



DAYBREAK
ADULT DAY SERVICES

DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

April 2019



let your joy
burst forth...
like flowers in the
spring



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**

**Monday, 4/1
Participant's Council w/
Christina**

**Tuesday, 4/2
Decorate the Seasonal Tree**

**Monday, 4/8
Volunteer Appreciation**

**Thursday, 4/11
Master Gardeners
to Visit**

**Wednesday, 4/17
Hood Student
Volunteers**

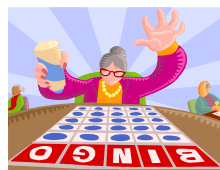


**Friday, 4/19
Easter Egg Hunt w/
Kindercare Kids
Bunny Hop
Egg Relays**

**Thursday, 4/25
"Beauty Takes Flight" w/
Kathy Barylski**



Bowling



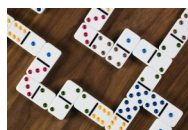
Bingo Games



**Book
Club**



**Birthday
Celebration**



**Dominoes
Tournament**



Hymn Sing

The Director's Corner

Spring Greetings to all! I've seen some daffodils in bloom and am excited about the warming trend. Hopefully we dry out a bit and can get outside to enjoy it! March has been another busy month that sped by. We were excited to host a group of graduate students from a variety of Maryland colleges, here for a full day of training and exposure to the field of geriatrics through the GAIT program, sponsored by the Maryland Area Health Education Center. They interviewed a number of our participants, talked with our professional staff, and heard a very impactful presentation by some of our family caregivers. We hope that our participation in some small way will help change the future of geriatric healthcare!

We have a lot going this coming month: field trips, health fairs, and fundraisers! I hope that you will mark your calendars, tell your friends, and join us Friday, April 12 for our Annual Spaghetti Dinner Fundraiser. Drop in any time between 5 and 7 pm for a delicious, all you can eat feast that will include spaghetti with Ann's famous meat or plain sauce (or just plain buttered), garlic bread, salad, and ice cream for dessert. See the flyer inside or on our Facebook page for more details. This is a fundraiser to support our programs at Daybreak and we are hoping for a big turnout. Please spread the word!

We are also excited to be raffling off a spectacular quilt that was handmade by our volunteer Nancy Losardo (Tucker's "mom".) Nancy took fabric that was donated by the family of one of our former participants and turned it in to a beautiful 74"x74" quilt in shades of red, white, grey and black. Tickets are \$2 each or 6 for \$10. We won't be drawing the winner til October so you have lots of opportunities to purchase them, or even help to sell them if you are so inclined. We are also happy to send the quilt on the road. If you are having an event and would like to display it and sell tickets we would be happy to accommodate! It will be on display at the spaghetti dinner and then in the front lobby, or see it (and share it) on Facebook!

One of the biggest needs for fundraising dollars is for our subsidy program. So many of our participants couldn't afford to be here if they weren't getting some financial help. With grants, donations, and fundraising money, we are able to help by reducing rates to more manageable amounts for those that need the help. The more money we have in the subsidy pot, the more we can help! Please call me if you have any questions.

I hope to see you at the Spaghetti Dinner, and Happy Spring!

Fondly, 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, April 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.

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.

IN THE COMMUNITY

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.

May 1, 2019: Senior Law Day: This is a fantastic opportunity to get health care advance directives completed by a lawyer FOR FREE! We will have an attorney here at the center from 1-3 and there will be others at all of the senior centers. You must RSVP to secure a 30 minute time slot. Please call Gwenda if you wish to secure a spot here, or call the Division of Senior Services to discuss other locations.

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

A TOWN HALL AND RESOURCE FAIR FOR THE FAMILY CAREGIVER

Facilitated by MD Delegate Karen Lewis-Young, member Maryland Commission on Caregiving

“The Maryland Commission on Caregiving is conducting a Town Hall to hear the voices of the caregiver from across the lifespan”

April 25, 2019, 5-8 pm C. Burr Arts Public Library
110 East Patrick St. Frederick, MD 21701

Questions? Contact Grace Fisher at 410-767-7055 or
grace.fisher@maryland.gov



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



-Tis the season for sneezing and wheezing: How to beat spring allergies

While many eagerly await the spring, the budding trees and growing grass can mean a season of sneezing and wheezing for millions of allergy sufferers. Spring allergies, also called seasonal allergic rhinitis, affect as many as 30 percent of adults and up to 40 percent of children. Common symptoms include:

- Sneezing
- Stuffy or runny nose
- Fatigue
- Sore throat
- Itchy or watery eyes

Avoiding the things that trigger your allergies can also help. Here are some tips:

- Keep windows closed during pollen season, especially during the day.
- Stay inside during mid-day and afternoon hours when pollen counts are highest.
- Take a shower, wash hair and change clothing after working or playing outdoors.
- Wear a mask when doing outdoor chores like mowing the lawn. An allergist can help you find the type of mask that works best.
- Take your prescribed medications as ordered & keep rescue inhalers with you at all times.

What are allergies? Allergies are diseases of the immune system that cause an overreaction to substances called allergens.” Allergies are grouped by the kind of trigger, time of year or where symptoms appear on the body. People who have allergies can live healthy and active lives.

How can I tell the difference between a cold and an allergy?

You can tell the difference by your symptoms. Not everyone may be able to tell without a doctor’s diagnosis. However, here are some clues:

- With an allergy you don’t have a fever or muscle aches, but with a cold you might.
- Allergies last weeks or months, while colds last only 7 to 10 days.
- Nasal discharges caused by allergies are usually clear, thick and watery, while a cold starts off clear but changes to thick, yellow/green.
- With allergies you may have itching in the ear, nose and throat. With colds, this itching is rare.
- Sneezing spells are common with allergies and rarely occur with colds.
- Allergies occur during different seasons depending on what you are allergic to. Colds occur mostly in the fall and winter.

Please update Daybreak with any changes in medications or health concerns.

Also, please keep your loved ones home if they are suffering with a persistent cough, runny nose or a fever, to help us reduce the risk of infecting others.

Thank you!

***Chris Grable RN ,Health Director, email RN@daybreakadultdayservices.org.
American College of Allergy, Asthma, & Immunology© www.acaai.org Asthma
& Allergy Foundation of America© www.aafa-md.org***

Law Day



Wednesday, May 1, 2019

Have an Advanced Directive Prepared by an Attorney at No Cost!

**Schedule a FREE appointment to meet with an attorney
At Daybreak Adult Day Services**

RSVP TODAY 301-696-0808. Space is Limited

- Name your Health Care Agent(s) – the person or persons that will make health care decisions for you
- Decide when your Agent's power becomes effective
- State your desires concerning the administration or withholding of life sustaining procedures if you are unable to give instructions regarding your care due to an end of life condition (incurable disease, terminal condition, persistent vegetative state, end stage condition or injury). This includes choice(s) of artificial nutrition and hydration and/or all available interventions
- Customize with your personal instructions and statements
- Choose pain relief to relieve pain and suffering
- State your wishes regarding organ donation, or the donation of your body
- State your desires and preferences regarding funeral and burial, cremation, memorial service, or other final instructions

***This event is sponsored by the Elder Law Section of the Maryland Bar Association
and the Frederick County Senior Services Division***



From the Social Worker

It's April, don't get fooled!

One need only watch the evening news to hear about yet another scam targeting seniors. According to the National Council on Aging (ncoa.org), the top ten financial scams that target seniors are:

1. Medicare/health insurance scams – Someone pretending to work for Medicare calls and asks for your personal information to bill Medicare for services you have not received. Remember “a legitimate Medicare employee would **NEVER** ask for your personal information over the phone or in an email” (MyMedicareMatters.org). Call 1-800-Medicare if you are concerned this may have happened.
2. Counterfeit prescription drugs – Some seniors search the internet for cheaper medication prices and can end up with ineffective or dangerous substances and not the medications they need.
3. Funeral/cemetery scams – Scammers use information gathered from obituary notices to call family members and say the deceased owed money. Grieving families may be talked into more expensive and often unnecessary funeral extras (a wooden coffin is not necessary for cremation).
4. Fraudulent anti-aging products – Phony rip-off products that seem too good to be true with unbelievable before and after photos separate you from your money. Sketchy places offer botox (botulism neurotoxin, which is one of the most toxic substances) that could be dangerous when formulated or administered incorrectly.
5. Telemarketing/phone scams – Fake charities pop up after natural disasters preying on your sympathies; donate to reputable charities you are familiar with instead. Don't be fooled by someone telling you a family member is in the hospital and needs money wired ASAP or a grandchild has been kidnapped and you need to send gift cards right away.
6. Internet fraud – By opening a pop-up ad on your computer or clicking a link in an email, a virus can infect your computer and you may receive a message that “all files will be lost unless you pay...” or you may receive an email from a company you are familiar with asking you to update personal information only to find out the email is not from that company at all, but someone else pretending to be from the company to steal your information.
7. Investment schemes/pyramid schemes.

8. Reverse mortgage scams where someone pressures you into a reverse mortgage to unlock and access your home's equity.
9. Sweepstakes and lottery scams where you receive a phony check once you pay taxes on your prize only to find out that the check you received is no good, but too late, since the criminal already has cashed the check you sent to cover taxes on "prize" won.
10. The grandparent scam – Someone calls, saying "Hi, Grandma, do you know who this is?" Grandma guesses a name and the scammer has all of the info they need without having to do any work, to manipulate grandma to help a "grandchild" who needs money. The "grandchild" (scammer) often asks grandma to please not let the parents know.

If you suspect a crime, call the police at 301-600-2102. Call your bank to stop payment if you believe your account has been compromised or money has been taken. You can also call Adult Protective Services at 301-600-2635.

Do not be embarrassed if this has happened to you. The fact is that this has happened to many people. Do not answer the phone if you do not recognize the number; if it is important, they will leave a message. Another option is to say, "I never buy anything over the phone, please send me something in writing". It is also important to shred all important papers, old checks, anything with a credit card number, insurance number or Medicare number before throwing these out or recycling them; criminals are not above going through your trash to steal your identity. Never give out any important information over the phone unless you made the phone call.

I hope this information is helpful and that everyone has a wonderful spring! Please let me know if you have questions or concerns.

~Cheralee Von Ancken, LCSW-C, Social Worker

OUR CONDOLENCES



To the friends and family of

Ralph Wiles

He will be missed.



Staff News and Notes

Some big anniversaries this month:

Ann Fogle, our wonderful kitchen manager celebrates **11 years** with Daybreak! Ann keeps everyone well fed and our kitchen in great working order. Thank you for all you do Ann! Program Director **Christina Forbes** also celebrates **11 years** at Daybreak, 7 as Director. Wow how times flies! I can't imagine being anywhere else!!

Program Assistant **Opy Ajisegiri** celebrates **5 years**. Opy shares his kind and caring heart with our participants and is a huge help around the center, doing odd jobs to help out whenever he is asked. Thanks for ALL you do Opy!

Activity Assistant **Ana Jones Casillas**, celebrates **1 year** with us. Ana oversees the Young at Heart dementia program and keeps those folks happy and engaged everyday! We are so very glad to have Ana on the team!

Here is some fantastic advice that was shared at last month's support group:

Communicating with Someone with Dementia

1. Never Argue— Instead **Agree**
2. Never Reason, Instead **Divert**
3. Never Shame, Instead **Distract**
4. Never Lecture, Instead **Reassure**
5. Never say Remember, Instead **Reminisce**
6. Never say "I told you", Instead **Repeat**
7. Never say "you can't, instead, **tell them what they can do**
8. Never Demand, Instead **Ask**
9. Never Condescend, Instead **Encourage**
10. Never Force, Instead, **Reinforce**

Original source unknown but advice tried and true!

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

April 15

May 20

June 17

Please RSVP to Gwenda if you plan to attend.



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.

Activity News



I always look forward to those first few warm spring days in March that are inevitably followed by rain, cold, wind and sometimes snow, but it's a reminder that spring and summer are on the way! We'll be starting spring clean-up in the courtyard and getting ready for participants to plant our veggies, herbs and flowers...we are so ready to sit in the courtyard for activities! At my house we decided to go ahead and tackle the spring yard work early this year; the kids were at their grandparents so we had *7 uninterrupted* hours to get the yard done and some serious inside cleaning and organizing – it was amazing. I opened the windows, lit a springy-smelling candle and we set to work!

The activity gals here at the center did a little “spring” cleaning of our own in January; it's incredible how much this building holds! So many wonderful donations of supplies and decorations from family and community members over the years, it was a great opportunity for us to see everything we have to work with. We put away all the St. Patrick's decorations last week and brought up the spring and Easter boxes – decorating is one of the many things we love about our job!

Here's hoping these spring days continue!

Until next time...

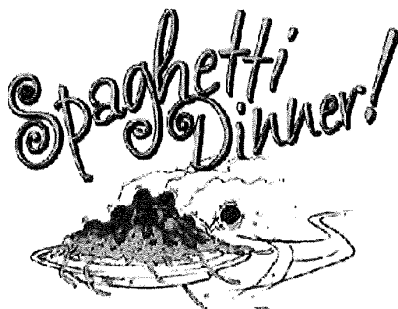
Rachael Darby

Activity Director|Volunteer
Coordinator





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.

St. Patrick's Day Shenanigans!!



HAPPY BIRTHDAY

APRIL

5th Larry J.
9th Maude B.
22nd Harvey Y.
25th Pearl P.

QUILT RAFFLE

TO BENEFIT



DAYBREAK ADULT DAY SERVICES

**Tickets are
\$2 each
or 6 for \$10**

*Handmade 74 X 74
quilt in beautiful shades
of black, grey, and red.*



**Raffle winner will be drawn October 4 and
contacted by phone.**

Many thanks to Nancy Losardo for creating this spectacular quilt, and
to the family of Betty Gates for donating the beautiful fabric.

Please call Daybreak with any questions or to purchase tickets! 301-696-0808

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

Randy Jones, Board Member



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.