



# DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

August 2019



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**

**Friday, 8/2  
Participant's Council w/  
Christina**

**Monday mornings  
Balloon Volleyball**

**Week of 8/12  
Motown Review Week**

**Tuesday, 8/20  
SUMMER SOCK HOP  
Music by Joe Coleman  
from the "PLATTERS"**

**Wednesday mornings  
Music w/Betty & Peggy**

**Wednesday afternoons  
Water Color Art**

**Thursday afternoons  
GIANT Crossword  
Puzzle**

**Friday afternoons  
Karaoke / Dancing**



**Hymn Sing**



**Bowling**



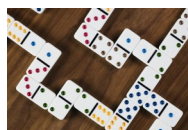
**Bingo Games**



**Book  
Club**



**Birthday  
Celebration**



**Dominoes  
Tournament**

# The Director's Corner

Hello to all and Happy August! I hope that this newsletter finds you well. I hope that you have found some time to do something fun that rejuvenates you this summer. It's not too late to take an extra Daybreak day so you can have some extra time to yourself! Just give us a call.

We are busy here with new activities starting up and some special events in the works. We are especially looking forward to our summer Sock Hop to be held on August 20. Can you believe that Joe Coleman, the lead singer from the PLATTERS! is coming to Daybreak to sing?? We are so excited! Joe is a friend of our Activity Director Heather and is looking forward to meeting everyone at Daybreak. We are inviting family members to join us for the show and a special dessert after. A flyer is enclosed. Please be sure to RSVP so we can plan ahead for space and parking. Also think about whether you will take your loved one home with you or if they will ride the bus. I anticipate it might be a *little* crazy that afternoon and the more prepared we are, the better off (I hope) we will be!

Planning a little further ahead, we have a Spaghetti Dinner fundraiser planned for Friday September 6. We haven't done one in the Fall for a long time, but we have had so many requests to "do it again" we've added the September date. Same menu as usual...Ann's famous and so delicious meat or plain sauce over spaghetti with garlic bread and salad. All you can eat for only \$10 or \$12. We have expanded our hours to accommodate the growing crowd and will now start serving at 4:30 PM. We have also removed the extra charge for take out and are working on making that a little easier for you to drive up and get. Please help us spread the word by sharing our flyer with friends, at work and on your social media pages. Please call if you would like us to send you one.

Money raised from our fundraisers is used for a variety of things. Sometimes funds are added to our scholarship program to help participants who can't afford the daily rate and may not meet the criteria of our grant funds. We also use the funds to help us pay for our buses. We have 2 new ones in production right now. We are receiving them through a grant program through the MTA, but we have to be prepared to pay 20% at the time of delivery...that's over \$22,000 this go round. We also use the money to help us purchase new items for the center, whether it is updated décor or supplies to help our folks be comfortable or activity items to help keep things fun. We appreciate your support and that of our community partners!

Until next month, stay cool and keep smiling! ~Christina

# Community News and Notes

**The Frederick County Senior Services Division  
(formerly the Department of Aging) has a  
new phone number  
310-600-1234**

**You can still use the old numbers, but this one is easy  
to remember and will get you connected to whomever  
you may need!**

## **AT THE SENIOR CENTER**

**PEARLS:** Participants learn to: Recognize symptoms of depression, understand the link between unsolved problems and depression, apply 7-step approach for problem solving, move to action and make lasting life changes, develop a plan to engage in physical activities, identify and participate in social activities. **Benefits of the PEARLS Program include:** Significant decrease in feeling down, sad or blue, feeling more optimistic and more engaged with friends, family and the community, improved physical health and more energy. Call today for more information or to be screened for the program 301-600-2809

**Dementia LIVE!** This is an immersive dementia training that will help you gain a better understanding and appreciation for what it is like to have dementia. Contact Mary or Mindy for more information 301-600-6001 and to reserve a time slot. August dates include Aug 3 in Myersville and Aug 21 in Frederick.

**Groceries for Seniors:** August 2. 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.

**Dinner Dance Social-** An Evening Where Friendship is Set to Music- Monday, September 9, 5-8 p.m. Frederick Senior Center. Dinner Served at 6 p.m. Instruction in Line and Square Dancing. No partner needed. Cost \$5. Reserve by September 1. For more information or to make a reservation call 301-600-3525.

## IN THE COMMUNITY

**October 1 and 2: The Annual Caregiver Conference and Elder EXPO!** This year's caregiver conference is going to include a panel of local experts sharing useful and practical information under the topic "Senior Safety and Caregiver Sanity: Finding Peace of Mind". Save the date! More info to follow.

**October 13: The Alzheimer's Association Annual Walk to End Alzheimers.** Harry Grove Stadium. Registration starts at 1, ceremony at 12, walk kicks off at 12:30. This is such a fun event that helps raise money for the many initiatives of the Alzheimer's association. Consider walking with Team Daybreak or making a donation through our team. <http://act.alz.org/goto/TeamDaybreak>

**Community Produce Market-** Come and pick up a \$7 bag of fresh fruits and veggies (\$15 value compared to grocery stores). Where? The Y Teaching Kitchen- 629 North Market Street, When: Every Wednesday from 3-6 p.m. Produce varies each week. Learn more at [www.produceinasnap.com](http://www.produceinasnap.com)



## 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



## CAUTION! DANGER! MOSQUITOES

During the summer months we are all aware of pesky bugs that bite; this year there is much concern about the Zika virus, carried by the Aedes species mosquito. This is an aggressive daytime biter but can also bite at night. The CDC reports 820 cases of Zika in the US to date and 25 in Maryland. It is spread through bites of infected mosquitos. They become infected by biting infected persons and can then spread the virus to others they subsequently bite.

Symptoms are usually mild, begin 2-7 days after a bite, and last 2-7 days. Most common are fever, rash, joint pain, and red or pink eyes (conjunctivitis). Muscle pain and headache are also seen. Zika can be detected in the bloodstream during the first week. There is no vaccine or treatment at this time. Pregnant woman and their male partners are at highest risk as the Zika virus can be spread from the pregnant woman to her fetus causing serious birth defects. In some cases, having direct contact with infectious blood or other body fluids of an infected person may result in transmission of the virus.

Your best protection: PREVENT MOSQUITO BITES!!

1. Wear long sleeve shirts and long pants when outside, preferably light colored.
2. Since mosquitos need water to lay eggs it is important to eliminate standing water in and around your home. Check outside items that could collect water and empty, scrub, turn over or cover tires, buckets, toys, flowerpots, planters, birdbaths at least weekly.
3. Keep mosquitos out of your home by using screens on windows and doors, repair holes in screens, use air conditioning when available.
4. Use EPA registered repellents. If also using sunscreen, apply sunscreen before applying insect repellent. Do not apply to skin under clothing and follow the label instructions.

These are the recommended repellents.

DEET.	Off, Cutter, Sawyer, Ultrathon
Picaridin or KBR 3023.	Cutter Advanced, Skin So Soft Bug Guard Plus
IR 3535.	Skin So Soft Bug Guard Plus, Expedition, Skin
Smart	
Oil of Lemon Eucalyptus OLE or para-methane-idol PMD.	
Repel	

Bobbie Speace, RN

## OUR CONDOLENCES



*To the friends and family of*

*Cecelia Masser*

*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](mailto:director@daybreakadultdayservices.org).



Have you got a collection of Daybreak silverware, dishes and or cups at home?

These things have a funny way of walking out the door stashed in purses, pockets, and bags.

We know your loved one doesn't know what they have done. No need to mention it to them. Just put them in a bag and pass them to the driver! Thank you!!



## From the Social Worker

Have you heard of the Aid & Attendance Benefit for Veterans?

In June, I attended an information session about the Aid and Attendance Special Pension Benefit Program for Veterans. If qualified, an eligible veteran with a spouse might be eligible to receive up to \$2230 per month. A single veteran could qualify for up to \$1881 per month. A well veteran caring for a spouse might qualify for up to \$1477 per month. A surviving spouse of a deceased veteran could qualify for \$1209 per month.

There are 3 criteria that need to be met in order to qualify for the benefit. These are military service, having a health care need and being at a certain income/asset level. The military service criterion is met if the veteran served honorably for at least 90 days, with at least one day of that service in a defined period of war. It is important to note that active duty training does not count as active service.

The aforementioned military service is not the only requirement. The veteran or spouse must also be able to demonstrate needing help with at least two activities of daily living (ADLs). Examples of ADL need would be help with meal preparation, transportation, housekeeping, medication management, standby assistance or cuing with showers, bathing, and/or dressing. The need does not have to be everyday, so someone may only need help on days they receive infusions or dialysis. How the need is listed also makes a difference, for example listing that someone is “at risk for potential overdose” rather than “needs medication management” describes better the gravity of the need for assistance. Another example the speaker gave was to be very specific in stating “eats inappropriate items” rather than “needs help with meal preparation” when someone might be endangering their own health or wellbeing by eating moldy or spoiled food due to sensory deficits (vision difficulties, loss of sense of smell/taste). It will be necessary for your doctor to state that home care or facility placement is necessary (that someone requires the aid and attendance of another person).

The final criterion is the income/asset criteria. Your monthly income minus regular monthly medical expenses must be less than the monthly benefit you are applying for. Regular monthly medical expenses include home care costs, the cost of attending Daybreak or living in a facility, Medicare premiums, insurance premiums, long term care insurance premiums. Medical expenses do not include the cost of your

medications or doctor visit co-pays. If your monthly income minus monthly medical expenses is less than or equal to \$0, you pass the income test and should apply. There is also an asset limit of \$127,061. This amount would include all cash, stocks, bonds, and securities, but doesn't include your home or cars. However money from the sale of a house would be counted as an asset.

The process of applying for aid and attendance can be complicated, requires a great deal of documentation, and can take upwards of a year to be processed by the VA. However, if you qualify for this benefit and don't apply, you are losing out on money that you are entitled to. For more information and the application, you should contact Rose Beam at the Maryland Department of Veterans Affairs at 301-600-2155.

~Cheralee Von Ancken, LCSW-C, Social Worker

## 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*

*August 19*

*Sept 16*

*October 21*

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



## Staff News and Notes

### *Anniversaries*

We celebrate 2 staff anniversaries this month. Program Assistant **Jackie Doughty** celebrates **1 year** with us. Jackie is currently on leave of absence, still waiting for her baby boy to make his appearance! Jackie will be back soon to continue her kind and thoughtful care of our participants.

Celebrating 2 years with us this month is "As Needed"

Nurse Wendy Duke. Wendy is a wonderful blessing to our nursing team, filling in regularly when one of our other nurses is out. Wendy has a gentle calmness and keen skills that ensure our participants are in good hands when she is here.

Thank you both for all you do!

### *Welcome*

We welcome NEW DRIVER David Mays to the team! We have been so challenged this month with 3 of our drivers out on leave. 2 will return next month and David will join us part time so we can get back to normal routes and reasonable times! David brings years of driving experience, a good sense of humor, and a passion for helping others.



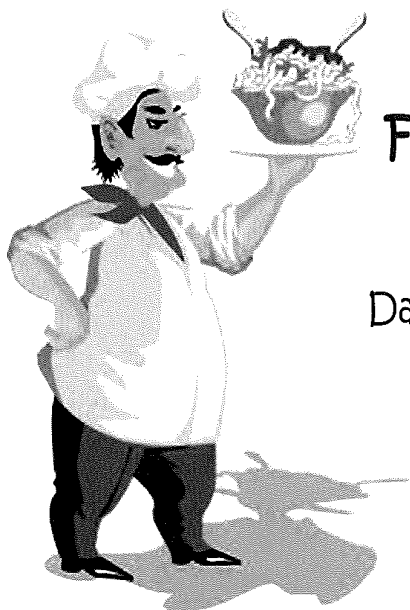
SAVE THE DATE!!  
And  
JOIN OUR TEAM!

The Western Maryland Walk to End Alzheimer's will be held on Sunday, October 13, 2019 at Harry Grove Stadium. This is always such a fun and inspiring day. Consider joining our walk team or making a donation! <http://act.alz.org/goto/TeamDaybreak>

# SAVE THE DATE



## *It's Spaghetti Dinner Time!*



**Friday, Sept. 6, 2019  
4:30 – 7:00 PM**

**Daybreak Adult Day Services  
Dine In or Take Out  
7819 Rocky Springs Road  
Frederick, MD 21702  
301-696-0808**

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

Adults (11-64) - \$12.00  
Children (3-10) - \$ 8.00  
Children Under 3 - Free  
Seniors (65+) - \$10.00  
No extra charge for Take Out

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

**Thank You for Supporting Daybreak,**

**A 501c3 organization.**

**Donations will be used for our subsidy program.**

# Activity News



I can't believe July is almost over! Wow time flies when you are having fun! A few new activities were added to the monthly calendar in July and have become a HUGE hit. Busy Bees was created after seeing a need from the participants to feel "needed" and to have a job specifically for them to do or assist with. Each Bee is given a file of old papers that need to be shredded or cut up as we sit together around the table. While doing the "job", participants share their experiences of prior work, family, and life events and bond with each other. Jokes, laughter, and praise abound which, in turn, brings out a sense of purpose and a feeling of being meaningful. Participants are now asking almost daily "Do you have work for me to do today? Do you need my help today? Don't forget to get me when it's time to work!"

The Busy Bees aren't the only ones laughing. We recently started playing the table top game Jenga. Often the game starts with just two of us but as the game progresses and gets more challenging (and the laughter gets louder) more participants join in by watching and cheering on their colleagues. Many a laugh and prank is brought out as the goal of the game is to not have the tower collapse as you take one wood peg from the tower at a time and then place it at the top. It can become very challenging! One of the participants and I were in a serious game and it was my turn trying to extract a piece from the tower. He had fun giving me a hard time, joking with me as he was waiting for me to complete my turn saying "Is this gonna take long? I'll get my social security before you take your piece!" If you happen to come in and visit you may see (or hear) the Jenga game challenge in progress. It has become a favorite activity amongst our guys. It might be a fun game to try at home too, anyone can play!

Along with the other programs added to our already engaging activity calendar we are honored to have new Volunteers Peggy and Betty who come and share piano music on Wednesday mornings, playing favorite gospel and old time country music for us all to sing-a-long. In a short time they have become a participant favorite.

I'm already starting to plan for Fall festivities, but before we get excited for those events, here's what's going on in the next few months. Master Gardeners will join us in August to have a morning of planting, weeding and dead heading in our wonderful courtyard. I will be doing a series on "Motown" starting the week of Aug. 12<sup>th</sup> to get us ready for our special event Summer Sock Hop on Aug. 20<sup>th</sup>. On that day Joe Coleman, lead singer of the famous music group the "Platters" will perform for us. The Platters had a few #1 hits you may recall like "Only You" and "Smoke Gets In Your Eyes". We are honored and excited to have Joe Coleman take time out of his busy touring schedule to come and perform for us. Last but not least we will end the summer with a "Beach Party" Aug 29<sup>th</sup>. Start planning your beach attire for this event as we will have a day filled with fun beach games and events.

Til next month, I hope you all are having a wonderful summer and staying hydrated.

Kindly,  
Heather Mullican  
Activity Director|Volunteer  
Coordinator

Some of our  
new  
*Busy Bees*  
hard at work



# Happy Faces at Daybreak!!

Always a fun day at Daybreak!

There's social time to enjoy old and new friends.



There's dancing!



Always a favorite, ice cream field trips. And many games to enjoy. This is new, JENGA.



# HAPPY BIRTHDAY

AUGUST

1st Mary E.  
5th Bette K.  
10th Tammy F.  
23rd Karen F.  
24th Ray G.  
25th Dick H.  
26th Gloria Wat.  
27th Philip C.  
28th Maria D.

## QUILT RAFFLE

Have you seen the spectacular 74"x74" red, black, and grey quilt on display in our lobby? Handmade my Daybreak Volunteer Nancy Losardo. We will be raffling the quilt off in October. Buy your chances now!

**TICKETS  
ARE \$2 each  
or 6 for \$10.**



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.*