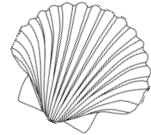




DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

August 2018



*Life is like the ocean.
It can be calm or still,
And rough or rigid,
but in the end, it is
always beautiful.*



7819 Rocky Springs Road, Frederick, MD 21702

301-696-0808 • TTY/HCO 1-800-735-2258

daybreakadulldayservices.org

LOOKING AHEAD - UPCOMING ACTIVITIES



AM Daily
Group Exercise



Crossword
Puzzle



Karaoke



Drum Therapy



Manicures for
Men &
Women



Tuesday's
Poker with
Tony

Thursday, 8/2
Participants Council
w/Christina

Friday, 8/3
Holy Family Church
Group Volunteers

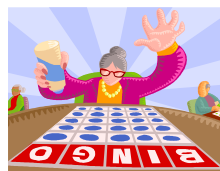
Tuesdays PM
Men's Group w/Frank

Wednesday, 8/8
Karaoke & Dancing
w/ Edenton Friends
Birthday Celebration

Thursday, 8/16
LUAU!!
**Wear your tropical
outfits!**



Bowling



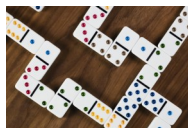
Bingo Games



Book
Club



Birthday
Celebration



Dominoes
Tournament



Hymn Sing

The Director's Corner

Summer greetings; I can't believe it is August already! Where does the time go? I hope that you have found some time for summer enjoyment, whether just a good book on the front porch or a getaway to the beach or the mountains. Changing our scenery occasionally, getting fresh air, and finding pleasure are all important elements to taking care of ourselves. I am the first to admit, we generally don't do it enough. Whether you are working full time, caregiving full time, or trying to do both, it seems that time for ourselves is one of the first things sacrificed in the name of getting the "work" done. A quick google search reveals hundreds of articles, lists, even videos, proclaiming to teach you how to create time for yourself, and reinforcing the notion that if you don't take time for yourself, your obligations, and your health, will suffer.

So where do you start? Is this just one more "to do " on the already too long to do list? I think the best place to start is by reframing the notion of pleasure. I recently read a quote that resonated with me:

"To experience peace does not mean that your life is always blissful. It means that you are capable of tapping into a blissful state of mind amidst the normal chaos of a hectic life. " – Jill Bolte Taylor

We are all busy. Taking a week or two of a heavenly vacation is probably not a reality for most of us (either the taking time off part, or the blissful vacation part...often the trip itself (planning, coordinating, dealing with family) is more stressful than the life you tried to escape from! Can we carve out small bits of time in our normal days in which we can find pleasure, and is it possible that small bits or moments, could lead to a little more? This may not be as easy as it sounds, and you have to work a little bit to train yourself to do it; to be mindful, to be aware of your surroundings and the emotions that they evoke.

Case in point: my husband and I travel the same general route to and from work. One evening as I crested Braddock Mountain I was treated to a spectacular unobstructed view of the sunset and gorgeous valley below. I called my husband on his cell phone knowing that he was just minute or two ahead of me in the car and had just passed the sight, to reveal in what I saw. He had no idea what I was talking about. HE was so pre-occupied with the stress of his day that he drove right past the view and saw nothing.

We can sometimes be our own worst enemy. Take a minute today to find something that makes you smile, and stop and enjoy the moment, even if just for a moment.

Fondly, Christina

Community News and Notes

AT THE FREDERICK SENIOR CENTER

August 3: Food Distribution

The Department of Aging in cooperation with Seed of Life, Inc. and the Western Maryland branch of the Maryland Food Bank will offer a monthly food distribution program for eligible seniors one day each month from 1-2 pm at the Frederick Senior Center.

August 7: Stepping On

A fall prevention program aimed at teaching participants ways to reduce their risk of falling. It is an evidence based program designed for older adults, proven to reduce the risk of falls by about 31%. Stepping On focuses on how strength and balancing exercises, medication management, home safety, footwear, vision and mobility are important in preventing falls. This program is FREE but pre-registration is required. Seven Tuesdays beginning August 7. 10- Noon. Call 301-600-3525 to register or for more information..

August 8 (9:30am) and August 21 (12:30pm) Medicare and Medigap Information Sessions.

Learn all that you can from the Department experts! Call to reserve a seat or get more information 301-600-1605. All workshops are held at the Department of Aging, 1440 Taney Avenue, Frederick.

Virtual Senior Center.

Connecting and Learning through Technology- Want to take a class, but can't travel to the senior center due to health or caregiving responsibilities? Do you have internet connection and a computer or tablet (loaner equipment may be available if you don't)? Contact a senior center supervisor or call 301-600-3523 to connect through Virtual Senior Center. Fee may apply.

Community News and Notes

MARK YOUR CALENDARS

Powerful Tools for Caregivers- COMING THIS FALL

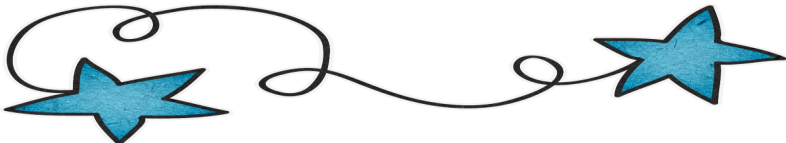
TO FREDERICK! The Caregiver Program at the Department of Aging and Daybreak Adult Day Services will be partnering to offer *Powerful Tools for Caregivers* for the first time in Frederick County. This evidence based program is a self-care educational class for family caregivers providing tools and strategies to better handle the unique challenges of caregiving. Call Mindy or Mary for more information 301-600-6001. Limited to 12 participants. Respite care will be available with advanced registration.

The Annual Caregiver Conference and Elder Expo

sponsored by the Frederick County Elder Services Provider Council will be held at the Fairgrounds October 2 and 3. The committee is very excited to welcome AARP National Speaker Amy Goyer on **Tuesday, October 2**, for a special presentation for caregivers who will also have the chance to preview the exhibits of 77 senior care resource professionals. On **Wednesday, October 3**, the EXPO will be open to the community. EXPO is a great way to get LOTS of information in an short amount of time. More details to follow!

The Alzheimer's Association Dementia Conference

will be held Tuesday, November 13, at the Walkersville Social Hall. More details coming soon, but mark your calendars and save the date. It is always an informative event!





Probiotics...Are the Health Benefits Real?

In recent years there has been increasing excitement growing around a dietary supplement called probiotics touted by the wellness industry to have numerous health benefits for those who take them regularly. What are they? What do they do? And...do they really work? According to the World Health Organization (WHO) probiotics are defined as “live microorganisms which when administered in adequate amounts confer a health benefit on the host”. Probiotic enthusiasts often refer to them as “good bacteria” as they are believed to positively influence the health of the person ingesting them as they take over the gut leaving less room for the “bad bacteria” or “sickness-causing germs” to thrive.

Improved digestive functioning, strengthened immunity, healthier skin, resistance to depression and longer life are among the list of positive effects claimed to stem from a daily dose of probiotics. So, should we all run out and stock up on probiotics to be taken alongside our daily vitamin? We wouldn't be the first. The 2012 National Health Interview Survey (NHIS) reported that probiotic usage quadrupled between 2007 and 2012. Research from Global Market Insights shows the United States Market size in 2017 exceeded over 40 billion USD. A search of “probiotic products” on Google will give you 40,000,000 results. Millions of links to follow which take you to articles, supplement suppliers and information on how to access or make foods reported to be rich in probiotics like kimchi, tempeh, kombucha and of course yogurt.

There is definite buzz. But are we putting the cart before the horse? Have the claims been confirmed by the scientific community? In a recent article published in the Washington Post, entitled, *“People love probiotics, but do they really help?”*, by Christine Yu, Claire M. Fraser, PhD, director of the Institute of Genome Sciences at the University of Maryland School of Medicine, was quoted as saying, “The field resembles the Wild West.” Fraser goes on to explain that existing evidence is intriguing but that more studies are needed before recommendations can be made. Dr. Patricia Hibberd, an infectious disease specialist at Harvard-affiliated Massachusetts General Hospital expressed a similar view stating that “They can be helpful in some cases, but we have relatively few studies to tell us if and when they are safe and effective for older adults.”

What does this mean for us? While science experts are advising us to be cautious, the community also appears to be intrigued by the relatively small amount of evidence regarding the benefits of probiotics. Trials are being organized to study the subject in more depth. Many medical professionals already believe in them and prescribe them.

Points to consider:

- Do not take probiotics if you have a weakened immune system
- Consult your physician before starting probiotics.
- Not regulated by the Food and Drug Administration; safety and consistency cannot be guaranteed.

Chris Grable RN
Daybreak Health Director



OUR CONDOLENCES



To the friends and family of

*May Mercer
Joyce Harshman*

They will be missed.



From the Social Worker

Is Friendship the Key to Longevity?

One of the great things about being at Daybreak is witnessing new friendships forming. It warms my heart to see two people connecting and sharing a laugh and a story. I was walking down the hall with one Daybreak participant a few weeks ago and she exclaimed excitedly another lady's name when she saw her. I would have thought the two women had been friends for years and miraculously reunited at Daybreak, but come to find out they had just met a couple days prior and really struck up a conversation. This is wonderful to see in a time when loneliness is on the rise.

According to a TIME magazine article from February 26, 2018, Olivia B. Waxman states that "feeling lonely has been found to increase a person's risk of dying early by 26% and to be even worse for the body than obesity and air pollution." Julianne Holt-Lunstad, a professor of neuroscience and psychology at Brigham Young University linked the cumulative effect of loneliness with possible "hypertension and increased risk for cardiovascular disease".

It was much easier to make friends when you were a young child and surrounded by similarly aged peers. During your working years, there were also many other people that you would see day to day to interact with, but following retirement and loss of friends who have died, the pool of available options has gotten smaller. Maybe you run into a nice person at the grocery store or post office, but these are often more acquaintances. This is better than no social interaction, but not as good as having a true friend to spend time with, talk with and do things with. Some options for making friends are to go to a place like Daybreak or a senior center, take a class (yoga, exercise, painting, etc), join a social club or group through church, or go to a support group meeting.

This process of making friends takes some time as you both warm up to one another, share information about yourselves and your stories, and form a connection, but it can be so valuable to both of you. If you are overwhelmed by the idea of making new friends, try rekindling past friendships by scheduling lunch or coffee to get together or putting a weekly phone call on your calendar. You could also send a hand-written letter; think of how much it brightens your day to receive a letter from someone you care about.

Years ago, I attended a Steven Covey training and one of the things I remember most from the training was about “emotional bank accounts”. We were told that we all have these emotional bank accounts in our relationships with others and when you do something nice for someone or spend time with them or call to check on them, you are making a deposit in that emotional bank account. Making these deposits in “emotional bank accounts” helps make relationships stronger so that we all benefit. I hope everyone who reads this, will take the time this week to make a deposit or two in the emotional bank accounts in your life because friendships are valuable and beneficial.

If you have any questions or concerns, please let me know.
Thank you and be well!

~Cheralee Von Ancken, Social Worker





Staff News and Notes

6 YEARS!!

Program Assistant **Kendra Barron** celebrates 6 years on staff at Daybreak! Kendra is a wonderful program assistant who makes sure that participants are well cared for and helps keep all of the staff organized and on track. Kendra has a wonderful sense of humor and a very kind heart. We are grateful to have her with us!

1 YEAR

Fill-in Nurse **Wendy Duke** has been with us one year now! Wendy fills in when one of our regular nurses is out and has become an important part of the team! We are grateful for her calm and competent care!



It's a Girl!

Congratulations to Activity Director Rachael Darby and family as they welcome a new bundle of joy in to their lives. The participants have had fun watching

Rachael "grow" and have had plenty of predictions and advice for her!

DAYBREAK'S CAREGIVERS SUPPORT GROUP

Do you ever feel that no one really understands what you are going through as a caregiver? The only ones who truly can are other caregivers. Try out our support group, which is a place for caregivers to share tales, ideas, challenges and just take a breath with others who really get it.

We meet the third Monday of each month from 4:30-6:30 at Daybreak. Dinner and care-giving are provided AT NO COST TO YOU!

You will have two uninterrupted hours to take a breath, recharge, and refocus. If nothing else, you get to enjoy a great meal and some good laughs while in the company of some really nice folks.

Upcoming Support Group Dates

Aug 20 Sept 17 Oct 15

Please RSVP to Gwenda if you plan to attend.



MEMORIAL DONATIONS



Families who have benefited from the services of Daybreak may be looking for opportunities to keep the memory of their loved one alive. One way to do so is to give a memorial donation to Daybreak in your loved one's name, or to designate that memorial donations from family and friends be sent to Daybreak. Daybreak is a non-profit 501c3 and donations are tax deductible. Donations made in memory of a participant will be acknowledged to the donor and to the family. Donations are used to support program needs and the scholarship fund. If you are interested in making a memorial gift or want to learn more about these tax-deductible contributions, please contact Christina at director@daybreakadulthoodservices.org.

Project Linus

Providing Security Through Blankets

Frederick County, MD Chapter

Daybreak has partnered with Project Linus to make blankets for children in crisis and needs YOUR help!

WAYS TO HELP:

Donate NEW, child-friendly printed fleece material (1.25 or 1.5 yds) or washable yard

-or-

Volunteer to make no-sew blankets with participants at Daybreak.

For more information, contact Daybreak at
301-696-0808

This is the BRAND NEW Frederick County chapter of Project Linus that we are thrilled to be a part of! Please help us make it a success! Any time you can give or donation you can supply is greatly appreciated!

Changes in Schedules & Transportation

When you have any changes to your schedule or transportation needs, please call the Center (301-696-0808)

to speak to Gwenda or leave a message if no one answers. Our voicemail is on 24 hours/day and is checked at 7 am each morning. Be sure to leave your name, name of participant, and what the changes are. It is important that we manage these changes at the front desk and don't put any extra responsibility on a driver to remember them, their jobs are hard enough!

Participant Names in Clothing Items

Please help us keep track of clothing

items by labeling items with the

participant's name. If we are

laundering clothing that has been soiled,

the staff member who put the items in the washer

many not be the one who takes it out. Having a

name inside will help insure we get things back to

the right person. Thank you!



Style with a Smile

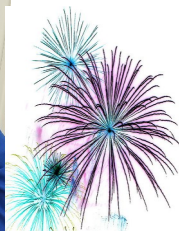
Daybreak's on-site, full service Beauty

Shop for Men and Women

Appointments available with Gina on Tuesdays & Wednesdays, or other days by special request.

Please call Rachael at Daybreak to arrange an appointment or to request a price list, 301-696-0808.

Celebrating 4th of July with Uncle Sam!!





Enjoying
4th of July
popsicles!



Daybreak Adult Day Services, Inc.
7819 Rocky Springs Rd.
Frederick, MD 21702

Board of Directors

Dr. Joseph Devadoss, Chairman

Darlene Crutchley, Vice Chair

Susan Johnson, Board Member

Marianne Meighen, Board
Member

Peter Melcavage, Board
Member



United Way
of Frederick County

Daybreak Adult Day Services exists for the sole purpose of providing a safe, structured environment and a flexible therapeutic program of services and activities with individual plans of care designed to permit older adults of Frederick County to remain in their homes and communities, living as independently as possible, with dignity and a renewed sense of purpose and hope.