



DAYBREAK
ADULT DAY SERVICES

DAYBREAKING NEWS

SENIOR CENTER PLUS

• MEDICAL DAY

• DEMENTIA PROGRAM

June 2019

Every situation in life is temporary. So, when life is good, make sure you enjoy and receive it fully. And when life is not so good, remember that it will not last forever and better days are on the way.



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 –Friday
6/3-7
Crooner's Week**

**Tuesday, 6/4
Poetry Hour**

**Wednesday's PM
Walking Club**

**Friday 6/7
Participant's Council
w/Christina**

**Monday, 6/10
Travel Series: Hawaii**

**Thursday, 6/13
Master Gardeners Visit**

**Tuesday's PM
Furry Friend Kasey**

**Thursday, 6/27
Flower Pot Craft**

**Friday, 6/28
Ice Cream Making**



Bowling



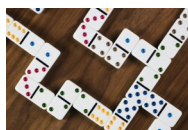
Bingo Games



**Book
Club**



**Birthday
Celebration**



**Dominoes
Tournament**



Hymn Sing

The Director's Corner

Hello and Happy June! I hope this newsletter finds each of you well. It is great to finally have the sun shining and the air warming! We have been busy at the center planting in the courtyard and enjoying the fresh air. Seems we all benefit from the mood boosting effects of the sun and warmth!

That being said, it can be tricky to regulate temperature in this weather. The center itself can be cool to some. Though we try to keep the air temperature at 74, some participants do find it to be chilly in certain areas of the center. Conversely, when the weather is very hot outside, the air-conditioning on the buses can not keep the buses cool enough, so they can get warm, especially with the door opening and closing so often. Please consider dressing layers to stay comfortable.

Warm weather generally signals the start of the summer vacation season. Please remember to let us know in advance if your loved one will be out on vacation, or if they are going in to respite care while you are away. Remember that we need at least a weeks notice of an absence for the time to be credited to your account. Knowing about absences in advance gives us the opportunity to let someone else come an extra day and use the spot. Please call us if YOU ever need your loved one to come an extra day. Spaces are available again and we are happy to have your loved one join us. This may give you the chance to enjoy a fun outing, lunch with a friend, a day trip, or help cover hours while you are away.

If you do go away, please let us know that you are traveling and another person will be looking after your loved one. Share with us important phone numbers so we know who to reach in your absence. We can also be on alert to look for changes in your loved ones' mood or functioning. If you need help finding resources for a respite stay or in home care, please call our social worker Cheralee.

Regardless of your plans, I hope you all have a pleasant summer. If we can be of service to you in any way, please don't hesitate to call. And to all of the Dad's in our midst, wishing you many blessings, not just on Father's Day, but everyday!

Wishing you happy travels and restful stays,

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

Powerful Tools for Caregivers: this is a 6 week, evidenced based class taught by of Senior Services staff . The next session starts August 20 and will meet Tuesdays from 1-3. A number of Daybreak caregivers have taken the class and highly recommend it! Call 301-600-6001 to ask questions or reserve a space.

Circle of Friends...Memory Café and More. Friday, June 21, 2019 from 11:30 a.m. until 1 p.m. This program offers a safe and relaxed place where caregivers and the people for whom they care come together to share a meal a, friendship and activity. RSVP is required as space is limited. 301-600-6001. This is the last one of the summer. 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! June 14, Emmitsburg Senior Center This is an immersive dementia training that will help participants 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.

Medicare/Medigap Information Sessions: Wednesday, June 5, 9:30 a.m. or Friday, June 21 12:30 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 June 7 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 6: Take Steps to Live Well with Parkinson's

Free lecture by Dr. Zoltan Mari "The Value of Multidisciplinary Care in Parkinson's Disease" will be live-streamed in the Volunteer Conference Room at FMH. 6:30 pm. Register at www.parkinsonsfoundation.org or call 301-844-6510.

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

June 29: Community Block Party sponsored by Asbury United Methodist Church on All Saints Street Frederick. 11:00am-3:00pm. This is a fun street festival featuring food, music, and lots of local community resources.

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



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



The warm weather is upon us. Enjoying some sunshine improves the mood and also helps with sleep.

Please make sure that the participant's are not overdressed when coming to the Center. It is very easy for the elderly to become overheated and dehydrated. It's a good idea to keep a sweater at the center for air conditioning, but not to wear on the van or outside. Make sure to send in spare spring/summer clothing to replace winter clothing for the participants.

Everyone needs extra fluids in the heat, especially the elderly.

Use suntan lotion if you are outdoors.

Wear a hat to prevent sun exposure to the face and head.

Avoid being outside with high pollen counts if you have allergies or the air quality has been reported as poor.

We will be enjoying our beautiful courtyard this spring and summer. We are fortunate to have a large covered area to enjoy. We will not be going out with very hot temps or if poor air quality is reported. Our patio is a lovely space and we will use it as much as possible but due to safety risks no participant is allowed to be outside alone. We will try to allow for scheduled time on the patio regularly. Fluids will always be encouraged when participants are outside.

Please remember proper footwear for Daybreak is closed toe /closed back shoes. Slip on footwear, like clogs and flip flops greatly increase the risk of falls.

Thank you for your assistance in keeping our Daybreak community safe & healthy.

Please feel free to call or e-mail if you have questions or concerns.

Chris Grable RN
Health Director, Daybreak

OUR CONDOLENCES



To the friends and family of

*Gary Leith
Virginia Tibbs
Kathleen Burrier*

They 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.

**Search on Facebook for
Daybreak Adult Day Services**
Our Facebook page is a popular place to visit. Come and see new photos and information on our activities and events. While you are there, please "Like" and/or "Share" our Facebook page so your friends can learn about us. And feel free to comment to let us know if you like what you see!



From the Social Worker

How can technology make your life easier?

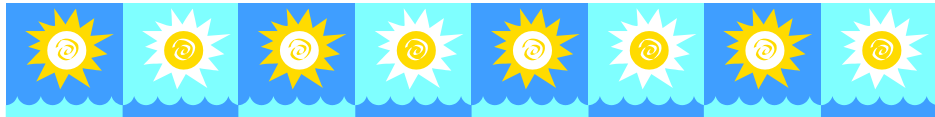
There are many ways technology can be helpful. I was recently searching the internet for useful technology and found some things that may be of interest. On the allegroliving.com website, I learned about different products to help monitor vitals and remember medications. One such product is called Reminder Rosie. This is an \$80 alarm clock that someone can program to set reminders for meals, medication, and activities. All reminders are recorded by the person programming the clock (you or a tech savvy family member). This may be just the item needed to keep someone you love as independent as possible for as long as possible. MedMinder (\$39-\$59/month) is a digital pill dispenser that reminds someone to take pills and tracks which pills are taken and when, reporting all activity so that a family member can monitor (from near or far over a website) that pills are taken. Other medication dispensers include MedLink (www.responselink.com) and Philips Medication Dispensing Service (1-800-Lifeline). Also helpful are the smart home speakers like Amazon Echo and Google Home (ranging in price from \$49 to \$199 depending on whether or not you want just audio or also video capabilities). These devices can tell you the news and weather, make phone calls, play music and audio books and set alarms. One of our Daybreak friends may be able to help you borrow an Amazon Portal (this allows video calling); you need to have wifi (internet service) at your home.

If wandering is a concern, Alzheimers.net has a list of devices that can be used to track a loved one. Some products they mention are Angelsense (\$40/month, attaches to clothing and provides a daily activity timeline), GPS Smart Sole (\$29.95/month, shoe inserts that offer GPS tracking), iTraq Nano (\$129, tracking device with built in SOS button), Pocketfinder (\$159 gps tracking device) or the Trax GPS monitor (\$139). All are relatively pricey. There are also cheaper options like the Tile keychain attachment, but this comes with a shorter battery life and mixed reviews. A low/no tech alternative is identification jewelry (Alzheimer's Association Medic Alert & Safe Return bracelet or pendant 1-800-272-3900).

There are also a bunch of applications available to those of us with smart phones. Here is a list of some smart phone apps you may find helpful:

- For medication management: Pillboxie, Pill Reminder, Pill Monitor, Round Health, Pill box and/or , MediSafe (all provide medication reminders; some with added features such as allowing you to take a picture of the bottle to easily enter pill info). GoodRx helps you find the pharmacy with the lowest price and provides refill reminders.
- For monitoring health status: There are also apps to track your blood pressure or blood sugar readings so you will have helpful data to share with your doctor at your next appointment.
- For stimulating your brain: To keep your brain sharp, try apps like Lumosity, WordBrain, Wordscapes, Ruzzle and other word search puzzle apps.
- For engaging socially (also good for cognitive stimulation): To stay connected socially, try Tapestry (designed specifically for seniors, similar to Facebook with bonus of being ad-free, spam-free, secure and private)
- For entertainment and knowledge: For reading entertainment, try Kindle, ibooks, Goodreads, LibriVox and/or Overdrive apps (I use the Overdrive app to place holds on library books (audio and ebooks) that I can read on my kindle or phone; books are returned electronically to the library after 14-21 days so no driving back and forth to the library). If you prefer radio or music, try Pandora or Spotify to create custom stations based on the music you enjoy. The OldTime-Radio (OTR Streamer) offers over 13,000 vintage radio shows for your listening enjoyment.
- For managing finances/budget: Keep your finances in order with a central budgeting app like Mint, Digit, Fudget or Clarity Money.
- For emergencies: In an emergency, an app like Send Help provides an SOS Panic Button that sends alerts to your pre-defined emergency contacts that you are in danger and in need of help.

Please let me know if you have questions about any of the items mentioned here or would like additional information. I hope all of the father's have a wonderful holiday with their loved ones. Wishing everyone a happy and healthy summer. ~Cheralee Von Ancken, LCSW-C, Social Worker





Staff News and Notes

Happy Anniversary!

Celebrating **One Year** at Daybreak are Drivers **John Weakley, Dianne Gamble, and Rick Scott**. All three have different personalities and bring different gifts to the program, but they are all great drivers and work hard to keep their passengers happy and safe!

Also celebrating **One Year** is “as needed” nurse **Kristin Kisner**. We don't see Kristin often, but when she is here filling in, she is kind, compassionate, and a very capable nurse.

Another “as needed” nurse celebrating an anniversary is **Jeannette Oliverio**. Jeannette has been with us **2 Years** and fills in regularly enough that she knows the participants and our routine quite well. Both Jeannette and Kristin are great backups for our regular nurses and we are always very happy to have them here!

Another “as needed” staffer celebrating a **2 Year** anniversary is Program Assistant **Kylie Andrew**. Kylie fills in occasionally and helps participants with day to day needs. She is a great help when she is here!

And last but not least, Transportation Assistant **Stacey Orye** celebrates **3 Years** at Daybreak. Stacey started as a driver and moved into a more administrative roll, helping to coordinate the bus routes and transportation logistics. Stacey still gets behind the wheel when we need her to, in addition to helping out in the kitchen or on the floor when there is a need. A true team player, we are grateful to have Stacey on the team!

Thank you all for everything you do!



Style with a Smile



Daybreak's On-Site, Full Service Beauty Shop For
Men and Women

Appointments available with Gina on Tuesdays/Wednesdays or possibly on other days if requested. Please call Gwenda to arrange an appointment or to request a price list, 301-696-0808.

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

June 17

July 15

August 19

Please RSVP to Gwenda if you plan to attend.

**Poker Tuesday's
with Tony!!**





June Bloom

Housing Fair 2.0

10 am - 2 pm
555 South Market Street
Frederick, MD

Are you...

- ★ Looking for rental housing?
- ★ Hoping to buy a home?
- ★ Planning home improvements?
- ★ Working to build credit and a financial plan?
- ★ A Senior exploring your housing options or planning to age in place?

Over 50 lenders, realtors, rental housing experts and other community resources to support you on your housing journey.

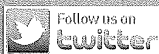
Win prizes including \$500 Home Improvement Gift Card, Big Screen TV or \$8,000 in Downpayment Assistance*

Schedule of Events

9:30am - 3:00pm	Home Buyer Education ASL Interpretation & Lunch Provided	Frederick Community Action Agency Contact Pat McMorrow to register: pmmcorrow@cityoffrederick.com
10:30 - 11:00 am	Kids Dance Party	Frederick County Library
10:30 - 11:30 am	Mastering Your Credit	Interfaith Housing Alliance & Amy Wolff - Direct Mortgage Loans Walk-ins welcome.
10:30 - 11:30 am	El mapa de ser dueño de Casa	Allie Vasquez - The Vasquez Team of Charis Realty Group Bienvenidos sin cita.
12:30 - 1:00 pm	Downpayment Assistance Basics	Amy Wolff - Direct Mortgage Loans Walk-ins welcome.
1:00 - 1:30 pm	Kids Dance Party	Frederick County Library
1:00 - 2:00 pm	Prosperity Savers Orientation	United Way of Frederick County - James Baker Pre- Register https://forms.gle/VX5vLrmG61pVjSip7 Walk-ins welcome.

For more information:

*Eligibility Requirements apply
 Assistance offered as a 0% deferred loan



@FredCoHousing

Brought to you by:



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.*

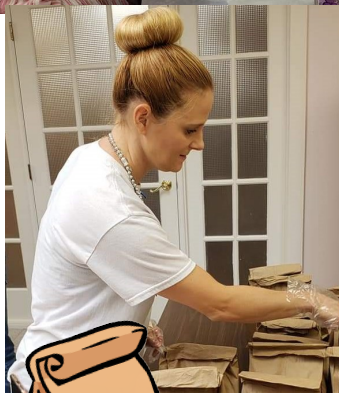


**Raffle winner will be drawn October 4 and
contacted by phone.**

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

Thanks to our new volunteers from the Matan Companies, we made 50 bag lunches for the Frederick Rescue Mission to hand out.





HAPPY BIRTHDAY

June

2nd Lynette P.
3rd Buzzy S. & Rosa A.
7th Gunther G.
8th Janet D. & Aunt Tracey
11th Lynne B.
13th Cindy S. & Carolyn B.
14th Lidia M.
16th Charlie C.
18th Jim Wood
19th Arlene Mac.
21st Vivian C.
22nd Mary Ann Mc.
23rd Thelma H.
28th Mary F.



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

Evan Tournquist, 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.