



JAIME'S JOURNAL

Looks like home. Feels like home!

SUMMER FUN AT JAIME'S

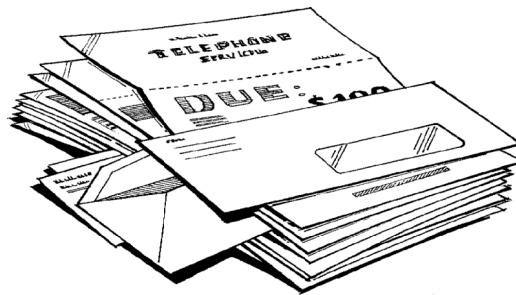
June 20 marks the first day of summer and the summer solstice. The solstice is the day of the year with the most daylight hours so get out and enjoy that sunshine (but wear your sunscreen!). And while we love the first day of summer, we love the second day of summer even more here at Jaime's. Stop by at 2:15 on the 21st for one of the most popular summer treats—ice cream! Presented by Keystone Place at Terra Bella, we will have a real ice cream truck serving up some of our favorite treats like ice cream sandwiches, drumsticks and creamsicles. But summer fun has been in full swing at Jaime's since Arlanna from Terra Bella provided pies for all of our members and their families. Also mark your calendars for July 3 when Jordan from Renaissance Village will be serving up some fresh squeezed lemonade and tasty lemon flavored desserts from 3pm—5pm.

We love summer and we love our members!



NEW STUDY FINDS ALZHEIMER'S TAKES FINANCIAL TOLL LONG BEFORE DIAGNOSIS

Many studies have shown that cognitive decline starts well before a formal diagnosis of dementia. Recent research suggests that the same holds true for financial decline—people who develop dementia also experience impairment in their ability to manage finances years before they are actually diagnosed. Data shows people often fall behind on mortgage and credit card payments up to 6–7 years before diagnosis. In one study, subjects were 17.2% more likely to be delinquent on mortgage payments and 34.3% more likely to be delinquent on credit card payments. The study showed credit scores and delinquencies worsen over time as the diagnosis approaches. The decline often starts slowly whereby people are able to pay bills and write checks but may be unable to reconcile bank accounts. If you notice your loved one having financial difficulties or making financial mistakes, this could be a sign of dementia. The same holds true if you notice a change in financial habits. If your normally conservative, mini-van driving father purchases a red convertible, this could be a sign of the early stages of dementia. Being aware of these signs could lead to an earlier diagnosis, leading to treatment sooner.



SUMMER FUN FACTS

Summertime is all about travel. Over 650 million long distance trips are made in the US every summer.

The most popular summer vacation is the beach.

Custom holds that white pants can be worn only during summer months (or between Memorial Day and Labor Day).

On average, Americans consume 15 pounds of watermelon annually—most in the summer months.

July is National Ice Cream Month. Vanilla ice cream is the most popular flavor followed by chocolate.

Children are most likely to gain weight in the summer because they are less active.

The most hazardous summer injuries occur on the playground.

Between Memorial Day and Labor Day, Americans consume 7 billion hot dogs.

Popsicles, a summer favorite, were accidentally invented by an 11 year old boy when he left a glass of soda outside and it was frozen the next morning.

4th of July Fireworks

Wesley Chapel:

5pm—9pm 5060 River Glen Blvd

Tampa:

11am—festivities begin at

Sparkman Wharf

3pm—festivities at Armature Works

6pm—Boat Parade on the Riverwalk

7pm—Fireworks on Bayshore

Temple Terrace:

10 am—Parade

6pm—Live music, food trucks

9:15—Fireworks

Lutz:

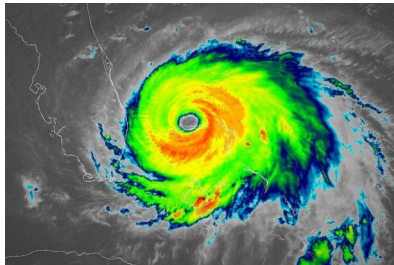
7am—5k race

10am—Parade

Jaime's will have a float in the parade. Find us along the parade route or at the Lutz Civic Center!

Hurricane Season 2024

Well it's that time of year again. Time to get prepared—stock up on non perishable food, water, batteries and gas for your generators. Time to familiarize yourself with an evacuation route and nearby shelters. Hurricane Season 2024 opened on June 1 and will run through November 30 with the peak of the season being mid-August to late October. The National Oceanic and Atmospheric Administration (NOAA) has predicted an 85% chance of an above normal 2024 season. The NOAA estimates 17 to 25 named storms (this means winds above 39 miles per hour) with 8 to 13 becoming hurricanes (winds of 74 miles per hour or higher). Forecasters are predicting 4 to 7 major hurricanes with winds at or above 111 miles per hour! It is more important than ever to be prepared, especially if you are caring for someone with dementia.



Evacuations, power outages, flooding and contaminated drinking water are just a few of the things we could experience. While you may view these as inconveniences, your loved one with dementia may perceive these as real catastrophes. Your loved one may not understand why the television is not working or why the house is so hot. Worse, imagine having to evacuate your loved one! But you can be ready if Alberto, Kirk, or Sara hit.

Being prepared is our best weapon against the potential devastation of storms. If you don't have a generator, consider purchasing one. Make sure all your vehicles are filled with gas (stations run out!), get cash (ATMs do not work without electricity). Make sure to have flashlights and plenty of batteries, along with perishable foods, to last at least 7 days. Start buying an extra case of water each week. Fill medications. Buy an extra tank of gas for your grill or purchase extra charcoal. Know your evacuation route and have a plan. Above all, do not take warnings lightly.

You can also help your loved one get through an emergency unscathed. Do talk to your loved one about what is going on without creating alarm. On the same note, do not allow your loved one to watch the news obsessively. This can create unnecessary fear and will only add to your stress. Try to maintain as much routine as possible for your loved one. Finally, stay calm and do not panic!

We will always keep your loved ones safe in our care. However, if an advisory is issued, we may have to close to protect your loved ones and our team. Let's hope that does not happen and together we will weather this storm season!

The Importance of Staying Hydrated

If you haven't noticed the record heat this summer, you have not stepped outside! A feels like of over 100 degrees and we have not even reached the hottest month of the year— August. It is more important than ever to stay properly hydrated. You should aim for your loved one to drink at least 8 glasses of water daily. If your loved one does not like plain water, try adding a low sugar flavoring, buying carbonated water or even try diluted fruit juice. But steer clear of alcoholic beverages or those with too much caffeine that can lead to dehydration. Also, encourage your loved ones to drink even if they are not thirsty. By the time we are thirsty, we may be dehydrated.

Seniors are more susceptible to dehydration

Seniors are more at risk for dehydration (and electrolyte imbalance) because their bodies do not hold water as well as their younger bodies did. Some medications common to seniors may also increase the risk of dehydration.

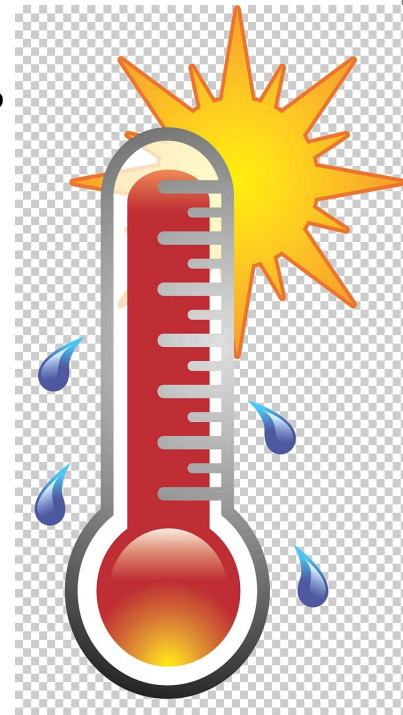
Signs of Dehydration

Often, we are dehydrated before we even realize it. Here are some signs to look for in your loved one:

- *Muscle cramping
- *Dry/white tongue
- *Lethargy
- *Constipation
- *Dark urine
- *Excessive time with no urination
- *Low blood pressure
- *Weak pulse

Treating Dehydration

If your loved one is exhibiting signs of possible dehydration, the fluids and electrolytes must be replaced. This can take up to a full hour. Water and a beverage with electrolytes, such as Gatorade, should be given immediately. Severe cases may require a trip to the Emergency Room. But let's avoid that and just make sure to drink plenty and always carry water everywhere you go!



Summer crafts



Check out the Jaime's hat!



Strawberries are everywhere this summer at Jaime's



Jaime's
Adult Day Centers