is time to find a mate in the spring because it stays light for longer.
- Tornadoes are most likely to occur in spring.
- Spring is the most popular time to buy and sell a home.



Having trouble sleeping? Try some of these tips and slip into your best slumber ever!

- Lower your room temperature. If your room is too warm, you will have trouble sleeping because your core temp decreases.
- Get on a schedule. Go to bed and wake up at about the same time every day—even on weekends.
- Keep your room dark. Even consider black out curtains.
- Practice yoga, meditation and mindfulness. These will all help you relax during waking hours so sleep will be a breeze.
- Fight the urge to look at the clock if you wake up during the night. This may increase anxiety about sleeping.
- Watch what and when you eat. Eating too much sugar or drinking too much caffeine can interrupt sleep.
- Listen to relaxing music and experiment with aromatherapy such as lavender.
- Turn off all electronics!
- Try journaling. Research has shown that focusing on positive thoughts (and writing them down) can help you sleep better.

**MEMBER SPOTLIGHT**



***Ed Sfeir hails from New York where he played in a band. He loves music and knows all the words to his favorite Beatles' tunes. He has been singing to Jaimes' members since he joined the family in February 2019. Thanks, Ed, for keeping the party going!***

Happy birthday to our March babies

3/6— Diane Brown

3/7—Loretta Veader

March is National Nutrition Month

3/1—National Peanut Butter Lover's Day

3/9—National Crabmeat Day

3/12—National Baked Scallops Day

3/26—National Spinach Day

3/30—National Take a Walk in the Park Day (no that's nutrition for the soul!)

Birthstone—Aquamarine

Signs—Pisces, Aries

Famous March birthdays—

Jean Harlowe, Albert Einstein, Fred Rogers,  
Harry Houdini, Liz Claiborne

