



# DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

March 2019

Let your smile  
change the world,  
But don't let  
the world  
change your smile.

REMEMBER DAYLIGHT SAVINGS TIME

Sunday, March 10th

Set your clocks forward one hour.

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**

**Tuesday, 3/5  
Music w/Pete & Betty**

## CRAFTS

**3/4 Leprechaun Hats  
3/7 Shamrock Trucks  
3/12 Shamrock Pins  
3/13 3D Shamrocks  
3/15 Lucky Clovers**

**Thursday, 3/14  
Master Gardeners:  
Tea Cup Succulents**

**Monday, 3/18  
WEAR GREEN  
TODAY**



**Thursday, 3/21  
Visit from New Life  
School**



**Bowling**



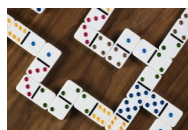
**Bingo Games**



**Book  
Club**



**Birthday  
Celebration**



**Dominoes  
Tournament**



**Hymn Sing**

# The Director's Corner

Hello and happy (almost) Spring. March is certainly roaring in like a lion! I for one am ready to shed my heavy coat and put the snow shovels away! I am inspired by the daffodils poking through the mulch. Spring will be here soon. That means field trips, courtyard time, and longer, sunnier days!

February may have been a short month, but it was busy. Lots of Valentines crafts, games and love! We are looking forward to lots of luck in March as we gear up for St. Patrick's day. We had both love and luck on our side when a surveyor from the Maryland Department of Health and Mental Hygiene, Office of Health Care Quality arrived for our biennial inspection on the 19th. Surveyors are responsible for insuring that we, and other health care facilities, are following all of the rules and regulations set forth by the state. They come unannounced (always at the worst time ) and stay about 2 days. They comb through charts and records, inspect the building, and observe the staff and participants. This surveyor did find a few things that need to be corrected, but they are minor and do not reflect on the quality of care that we provide. In fact, the surveyor was very complimentary about our program. She could see that people enjoyed being here and were well cared for . We are very proud of our program and it was nice to have that validation from the state!

If you haven't been in to see us in a while, please consider coming on Friday April 12, from 5-7pm for our annual Spaghetti Dinner. This delicious, all you can eat feast is a fundraiser to support our subsidy program. Ann's sauce is legendary and the company is great. A great price all for a good cause! Last fiscal year, Daybreak used over \$190,000 to subsidize the cost of attendance for those who couldn't afford the daily rate; that translated to 4110 days for 110 unique clients. The money used for subsidy comes from various grants, donations and fundraisers. We never have enough money to meet the need, which is why events like the dinner are so important. Please help spread the word and share the enclosed flyer or hang it at work, school, church, Facebook, etc. If you need another flyer or want the electronic version, please call Gwenda!

The Spaghetti dinner is the first of our fundraisers this year. We have a few more things planned, as well as some celebrations. Did you know that Daybreak is 30 years old this year! Stay tuned for more details!

Have a great month, 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)

**Circle of Friends...Memory Café and More. Friday, March 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. You won't want to miss this one...our very own LeAnn Moore is leading a fun exercise class before lunch!

**Chat with Joy:** Come to this informal presentation to learn more about the Senior Tax Credit. If you are Frederick County homeowner I urge you to attend to learn how you might be able to save some money!  
**Thursday March 14 at 11:00 am** at the Frederick Senior Center.

**Dementia LIVE!** This is an immersive dementia training that will help participants gain a better understanding and appreciation for what it is like to have dementia. Multiple dates in multiple locations throughout the county. Contact Mary or Mindy for more information 301-600-6001 or call us and we will send you a flyer.

**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!

## IN THE COMMUNITY

**YMCA Parkinson's Support Group Speaker-** Join Mackey Stafford, Psychiatrist, for a presentation "Parkinson's More than Motor Symptoms" on Saturday, March 16 from 12 p.m. until 2 p.m. at the Frederick YMCA.

## **SAVE THE DATES**

**April 7: Brunswick Safety Days:** a great community event at the Brunswick Fire Station. Lots of activities and information for the whole family. Stop by the Daybreak table and say hello! 12:00-3:00 pm.

**April 12: 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.

**July 10: Veterans Recognition and Resource Day** 9 a.m. until 2 p.m. at the Frederick Senior Center. Featuring Keynote Speaker, Colonel Laureen Barone, USA, Retired, Department of Veterans Affairs. Division of Senior Services 1440 Taney Ave Frederick

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



We are very concerned about the safety of our participants at the Center and we know you are at home as well. Here are Four things YOU can do to prevent falls:

1. **Begin a regular exercise program.** Exercise is one of the most important ways to lower your chances of falling. It makes you stronger, improves balance and makes you feel better. Lack of exercise leads to weakness and increases your chances of falling.
2. **Have your health care provider review your medications.** Have your Dr. or pharmacist review all the medicines you take, even the over-the-counter meds. As you get older, the way medications work in your body can change. Some medicines, or combinations of medicines, can make you feel sleepy or dizzy and can cause you to fall.
3. **Have your vision checked.** Have your eyes checked by an eye doctor at least once a year. You may be wearing the wrong glasses or have a condition like glaucoma or cataracts that limits your vision. Poor vision can increase your chances of falling.
4. **Make your home safer.** About half of all falls happen at home.
  - a. Remove things you can trip over like papers, books, clothes and shoes from stairs and places where you walk.
  - b. Remove small throw rugs or use double-sided tape to keep the rugs from slipping.
  - c. Keep items you use often in cabinets you can reach easily without using a step stool.
  - d. Have grab bars put in next to your toilet and in the tub or shower.
  - e. Use non-slip mats in the bathtub and on shower floors.
  - f. Improve lighting in your home. As you get older, you need brighter lights to see well. Night lights in bathroom and hallways can be helpful.
  - g. Have handrails and lights put in on all staircases.
  - h. Wear shoes both inside and outside the house. Do not wear slip on shoes or clogs without a back or strap for support. Make sure shoes are comfortable and fit. Avoid going barefoot or wearing slippers.

I hope these suggestions are helpful.

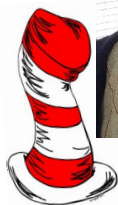
Please remember to call the nurses to let them know if any participant has a fall at home, especially if there is a bruise or wound. That way we can monitor them and treat the wound if needed.

Chris Grable RN

Daybreak Health Director



# Having Fun with Hats on Hat Day!





# From the Social Worker

## How strong are your connections?

As human beings, our connections with others are so important to us. It is through these connections that we form friendships and gain a feeling of belonging. Attending Daybreak Adult Day provides opportunities for people to form connections, make friends and gain that feeling of belonging to a group. When you take the time to make a connection with someone, you are confirming to that person their inherent worth as a person. March is social work month and one of the key components of our code of ethics is to see the inherent worth and dignity of each person. This is so important. For this same reason, support groups are also very important. When you are struggling with something like the demands of care giving, you can feel very isolated. Attending a caregiver support group meeting provides so much more than an hour or two of respite, it provides an opportunity to make a connection with someone over a shared struggle or a knowing nod as you describe something difficult that happened this week.

One other relationship that is important to strengthen is that with the person you are caring for. In some cases this is a parent. I came across this thoughtful list of questions to ask a parent on the AgingCare.com website. Asking these questions, may help you feel closer to your parent. This list was generated by elder care experts and includes questions they would most like to ask their own parents. Try them and see what you learn. Maybe you will strengthen your relationship and feel a renewed sense of purpose as you continue to do what you do to make someone you love's life brighter and load lighter. Below are the questions from AgingCare.com:

1. In what ways do you think I'm like you? And not like you?
2. Who is the person who influenced your life the most?
3. Do you have a lost love?
4. Which new technology have you found most helpful in your life.....and which is most annoying?
5. Is there anything you have always wanted to tell me but never have?
6. Is there anything you regret not having asked your parents?



1. Do you wish anything had been different between us, or would you still like to change anything?
2. What was the happiest moment of your life?
3. What are you most proud of?
4. How did your experience in the military mold you as a person?
5. What are the most important lessons you've learned in life?
6. What is your earliest memory?
7. Did you receive an allowance? How much? Did you save your money or spend it?
8. Who were your friends when you were growing up?
9. What was your favorite thing to do for fun (movies, beach, etc.)?
10. What was school like for you as a child? What were your best and worst subjects?
11. What school activities and sports did you participate in?
12. Do you remember any fads from your youth? Popular hairstyles? Clothes?
13. What world events had the most impact on you?
14. How would you like to be remembered?

Some of these questions are very deep, but others are more superficial. Take your time with them and pick and choose as you wish. You might be very surprised by what you will learn about someone that you have known your entire life.

If you have any questions or concerns that I may be of help with, please do not hesitate to contact me. I am wishing everyone an early and healthy spring.

~Cheralee Von Ancken, LCSW-C, Social Worker

## OUR CONDOLENCES



*To the friends and family of*

*Mary Gamble  
Gladys Kornblith*

*They will be missed.*



## Staff News and Notes

We celebrate 2 anniversaries this month:

Driver **Bob Roberson** has been with us for **1 year**. Virtually all of you have met Bob at one time or another as he is our fill-in driver, covering every route at some point. Bob is easy going, flexible, and willing to go wherever we send him. Thank you Bob!

Kitchen Assistant **Doris Sivers** has also been with us for **1 year**. Doris is a whirlwind in the kitchen, helping Ann with meals and keeping the dining room clean and ready. Doris has a kind and patient heart and is a big help to all. Thank you Doris!



# HAPPY BIRTHDAY

March

11th Evelyn K. & Beverly S.

13th Judy Y.

15th Elizabeth P. & Vernon B.

16th Henryetta F.

18th Howard W.

21st Eleanor S.

24th Patsy L.

26th Mary W.

30th Michelle W.



## 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).

## 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*

*March 18      April 15      May 20*

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

# Activity News



I just finished putting away the snowmen and snowflakes that were decorating the center, and soon all the pink and red will be put away as well. This means St. Patrick's Day decorations will be emerging from the basement and green is a sign of SPRING! Though it's not over yet, I can't believe how quickly this winter went by. I'm not complaining.

We're starting bus trips again in March and the sign-up sheets went home the week of February 18th. These can be given to your bus driver to return to me by the 5th of March. Since we took a couple months off from trips, you might be wondering how much money is in your field trip account. Feel free to call or email (email is preferred) me for a balance update. I'm looking forward to getting out for some fresh air and enjoying those first warm days of spring!

We have a bunch of St. Patrick's Day crafts planned for the first part of March and then spring crafts after the holiday. Be sure to wear green on Monday, March 18th when we will all be Irish for a day!

Many thanks to our Daybreak family and friends who have donated fleece for Project Linus blankets. We are excited to get our 'Blanketeers' together again for weekly blanket making – we've missed it!

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](mailto: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!



## ITALIAN DINNER ALL YOU CAN EAT



### Where & When

Dine In or Take Out  
Daybreak Adult Day Services  
**Friday, April 12, 2018**  
**5:00 – 7:00 PM**

### Menu

Spaghetti  
Salad w/Dressing  
Italian Bread  
Chocolate/Vanilla Ice Cream  
Iced Tea, Lemonade, Coffee, Tea

### Tickets

Daybreak Adult Day Services  
7819 Rocky Springs Road  
Frederick, MD 21702  
301-696-0808

Adults (11-64)	\$12.00
Children (3-10)	\$ 8.00
Children Under 3	Free
Seniors (65+)	\$10.00
(Take out \$1.00 extra per person.)	

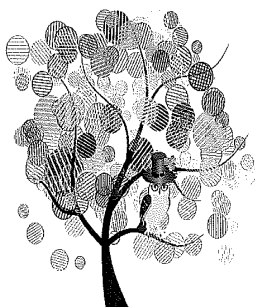
Be Sure to Invite Family, Friends, & Co-Workers!

Thank You for Supporting Daybreak,

A 501.3 organization.

Donations will be used for our subsidy program.





# Circle of Friends Memory Café & More

A place for family, friends and fun.

## When

Friday, Mar 15, 2018

11:30 am

## Where

Frederick County  
Senior Services Division  
1440 Taney Avenue  
Frederick, MD 21702

## RSVP

Space is limited. Please  
RSVP to 301-600-6001 or  
[caregiversupport@frederickcountymd.gov](mailto:caregiversupport@frederickcountymd.gov)

## In Partnership With

FREDERICK COUNTY  
SENIOR SERVICES DIVISION



**Right  
at  
Home**

In Home Care & Assistance

alzheimer's association



**Tranquillity**  
at FREDERICKTOWNE  
Assisted Living & Memory Care

This program offers a safe and relaxed place where caregivers, the person for whom they care, families, friends, and health and social professionals come together to share a meal, friendship and activity.

Meetings are held the 3rd Friday of each month.  
Come for the activity, meal, or both.

Join us in March

**For lunch & fitness!**

# FUNfitness

Lunch Sponsored By



**HomeCentris  
HEALTHCARE**

HOME-CENTRIC HEALTHCARE STRATEGIES

Activity Sponsored By



**DAYBREAK**  
ADULT DAY SERVICES

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



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.*