

JAIME'S JOURNAL

Looks like home. Feels like home!

BLACK HISTORY MONTH

February is dedicated to Black History Month and is a celebration of achievements by African Americans.

Carter G. Woodson, a scholar and educator, created "Negro History Week" in 1926. He chose February to coincide with the birthdays of Frederick Douglass and Abraham Lincoln.

President Gerald Ford officially recognized Black History Month in 1976.

John Mercer Langston was the first African American man to become a lawyer. The year was 1854.

Jackie Robinson was the first black man to play professional baseball. The year was 1947.

Thurgood Marshall was the first African American man to be appointed to the US Supreme Court. The year was 1967.

Jack Johnson was the first black man to hold the World Heavy-weight Champion boxing title. The year was 1908.

In 2008, Barack Obama was the first African American to be elected President of the United States.

GET YOUR JAIME'S SWAG!

Want to be one of the cool kids? Looking for a unique gift for your sweetie this Valentine?

Whatever the reason, get on down to Jaime's and get your swell swag! We have t-shirts and polos, cups and mugs. We even have Fido covered. Jaime's



niece provides all the sweet swag. Check her out—The Thread Shop—on Facebook and Instagram.

Anyone who buys any of the swanky swag during the month of February will also take home a Starbucks gift card! We love a deal and

WE LOVE OUR MEMBERS!



Activities to stimulate your loved ones using the 5 Dimensions of Wellness in observance of Mardi Gras

- **Get your groove on.** Walk on down to the local bakery and pick up a Three Kings Cake. Then do the happy dance when you find the baby hidden inside. (Physical)
- **Gather some friends and bake up Shrove pancakes.** These treats are part of Christian tradition where people used up their eggs, milk and butter in preparation of Lent. (Social)
- **Decorate.** Green, gold and purple are the colors of Mardi Gras and are said to represent justice, faith and power. (Emotional)
- **Check out Mardi Gras trivia.** Mardi Gras is rich with history. You will be surprised to discover that Mardi Gras is much more than a party in New Orleans. (Intellectual)
- **Go to confession.** Fat Tuesday, the day before the Lenten season, is a day for penance and absolution. (Spiritual)

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

WOMEN'S HEART HEALTH

Cardiovascular disease is the number one killer of women! Do I have your attention? Yet when we think of heart attacks, we think of men. In fact, heart disease kills more women than all forms of cancer combined! All forms. According to goredforwomen.org, among women 20 and older, nearly 45% are living with some form of cardiovascular disease. Still, only 44% of women recognize the threat. For that reason, it is vital to bring awareness to the cause. February has been designated as American Heart Month and the first Friday in February is celebrated as National Women's Heart Day.



One common misconception is that young women are not at risk. While the risk of heart disease does increase with age, factors such as smoking and birth control increase the risk in younger people.

Another myth, and a very dangerous one, is that fit women cannot develop cardiac disease. Even if you are a fit runner or a regular yogi, high cholesterol can be lurking within.

It is important to know your family history. Monitor your blood pressure and cholesterol levels. Get screenings and discuss any concerns with your primary care physician. Eat a diet rich in fruits and vegetables. Finally, keep your stress levels low. Sure, this is easier said than done, especially if you are a caregiver, but your heart health depends on it!



CAREGIVER'S CORNER

A heart healthy diet generally revolves around one rich in plant based options. Try this easy, delicious recipe.

8 ounces of whole wheat pasta
4 cups cooked broccoli florets
Zest and juice of a lemon
1/4 cup fresh basil leaves
1/4 cup parmesan cheese
1/4 cup nuts (pine, walnuts)
3-4 cloves peeled garlic
1/2 teaspoon salt
1/4 teaspoon black pepper
1/2 cup pine nuts for garnish
1/4 cup chopped fresh herbs

Cook pasta.

Place cooked broccoli, lemon zest and juice, basil, parmesan cheese, nuts and garlic in a food processor while drizzling olive oil.

Toss broccoli mixture with pasta and serve.

February birthdays

Happy birthday to our February lovers

1st—Dorothy P.

4th—Gloria B.

12th—Vanessa E.

16th—Diane R. and Barbara K.

27th—Johnnie S.

February is all about heart health

1st—Nat'l Dark Chocolate Day

2nd—Nat'l Optimist Day

3rd—Nat'l Wear Red Day

26th—Nat'l Almond Day

27th—Nat'l Strawberry Day

Zodiac signs— Aquarius, Pisces

Birthstone—Amethyst

Flower—Violet

Historical happenings:

President Abraham Lincoln signed the amendment outlawing slavery on February 1, 1865.

The Beatles arrive in the US for the first time on February 7, 1964.

