

JAIME'S JOURNAL

Looks like home. Feels like home!

NYE AROUND THE WORLD

Our traditions include a kiss at midnight, a champagne toast and the big ball drop. What about other countries?

Brazilians head to the beach and, immediately after midnight, jump seven waves while making seven wishes.

Folks in Spain start the new year off by eating 12 grapes, which are thought to ward off evil and boast chances of a prosperous and lucky new year.

Canadians go ice fishing and then feast on their catch with loved ones.

In Greece, people attend church service and then hang an onion outside their doors. The onion symbolizes fertility and growth.

Columbians place three potatoes under their beds—one peeled, one not and one partially peeled. They grab one with eyes closed and legend has it they will have good fortune, financial struggle or both.

In Denmark, neighbors throw old plates at houses. The more you accumulate on your door step, the better off you will be for the new year.

WELCOME 2023!

Well another year in the books and, as we embark on our 6th year, we could not be more excited. We made some great memories in 2022, introducing new entertainers and welcoming new members. In fact, 2022 was a record breaking year in the number of seniors we were able to serve, and we are so grateful. Aside from our members, another of Jaime's passions is any 4 legged fur-ball. In 2022, we partnered with local animal rescues to launch "Jaime's Pet Project." Check out one of our friends on the back page as we carry the new tradition into 2023. We love rescues and

WE LOVE OUR MEMBERS!



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

- **Resolve to join a group.**
A walking group, an online workout—exercise is always more fun with others. Our members have great fun working out together!
(Physical)
- **Whip up a traditional New Year's Day meal.**
Your loved one will love making ham, collard greens and black eyes peas.
(Social)
- **Make resolutions.** Ask your loved one about past resolutions and share yours. How long were you able to keep yours?
(Emotional)
- **Check out the New Year's trivia on page 1.**
Have fun and challenge your brain while guessing how folks from around the world ring in the new year.
(Intellectual)
- **Make a resolution to attend church regularly.**
Less than 20% of Americans attend church regularly even though more than 60% of Americans identify as Christian.
(Spiritual)

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

HOW TO KEEP YOUR NEW YEAR'S RESOLUTIONS

As we head into the new year, many of us will resolve to change something—eating habits, exercise routines, attitudes, spending habits. One study showed only 9% of people who make resolutions actually felt like they were successful in keeping their goals. But, don't be discouraged. You can absolutely meet your goals. Here are some tips:

1. Choose specific goals. Rather than set a goal of "losing weight" you can be more specific and resolve to lose ten pounds or run a 5k.
2. Start small. If your goal is to run a 5k, start with a mile. There are some great apps that will take you from the couch to a mile and beyond.
3. Get support from family and friends. If your goal is to eat better, let everyone in your circle know so they will encourage you and keep junk food out of sight.
4. Do not get discouraged. Take one day at a time and do not beat yourself up for any mishaps.
5. Resolve to love yourself. You were uniquely made, and accepting yourself, flaws and all, will help you to stay on track.

Resolutions are attainable with some determination and self-love. You can plan all you want but life happens and can put a pin in even the most well thought out plans. Give yourself some grace and resolve to be the best version of yourself every day throughout the new year!



DECEMBER FUN!

December is always full of fun at Jaime's. After all, it is the most wonderful time of the year! One of our favorites is the annual ugly sweater contest. Check out our 2022 winner—Nelly pictured below with Jaime, in her own ugly sweater!



January birthdays

Happy birthday to our New Year's members

2nd—Shirley H.

15th—Jim K.

26th—Jim N.

31st—Maria A.

January is all about a new you!

2nd—Nat'l Personal Trainer Awareness Day

3rd—Nat'l Mind-Body Wellness Day

8th—Nat'l Bubble Bath Day

17th—Nat'l Ditch Your Resolution (but don't do this!)

22nd—Celebration of Life Day

Zodiac signs— Capricorn, Aquarius

Birthstone—Garnet

Flower—Carnation

January history:

Alaska was admitted as the 49th state in January 1959.

The first US commercial bank opened as the Bank of North America in 1782.

Martin Luther King, Jr. was born in Atlanta, Georgia in 1929.



Check out Ben! This cutie lives a great life at Cat Haven rescue but would love to have a permanent home. He is a very sweet tabby who loves other cats, all people and playing with his toys. Contact Carmen at yodaflorida@yahoo.com. You can also find a link to their website on our website.



Jaime's

Adult Day Centers