



DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

December 2018



Magic doesn't come from perfectly planned moments. Magic comes from being genuinely open to the moments of your life.

Stress Free Holidays by Rebecca Cofiño

Daybreak will close early Monday, December 24th and will be closed Tuesday, December 25th for Christmas. Daybreak will also close early on December 30th and will be closed Tuesday, January 1st for New Year's Day.

7819 Rocky Springs Road, Frederick, MD 21702

301-696-0808 • TTY/HCO 1-800-735-2258

daybreakadultdayservices.org

LOOKING AHEAD - UPCOMING ACTIVITIES



**Crossword
Puzzle**



Karaoke



Drum Therapy



**Manicures for
Men &
Women**



**Tuesday's
Poker with
Tony**

**Wednesday, 12/5
Hood College
Volunteers to Visit**

**Monday, 12/10
Dance Club w/LeAnn**

**Wednesday, 12/12
Barnesville School
Choir**

**Wednesday, 12/19
VISIT FROM SANTA!
Holiday Carols &
Games**

**Tuesday, 12/25
CENTER IS CLOSED**

**Holiday Crafts
throughout the month.
Check the Activity
Calendar for what,
when, & where.**



Bowling



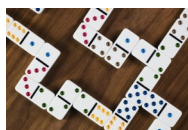
Bingo Games



**Book
Club**



**Birthday
Celebration**



**Dominoes
Tournament**



Hymn Sing

The Director's Corner

Seasons greetings! I can't believe that December is here already.

Once again, my promise to be more organized and ahead of tasks this month has already fallen by the wayside! December can be a tough month as we try to cram in a zillion holiday to-dos, eat too much sugar, and suffer the effects of shortened daylight and colder weather. It is important to take care of yourself and prioritize what really needs your attention. Read inside for some great information from our nurses and social worker to help get you through. You can also read more in the blog section on our website. (www.daybreakadultdayservices.org/blog/) .

Please take advantage of our services to help reduce your stress level. We have extra spaces for participants most everyday and are happy to have your loved one join us for an extra day here and there if it can help you. With so much great stuff going on here, they are sure to benefit too!

It will be a busy month here with lots of crafting, holiday music, field trips and more. Hopefully mother nature has gotten everything out of her system and will let us by without weather (probably a little too optimistic on my part). Please remember to CALL the center if we have weather to find out what our status is. We are cautious about putting our buses on the road, and having our participants and drivers walking on icy ground, so delays and closures are possible. Our full weather policy is included inside. Please call me if you have any questions.

Special thanks to our good friends at the Yellow Springs Lions Club who gave us a very generous donation last month. Donations of any size, whether from civic groups, corporations, or private individuals are always welcome and appreciated. Many of the donated funds go to our subsidy fund and are used to help those who are unable to pay fully for our services. We also have a van fund. We have been lucky that all of our buses have come from a grant program through the state, but for every award, we must have 20% of the purchase price cash ready. At the time of delivery. With one bus just delivered and a grant for 2 more just submitted, building up that fund is very important. We also use donations to help purchase needed items for the center. In a fortuitous coincidence, the Lion's donation came the day before the washing machine broke...what a blessing! Daybreak is 501c3 non-profit and donations are tax deductible. If you or your company are looking to do some end of year giving, please consider a donation to us.

I wish each of you a very joyful, and peaceful holiday season.

Fondly, Christina

Community News and Notes

Medicare D Open Enrollment- Medicare D's open enrollment period is almost over. **It's important to review your Medicare Part D plan annually because coverage for medications can change.** The Division of Senior Services has experts who can help. 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 may still be available at the Senior Services Division offices as well as the senior centers in Brunswick, Emmitsburg, Frederick, and Urbana. 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!

Circle of Friends...Memory Café and More. Frederick Senior Center (1440 Taney Ave) Friday, December 21, 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. You can also call for information about other memory cafes in the county.



Need a new DO for the holidays?

We have a full service salon for men and women right here at Daybreak. Call or email Rachael to set up an appointment with our stylist Gina. She is here Tuesdays and Wednesdays and other days by appointment.

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 17th. Thank you for your support!

NURSES NOTES



The Depression and Holidays

The holidays can be a sad or depressing time of year for many people. There are several possible causes for this sadness. Many suffer from the holiday blues. Holiday season can trigger a lot of emotions for people because it can be a time of considerable stress, a time to remember lost loved ones, and a time of unreasonable expectations. There is also a condition known as seasonal affective disorder, which may leave people feeling more depressed, sleeping more, and craving carbohydrates or unhealthy snack foods. One third possibility is that due to body chemistry and/or life circumstances, one is experiencing a major depressive disorder.

The holidays can be a time of spirituality, joyous celebration and get-togethers with family and friends, but they can also be a time of high expectations and demands, stress, fatigue, excessive expense, sadness, reduced daylight, and complicated family interactions. Some tips for surviving the season are to allow yourself to be sad (about lost loved ones or non-ideal situations), to be realistic about what you are able to do by making a list and eliminating non-essential tasks so your list is not overwhelming, to socialize with others by making time for friends or family, volunteering as a means to meet new people or reaching out to others who may be alone, to stick to a budget and avoid large post-holiday bills, to learn to say “no” when you feel yourself being stretched too thin, to try to maintain your healthy habits of eating right and exercising, and to enjoy the moment and take a break when you need one.

Sometimes it is not just holiday blues or stress, but Seasonal Affective Disorder (SAD). In SAD, the “depressive episodes occur in a temporal seasonal pattern” (Diagnostic

and statistical manual of mental disorders, fifth edition (DSM-5) The diminished hours of daylight, earlier sunset times, and cold can all trigger changes in some people that cause them to feel depressed. This can be treated with phototherapy. There are special lights that one can buy that are 25 times as bright as your normal lights and can help greatly with only 30 minutes of use a day. The “recommended intensity of light is 10,000 lux” (<http://www.mayoclinic.org/diseases-conditions/seasonal-affective-disorder/in-depth/seasonal-affective-disorder-treatment>).

There is also the possibility that someone is dealing with depression or a major depressive disorder brought on by their own body chemistry or changes in their life circumstances. This may require treatment with medicine and/or talk therapy. If you are noticing someone feeling sad or blue often, being irritable, sleeping more or less, gaining or losing weight without trying, showing less interest in activities, feeling fatigue or loss of energy, feeling worthless or experiencing excessive guilt, having difficulty concentrating, having recurrent thoughts of death, or as a result of their mood change, experiencing detrimental effects in other areas of the person’s life (Diagnostic and statistical manual of mental disorders, fifth edition (DSM-5), they need to see their physician, and may need a referral to a psychiatrist or counselor.

Please know that if you or someone you love is feeling sad or blue that you are not alone and that many others feel the same way this time of year for any of the three reasons listed here. Let us know if we can be of any help. Please remember to be kind to and take care of yourselves this holiday season! Happy Holidays and a blessed New Year to all of you and your families.

The Daybreak Nursing Staff





From the Social Worker

Are you feeling overwhelmed by your December to do list?

Do you need some help with your holiday shopping? Years ago, a friend of mine told me that I was “practical”. I am not sure if it was intended as a compliment, but I took it as one. In anticipation of the December holidays, here is a list of practical gift ideas for those hard to shop for seniors on your list:

Grip'n Grab reach tool

Massaging neck pillow

Toilet night light so you can see to go to the bathroom in the middle of the night but aren't shocked awake by bright lights

Magnifying glass or full page magnifier sheet

Toilet safety frame (adds side support bars)

Shower chair

Grippers for opening jars

Switching door knobs to door latches and water faucet knobs to faucet handles

Motion sensor night lights

Window suction bird feeder for bird watching

Long handled body sponge or scrub brush

Velcro close shoes or elastic no tie shoe laces

Grab bars

Blood pressure cuff

Tile device to find missing items (smart phone app allows you to track items (and people?))

Heated mattress pad or blanket

Adaptive clothing and compression socks

Walker caddy or tote bag

Puzzle/circle the word puzzle books

Pill Pack service prepackaged medicine in daily pouches

Sleep sound machine or white noise machine

Light box to treat seasonal affective disorder

Grocery or meal delivery (Peapod or Moms Meals)

Netflix subscription

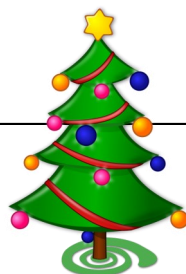
Toilet paper reacher wiping tool like Bottom Buddy for someone with decreased range of motion or increased girth
Bidet style toilet seat to help stay clean and avoid urinary tract infections
Incontinence products or underwear
Amazon echo or dot to play audio books, music and weather reports

This list is not exhaustive, but is hopefully enough to help you find something that may help make someone you love's life a little brighter or easier. Wishing everyone very happy holidays and good health!

~Cheralee Von Ancken, LCSW-C, Social Worker

A Parkinson's disease and Movement Disorders Support and Discussion Group will possibly start meeting on Mondays at Daybreak. Two participants have expressed interest in starting a discussion and support group about Parkinson's Disease. If you are interested in being a part of this group, please let me know.

~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

We celebrate a BIG anniversary this month. Driver ~~Charles~~ ~~Watts~~ is our longest tenured employee and this month marks ~~11~~ ~~years!~~ Charles has a great work ethic, attitude and sense of humor. Thank you Charles for your dedication to Daybreak!

We celebrate two more anniversaries this month:

Activity Director ~~Rachael~~ ~~Derby~~ celebrates ~~4~~ ~~years~~ at Daybreak. Rachael is a wonderful organizer who keeps our team on track and our participants happy and engaged. She is creative, fun, and a key member of this team!!

Program Assistant ~~Bruce~~ ~~Winans~~ also celebrates ~~4~~ ~~years~~ with us. Bruce is calm and patient and willing to do anything asked. In addition to helping our participants with personal care needs, Bruce helps lead hymn sing and Bible study and even helps out on the bus sometimes.

Thank you all for all you do at Daybreak!

WELCOME

We are very happy to welcome new driver ~~Deborah~~ ~~Ray~~ to the team this month. Deborah comes with MANY miles of professional driving under her belt and a special heart for seniors. We ar SOOO happy to have her with us!



As we head in to this holiday season, please remember that our staff are prohibited from accepting personal gifts. If you wish to thank a staff member with a gift, please give something that can be shared by all or donated to the Center. Smiles and words of thanks are always ok!



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.

OUR CONDOLENCES



To the friends and family of

*Terry Ethridge
Sherry Huckeba*

They will be missed.



*Happy
Holidays*

Activity News



The holidays are upon us and it's going to be a busy month! We have all kinds of holiday and winter crafts planned including one led by the Master Gardeners and another led by our volunteer, Lynn. Students from the Barnesville School will be back this year for holiday music, as well as music with Pete and Betty, and Cindy. We have field trips scheduled for the Delaplaine to make wreaths, the Home Depot for a holiday workshop, Hot Fired Arts to paint pottery and a trip to the Frederick Senior Center for the MCVET Message of Hope Choir concert and luncheon. Please be sure field trip sign-up sheets are returned by December 5th to be eligible to attend!!!

SANTA is coming to visit and deliver gifts on Wednesday, December 19th! Dress festively and be ready to take your picture with Santa. And – fast-forward to New Year's Eve – we will toast to the New Year with sparkling cider!

For those of you who might not be aware, Gina provides affordable beauty shop services every Tuesday and Wednesday morning. If you'd like an appointment before the holidays please email me (activities@daybreakadultdayservices.org), call the front desk or send a note in with your driver. Invoices are sent home after the appointment, we just ask that payment is returned within two weeks.

I think that covers it for December...we will not have field trips scheduled for January and February because, more often than not, weather causes us to cancel outings during those months. Remember to check out our Facebook page for weekly pictures of center happenings!

Wishing you a very merry Christmas and happy \New Year!

Until next time...

Rachael Darby

Activity Director | Volunteer Coordinator



CRAFT CORNER

Painting Indian Corn



Watercolor Trees



Glitter Pinecones





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

DECEMBER

1st Mary G.
3rd Donna B.
5th Jim Lindley
6th Irene C.
19th Virginia B. & Beth S.
20th Maria P. & Janis H.
21st Stephanie K.
27th Elsie G.
30th Madeliene M.

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

Dec 17 Jan 21 Feb 18

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.