



# DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

November 2018



Daybreak will close early Wednesday, **November 21st** and will be closed Thursday, **November 22nd** for **Thanksgiving. See inside for more information.**

## **DAYLIGHT SAVINGS TIME!!**

Don't forget to set your clocks back one hour this weekend, Sunday, November 4th

7819 Rocky Springs Road, Frederick, MD 21702

301-696-0808 • TTY/HCO 1-800-735-2258

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

# LOOKING AHEAD - UPCOMING ACTIVITIES



**Crossword  
Puzzle**



**Karaoke**



**Drum Therapy**



**Manicures for  
Men &  
Women**



**Tuesday's  
Poker with  
Tony**

**Friday, 11/2  
Karaoke & Dancing w/  
Sunrise Friends**

**Tuesday, 11/6  
Music w/ Pete & Betty**

**Thursday, 11/8  
Master Gardeners to Visit**

**Wednesday, 11/14  
Hood College Volunteers**

**Thursday, 11/15  
Thanksgiving Feast!  
Visit w/ New Life  
Christian School**

**Thursday, 11/22  
HAPPY  
THANKGIVING!!  
Center is Closed**

**Craft Making  
Throughout the  
month—Check the  
Activity Calendar**



**Bowling**



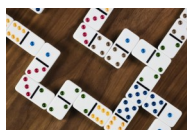
**Bingo Games**



**Book  
Club**



**Birthday  
Celebration**



**Dominoes  
Tournament**



**Hymn Sing**

# The Director's Corner

Greetings Families and Friends! Can you believe that November is here already? With the inevitable weather changes, please familiarize yourself with our inclement weather policy posted inside. Also make note of our holiday schedule changes.

Also inside you will find information about a couple of great community events. The annual Alzheimer's Association Dementia Conference will be Tuesday November 13. Great speakers and many local vendors there with information for you. Thursday November 8 is a program titled "Feeling Sandwiched?" featuring a panel of local senior care experts sharing information to help Sandwich Generation caregivers. I am excited to be a presenter and know you will learn a great deal from my fellow presenters. Please also see the flyer inside about a research study being done by a local Hood College professor. She is looking for caregivers to complete a survey on-line or on paper. You can get more details inside about all of these happenings and as always, please share with others you may know who could benefit.

As we head in to this season of thanks, it is the perfect time for me to say thank you to each of you. To our participants: THANK YOU for making each day at Daybreak joyful and fun. For sharing your wisdom, your stories, and yourselves. We are blessed to have you with us each day. To our families: THANK YOU for sharing your loved ones with us. For trusting us to provide good care, and allowing us to walk this journey with you. We are honored. To our volunteers: THANK YOU for all of the time, talent and beautiful spirit that you share with us each week. We are grateful. To our staff: THANK YOU for your enthusiasm, your energy, and your commitment to our participants and our programs. We appreciate you. To our community partners: THANK YOU for your ongoing support and assistance to our program and to our people. Frederick County has a special network of resources for seniors and we are grateful to work with each of you.

I wish each of you a very Happy Thanksgiving.

With a grateful heart, Christina



# Community News and Notes

**Medicare D Open Enrollment-** Mark your calendar and plan to **schedule an appointment** with a Senior Services Medicare counselor to review your Medicare Part D plan for 2019. **It's important to review your Medicare Part D plan annually because coverage for medications can change.** It is particularly important that Maryland State Government retirees schedule an appointment to select a plan because medications will no longer be covered under the Maryland retiree insurance plans beginning January 1, 2019. Appointments will be available at the Senior Services Division offices as well as the senior centers in Brunswick, Emmitsburg, Frederick, and Urbana. Counselors will be available during the open enrollment period of October 15th through December 7th. Appointments will fill fast, call today! 301-600-1605.

The Frederick County Division of Senior Services (Formerly the Department of Aging) has launched an **updated website** with lots of resources for seniors and caregivers. Check it out at <https://frederickcountymd.gov/54/Senior-Services-Formerly-Dept-of-Aging>. (or Google Frederick County Senior Services). On the site you will find resources about Senior Center activities and trips, resources for caregivers, information about Medicare and benefits, Meals on Wheels and a new Virtual Learning Center that has great video resources on a variety of topics. Check it out!

**November 8, 2018** The Division of Senior Services in collaboration with Heartfields Assisted Living is hosting a **Caregiver Appreciation Tea**. This event will be held from 2-4 pm at Heartfields and is a lovely afternoon designed to celebrate YOU, the caregiver. Please RSVP TODAY 301-600-6001.

**November 13 Alzheimer's Association Dementia Conference** will be held at the Walkersville Social Hall from 8:00am-12:30pm. Speakers will be sharing information about the latest in Alzheimer's research and the role of religion and humor in your journey as a care partner. There will also be lots of vendors on hand with information about local support services. It is always an informative event! Call 301-696-9061 for more info. Preregistration is required.

# Community News and Notes

**Rock Steady-** This program uses the Rock Steady Boxing program to help mitigate many of the symptoms of Parkinsons'. There is a group locally who would like to bring this creative approach to Frederick County, but needs your support. For more information visit [www.rocksteadyboxing.org](http://www.rocksteadyboxing.org) or call 301-661-8423 or 410-707-0859.

**Circle of Friends...Memory Café and More.** Frederick Senior Center (1440 Taney Ave) Friday, November 16, 2018 from 11:30 a.m. until 1 p.m. 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.

## FOOD DRIVE!

We are collecting non-perishable, unopened canned and boxed food items to donate to the Frederick Community Action Agency. Food items can be sent in on the bus or dropped off at the front desk at Daybreak.



We will collect donations until December 17<sup>th</sup>.  
Thank you for your support!

# NURSES NOTES



## Maintaining a Healthy Diet

We all know proper nutrition is important to overall good health. It's especially important to keep a few simple rules in mind when it comes to a person with dementia.

1. Keep mealtime calm and comfortable. Avoid noise and distractions such as television. Bring out only utensils needed for the meal being served.
2. Offer only one food at a time.
3. Try different or new foods.
4. Beware of foods that can cause choking. Avoid foods that are difficult to chew.
5. Use straws or cups with lids.
6. Try finger foods. Using bowls instead of plates may also help.
7. Offer a healthy snack.
8. Allow enough time for meals. A person with dementia may need about 1 hour to properly finish a meal. Don't rush or force him/her to eat. You may consider several smaller meals throughout the day rather than 3 big meals.
9. Encourage him/her to feed himself/herself. You may need to get him/her started by lifting your own spoon to your mouth or placing your hand over his/hers and raising it to his/her mouth.
10. Keep close tabs on his/her weight. Weight loss could mean several things, including inadequate food intake, an illness, or the side effects of medication. If weight loss continues, talk to his/her doctor.
11. Push fluids. Lack of fluids can cause dehydration, bladder infections, and constipation. Keeping hydrated is especially important for seniors.

Hoping everyone has a wonderful Holiday season with family and friends!

Chris Grable, RN



## HOLIDAY SCHEDULE NOTES

### NOVEMBER:

Daybreak will close early **Wednesday, November 21** Participants will arrive home by bus 1.5 hours earlier than normal. The center itself will close at 2:00 pm. Please plan pick-up accordingly.

Daybreak will be **CLOSED Thursday, November 22** for Thanksgiving. We will be **OPEN Friday, November 23**. PLEASE Let us know as soon as possible if your loved one will be absent that day so we can plan our staffing.

### DECEMBER:

Daybreak will close early **Monday, December 24**. Participants will arrive home by bus 1.5 hours earlier than normal. The center itself will close at 2:00 pm. Please plan pick-up accordingly.

Daybreak will be **CLOSED Tuesday, December 25** for the Christmas Holiday.

We will be **OPEN , Wednesday December 26**. PLEASE Let us know as soon as possible if your loved one will be absent that day so we can plan our staffing.

### JANUARY

Daybreak will close early **Monday, December 31**. Participants will arrive home by bus 1.5 hours earlier than normal. The center itself will close at 2:00 pm. Please plan pick-up accordingly.

Daybreak will be **CLOSED Tuesday, January 1** for New Years Day.



## From the Social Worker

### What are you thankful for?

November is a time we are reminded to be thankful as many of us celebrate the Thanksgiving holiday with family or friends (some of the people we are thankful to have in our lives). It is important to cherish the moment you are in because as we all know time moves quickly. Ferris Bueller says “life moves pretty fast. If you don’t stop and look around once in a while, you could miss it.” So I hope everyone is able to take a minute, look around, and absorb all that is happening in their lives and around them. I often hear recommendations to be mindful. I attended a training years ago on mindfulness, and we were each given one raisin and told not to eat it, but to notice everything we could about the raisin and then put the raisin in our mouths and notice the taste and the texture, etc without biting the raisin and to finally chew the raisin. This is the most attention I’ve ever given to a raisin. Normally, I would toss a handful in my mouth and hurriedly chomp them up. What I did learn from this, is how many small details I miss out on in my rushed life. I think that is one thing I will be thankful for as I get older and the pace of life slows down a little; I will have more time to notice, experience and appreciate the little things that are rushed past in my haste to complete a long to-do list.

David Bowie is quoted with saying “Aging is an extraordinary process where you become the person you always should have been.” At Daybreak, we are fortunate to have many wise elders with pearls of wisdom to share. I am thankful for all of the great advice they have shared. Here is a list of some tips from Daybreak participants on living well in older age:

- Be kind to yourself and take care of yourself
- Eat well
- Pay attention to your wife.
- Don’t get caught in the fast lane; know you can get out of a bad situation
- Just keep going
- Thank God
- Pay more attention to yourself
- Take naps



- Stay strong and positive
- Take your time and listen well
- Have peace in your heart and that will help you to be happy and grow well
- Live better – stop drinking and gambling
- Have a friend your age you can talk to who knows and understands what it is to be old
- Eat right and exercise but don't exercise too much
- Go to church
- Help other people if you can
- Take good care of your family
- Let people you love know you love them
- Be active, truthful and honest
- Try to be nice to others
- Don't push things/tasks onto others
- Marry a good man and have grandchildren
- Eat when you are hungry
- Eat more fruits and vegetables
- Take your medicine

I hope everyone has a happy Thanksgiving holiday with the people they care about. I also hope some of the great advice shared by the wise elders at Daybreak helps you to live well into older age. Please let me know if I can be of any assistance.

~Cheralee Von Ancken, LCSW-C, Social Worker

## Extra Clothing/Hats, Gloves, etc.

Just a reminder to all participant's, family members, and caregivers; please be sure that we have an extra change of clothing here in the center for the cooler weather (sweaters too!) in the event a change of clothing is needed. Be sure to label all clothing, coats, hats scarves, gloves, etc. This helps us to ensure we return the appropriate clothing. Our staff are most careful with the clothing and coats, but labels help us to avoid any confusion.



## Staff News and Notes

### HAPPY ANNIVERSARY

Activity Assistant ~~Tavia~~ ~~Jensen~~ celebrates 3 years with us this month. Tavia helps keep our participants active and engaged with activities every day and blesses us with her amazing signing voice. She is kind and caring and a very valuable part of the team! Thanks for ALL you do Tavia!

Transportation Coordinator ~~Steve~~ ~~Phillips~~ celebrates 2 years with us. You may never see Steve as he works quietly behind the scenes managing all of the bus maintenance needs and keeping us compliant with DOT but he is a critical part of our team!

### WELCOME NEW STAFF

We are so lucky to have welcomed some fantastic new staff to our team over the last month.

~~Jackie~~ ~~Doughty~~ joined us as a full time program assistant. Jackie comes from nursing home experience and is loving the fun atmosphere and different pace of Daybreak. She is kind, energetic and reliable and has settled right in!

~~Kidist~~ (~~Kady~~) ~~Teffer~~ has joined us as a part time program assistant. Kady has many years of assisted living experience and has jumped right in to the Daybreak routine. She is compassionate and skilled and a great new addition to our team.

~~Mary~~ ~~Smith~~ has joined us as an "as needed" program assistant, working a few days each week to help round out our team. Mary is also very seasoned and brings a quiet joy and peace the program.

We are so happy to have all three program assistants with us! We are blessed to have a wonderful team of staff who all work so hard to give our participants the best experience possible!



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

## OUR CONDOLENCES



*To the friends and family of*

*Robert Clarke  
Callie McAdams*

*They will be missed.*



# Feeling "Sandwiched"?

2-part series providing local expert advice for those caring for children and aging parents

**Part 1 - October 18, 2018**

## What is the "Sandwich Generation"

*Defining the "Sandwich Generation"-Angela Martin, Shepherd's Staff In Home*  
*It Costs How Much? - Jason Topper, Turning Point Financial*  
*Crucial Legal Documents - Ruth Waxter, ESQ, Elder Law Attorney*

**Part 2 - November 8, 2018**

## Care Options, Resources and Downsizing Options

*Home Modifications to Age in Place - Andrew Myers, UHome Consulting*  
*How to Evaluate Care Needs for Aging Parents - Jane Barnes, Debra Levy & Associates*  
*Adult Medical Daycare Options - Christina Forbes, Daybreak Adult Services*  
*Preparing for a Senior Move - Ryan Burns, Stress Free Solutions*  
*Finding the Right Place - Bonnie Elliott, Care Patrol*  
*Caregiver Struggles - Patricia Ortiz, Hospice of Frederick County*

Additional resources from Frederick County Dept of Aging, local housing options, assisted living communities, CCRC's and more

**Location:** Hampton Inn, 5311 Buckeystown Pike, Frederick, MD 21703

**MUST REGISTER BY NOVEMBER 6TH TO ATTEND**

**Time:** 6:00 PM - 8:00 PM

**Cost:** \$15/session - includes dinner and beverages

Register and pay on our Facebook page

@SandwichGenerationFrederick

or contact:

Allison Zerr, co-host (410) 596-0272 email: allison.zerr@gmail.com

Jason Topper, co-host (301) 846-9336 email: jason@tpfinancial.com



- WHO?** If you are at least 18 years old and provide any kind of informal (**unpaid**) care for someone with dementia (who does not reside in an assisted-living or long-term care facility), then you are eligible to participate
- WHAT?** 30 minutes to complete several questionnaires
- WHEN?** At your convenience
- WHERE?** In the comfort of your own home (**online OR hard copy**)
- WHY?** To help me discover even better ways to support you!

- **ONLINE OPTION:** Copy and past the following link into your web browser to complete the study online:  
[https://hoodpsychology.az1.qualtrics.com/jfe/form/SV\\_9WDNUxOpB3nulSh](https://hoodpsychology.az1.qualtrics.com/jfe/form/SV_9WDNUxOpB3nulSh)
- **HARD-COPY OPTION:** Study packets are available at Daybreak Adult Day Services. Please take one and **return it to Daybreak** when you are finished. You may also contact Dr. MacDougall directly for a hard copy (see e-mail below).

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**QUESTIONS?**

CONTACT DR. ELIZABETH MACDOUGALL  
([macdougall@hood.edu](mailto:macdougall@hood.edu))





## INCLEMENT WEATHER PROCEDURES

This notice is to provide information and to clarify our procedures for opening Daybreak during inclement weather. **We will make every effort to open the center but will only do so if we feel we can safely transport our participants.** We will be operating the center **based upon the best information we have available** at the time of the decision.

- Daybreak **DOES NOT FOLLOW THE FREDERICK COUNTY SCHOOL SYSTEM SCHEDULE.** This includes both inclement weather closings and holiday closings.
- We will make a decision about our status for the day by 7 am. Our outgoing message will be changed to reflect our status (closed or delayed opening). **Please call the center voicemail at 301-696-0808 to get the status update after 7.** In situations of severe and obvious weather, the voice mail may be changed earlier. **Calling the center to hear the message is the most reliable way to determine our status.** In certain situations, our drivers may call riders, but this is not guaranteed. **PLEASE CALL THE CENTER VOICEMAIL.**
- We will contact WFRE (99.9FM) and KEY 103 (103.1FM) with our status change. You may find information about our status on the radio or their website.
- We will also post our status on our Facebook page.
- We will make every effort to open the Center on time. We may choose to delay our buses by an hour if we feel travel will improve with a small wait. You can choose to come to the center by car, or you can wait for the bus. If you choose to come by car, please call us as soon as possible so that we can reroute the bus.
- If you know your driveway or road is not accessible - please contact us and leave a voice mail message if no one is available. We do ask for your assistance in maintaining sidewalks, driveways, porches and steps so that we are able to **safely** pick up our participants.
- If the driver feels it is not safe to get to your home and to pick up you/your family member, we will call you to let you know.
- In the event that we need to close early, we will call each family member so you are aware that your loved one is coming home early. Please be sure that we have current contact information, including up to date cell phone numbers.
- Thank you for your patience and understanding as we get through another winter season. Should you have any questions or concerns, please feel free to call the center at 301-696-0808.





# HAPPY BIRTHDAY

## NOVEMBER

3 <sup>rd</sup>	Dick W.
6 <sup>th</sup>	Emily M.
7 <sup>th</sup>	Mark F.
11 <sup>th</sup>	Paola J.
14 <sup>th</sup>	Tia W.
21 <sup>st</sup>	Mary T.
22 <sup>nd</sup>	Barbara B.
30 <sup>th</sup>	Tony B.

## DAYBREAK'S CAREGIVERS SUPPORT GROUP

*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!*

### *Upcoming Support Group Dates*

*Nov 19      Dec 17      Jan 21*

*Please RSVP to Gwenda if you plan to attend.*

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.*