



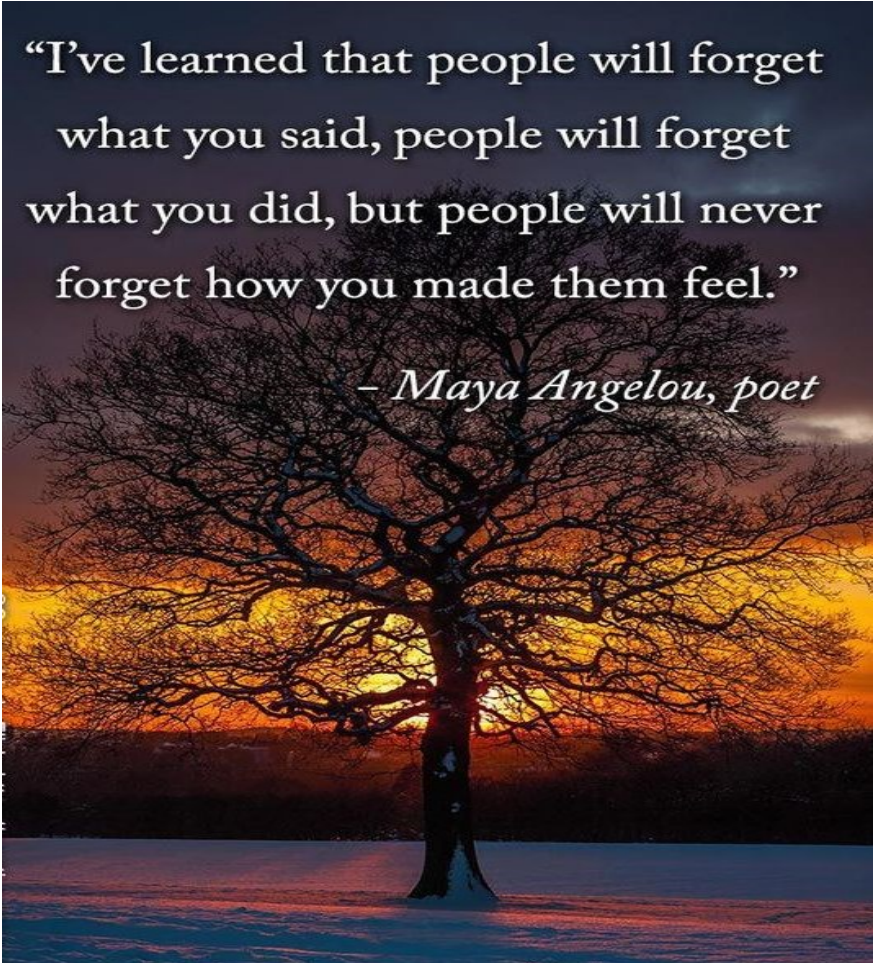
DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

October 2019

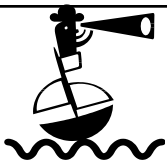
“I’ve learned that people will forget
what you said, people will forget
what you did, but people will never
forget how you made them feel.”

– Maya Angelou, poet



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 10/1
Music w/Pete & Betty

Thursday, 10/3
Art Class w/Jeanne:
American Folk Art Series

Friday, 10/11
Master Gardeners:
Cornucopias

Wednesday, 10/16
Music w/The Golden
Tones

**Friday, 10/18
HOOOWWLLOOWEEN
Halloween Gone to the
Dogs Costume Parade**

Tuesday, 10/22
Ballroom Dancing Class
w/Garrey

**Thursday, 10/31
HALLOWEEN
PARTY**

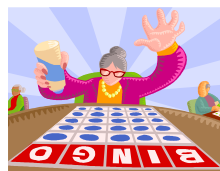
Tuesday's Poker with Tony



Hymn Sing



Bowling



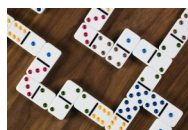
Bingo Games



Book Club



Birthday Celebration



Dominoes Tournament

The Director's Corner

October Greetings! I hope that this newsletter finds each of you well. October is a busy month both at the center and in the community. October 1 and 2 is the Caregiver Conference and the Elder Expo at the Frederick Fairgrounds. Whether you are a senior or a caregiver, this is an amazing opportunity to get a lot of information in a short period of time, under one roof. There will be 79 vendors there with information for all sorts of things that can be of use to you. Expo is for healthy seniors, young seniors, old seniors, those with needs, and those that care for them. Come one come all! Read about more community events inside.

We are very excited about an upcoming event here in the center this month. On Monday October 7 we will be closing the center just a bit early to get ready for a special celebration. We will be celebrating Daybreak's 30th Anniversary with founders, past and present board members, community partners and local dignitaries. If you are not familiar with the history of Daybreak, I encourage you to visit our website, www.daybreakadulthoodservices.org to read about it. We are indebted to a group of incredibly determined, hardworking, and forward thinking individuals who dreamed an incredible dream, and to all those who carried on after them. They established a long tradition of excellence, and the best in person centered care. Those of us here today do not take their efforts for granted, and we are honored to uphold the tradition that was born 30 years ago.

While you are on the website reading about our history, please notice that we are finally back on track with updated newsletters, calendars, menus, and field trip lists. My sincere apologies that we let this slide after Rachael left. I am very pleased that our Program Assistant Opy, who is much more tech savvy than most of us here, is taking over the task of keeping the site up to date. If you see anything that we have missed, please let us know! On the subject of computers, we are very excited to have received a grant through the Ausherman Family Foundation to purchase a computer for participant use. We have gotten the computer, a nice tablet/laptop with a big screen and great features, and will have it out on the floor very soon!

We are so lucky to have had success with a number of grants recently. We are waiting on two brand new buses, hopefully to be delivered this month, thanks to a grant through the Maryland Transit Administration. We also just received a grant from the Community Foundation to upgrade our aging and woefully inadequate phone system. Good things happening!

Thanks to all of you for your continued support and trust in us.

Happy Fall. Fondly ~ Christina

Community News and Notes

The Frederick County Senior Services Division 301-600-1234

AT THE SENIOR CENTER

October 9: Dementia Live Have you heard about this immersive experience that will help you better understand what someone with dementia experiences day to day? Those that have participated recommend it highly. Please call Mary or Mindy at 301-600-6001 to learn more or register.

October 18 Circle of Friends...Memory Café and More 11 a.m. until 1 p.m. At the Frederick Senior Center. Memory Café is a safe and relaxed place where individuals with memory challenges, caregivers, family and friends can come together to share a meal, friendship and activity. This is a great place for caregivers and those they care for to connect with others in a fun and friendly format. Call 301-600-6001 for more info or to RSVP.

October 4, 2019 Groceries for Seniors: 1-2 pm at the Frederick Senior Center, 1440 Taney Ave. This is an incredibly easy way for a senior to stretch their food budget. Call 301-600-1234 for more information.

IN THE COMMUNITY

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

Maryland Library for the Blind and Physically Handicapped- This library provides FREE accessible reading services to those with visual or physical impairments that prevent them from reading standard print. (www.lbph.maryland.gov). These may be individuals who are losing vision due to illness or individuals who've lost mobility; they may or may not be seniors.

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". For more information and to register visit www.espcfrederick.com or call 240-490-4181.

October 9 –November 13: Partners in the Arts at the Delaplaine Arts Center. This is a wonderful series of art classes for those with memory loss and their care partners to enjoy together. Please call Megeen at the Alzheimer's Association for more information or to register. 301-696-0315

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>

November 9: Senior Sing Along at the C Burr Arts Library. A music therapist from Noteable Progressions will lead a sing along for seniors with dementia, their caregivers, and grandchildren. We know from experience here that music is powerful and comes from a place in the memory that often still works. What a great way to spend some pleasant time together as a family!

November 12: Western Maryland Dementia Conference. 8:00am-12:30pm, American Legion 1450 Taney Avenue Frederick. This annual conference sponsored by the Alzheimer's Association is always incredibly informative. With displays by local senior care vendors and a variety of speakers, you are sure to learn much! Visit www.aoz.org/Maryland for more information or to register. Please call us if you need your loved one to come here so you can go.

NURSES NOTES



Here are some warning signs of some major health problems. It is my hope, that this information will help prepare you to know when to seek medical attention immediately.

WARNING SIGNS OF HEART FAILURE

- Shortness of breath not related to exercise or exertion
- Awakening from sleep due to shortness of breath
- Sudden weight gain of 3lbs or more per day or 5lbs per week
- Swelling of lower limbs
- Sudden, rapid or irregular heart beating (palpitations)
- Increased fatigue or inability to do usual things
- Confusion or inability to think clearly
- Chest pain
- New or sudden episodes of being light headed
- Frequent dry hacking cough or foamy pink mucus with cough

WARNING SIGNS OF CORONARY ARTERY DISEASE (CAD)

- Shortness of breath with activity
- Chest pain or discomfort with activity
- Pain or discomfort in jaw, neck or back with activity
- Pain or discomfort in arms or shoulder with activity
- Weak, tired, lightheaded or faint
- Palpitations on exertion

WARNING SIGNS OF PERIPHERAL ARTERIAL DISEASE

- Leg pain with exercise or walking but stops when with rest
- Foot pain during rest
- Skin on legs that looks pale when raised and red when lowered
- Sores or ulcers on legs that won't heal
- Cold, blue, painful or pulseless limb (call 911)

WARNING SIGNS OF HYPERCOAGULABLE STATE

- Sudden onset of shortness of breath or chest pain
- Coughing up bloody sputum or blood
- Swelling, warmth, discoloration, pain or tenderness in leg
- Leg pain that gets worse when you stand or walk
- Severe rapid pulse or heart palpitations
- Severe anxiety & sweating

WARNING SIGNS OF ABDOMINAL AORTIC ANEURYSM

- Severe chest or abdominal pain that may radiate to back or groin

WARNING SIGNS OF STROKE

- Sudden weakness of any part of body
- Sudden vision changes, especially in one eye only
- Sudden speech problem, especially slurred speech or trouble understanding
- Sudden trouble with balance, walking or dizziness
- Sudden numbness or tingling of a part of your body
- Sudden severe headaches with an unknown cause

Chris Grable RN Daybreak Health Director

*Information provided by Active Health Website

OUR CONDOLENCES



To the friends and family of

Carol Orlando

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.



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>



From the Social Worker

Have you heard of the “A Brush With Kindness” program?

Habitat for Humanity of Frederick County (HFHFC) “offers a program called “A Brush With Kindness” to repair and modify the interior and exterior of homes at a very low cost to low-income families and individuals”. According to the description, “Habitat offers a hand up, not a handout, so you will be asked to provide some “sweat equity” (for example, you could help on the project, or provide water and snacks to volunteers, or help with advertising, or recruit family and friends to help out).”

A Walkersville lady with a full leg cast used the program to get her “deck stairs replaced, her deck power washed, railroad ties around the garden replaced, garden roto-tilled, weed blocker and plants placed”. In return for this assistance, the lady provided water and snacks to the volunteers and purchased the plants for her own garden.

Upon completion of the work, the lady went on to say, “I would like to tell you of the wonderful people that came out to do the work. They were fantastic! They knew what they were doing in how to repair my deck. They did such an excellent job on my gardens. Most of all, they were so caring and kind. I would recommend Habitat for Humanity to everyone. I can’t tell you how much I appreciate everything that was done in my time of need! Thank you, and God bless.”

Habitat for Humanity states that “A Brush With Kindness may be able to provide maintenance, repairs, and modifications to your home. These services may include exterior painting, deck repairs, lighting, or landscaping. For the interior, it may include floor repairs, dry wall, non-cosmetic painting, minor window repairs, and plumbing. Take a good look at your home to see if it might benefit from A Brush With Kindness”. If you are interested in this program, contact Habitat for Humanity of Frederick County (by phone: 301-698-2449; or on the web: <http://www.frederickhabitat.org/programs/neighborhood-revitalization/>).

Maybe you do not have a need for this help, and would enjoy volunteering for this program. The program welcomes volunteers and donations. Habitat for Humanity wishes to continue to “bring people together to build homes, communities and hope”.

If you have questions about this or other programs or services, please do not hesitate to contact me.

~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

October 21 November 18 December 16

Please RSVP to Gwenda if you plan to attend.

**NEVER FORGET THE
HANDS THAT RAISED
YOU.**





Staff News and Notes

Anniversaries

We celebrate three a staff anniversaries this month

Celebrating 7 years at Daybreak is part-time nurse **Bobbie Speace**. Bobbie, along with nurse Linda share the fulltime position that supports our Health Director Chris Grable. Bobbie is a well seasoned nurse who has an excellent skill set, a kind heart, and a passion for working with seniors. We are so glad that Bobbie is a part of this team, and has been for so many years!

We have two program assistants celebrating 1 year with us. First is **Kidist**, or **Kady, Teffera**, who is a full-time aide. Kady is here every day covering the early morning and late afternoon and works hard throughout the day to make sure our participants have everything that they need. She has a kind heart and strong work ethic and is an essential part of our team.

Also celebrating one year is fill-in program assistant **Mary Smith**. Mary works consistently on Tuesdays and Thursdays at Daybreak. She is a seasoned caregiver with a big heart and a watchful eye, helping to insure our participants are safe and have what they need.

We appreciate all of their efforts and their commitment to Daybreak!

Farewell

We say an official farewell to Program Assistant **Jackie Doughty** this month. Jackie has been out for awhile on maternity leave and has chosen not to return. We wish Jackie and her growing family all the best !

We also say farewell to driver **Dianne Gamble**.. Dianne often drove the local Frederick route. We wish her the best.

We will also be saying good bye later this month to our amazing kitchen assistant **Doris Sivers**. Doris has been a wonderful part of the program for a year and half and will be missed tremendously. We wish her safe travels as she changes to a job that will allow her more free time.

We are actively hiring to fill all of the positions above and hope to have new team members in place very soon!

5 Tips for Talking to Someone with Alzheimer's



Diminish distractions
banish background noises.

1

Converse one-on-one
more people equals more confusion.

2

Keep things simple
stick to short, specific statements.

3

Avoid arguments
no one will win.

4

Just keep talking
even if they can no longer respond.

5

AgingCare.com Supporting Caregivers

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!

Activity News



September sure was hopping! We had some great outings, with lunch at one of our favorite local restaurants, Nani's Diner, ice cream at the Little Red Barn, donuts and coffee at Krispy Kreme and lunch at Bob Evans. We also took a great art class at the Delaplaine, with everyone painting a beautiful beach scene on canvas. Here at the center, we got to enjoy music with Peggy & Betty singing the old classic tunes we love along with some of our favorite hymns. We also enjoyed country music with volunteers Terry and Tammy and had a great time with Cindy belting out favorite Karaoke songs that we all enjoy. Daybreak is hosting a Frederick Community College ILR class about American Folk Art & History on Thursdays at 10:30 which has been really well received.

New to the schedule this month is a weekly discussion group that I have started. My goal is to give our participants a safe outlet to share their experiences, emotions, concerns, and ideas. We have gotten in to some deep discussions and I share some of the comments that have come up for you to ponder. In our last group, the question was asked "what is love?" Boy, did I learn a lot! Here are the responses from the group:

Love is:

- A connection, a lasting feeling
- It means you care a lot
- A good, warm feeling
- Something we take for granted

Spiritual- Love thy neighbor as thy self Acceptance It's being here with you all at Daybreak Caring & appreciating, particularly what God has given you for the day Special feeling you feel in your heart.

Affection

- Joy in friendship and companionship
- Something within you- you can't explain it.
- Free / Unconditional
- What we all should give each other

I am excited to see where the next conversation takes us!

The month ahead promises to be just as busy. I can't believe it is October already! October 16th, we welcome the wonderful Golden Tones, a large senior singing group with spectacular voices to share some music with us. We are so excited to be hosting our 1st annual Howl-loween Party Friday Oct. 18th at 1:00pm. Many of our pet therapy volunteers are coming in with their pets in costume. We will surely have fun judging the best costume! On Wed, Oct. 22nd we will be starting a new monthly Ballroom dancing class with the intention of having a "Dancing with the Stars" DAYBREAK STYLE" event in Jan or Feb 2019. (More on this later). We will end the month with our "Halloween Party" Oct. 31st at 1pm...start thinking about your costumes!

On Oct. 17th we will be having an in house field trip with a PIZZA party at the center. You do need to sign up, however, on the field trip list that went home last week. Of course we have several other trips planned as well. Please be sure to get the permission slips in to me as soon as possible. Please understand that due to limited space I can not take all the participants at one time. I will try to make sure everyone gets to go on at least one trip so please circle or number your most preferred.

Looking ahead I am working on hosting an afternoon at the Opera with professional Opera singers from the Washington Metropolitan Opera to perform here! Looking forward to a fun filled month. Don't forget to like our Facebook page for center's happening, photo's and trips.

Kindly,
Heather

Halloween



FUN TIMES AT DAYBREAK!!

Love our Music
and Dancing



Beautiful creations
of jewelry are
being made



Enjoying time with
our furry friends



HAPPY BIRTHDAY

OCTOBER

4th	Delores N.
7th	Joan O.
20th	Mederic C.

QUILT RAFFLE

Have you seen the spectacular 74"x74" red, black, and grey quilt on display in our lobby? Handmade by Daybreak Volunteer Nancy Losado.

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

Board of Directors

Dr. Joseph Devadoss, Chairman

Darlene Canfield, Vice Chair

Jackie Dinterman, Board
Member

Peter Melcavage, Board
Member

Randy Jones, Board Member

Evan Tornquist, 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.