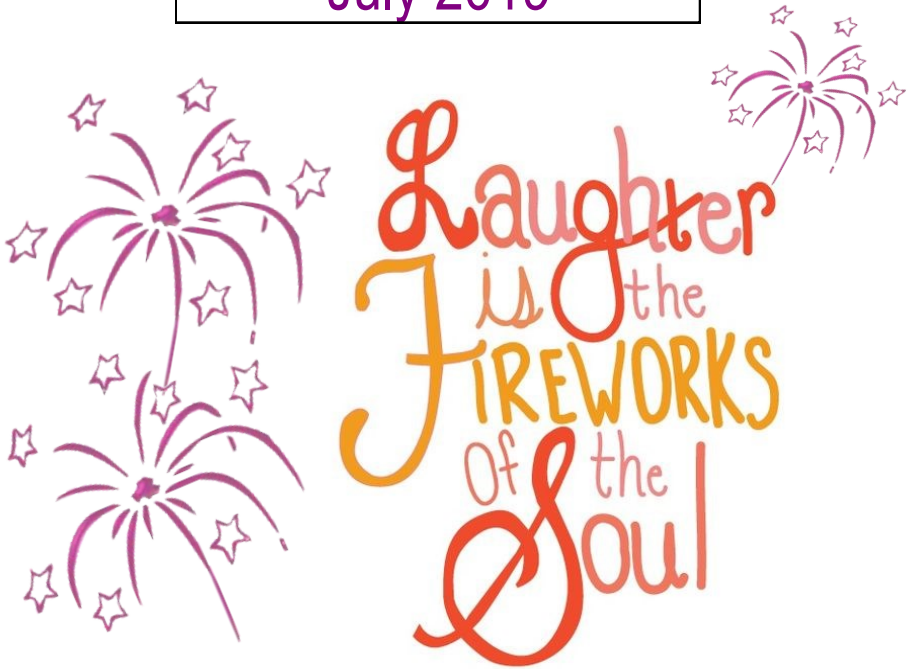




DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

July 2019



**Daybreak will be closed
on Thursday, July 4th
in Honor of
Independence Day!**

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**

**Mondays PM
Leading Ladies Series**

**Tues. 7/2
Brain Games & Exercise**

**Wed. 7/3
Visit from Uncle Sam
4th of July March**

**Thurs. 7/4
4th of July
CENTER IS CLOSED**

**Thurs. 7/11
Master Gardeners**

**Friday, 7/19
Music w/Bill Cook**

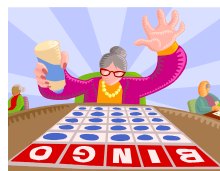
**Tuesday, 7/23
Daily Chronicle**

**Thursday, 7/25
You Be The Judge**

**Monday, 7/29
Team Scrabble**



Bowling



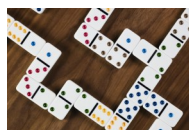
Bingo Games



**Book
Club**



**Birthday
Celebration**



**Dominoes
Tournament**



Hymn Sing

The Director's Corner

Hello and Happy Summer! I hope that this newsletter finds you well and enjoying some summer fun. Please remember to let us know if you are going on vacation so we can note absences or alternative contact information while you are away. Please also consider adding an extra Daybreak day here and there so you (talking to you caregivers!) can enjoy some extra "time off" to do something enjoyable.

We are excited to have been awarded a grant through the Women's Giving Circle of Frederick that will allow us to provide some free days of respite to our female caregivers who need a break. If you have a need, please see me.

We were lucky to have been awarded a number of other grants this year to help with our ongoing subsidy program. Though the awards were large, the need is great and a number of you are facing adjustments to your daily rate. Please know that I did my best to spread the funding as equitably as I could and I will continue to look for other funding sources to supplement the subsidy funds. Please pass our information along if you know of potential donors and watch for more information about upcoming fundraisers for the center.

We have much to be grateful for, not just this month, but always. Read a wonderful article inside by our social worker Cheralee about the science of gratitude. She and I heard a very interesting presentation on the topic last month. Taking the time to be conscious of the small things we appreciate goes a long way to improving our overall mood AND health and wellbeing.

Much gratitude this month to the Matan company! Daybreak has been the beneficiary of their charitable giving this year. And by giving, I mean TIME and TALENT! In addition to sending staff every Friday in May to help with activities, they volunteered to do an incredible amount of painting in the center. They were here everyday for almost 2 weeks and painted multiple rooms in our Young at Heart space, the art area, the sunroom, and the hallway leading to it. They provided all of the supplies, did all of the prep work, and all of the painting. SO very generous and so incredibly beautiful. We are excited to get the spaces redecorated and rearranged so we can enjoy them fully. I hope you will have a chance to see the changes soon. See inside for details about our upcoming family picnic to celebrate our 30th anniversary. Talk about gratitude!!

I hope that each of you have a happy 4th of July and find some time to enjoy some summer fun!

Fondly, 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: Canceled for July but save the date 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.

Theatre for Golden Agers: Maryland Ensemble Theater and the Division of Senior Services is starting a senior theatre program (script in hand...no memorizing lines). A 10 week series will be offered at each of the various senior centers starting the second week in July. Call 301-600-1234 for more info.

IN THE COMMUNITY



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

July 24: 'Don't Miss the Signs' - Recognizing the warning signs of Dementia & what steps to take. Monacacy Health Partners is hosting an informative presentation at The Conference Center at FMH Crestwood 7211 Bank Ct. Frederick from 5:30-8pm. Speakers include Daybreak's Christina Forbes, along with Susan Dwyer from the Alzheimer's Association and Joy Rowe from Senior Services Division. Please spread the word!

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.



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



When the unexpected happens . . . WHERE DO YOU GO?*

This is just a quick guide to help you determine the best course of action when dealing with sudden health concerns.

Doctor's office or Urgent Care

Allergic reactions
Animal or insect bites
Back & neck pain
Bronchitis
Cough/cold, flu symptoms
Ear pain or infections
Local infections
Mild fever
Minor burns
Rashes
Pink eye
Sore Throat
Spasms & strains
Upset stomach
Urinary tract infections

Emergency Room Appropriate

Heart attack symptoms
High fevers
Serious eye or head injuries
Severe abdominal or chest pain
Severe burns
Significant difficulty breathing
Stroke symptoms (one side weakness, slurred speech)
Suspected drug overdose or poisoning
Sudden change in level of consciousness
Fall with head injury

Everyone should have a brief document, in an easy to find place, in case of an emergency, to summarize their loved ones or their own information. This should include: Their name, primary doctor's name and number, next of kin names and contact information, their diagnoses, allergies, medications and a copy of their MOLST form and any advanced directives, if available.

When in doubt send them out to be professionally evaluated.

**Chris Grable RN
Daybreak Health Director**

***www.fpca.net**

OUR CONDOLENCES



To the friends and family of

Gary Hutchens

He is 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.



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

The Benefits of Gratitude

According to the Complaint-Free World website, the “average person complains between 15-30 times each day.” To complain is defined as “to express pain, grief or discontent.” If you are complaining often throughout the day, you are spending much of your time focused on negative aspects of your life. Will Bowen, author and lead minister at Christ Church Unity in Kansas City, Missouri wrote “A Complaint Free World: How to Stop Complaining and Start Enjoying the Life you Always Wanted” and challenged people to wear a bracelet or rubber band and move it to the opposite arm each time they complained. This exercise helped people become more self-aware of how much time they were ruminating about negative things. Most people were surprised to catch themselves complaining so frequently and made an effort to be more appreciative and less negative, and with that effort saw positive changes in their lives.

In June, I attended a lecture by Linda R. Burton of DRW Coaching; she discussed the neuroscience of gratitude. She shared a quote by Alex Korb, PhD and author of the book, “The Upward Spiral; Using Neuroscience to Reverse the Course of Depression, One Small Change at a Time”. Here is the quote she shared:

“There’s a gratitude circuit in your brain, badly in need of a workout. Strengthening that circuit brings the power to elevate your physical and mental health, boost happiness, improve sleep, and help you feel more connected to other people.” Linda Burton suggests the following ways to express gratitude:

- Keep a gratitude journal or notebook where you write down things/people you are grateful for
- Write a list of things you are grateful for and hang it up where you will see it and be reminded of the blessings in your life
- Write a list of people you are grateful for and tell them you are grateful for them
- Write a gratitude letter to someone and read it to them in person
- Write down three good things each day
- Create visual reminders of what you are grateful for
- Hang up all of the “thank you” notes you have received
- Have a gratitude buddy and keep each other focused on each of your blessings

Linda Burton mentioned that when someone compliments us, the positive rewards of their praise are fleeting, but when someone upsets us, the cortisol (stress hormone) released by our bodies stays in our system for 24-26 hours making us feel bad or upset for an entire day. This is all the more reason that we need to work hard at being grateful and focusing on our positives. Linda lists the following benefits of gratitude:

- Improved heart health
- Resilience to trauma and greater mental well-being (lower rates of post-traumatic stress disorder, increased resiliency to suicide by increasing meaning in life, lower stress and depression, higher levels of social support)
- Improved overall health and well-being (fewer health complaints, more time spent exercising, fewer symptoms of physical illness, lower levels of stress hormones (23% reduction in cortisol in one study), improved quality of sleep and longer sleep duration)
- Improved workplace and home life results

PositivePsychology.com lists these additional benefits of gratitude:

- It can help you make friends (thanking a new acquaintance makes them more likely to seek a lasting relationship with you)
- It enhances empathy and reduces aggression
- It enhances your self-esteem

The PositivePsychology.com site also suggests keeping a gratitude jar or making a gratitude tree or flower as a visual representation of all of the things/people you are grateful for in your life. I will close with a quote by Robert Brault, "Enjoy the little things, for one day you may look back and realize they were the big things."

I wish everyone a happy Independence Day. If you have questions about gratitude or other concerns, please do not hesitate to be in touch. ~Cheralee Von Ancken, LCSW-C, Social Worker

JULY 5TH DAYBREAK TRANSPORTATION
PLEASE LET US KNOW AS SOON AS POSSIBLE
IF YOUR LOVED ONE IS NOT ATTENDING THE
CENTER ON FRIDAY JULY 5. WE ARE VERY
CHALLENGED WITH BUS TRANSPORTATION
AND ARE TRYING TO WORKOUT THE DETAILS.



Staff News and Notes

No staff anniversaries this month, but I am happy to give a shout out to all of the staff at Daybreak who work hard every day to make sure our participants are healthy and happy! Thank you to each of you!

Help Wanted

Do you know anyone who might be good at helping us provide great care? We are currently looking for “as needed” program/nursing assistants to help fill in for regular staff absences. The perfect candidate has experience in senior/dementia care as a nursing assistant (CNA/GNA certification preferred but not required). Our nursing assistants must be just as comfortable helping participants with personal care needs as they are helping them enjoy activities. A vibrant and engaging personality is a must. There is no guarantee on hours with a PRN, though I anticipate at least one or two shifts per week for the foreseeable future, and a great PRN is often the first choice when a regular position opens up. If you know anyone who may be interested, have them call the center or email a resume to director@daybreakadulthoodservices.org

SATISFACTION SURVEYS AND UPDATED PAPERWORK

Thank you to all who took the time to review all of the paperwork that came home recently and complete our family and participant satisfaction surveys. If you have not sent yours in yet, please do so. If you didn't receive a packet, please call us!

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

July 15

August 19

Sept 16

Please RSVP to Gwenda if you plan to attend.



SAVE THE DATE

We are so excited to be hosting a picnic for our participants and family members on TUESDAY AUGUST 20. We are still working out the details, but are SUPER EXCITED to announce that JOE COLEMAN from The Platters will be singing for us!

Space will be limited. Participants not regularly scheduled for a Tuesday will be able to come in for lunch and the show with a family member. Those scheduled will be able to invite a guest to join them if they wish.

Invitations will go home as soon as we have the details finalized.



Activity News



Greetings! I am so excited working at Daybreak as your new Activity Director and Volunteer Coordinator. I am a certified dementia practitioner and have an extensive history working in a variety of nursing home and senior citizen settings. I was born and raised in Rockville graduating from Rockville High School and attending Montgomery College.

I look forward to being an integral member of the Daybreak community with planning new activities and getting to know all of you and your families and friends. I would love to hear from you with any suggestions you may have for improvements to the programs already in place or your ideas about new activities. Please don't hesitate to email me at activities@daybreakadulthoodservices.org or come in and meet with me. I hope to be of help with much fun and laughter to all of you.

Kindly,
Heather Mullican
Activity Director|Volunteer
Coordinator



4th of July Decorations



bold
stripes,
bright
stars,
brave
hearts.





First Ice Cream Trip of the Summer!!



HAPPY BIRTHDAY

JULY

1st Nirmal H.
6th Hoan N.
9th Rebecca S.
13th Mary R.
14th Adela R.
15th Stanley R.
18th Jim L. & Bob S.
24th Ellen N.
26th Vincent A.
29th Dave E.
30th Richard E. & Jim May
31st Judy M. & Bob T.



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

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Darlene Canfield, Vice Chair

Jackie Dinterman, Board
Member

Peter Melcavage, Board
Member

Randy Jones, Board Member

Evan Tornquist, Board Member



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.