



DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

February 2019



Kindness
is like snow,
it beautifies
everything
it covers.

7819 Rocky Springs Road, Frederick, MD 21702

301-696-0808 • TTY/HCO 1-800-735-2258

daybreakadulldayservices.org

LOOKING AHEAD - UPCOMING ACTIVITIES



**Crossword
Puzzle**



Karaoke



Drum Therapy



**Manicures for
Men &
Women**



**Tuesday's
Poker with
Tony**

**Tuesday, 2/5
Music w/Pete & Betty**

**Monday, 2/11
Drums w/Bob &
Friends**

**Wednesday, 2/13
The Golden Tones**

**Thursday, 2/14
HAPPY VALENTINES
DAY!!**



Wear your red & pink

**Monday, 2/25
Wear Your Favorite
Hat Day!**

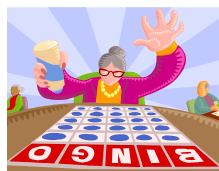
**Friday's PM
Visit w/Snuggi, our
Furry Friend**



Hymn Sing



Bowling



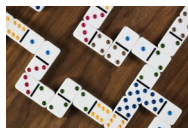
Bingo Games



**Book
Club**



**Birthday
Celebration**



**Dominoes
Tournament**

The Director's Corner

Happy February! I hope this newsletter letter finds you warm and well! It sure has been cold out! We have a couple more months of winter weather ahead no doubt, so be sure to call in to the center on bad weather mornings to determine if we are open on time. It is not always easy to make the weather related decisions, but I do my best to consider both participant and driver safety. Often it isn't the roads that I worry about, it is driveways, steps, porches and walkways. Please make sure yours are always free of ice and snow, or help us with alternative solutions when there is a problem. Many thanks to those who have met us in parking lots, or escorted their family member out to help the driver stay safe.

Goodness knows we don't want to lose a driver! We have been plagued by unavoidable driver absences last month and it will continue in to the next. The schedule and the personnel changes can be challenging for everyone. While we try to keep everyone up to date, I realize that we don't always get it right. I appreciate your patience and I accept your frustrations! They are rightly deserved. If you know anyone interested in a short term, as needed driving job, send them my way!

Speaking of "send them my way"...many thanks to those of you who tell others about your experiences here at Daybreak. Word of mouth referrals are our best source of new admissions. It is amazing to me the number of people who call who had never heard of our services before, but met someone in the doctor's office, or at the library, or heard about it from a coworker. These are great connections and I thank you for making them!

Can you believe that Daybreak has been serving the seniors of Frederick County, and their caregivers, for 30 years! This is our anniversary year and we are very proud to celebrate that accomplishment. Daybreak opened in April of 1989 thanks to the very hard work and dedication of a group of people from Evangelical Reformed Church in Frederick who set the wheels in motion and then brought on a dynamic group of movers and shakers to make it happen. At the time, an idea like adult medical day care was still quite novel, not just here, but across the country. Today there are 140 licensed adult medical day care centers in the state of Maryland, but Daybreak remains the only one that serves seniors here in Frederick County. We are very honored to have had the trust and support of our community for so long. Watch for more information about upcoming events to celebrate our special milestone!

Wishing you lots of love this February, Christina

Community News and Notes

AT THE SENIOR CENTER

The Division of Senior Services is working on some great new programs: (you can sign up to get their Caregiver's Newsletter directly by contacting Mary or Mindy at 301-600-6001)

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 March 20 and be held from 1-3 at the Senior Center. 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. A few of our Daybreak family members took the class last year and are still talking about it. Time very well spent!! If you need to change your schedule here to free you up, please call us!

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

Circle of Friends...Memory Café and More. Friday, February 15, 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

Are you a caregiver who is or was working outside of the home?

Mary Collins at the **Division of Senior Services** is looking for individuals who may be, or have been, working caregivers and would be willing to share their experiences with her for work she is doing on caregiving in the workplace. This information will help inform future programs. All experiences welcome, however specifically what worked well or did not. Have a workplace that was supportive with programs, creativity and flexibility surrounding your role? She'd love to hear. Give her a call 301-600-6001 or email her at mcollins@frederickcountymd.gov

IN THE COMMUNITY

The **Alzheimer's Association** is offering 2 great classes in the community this month:

February 12, 2019 , 2:00-3:00 pm at the Brunswick Library

“Dementia Conversations: Driving, Doctor Visits, Legal and Financial Planning” Call 301-600-7250 for more info.

February 20, 2019 12:30-2:00 at Edenton Retirement Community

“Understanding and Responding to Dementia-Related Behavior”. Call 301-694-3100 to RSVP.

The Four State Alliance for Parkinson's Support is holding a full day **Parkinson's Disease Community Seminar Friday April 12, 2019** at the Otterbein United Methodist Church in Hagerstown. Registration is required and only costs \$10 if you register before March 30. Call Art Guyer for more information: 240-625-2722 or call us to have a flyer sent home. It is a great looking agenda.

PLEASE REMEMBER THAT WE ARE HAPPY TO HAVE YOUR LOVED ONE AT DAYBREAK EXTRA DAYS WHEN YOU NEED US (as long as we have space). If caregiving is what is keeping you from attending these programs, please call us to talk about your schedule!



Money 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. Daybreak, 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!

NURSES NOTES



With Valentine's Day approaching, we often find ourselves focusing on others. It is important to remember to take care of ourselves as well, specifically our hearts. Heart health is a part of everyday living. Healthy People 2020 is a government program designed to help Americans find better health. Healthy People 2020 recommends lowering high blood pressure and high cholesterol. How can this be accomplished? There are a few easy heart tips that we can follow:

- Do buy colorful fruits/vegetables
- Don't buy high fat dairy or meat
- Do buy plenty of nuts and high fiber foods
- Don't buy butter (try Smart Balance, Promise, or Brummel and Brown)
- Do read nutrition labels
- Don't avoid frozen or canned fruits/vegetables
- Don't rush into major changes
- Do buy whole grains

Whole grains have been found to decrease the risk of stroke by 30% and heart disease by 25% and help clean arteries of fat. It is also recommended that seniors exercise at least two hours and thirty minutes a week. The best part is that exercise can be broken into smaller time periods so we don't over do it.

The American Heart Association (AHA) is another great source of information. The AHA has provided some interesting facts about sodium!

- Sodium is essential in a diet and helps control blood pressure, in addition, to making nerves/muscles work properly.
- High levels of sodium can be found in food and in some over the counter medications, make sure to read labels!
- Sea salt has the same amount of sodium as table salt.

- Processed foods account for more than 75% of sodium consumed by Americans.
- Be mindful that poultry, cheese, and bread can have excess sodium in them.

Remember to always make sure to have regular checkups with your doctor. For more information, please visit www.heart.org and www.healthypeople.gov. **Please keep us informed of any medication changes or health issues.** Enjoy Valentine's Day and take care of your hearts!

Chris Grable RN
Health Director



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

Feb 18 March 18 April 15

Please RSVP to Gwenda if you plan to attend.



From the Social Worker

How do you cope?

How resilient are you? How do you cope when faced with challenges in your life? We all face challenges from time to time. What matters is what we do when faced with these challenges. Think about it like this, if you never get knocked down, you never learn how to pick yourself up and carry on. Instead of getting depressed about the negative circumstances, actively take steps to change the situation.

There is a Taoist fable about a farmer who gets a horse, but it runs away. A neighbor tells the farmer that this is bad news and the farmer replies “maybe bad, maybe good, who is to say”. Then the horse returns with another wild horse. The neighbor comments this time on how having two horses is good news. The farmer’s response is “maybe good, maybe bad, who is to say”. The farmer’s son rides the new horse, is thrown from the horse and breaks his leg. The neighbor again comments on this being bad news. The farmer has the same response “maybe bad, maybe good, who is to say”. War breaks out in their village and all able bodied men are drafted. Due to his broken leg, the farmer’s son is not sent to war.

I like this fable because it points out how everything can be seen as positive and negative depending on your perspective. This fable points out the importance of perspective and how you look at events in your life. It also shows how good things can come out of bad things. Trials and tribulations can turn out to be opportunities. Coping with tough times helps strip away all our petty concerns so we can focus on what is really important. We can’t always choose the circumstances of our lives, but we can choose our attitude.

Some constructive coping mechanisms include:

- Meditation/deep breathing to improve focus and reduce negative emotions
- Relaxation techniques like a soothing bath or massage
- Venting/expressing your feelings to a friend, family member or therapist
- Humor and hobbies that recharge you
- Positive reframing (Stop negative self-talk by saying “I can...” instead of “I can’t....”).

- Seeking support, knowledge or untapped resources
- Striving for balance with exercise, healthy eating and adequate sleep
- Forgiving yourself and others
- Asserting your rights
- Taking responsibility
- Demonstrating self-control

There are also maladaptive coping mechanisms to watch out for:

- Avoidance such as sleeping a lot or abusing drugs/alcohol
- Denial or refusing to accept circumstances
- Self-blame
- Ruminating or perseverating in an angry spiral.
-

Remember, it takes strength to admit there is a problem and it takes strength to admit or share your feelings. Remember to pace yourself, set small reachable goals and take things day by day. Hope this information is helpful. If you have questions or concerns, please do not hesitate to get in touch.

~Cheralee Von Ancken, LCSW-C, Social Work

It can be very hard to regulate the temperature in the center so that EVERYONE is comfortable. Some of our participants are cold all of the time! If your loved one is one of those people, please consider sending in a cardigan for them to wear here. We have trouble getting some of our folks to give up their coats on arrival and a cozy sweater to put on might do the trick!





Staff News and Notes

No anniversaries this month, but I will take the space to share my love and appreciation for *all* of our staff. They are a hard working group of men and women who enrich the lives of our participants everyday, and certainly make my job as leader much easier. Many thanks!!



OUR CONDOLENCES



To the friends and family of

*Johnnie Seabolt
William "Buck" Bowie
Janis Howard*

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



After a relaxed month in January, we are ready to party for Valentine's Day! So be sure to wear red and pink on Thursday the 14th for our Sweetheart Dance and join in on the Valentine games and enjoy a sweet treat to celebrate the day. Prizes for best outfits!

Also mark your calendars for Hat Day on Monday the 25th – wear your favorite hat (festive, funny or even your everyday baseball cap) and show it off in the hat show after breakfast. Prizes for the best hats!

There are no scheduled field trips in February but keep an eye out for the March sign-up sheet coming home on the bus the week of February 18th. Sign-up sheets are always available on our website and can be scanned and emailed to me, or sent back to the center with your driver. These forms are due by the 5th of the month to be eligible to attend.

It's still January, with snow everywhere, as I write this, so I don't know yet if the groundhog saw his shadow or not. I'm hoping not! But this time next month we'll be a whole month closer to spring and starting to think about spring clean-up in the courtyard. I can hardly wait!

Until next time...

Rachael Darby

Activity Director|Volunteer
Coordinator



Project Linus

Providing Security Through Blankets

Frederick County, MD Chapter

Last year Daybreak partnered with Project Linus to make blankets for children in crisis. It has been such a popular activity amongst our participants that we are asking for fleece donations again!

HOW CAN YOU HELP?

*Donate NEW and CLEAN fleece in
child and teen-friendly patterns
(1.25 or 1.5 yards)*

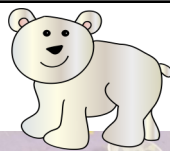
-or-

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

Contact Rachael at Daybreak for more information.
activities@daybreakadulthoodservices.org
301-696-0808

Please help us continue to make this new chapter of Project Linus a success. Any time you can give or any donation you can supply is greatly appreciated!

Winter crafts to keep us busy inside on these cold winter days! Polar Bears and Stick Snowmen.



HAPPY BIRTHDAY

February

3rd Hazel B.
4th Evelyn H.
6th Joanne D.
7th Dave M.
12th Sam W.
18th Fanny M.
22nd Theresa A.
27th Gail S.



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

Board of Directors

Dr. Joseph Devadoss, Chairman

Darlene Crutchley, Vice Chair

Marianne Meighen, Board
Member

Peter Melcavage, Board
Member

Vacant position



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.