



# JAIME'S JOURNAL

*Looks like home. Feels like home!*

## THE BEST OF CHRISTMAS

The number one Christmas movie of all time – It's a Wonderful Life

The number one Christmas song of all time—White Christmas by Bing Crosby

Best Christmas story of all time—  
A Christmas Carol by Charles Dickens

Top Christmas Icon of all time—  
Santa (of course!)

Most popular Christmas decoration of all time—garland

Most popular Christmas dinner—  
Prime Rib

Number one Christmas dessert—  
the Yule Log

Most popular (and most fragrant) Christmas tree—Balsam fir

Most popular Christmas drink—  
eggnog

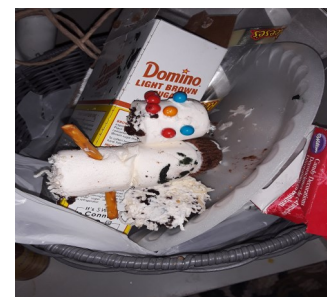


## CHRISTMAS TRADITIONS

What are your favorite family traditions? Attending Christmas Eve service? Hosting a cookie exchange? Building gingerbread houses? Ice skating (maybe in Rockefeller Plaza!)? Traveling to see family? Watching your favorite Christmas movies? A special meal? Jaime and her family have some pretty cool traditions. Every year they get together on Christmas night for their annual Christmas contest. Some of the themes have included making a Christmas themed dessert, whipping up a Christmas flavored cocktail, building (or attempting to build) a gingerbread house, designing an ugly sweater and this year's contest—building a Christmas tree. Any ideas for Jaime? The tree can be real, drawn, constructed, baked—be creative! We love Christmas and WE LOVE OUR MEMBERS!



Christmas cocktails contest



Christmas desserts gone wrong

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

- **Enjoy the Christmas lights.** Take a walk around the neighborhood and take in the sights. There is nothing like lights to put you in the Christmas spirit. (Physical)
- **Host a cookie exchange.** Bake a few dozen cookies, invite a few friends to do the same and exchange away. (Social)
- **Bake up some fun and memories.** We all have a favorite Christmas food. Grab your loved one and some old recipes and create some magic. (Emotional)
- **Test your Christmas knowledge.** What is the number one Christmas movie of all time? Check out page one and the back cover of the Journal for the answer to that and other fun trivia questions. (Intellectual)
- **Get to Christmas Eve service.** Christmas Eve is a great time to invite family and friends to church. Most churches offer many services throughout the day. (Spiritual)

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

**TOO BLESSED TO BE STRESSED**

We all know that the holidays are supposed to be fun. Sadly, many people get caught in the holiday stress trap that can leave us feeling exhausted and less than cheery. Here are some tips for less stress and more fun this Christmas season.

1. Keep your spirits high! This may be easier said than done. But there are some things we can do—like listening to Christmas music—to keep the positive vibes going. And surround yourself with other positive people, too!
2. Don't make too many holiday commitments but certainly make time to do the things you love.
3. Consider a potluck dinner where your guests bring a dish rather than having to prepare the entire meal yourself.
4. Be okay with creating new traditions. You may have to be more flexible now that you are caring for a loved one with dementia.
5. Talk to your loved one about your plans. You may not want to provide every detail but include your loved one in on the fun planning.
6. Take care of yourself. With the hustle and bustle of shopping, cooking, decorating and planning (oh and caring for your loved one) you may forget to breathe. So take a breath, take a walk, take a bubble bath or take all three!
7. Remember the real reason for the season. As we celebrate the birth of our Savior, take a moment (or two) to reflect on your many blessings. An attitude of gratitude is the key to a joyful season!



**HOLIDAY FUN AROUND THE TOWN!**

Grab your loved one for some holiday cheer!

Symphony of Lights  
Wiregrass Mall  
Nightly 6—9 on the hour

Christmas in the Wild  
Zoo Tampa at Lowry Park  
Select Nights

Lighted Boat Parade  
Riverwalk Tampa  
December 18 6 pm

Christmas Town  
Busch Gardens Tampa  
Select Nights

Gingerbread Village at Glazer  
Museum  
Daily 10 am—5 pm

Enchant  
Tropicana Field St. Petersburg  
Daily

12 Days of Christmas at  
Rapraeger Family Farms  
Odessa  
Select Days

**December birthdays**

*Happy birthday to our Christmas babes*

**8th—Jan C.**

**9th—Jose P.**

**18th—Mike C.**

**22nd—Howard B.**

**29th—Sandra M.**

December is all about the holidays!

4—Nat'l Cookie Day

9—Nat'l Christmas Card Day

12—Nat'l Poinsettia Day

13—Nat'l Cocoa Day

16—Nat'l Ugly Christmas Sweater Day

20—Nat'l Go Caroling Day

24—Nat'l Eggnog Day

Zodiac signs— Scorpio, Sagittarius

Birthstone—Blue Topaz

Flower—Narcissus

### CHRISTMAS TRIVIA



Why do we decorate trees for Christmas?

Ancient people hung evergreen boughs over their doors and in windows because it was believed they would keep witches, ghosts and evil spirits away.

Why do we give gifts?

Christians give gifts to commemorate the visit of the Wise Men to Baby Jesus.

Why do we hang wreaths?

Wreaths date back to the earliest civilizations. It is said that originally wreaths were worn around the head, neck or waist. The circle is a symbol of immortality.

Wreaths have been associated with life, rejuvenation and renewal.

Why do we kiss under the mistletoe?

Norse legend has it that the goddess of love demanded that all creatures, including inanimate objects, take an oath not to harm her son. She forgot to include mistletoe and a god of evil tried to exploit that. Ultimately, the god of love decreed that mistletoe would not cause harm but would promote love and peace.



Jaime's  

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Adult Day Centers