



DAYBREAK  
ADULT DAY SERVICES

# DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

September 2018

*First day of a new  
month means that no  
matter where you've  
been . . . today you get to  
start again.*

*Seize it! :)*

DAYBREAK will be CLOSED on  
Monday, September 3th in  
observance of Labor Day.  
Have a safe holiday!

7819 Rocky Springs Road, Frederick, MD 21702

301-696-0808 • TTY/HCO 1-800-735-2258

[daybreakadulldayservices.org](http://daybreakadulldayservices.org)

# LOOKING AHEAD - UPCOMING ACTIVITIES



Crossword  
Puzzle



Karaoke



Drum Therapy



Manicures for  
Men &  
Women



Tuesday's  
Poker with  
Tony

Wednesday, 9/5  
Participant's Council  
with Christina

Thursday's  
Giant Crossword  
Puzzle

Friday, 9/21  
**SOCK HOP!!**  
Wear poodle skirts  
and 50's attire

Daily  
Group Exercise

Tuesday's  
Men's Group w/Frank

Wednesday, 9/26  
Fall Favorites A to Z



Bowling



Bingo Games



Book  
Club



Birthday  
Celebration



Dominoes  
Tournament



Hymn Sing

# The Director's Corner

September greetings! I hope this newsletter finds each of you well and ready to embrace a new month. September is good time for making changes to your routine, a fresh start as the kids go back to school and the weather changes. If you are a caregiver, I hope you will consider making our monthly support group a priority on your to-do list. The group meets on the third Monday of each month from 4:30-6:30, and offers caregivers a relaxed place to unwind and decompress from their many caregiving responsibilities. There is no formal agenda, rather we talk about what folks have on their minds. Sometimes it is heavy, sometimes light. Last month, we were actually belly laughing...when was the last time you did that? It is a great opportunity to get new ideas to solve some of your challenges plus it is simply nice to be able to socialize in a stress free environment. Each caregiver who attends the group is caring for someone who is in a different stage of the illness, which allows them to offer different perspectives. Hindsight is often 20/20. Call Gwenda to RSVP. And remember, dinner and caregiving are included, and it is FREE!

While I have your ear, let me also ask you to mark your calendars for October 2. The Elder Services Provider Council of Frederick, along with AARP, is sponsoring a wonderful presentation for caregivers on October 2. This event will be held at the Fredrick County Fairgrounds and will feature AARP Family and Caregiving Expert Amy Goyer. In her presentation, entitled "Choosing to Care" she will share practical tips for navigating caregiving. You will most certainly learn something new and useful. Caregiving will be provided by Daybreak staff at the Fairgrounds. Plus you get a free dinner AND get a chance to preview the ELDER EXPO Exhibits. The EXPO, which is held in earnest the next day, features 77 senior care providers all set up in the Event Plex with literature and a representative to talk to. This is a fabulous way to get a lot of information in one place, in a short period of time. If you can't make the Caregiver Conference it, at least plan to attend the EXPO on the 3rd. You can register for the **Family Caregiver Conference** at [www.ESPCFrederick.com](http://www.ESPCFrederick.com) or by calling 240-490-4181. Space is limited so register today!

And while we are talking caregiving, the Division of Senior Services is offering a new class for caregivers entitled "Powerful Tools for Caregiving". It will beheld here at Daybreak (and we will offer caregiver). Read more in the community calendar!

Enjoy the weather changes and don't hesitate to call us if we can be of service to you!

Fondly, Christina

# Community News and Notes

## AT THE FREDERICK SENIOR CENTER

### **September 7: Food Distribution**

The Division of Senior Services, 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.

### **September 5 (12:30pm) and September 25 (9:30am) Medicare and Medigap Information Sessions.**

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

### **September 5 Reduce Your Risk for Type 2 Diabetes**

The Frederick County Health Department is accepting new participants into their next "Prevent T2" diabetes prevention class. Interested? Orientation is September 5, 2018 at 5 p.m. at the Frederick Senior Center- 1440 Taney Avenue. For more information call Christine Pelkowski- 301-600-3113.

**September 21 Circle of Friends...Memory Café ! 11:30-1:00** at the Frederick Senior Center. This program offers a safe and relaxed place where caregivers, the person for whom they care, families, friends and professionals come together to share a meal a, friendship and activity. RSVP is required as space is limited. 301-600-6001.

## IN THE COMMUNITY

**September 7 Partner in the Arts-** The Alzheimer's Association and the Frederick County Division of Senior Services announces the next session of Partner in the Arts—Early-stage social engagement program designed to enhance the lives of individuals living with memory loss and their care partners. This self-expression class will be held in an open studio format for people to work independently under the guidance of artist instructor, Jim Crockett. All mediums are welcome and no experience is needed. Call 301-600-6001 for more information.

# Community News and Notes

**September 23 Latino Festival- Sunday September 23, 12:00-5:00 pm**  
Frederick Indoor Sports Center 1845 Brookfield Ct. Frederick. Entertainment, food, and lots of community resources.

**October 2 and 3 Caregiver Conference and Elder Expo** sponsored by the Frederick County Elder Services Provider Council will be held at the Fairgrounds **October 2 and 3**. See the flyers included in the newsletter. The Caregiver Conference is a great way for busy caregivers to get LOTS of information in an short amount of time. Dinner AND caregiving by Daybreak staff is included at NO CHARGE...no excuses! Registration is required for the conference (not EXPO). Call Christina if you have any questions.

**October 5 Helping Vets obtain Veterans ID Card or VA Claims Assistance-** 9 a.m. until 3 p.m. at the FSK Post 11 American Legion- 1450 Taney Avenue, 301-662-9345. This event is open to the public and there is no charge. This is Vets helping Vets. VA representative also available.

**October 9 Powerful Tools for Caregivers-** The Caregiver Program at the Division of Senior Services (formerly the Department of Aging) and Daybreak Adult Day Services are partnering to offer *Powerful Tools for Caregivers*. This evidence based program is a self-care educational class for family caregivers designed to provide you with tools and strategies to better handle the unique challenges of caregiving. The class will be taught by Mary Collins and Mindy Heinz and will take place at Daybreak on 6 consecutive Tuesday nights starting October 9. Respite care and light fare will be provided. Registration is required and space is limited to 12 participants. Call Mindy or Mary for more information 301-600-6001.

**October 27 Community Health Fair-** Saturday October 27, 8:00am-3:00 pm Frederick Fairgrounds. Free health services and screenings. Interpreters available. No insurance required .

**November 13 Alzheimer's Association Dementia Conference** will be held at the Walkersville Social Hall. More details coming soon, but mark your calendars and save the date. It is always an informative event!

# NURSES NOTES



Foot care is very important especially for Diabetics. Here are a list of Do's & Don'ts:

## **DO'S**

- \* Wash feet daily; always dry carefully between the toes.
- \* Powder feet & shoes after bathing.
- \* Keep feet warm & dry.
- \* Inspect feet daily for cuts, blisters, & scratches.
- \* Ask doctor or podiatrist to recommend a mild lubricant to protect your feet from cracking & drying.
- \* Wear loose fitting socks if feet or cold to bed.
- \* Wear comfortable well fitting shoes.
- \* Carefully break in new shoes to avoid blisters.
- \* Inspect the inside of shoes for foreign objects or torn linings.

## **DON'TS**

- \* Don't walk barefoot even indoors!
- \* Don't smoke. It reduces blood circulation.
- \* Don't cut corns or calluses yourself.
- \* Don't use chemical agents for removal of corns or calluses without consulting your doctor.
- \* Avoid open toe shoes, particularly sandals with thongs between the toes. Also avoid sling back shoes & clogs that can slip off feet.

## **WHEN TO CONTACT YOUR DOCTOR**

Call IMMEDIATELY if any of the following occur:

- \* Ingrown toenail.
- \* Athlete's foot (cracking & peeling between toes & on the bottom of the foot).
- \* Cut, sore, or discoloration that shows no sign of healing.
- \* Pain in the feet or calves.

## PODIATRY SERVICES

Podiatry services are offered at Daybreak monthly by Podiatrist Dr. David Lieb. If you are interested in scheduling an appointment, please contact me at 301-696-0808 ext. 202 and I will be happy to schedule an appointment for your loved one and send the required paperwork home for you to complete prior to the appointment. For more information or questions for Dr. Lieb feel free to contact him at 301-695-1010 or by email at [drdavidlieb@verizon.net](mailto:drdavidlieb@verizon.net). You can also visit his website at [www.afamilyfootcare.com](http://www.afamilyfootcare.com).

Chris Grable RN  
Daybreak Health Director

## PLEASE TAKE NOTE— NO FLU SHOT CLINIC AT DAYBREAK THIS YEAR



Daybreak will **NOT** be giving flu shots at the center this year. Please talk with your physician or visit one of the many flu shot clinics around town to get your shot this year. We strongly recommend that all participants, caregivers, staff and volunteers get the flu shot every year.

## SAVE THE DATE OCTOBER 14, 2018





## From the Social Worker

Who wouldn't want to improve their memory?

We all get annoyed from time to time when we are unable to recall things. As part of my job, I interview participants at Day-break and ask them questions about their lives and see people become frustrated when they are not able to remember things that they think they should be able to remember. I am reading a book called "How Memory Works and How to Make It Work for You" written by Robert Madigan, PhD. In the book, Dr. Madigan mentions that "distracted attention, not working-memory storage capacity is usually what bedevils older people who struggle with short-term forgetting." He states that our working memory is "more influenced by knowledge, experience, and memory technique".

He goes on to offer tips and suggestions to improve memory. I have listed some of those here:

- Try to chunk information together in organized groups, so if you are trying to remember your shopping list, chunk all of the fruits together and all of the frozen items together. Chunking numbers (phone numbers or those new Medicare numbers) can also be helpful.
- Use visualization for stronger memories for example if you meet a new person named Bob and you are trying to remember his name, picture him dancing or sitting on a bench with another familiar Bob that you know. You can also picture the grocery items mapped out in the store as to where you would find them or a silly clown juggling the items on your list.
- Create acrostics (first letter of each word are clues) to remember things for example if you are trying to remember the medications that you take, maybe just the first letter of each could be used to create a word that will help you recall all of the medicines at your next doctor appointment (better yet, carry a list with mg and doses listed).
- Try mindfulness meditation to increase control of your attention and avoid distractions. There are free meditation apps for smart phones or tablets and guided meditations available on computers with internet connection (one site I am familiar with is [marc.ucla.edu](http://marc.ucla.edu)).

- Improve your ability to remember names and faces by looking for distinguishing features or asking the person how they spell their name so you are able to visualize their name written. Repeat the person's name when you meet them, "Nice to meet you, Sue" or if your new doctor is Dr. Flemming, maybe you think of "flaming" because it sounds like flemming and picture flames. It doesn't matter how silly your tricks and strategies are for remembering, what matters is that it will be helpful for you.
- Use external cues to help you remember. If you have to take a medicine first thing in the morning, put it on your night stand before you go to bed. If you are having lab work and are fasting, tape a note on the fridge to remind yourself not to eat in the morning. Some things we do on auto-pilot without thinking, and we may need extra help to remember to change our patterns on occasion.
- Rhymes or catchy little songs you make up can also be helpful. "Beautiful Bonnie with the long grey hair sits in the back in the reclining chair."

I hope some of these tips are helpful. If you have strategies of your own that are helpful, I would love to hear about them. Please let me know if you have any concerns or need referrals. Wishing everyone a happy September. ~Cheralee Von Ancken,



## Respite Funds Available



**The Frederick County Division of Senior Services (formerly the Department of Aging) has small grants available to assist individuals who are in need of respite care. THIS IS YOU!!! The application is simple and you don't have to meet any income thresholds. The money, typically \$350, is used to reimburse you for services needed to help you care for your loved one. Day-break, home care services, or supplies are some examples of reimbursable expenses. These funds are limited and only available for a short time. Please apply today! Call Mary or Mindy at 301-600-6001 for an application or call us and we will send one home. Don't delay!**



## Staff News and Notes

### Happy Anniversary

Activity Assistant LeAnn Moore celebrates 3 years at Daybreak this month. LeAnn has an incredible energy that is infectious, and a kindness and compassion that makes everyone feel safe and loved. She is a special part of our team and we are so grateful to have her!

### Farewell

It is with sadness that we said farewell to full time nursing assistant Kendra Barron this month. Kendra was with us for 6 years and leaves big shoes to fill. We hope we will see her again for an occasional shift, but wish her well in her new adventure.

A visit from  
Frederick County  
Executive  
Jan Gardener!



**Our Master Gardener friends visited again to help participants make pressed flower note cards.**



## 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](mailto:director@daybreakadulthoodservices.org).

ESPC PRESENTS THE

# 2018 CAREGIVER CONFERENCE



~ FEATURING ~

**AMY GOYER**

Author, Speaker, Consultant  
AARP's Family & Caregiving Expert

## CHOOSING TO CARE

**Tuesday, Oct. 2**

The Frederick Fairgrounds  
797 East Patrick Street | Frederick



Learn practical tips for navigating caregiving and find strength and resilience while savoring the humorous and joyful moments along the way.

Presentation begins at 6 pm (Building 13)

Come early to preview the exhibits of the Elder Expo  
from 4-6 pm (Building 9)

\*Preview is only available to conference attendees.

Box dinners will be available beginning at 5 pm (Building 13).

Caregiving for your loved one is also available (Building 9).

**FREE TO ATTEND - REGISTRATION REQUIRED!**

To register, please visit [www.ESPCFrederick.com](http://www.ESPCFrederick.com) (click on Event registration)  
or call 240-490-4181

FLIP OVER FOR ELDER EXPO 2018 ►

**JOIN US!**

# ELDER *Expo* 2018

**Wednesday, Oct. 3  
9am-2pm**

The Frederick Fairgrounds | Buildings 9 & 13  
797 East Patrick Street | Frederick



Connect with more than 70 local businesses that provide services related to aging and senior care.

**FREE ADMISSION - NO REGISTRATION REQUIRED.  
FREE LUNCH FOR SENIORS**

FOR MORE INFORMATION, CALL 240-490-4181  
OR EMAIL [ESPCFREDERICKCOUNTY@GMAIL.COM](mailto:ESPCFREDERICKCOUNTY@GMAIL.COM).

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SENIOR SERVICES DIVISION



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Oasis Senior Advisors | Potomac Dental Centre**

◀ **FLIP OVER FOR 2018 CAREGIVER CONFERENCE**

# Daybreak's Hawaiian Luau!!



LeAnn's Hula lesson was a big favorite of the day!



# HAPPY BIRTHDAY

SEPTEMBER

2nd Carl B.  
4th Gary L.  
6th Pete S. & Mary M.  
11th Beverly F.  
12th Kanta J.  
14th Mitch B.  
15th Gladys W.  
22nd Lidia B.

Happy August Birthdays!



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



*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.*