



DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

May 2019



Monday, May 27th, is MEMORIAL DAY! Daybreak will be closed. Wishes for everyone to have a happy and safe holiday!

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**



Mondays
Team Scrabble
Hot Topic Discussion
Table Top Games
You Be the Judge

Tuesdays
New Furry Friend Kasey
Poker w/Tony
This or That Game
Giant Parachute
Mystery Bag

Wednesdays
Category Puzzle
Pictionary/Charades
Summer Favorites A-Z

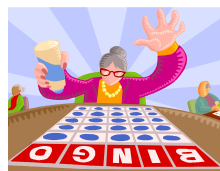
Thursdays
Test Your Knowledge
Giant Crossword Puzzle
Ten-Minute Mysteries
Watercolors

Fridays
Group Exercise
Word Mining
Jewelry & Beadwork
Music Bingo

**Tuesday's
Poker with
Tony**



Bowling



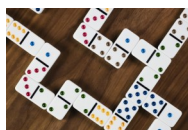
Bingo Games



**Book
Club**



**Birthday
Celebration**



**Dominoes
Tournament**



Hymn Sing

The Director's Corner

Hello and Happy Spring. I hope that this newsletter finds each of you well. April was a busy month at Daybreak, and May is looking no different. We are so happy to be back in the courtyard. MANY thanks to the Subaru Club of Frederick County who spent a Saturday here weeding and mulching the courtyard. It looked so pretty with the spring flowers and trees in bloom! Everyone has been happy to get outside and enjoy the fresh air!

I must say THANK YOU to *all* of our amazing volunteers. April was Volunteer Appreciation month and we were happy to have many of our regulars join us for a celebration in their honor. From singers and music makers, card players, and pets to lunch servers and blanket makers, we are truly blessed to have such wonderful volunteers. Their ages range from young students to senior seniors. They give freely of their time and their smiles and definitely help us do more for our participants.

We are very excited about a new volunteer relationship that is blooming this spring. The Matan Company, best known for their local real estate and development business, has selected Daybreak to be their outreach agency this year. They will be sending staff to volunteer with activities AND to do some projects, like painting, around the center. We are still in the early planning stages, but I am very excited about the possibilities!

If you know of someone who is looking for gratifying volunteer work, or an agency looking for an outreach opportunity, please have them call us. We work hard to create an experience and a schedule that works for each individual. It could be a one time thing, or the start of long relationship!

Please keep an eye out this month for a package coming home with lots of important information from the center. It is time to start getting ready for the new fiscal year, which means income verifications and revised subsidy rates. We will also be sending home satisfaction surveys and confirming emergency contact information. My hope is to get them out to you by mid-month so they are back here by June 1. The satisfaction surveys are important, not only to help us improve how we do business, but some of our grants require us to solicit feedback as a means to gauge the effectiveness of the grant. Please take the time to go through these packets and get the information back promptly.

Special wishes to all of the moms in our midst. Wishing you many blessings, not just on Mother's Day, but everyday!

Fondly, Christina

Community News and Notes

AT THE SENIOR CENTER

Circle of Friends...Memory Café and More. Friday, May 17, 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. Daybreak is sponsoring the craft activity this month...come check it out!! There are other Memory Café's held throughout the county. Call Mary or Mindy (301-600-6001) to find one close to you.

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.

Medicare/Medigap Information Sessions: Wednesday, May 8, 9:30 a.m. or Friday, May 17, 12:20 p.m. Seating is limited. Reserve your seat by calling 301-600-1605. All workshops are held at the Senior Services Division, 1440 Taney Avenue, Frederick.

Groceries for Seniors: Friday May 3, 1-2pm. 1440 Taney Ave. This is an easy drive through food bank to help seniors who are struggling to make ends meet. Sponsored by Seed of Life Nursery and the Western MD Food Bank.

IN THE COMMUNITY

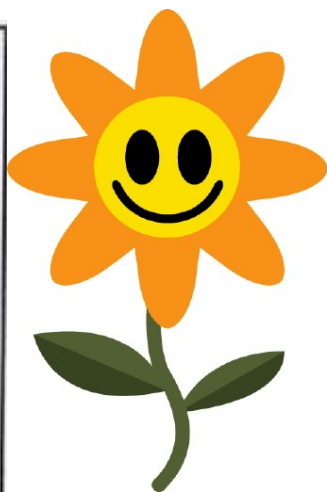
June 19: Food for Thought– A Learning Lunch for Caregivers: Dementia Conversations. The Restaurant at Edenton Retirement Community. Lunch at 11:30, presentation 12-1. For information or to RSVP call Jennifer Holmes 301-694-3100 or jholmes@edenton-retirement.com

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

HAPPY MOTHER'S DAY!

MOM'S FAVORITE SAYINGS

1. What part of no don't you understand?
2. I don't care who started it!
3. Money doesn't grow on trees.
4. Your face is going to freeze like that.
5. Your hands are not broken.
6. Beds are made for sleeping, not jumping.
7. No one said life is fair.
8. Eat your vegetables.
9. I don't know is NOT an answer.
10. Because I said so...That's Why!



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



10 STEPS FOR SUCCESS MANAGING MEDICINES

- 1. Know the medications you and your loved one take.**
Know names, reason for use and possible side effects.
Ask pharmacist or doctor if you don't understand the instructions.
Contact your pharmacist or doctor if you are having side effects.
Bring an updated medicine list to all your doctors' appointments.
- 2. Take your medications exactly as directed.**
Make sure you understand the directions and ask for clarification when needed
- 3. Continue taking all your medicines until the doctor says to stop.**
- 4. Keep your list of medicines current.**
Keep an updated list of all your medications, sample medicines, over the counter medicines, vitamins and dietary/herbal supplements.
- 5. Do not use old or expired medications.**
Be sure to dispose of them properly and promptly
- 6. Store medicines in a cool and dry place and keep in one location**
Do not store medicines in the heat (e.g. near a stove), direct sunlight (on windowsill) or in a wet and damp place (bathroom).
Keep all medicines in one place unless they need to be stored in a fridge.
- 7. Use only one pharmacy.**
Use only one pharmacy or one pharmacy chain (e.g. CVS, Giant etc.) for all prescription medicines.
- 8. Ask your doctor or pharmacist before taking over the counter medicines.**
- 10. Read all your medicine labels and written instructions before taking each medicine especially new ones.**
- 11. Send an updated list of medicines to Daybreak whenever there is any medication changes. This is so we are aware of the change, reason for the change and can monitor for possible side effects. This is the only way we can provide the best possible care for each of our participants.**

Thank you all,
Chris Grable RN
Health Director Daybreak Adult Day Services

OUR CONDOLENCES



To the friends and family of

Ruth Ann Johnson

She 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@daybreakadultdayservices.org.

**You
can't
beat 4
legged
LOVE!**





From the Social Worker

CPR or NO CPR?

CPR is an acronym for Cardiopulmonary Resuscitation. The American Heart Association defines CPR as follows: Cardiopulmonary resuscitation (CPR) is a combination of rescue breathing and chest compressions delivered to victims thought to be in cardiac arrest. When cardiac arrest occurs, the heart stops pumping blood. CPR can support a small amount of blood flow to the heart and brain to “buy time” until normal heart function is restored. <http://www.americanheart.org/presenter.jhtml?identifier=4479>

CPR is initiated immediately by any one trained in the procedure. It could be a doctor or nurse if you are in the hospital when it occurs, or it could be a passerby if it happens when you are out in public. Typically when CPR is started in the community, 911 is also called. On arrival, the EMTs would take over and you would be transported to the hospital, where further life sustaining measures would be employed. If your heart stopped beating when you were at Daybreak, our staff (we are all certified in CPR) would initiate CPR and 911 would be called.

But CPR doesn't have to be initiated. Some people consider the heart stopping on its own a reasonable end to life. They choose instead to be kept comfortable, with no CPR, recognizing that the likelihood of death is almost certain. These people have chosen to have their doctor complete an order for “DNR”, which means Do Not Resuscitate. Some of you have considered this issue when you completed a living will. Please understand that a living will itself does not give us permission to withhold CPR. In the state of Maryland, there is a very specific, standard form that must be completed by your doctor that tells us and Emergency Medical Services that you are not to be given CPR. Consider the fact that, unlike other life prolonging treatments, CPR must be started immediately to be most effective. There is no time to consult a legal document, or to call a family, and certainly the patient is in no position to share their opinion when unconscious.

If you make a choice NOT to have CPR, you must make it in advance, discuss it with your doctor, and have your doctor complete the “Maryland Medical Orders for Life Sustaining Treatment” Form (MOLST). You must then share this order with those who you spend time with. Obviously we would want a copy here. You would want your family to know, and to have a copy close at hand in case EMS was ever called to your home. Remember, without that specific form, we (and EMS) are legally obligated to initiate CPR.

Why would someone decide NOT to have CPR? There are many things for you to consider. First, consider the physical act of CPR itself. CPR is not delicate. The person administering the chest compression must push hard enough to move the sternum (your breast bone) and make the heart pump.

Even a fit athlete will suffer bruising and possibly some cracked ribs if CPR has been done. If you are petite and frail, CPR will surely cause cracked ribs and severe bruising. For some, that is an acceptable trade off, others may disagree. The choice is very personal. Other medical conditions should also be taken in to consideration. Obviously if someone has a preexisting terminal condition, doing CPR would cause pain and suffering that is unnecessary. The more medically compromised a person is, the less likely that CPR would be effective at sustaining life. The statistics below were found on a web site promoting compassionate end of life care. (<https://jenniferbrokaw.com/10-misunderstandings-about-health-care/>)

- Survival rate of CPR on television shows: → 67%
- Actual in-hospital survival rates for CPR:--> 15%
- Out of hospital survival rates for CPR --> 7% (with rates even lower for frail elders and individuals with advanced chronic illness such as Alzheimer's, Parkinson's or end-stage heart, lung or kidney disease.

If you or your loved one falls in to the category of “frail elder” or “individual with advanced chronic illness” as defined above, you really need to think carefully about the CPR choice. Is the pain and trauma of CPR (dying in the hospital, neurologic damage, rib fractures, etc) something you want to endure if the likelihood of survival is so poor? For some the answer will be yes, for others, no. There is no right or wrong answer, it is a personal choice.

If you choose not to have CPR, you are instead making a choice to have “comfort measures only” If your heart stopped beating here at Daybreak, we would make you as comfortable as possible and we would never leave your side. We would call 911, and we would share your DNR form with them. They would transport you to the hospital where a physician would determine if your heart had indeed stopped. Your family would be called to join you.

It is hard to think about death, and even harder to talk about. I urge you to take control of your own experience. Have an honest discussion with your family about your wishes, and then have that discussion with your doctor. Don't wait for him or her to raise the issue, most don't. Advocate for yourself and choose to face the end of life as you see fit.

Article by Christina Forbes, LMSW, originally printed July 2010

If you are a Daybreak participant or family member and have questions about CPR status or would like a copy of the Maryland Medical Orders for Life-Sustaining Treatment (MOLST) form to read over for future discussion with your doctor, please do not hesitate to let me know. Your wishes for your care are most important.

I want to wish a happy mother's day to all of the mothers and other nurturers. Thank you for all you do!

~Cheralee Von Ancken, LCSW-C, Social Worker



Staff News and Notes

Anniversaries

8 years: Health Director Chris Grable RN.

Chris is a talented nurse who cares deeply for our participants. From hangnails and hugs to major medical crisis, she takes wonderful care of our participants AND manages all of the paperwork and logistics that our regulations require. We are very lucky to have Chris at Daybreak!

7 years: Receptionist "Plus" Gwenda Roberson.

How she does it I don't know (as anyone who has walked in when I am covering the desk can see!) Gwenda manages the busy entrance, the phones, and SO much more. She makes everyone feel welcome and helps all of the staff stay organized and on task.

5 years: Program Assistant Amy Vanderhuff

Amy is a kind and caring nursing assistant who makes sure that our participants get the help that they need when they need it. She helps keep our supplies organized and things running smoothly and is quick to take on extra tasks when asked.

3 years: Social Worker Cheralee vonAncken

Cheralee is a kind and compassionate social worker who helps our participants and families with challenges and questions both little and big. She has a kind heart and a deep resource folder and is quick to help anyone in need.

Thank you all for the amazing work you do every day!

Hellos and Goodbyes

We say farewell this month to 2 of our Activity Staff. Activity Assistant Ana Casillas Jones has left to pursue a new adventure. We will miss her and wish her well. As Activity Director Rachael Darby shared in her article, she is leaving us too, and taking on the wonderful job of full time Mom. We are going to miss her terribly, but are excited for her and her family. We wish all of the Darby's the best!

I am excited to share that our new Activity Director, Heather Mullican, will be starting May 1. Heather comes with many years of senior activity experience and is very excited to be joining the Daybreak team!

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

May 20

June 17

July 15

Please RSVP to Gwenda if you plan to attend.

Here is some fantastic advice that was shared at a recent support group meeting:

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!

Activity News



Finally! Some spring weather! Our courtyard is full of color and we will soon be ready to plant our flowers, herbs and veggies. We have had a couple opportunities to get some sunshine, but we're certainly looking forward to consistent warmth!

This newsletter is bittersweet for me to write as I share with you that my last day at Daybreak is/was April 26th. I love my Daybreak family dearly but am so happy that I have the opportunity to stay home with my kids. I have worked at Daybreak for 4½ years and made many wonderful relationships with participants and their families, as well as members of the community. I will truly miss working with the Daybreak team but look forward to coming back as a volunteer! As we make this transition in the Activity department, we have decided it is best not to schedule any field trips for the month of May in order to continue to provide consistent activities at the center.

So as I say farewell to Daybreak, I am saying hello to an entirely new and different chapter of my life. Thank you, everyone, for a wonderful 4½ years!

Until next time...

Rachael Darby

Activity Director/Volunteer Coordinator

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

Everyone
enjoyed
lunch at
Charolette's
Café @ the
Arc of Fred-
erick.



Our visit to Fountain Rock Nature Center
to celebrate Earth Day.

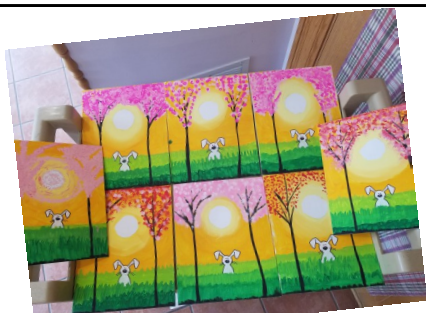


HAPPY BIRTHDAY

May

5th Kathleen B
6th Deborah J. & Helen T.
15th Joyce P.
25th Alberta H.
28th Elsa V.
30th Beverly H.

Another wonderful workshop at the
Delaplaine Arts Center—
Easter Bunny Painting



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

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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.