

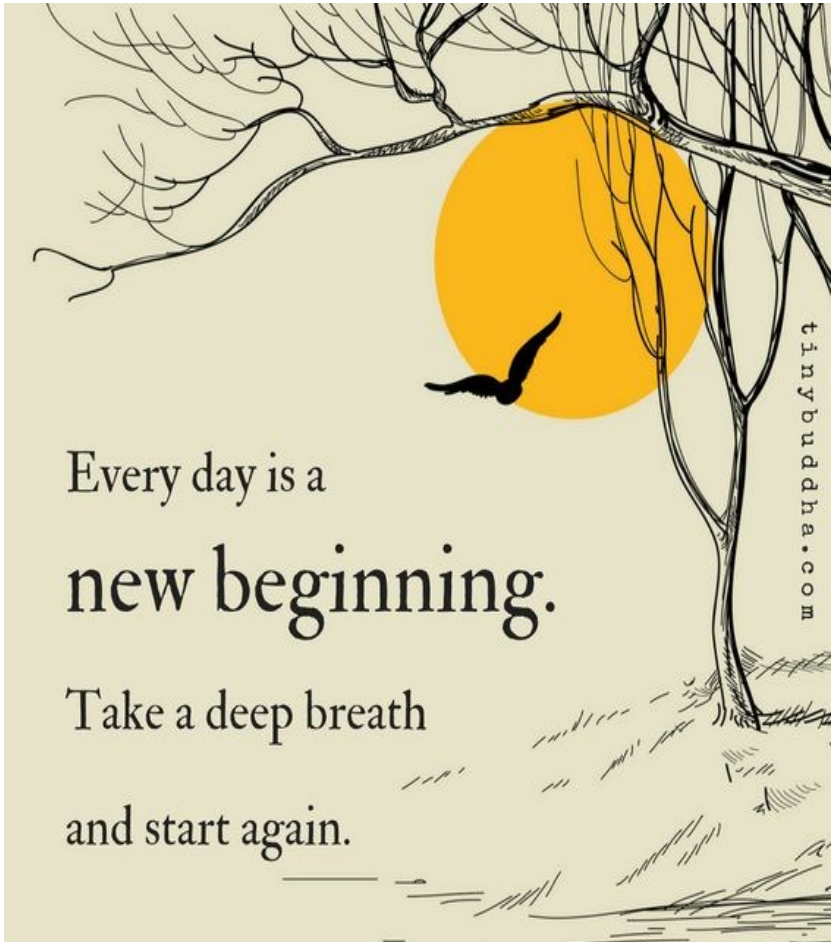


DAYBREAK
ADULT DAY SERVICES

DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

January 2019



7819 Rocky Springs Road, Frederick, MD 21702

301-696-0808 • TTY/HCO 1-800-735-2258

daybreakadultdayservices.org

LOOKING AHEAD - UPCOMING ACTIVITIES



**Thursday, 1/3
Participant's Council
w/Christina**

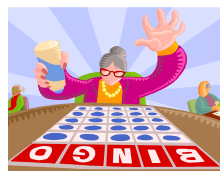


Bowling



**Crossword
Puzzle**

**Monday's AM
Bridge w/Leslie**



Bingo Games



Karaoke

**Tuesday, 1/8
Music w/Pete & Betty**

**Wednesday's PM
Visit w/Furry Friend
Rudder**



**Book
Club**



Drum Therapy

**Friday's 11th & 25th
Music w/Terry**

**Tuesday's PM
Men's Group w/Frank**

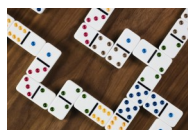


**Birthday
Celebration**



**Manicures for
Men &
Women**

**Thursday, 1/31
Visit w/New Life
Christian School**



**Dominoes
Tournament**



**Tuesday's
Poker with
Tony**



Hymn Sing

The Director's Corner

Happy New year! I hope that you all had a joyful holiday, whatever one you celebrate. We had plenty of fun and merriment here at Daybreak. If you haven't already, check out our pictures on Facebook! If you don't "Do" Facebook, ask one of the grandkids to pull it up on their phone (www.facebook.com/daybreakadultdayservicesfrederick). We were blessed with many wonderful volunteers, goodies, and music this season. Thank you to all the angels and elves who helped make the holiday special, for our participants as well as our staff!

We turn our attention now to the New Year; to diets, resolutions, and promises to do more, and do better. It can be overwhelming to think about (that's a lot of pressure!). Read Cheralee's article inside for some good advice about setting reasonable goals. I hope that you will make a resolution to do something good for yourself. Maybe something as simple as laughing a little more. Being a caregiver can be exhausting and overwhelming at times. Maybe resolve to not be as hard on yourself.

One of the good things that you can do for yourself in the new year is try our support group for caregivers (or one of the many other caregiver support groups offered in the county...call me for a list). Attendees agree that it can be very helpful to hear other people's stories. Sometimes it helps put yours in a different perspective, and sometimes you can offer support and help to someone else, which can make you feel good. You can also learn from others...both from their mistakes and their successes. If nothing else, the group offers two hours during which you aren't caregiving (our staff will do that), a meal that you don't have to cook or clean up from, good dinner conversation, and always a few good laughs! Come try it out! We meet the 3rd Monday of each month. This month it will be January 21 from 4:30-6:30. Please RSVP to Gwenda ahead of time.

I wish each of you a happy and healthy new year. Please don't hesitate to call me if you have questions, concerns, or suggestions.

Fondly, Christina

Community News and Notes

AT THE SENIOR CENTER

There are lots of new things happening at the Division of Senior Services in the new year. Here are some of the highlights:

PEARLS- Program to Encourage Active and Rewarding Lives- This evidence based program is a series of eight one-on-one meetings focusing on empowerment and skill building in an effort to increase problem solving skills, physical and social activity and pleasurable activities. The goal is to help participants identify things they would like to work on in their lives, gain skills to attain their goals leading to an increase in their quality of life. The program is free to eligible Frederick County residents. For more information please contact Mary at 301-600-6001

Dementia Live- This powerful program seeks to help caregivers, community members and professional care providers develop a deeper understanding of the disease and accompanying behaviors, as well as develop sensitivity and empathy. *Dementia Live* will be offered in Frederick in January and several classes are in the works for other parts of the county. Call today for more information, a listing of upcoming dates or to schedule a training for your organization.

Powerful Tools for Caregivers- PTC is a six week program for caregivers that focuses on the caregiver, and provides problem solving strategies and tools to help empower caregivers to manage stress and problems more confidently and competently. The next session will begin in March. Call to register or for more information. Class is limited to 12 participants and attendance for the entire six weeks is required. 601-600-6001

Chronic Disease Self-Management- The workshop is designed for individuals who may be interested in learning techniques to manage and improve their health conditions. The next free workshop will be at the Frederick Senior Center, beginning Tuesday, January 8th from 9:30a-12n. For registration or additional information, contact Sue Eyler at 240.566.4862 or sleyler@fmh.org

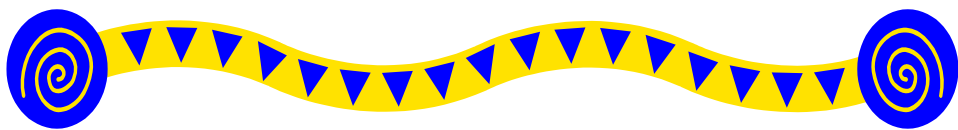
Virtual Learning Centers- Check out the Division of Senior Services website where you can access short learning videos on topics of interest. <https://www.frederickcountymd.gov/7729/Virtual-Learning-Center>

Circle of Friends...Memory Café and More. Friday, January 18, 2019 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.

Groceries for Seniors- The Senior Services Division 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 p.m. at the Frederick Senior Center. The next distribution is Friday, January 4, 2018.

Medicare/Medigap Workshops- The monthly Medicare/Medigap seminars will be held on the following dates. Seating is limited so be sure to reserve your seat by calling 301-600-1605. All workshops begin are held at the Senior Services Division, 1440 Taney Avenue, Frederick. o **Tuesday, January 15, 12:30 p.m. Wednesday, January 30, 9:30 a.m.**

Chat with Joy-- Information and Referral Specialist Joy Rowe, MD Access Point (MAP) Specialist, and her guests chat at the Frederick Senior Center every 2nd Thursday of the month at 11:00 am on a current topic. No registration required. Check the FSC Calendar to for any changes. Join the conversation in the Dining Room. Cost: No Charge, See Center Dining Guide for optional lunch information. January Topic: **Real Estate Concerns for Seniors.**



SAVE YOUR DOCUMENTS

Tis the season to start getting all of your tax documents. Don't forget that if your loved one is receiving a subsidy, or will need one in the new year, I am going to be asking you for income verification documents in April/May. Those documents are going to be coming to you by mail this month. Please save them and put them in a place that you can access them easily!

NURSES NOTES



You winterize your home, your car and even your wardrobe. But what about your skin? Protecting your skin from the harshness of the cold weather is vital and easier than you think.

Because we are constantly switching between the indoor air and the cold winds of the outdoor air, moisture is removed from our skin. While lotions and creams replace some of that moisture, it's better to prevent the moisture loss in the first place.

Skin that is dry, cracked or irritated is vulnerable to infection, and that's why it's important to change your skin routine along with the season to boost your body's natural defenses

Here are a few ways to winterize your skin:

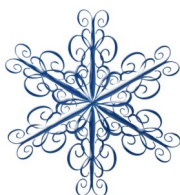
1. Use a humidifier in the bedroom or living room once the humidity drops inside
2. Hot showers or hot baths may sound like heaven, but hot water can wreak havoc on your skin. Instead take lukewarm showers, patting gently afterward with a towel and applying moisturizer within three minutes of stepping out of the shower to lock in moisture.
3. Look for creams with any of the following ingredients: petroleum, mineral oil, linoleic acid, ceramides, dimethicone or glycerin.
4. Keep well hydrated-water keeps the skin moisturized and flushes the toxins out of your body.
5. Use lip balms and lipsticks with moisturizers.
6. Use sun block, even on a cloudy day UV rays still penetrate.
7. Brittle nails can be helped by using Vaseline to moisturize, also keep nails short to prevent a fungus from getting in.

All of the above will help maintain healthy skin for the most part. If you have concerns about your skin you should see your MD or a Dermatologist.

Please remember to update our nurses' office as soon as possible with any medical changes, including medication changes or adjustments, infections, falls or any other concerns .

Thank you & Happy New Year to you all!

Chris Grable, RN, Linda Ford RN & Bobbie Speace RN
From an article written by Jeanine Downie MD., Director of Image Dermatology in Montclair, NJ.



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

Jan 21 Feb 18 March 18

Please RSVP to Gwenda if you plan to attend.



From the Social Worker

Happy New Year! Resolutions anyone?

Many people make new year's resolutions after spending the December holidays eating large meals and too many yummy desserts. I know at Daybreak, thanks to the thoughtfulness and generosity of many in our Daybreak family, there have been many delicious extras to try! All of these little extras we consume at this time of the year lead many of us to make those January resolutions to lose weight, exercise more, eat more healthy foods, get better sleep, etc.

The main problem with resolutions is that people make them too difficult to keep. Instead of saying I will lose weight, try something smaller like, I will drink one less soda a day. Instead of saying I will exercise for 30 minutes a day, start with something smaller like I will park in the back of the parking lot from now on, so I will force myself to walk more. Baby steps may help you to make positive changes in your life that will lead to more positive changes.

Just do the math. If you are able to only drink one soda a day instead of your normal two, you will save yourself from gaining 17 pounds over the course of a year ($(140 \text{ calories per soda} \times 365 \text{ days per year}) / 3000 \text{ calories per pound} = 17 \text{ pounds}$). So, after giving up that one soda per day, at the end of the year, you can say with pride that you avoided 17 pounds of weight gain. This doesn't even take into account all of the extra sugar that you will have avoided. Studies show that sugar causes inflammation. According to theconsciouslife.com, "excessive sugar intake causes tooth decay and has been linked to increased risks of obesity, inflammation and chronic diseases such as metabolic syndrome and type 2 diabetes.

I recently read about a study (*European Journal of Social Psychology*) by Phillippa Lally, a health psychology researcher at University College London. She and her team studied how long it takes to form a habit. They found that it takes "66 days on average before a new behavior becomes automatic," but that this "can vary widely depending on the behavior, the person, and the circumstances," with it taking "anywhere from 18 days to 254

days for people to form a new habit.” They also found that “missing one opportunity to perform the behavior did not materially affect the habit formation process” so if you have a slip-up once in a while, that is okay.

So, try to enjoy the journey to a becoming a better you, one small step at a time. Don't beat yourself up if you miss a day. Don't expect perfection from yourself. Learn from your slip-ups so you avoid situations like that in the future. Remember that forming a new habit is a process that could take the better part of a year. We are trying to form new healthy habits and we have to be patient with ourselves because forming new habits takes time. Try not to be too ambitious; pick something small that you know you can accomplish.

Please be in touch if you have questions or concerns. Wishing everyone a happier and healthier 2019. ~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

Happy Anniversary this month to nurse Linda Ford. Linda has been with us for three years, helping to keep our participants healthy and happy. Linda is a wonderful nurse with a kind and gentle heart. We are very lucky to have her here!

OUR CONDOLENCES



To the friends and family of

*Kate Carroll
Nancy Dahut
Harold Acres
Paola Jayme*

They will be missed.



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.



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.

Activity News



As usual, the holidays whizzed right past and a new year is here! We are going to slow things down a bit to catch up from the go-go-go of December. There are no bus trips scheduled for January or February because, more often than not, we end up cancelling due to the weather! Attendance is nearly to the max each day at the center so I would like to stress the importance of returning field trip sign-up sheets by the 5th of the month. These forms come home on the bus the second-to-last week of the month, which allows 2-3 weeks to select your preferred trips and return to the center. This form can also be found on our website! The easiest way to access it from our home page is to select the Current Families link at the bottom of the screen. Please let me know if you are not receiving the sign-up sheet by bus.

If you didn't already know, Gina provides beauty shop services on Tuesdays and Wednesdays (and other days by appointment). Whether you'd like a one-time 'do' or regular cut or style, Gina will take care of you! Please email me (activities@daybreakadultdayservices.org) or call 301-696-0808 to schedule. Invoices are sent home so that you can send payment in with your driver, by mail or drop off at the front desk. Contact me with questions!

Stay warm...just a few more months until warmer weather!

Until next time...

Rachael Darby

Activity Director|Volunteer
Coordinator



HOLIDAY CRAFTS AT DAYBREAK

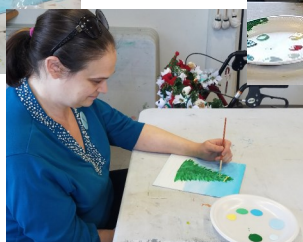
Glitter Pinecones



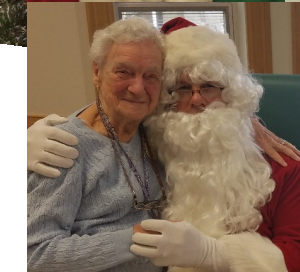
Reindeer Candy Canes



Art Class at The Delaphaine



Santa and his Elf visited Daybreak and thrilled the participants with loads of merriment and joy!



HAPPY BIRTHDAY

January

3rd Liz A.
7th Jim W.
8TH Elaine H.
10th Ivah L.
12th Harold A.
14th Larry G. & Ray S.
24th Evelyn M.
25th Wally F.
30th Joe L.



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.