



# DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

September 2019

DAYBREAK will be CLOSED on  
Monday, September 2nd in  
observance of Labor Day.  
Have a safe holiday!



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**

**Tuesday 9/3  
Church Service w/  
Reverend Armstrong**

**Wednesday's AM  
Music w/Betty & Peggy**

**Friday 9/6  
Participant's Council w/  
Christina**

**Monday 9/16  
Project Linus Blankets**

**Thursday 9/19 & 26  
Art Class w/Jeanne:  
American Folk Art**

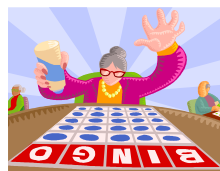
**Friday 9/20  
Music w/Terry & Tammy**

**Wednesday 9/25  
Hood College Students  
Visit**

**Monday 9/30  
Book Club**



**Bowling**



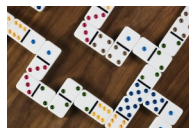
**Bingo Games**



**Book  
Club**



**Birthday  
Celebration**



**Dominoes  
Tournament**



**Hymn Sing**

# The Director's Corner

I can't believe that September is upon us already. Summer has flown by. Without a doubt, my summer highlight was the amazing show that Joe Coleman gave us here at Daybreak. If you haven't been on our Facebook page, please visit or have one of the grandkids show you. There are a bunch of awesome videos and pictures. What a fantastic showman! He can sing and dance and took great care to make sure that everyone in our audience knew that he was singing right to them. Participants, staff and guests were all singing along and dancing. It was wonderful!

I am not sure we will top that in September, but we will have fun trying! We have lots of great stuff going on: music, classes, games and more. We hope to welcome a new group of volunteers now that the students are back in college. Heather will be visiting both FCC and Hood to do some recruiting. We love our adult volunteers as well. If you are interested or know someone who might be, have them call Heather.

Mark your calendars for the annual Elder EXPO (October 2) and Caregiver Conference (October 1). You will find a flyer inside, or can pick some up at the center (please share). This year's conference is entitled Senior Safety and Caregiver Sanity: Finding Peace of Mind. A panel of local experts will be addressing issues related to home safety, medication safety, personal safety and well as caregiver safety (that's the sanity part!). You will leave with useful, practical information, and if you come early, you can visit 79 vendors representing a wide variety of senior care resources. This is a FANTASTIC way to get A LOT of information in a very short time. And to make it even easier: a free box dinner will be provided AND your amazing Daybreak staff will be on site to provide caregiving!! Win Win. You must register in advance though. The link is on the flyer. If you can't make it to the conference, the EXPO itself will be Wednesday Oct 2 from 9-2. This year AARP is sponsoring a FREE Shredding event...read Cheralee's article inside to learn why this is such a good idea. No registration is required for EXPO but you must preregister for the shredding. You can find the link at [www.espcfrederick.com](http://www.espcfrederick.com).

Of course, don't forget our **Spaghetti Dinner** September 6. We have expanded our hours and will now be serving from 4:30-7. We are also going to try a separate take out lane up front so you won't have to get out of the car. Same price as dine in! AND we are doing a 50/50 raffle and selling tickets for the quilt raffle (drawing will be October 7). Special thanks to our dinner sponsor: Johnnies for covering many of our food costs. And Wegmans has donated all of the ice cream. That means virtually all profit for the center! I hope we see you!

Enjoy the last of the summer days! Fondly, Christina

# Community News and Notes

**The Frederick County Senior Services Division  
301-600-1234**

## **AT THE SENIOR CENTER**

**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.

**Circle of Friends...Memory Café and More** returns for another cycle of programs beginning September 20 from 11 a.m. until 1 p.m. At the Frederick Senior Center. Memory Cafe 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.

## **Money Available**

**The Frederick County Division of Senior Services still has respite funds available, but their fiscal year ends Sept 30.**

**Don't delay! If you haven't contacted them yet this year, please do so now. The application is simple and you don't have to meet any income thresholds. You can be reimbursed for \$350 that you have paid for Daybreak (or other senior care resources) 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!**

## IN THE COMMUNITY

**September 26: Dementia-Friendly Community Film Event.** 1-4:30pm This exciting event will raise awareness of the challenges faced by people navigating dementia. The event will include a screening of the film "What They Had," starring Hilary Swank, Michael Shannon, Robert Forster, and Blythe Danner. Following the film, an expert panel will discuss issues related to dementia and take questions from the audience. The event will also include informational tables and light refreshments. We hope you will join us! Call **301-600-1234** to reserve a seat.

**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](http://www.espcfrederick.com) or call 240-490-4181.

**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)

**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](http://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.

# NURSES NOTES



## THE GOOD AND THE BAD OF CHOLESTEROL

### What is cholesterol?

Cholesterol is a waxy substance that circulates through your blood. It is made by your body, especially your liver, from the foods you eat.

### What foods make cholesterol?

Your body uses food from animal sources to make cholesterol. Animal sources include meat, poultry, and full-fat dairy products.

### Good vs Bad Cholesterol

Good Cholesterol is HDL cholesterol. HDL cholesterol works as a scavenger, and carries bad cholesterol (LDL) from the arteries. A healthy level of HDL cholesterol is believed to help protect against heart attack and stroke.

Bad cholesterol is LDL cholesterol. LDL cholesterol is what builds up as plaque in your arteries. The build up of plaque in the arteries causes them to be hard and less flexible; this is called atherosclerosis. When a clot of plaque builds up and breaks off, it can cause a heart attack or stroke.

### How do I know my cholesterol levels?

Cholesterol is measured by a blood test prescribed by your doctor. The American Heart Association recommends that adults age 20 and older should get their cholesterol checked every 4-6 years.

### Cholesterol Blocking Artery

#### How do I manage my cholesterol?

- Lower your intake of saturated fats, trans fats and cholesterol to lower your LDL (bad) cholesterol
- Instead, take in fats from sources like fish, nuts and vegetable oils to increase your HDL (good) cholesterol.
- Avoid smoking and drinking alcohol.
- Increase your physical activity as directed by your doctor.

For more information about maintaining a healthy level of cholesterol, talk to your doctor. Information obtained from the American Heart Association.

Take Care,  
Chris Grable RN  
Health Director

# OUR CONDOLENCES



*To the friends and family of*

*Dorothy Moss  
Donnie Biddinger  
Waltrine Faber  
Arletta Gilbert*

*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](mailto: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

## Identity Theft

Are you doing all that you can to keep your identity safe? You may have seen stories on the news of people spending countless hours on the phone trying to take back their identity and restore their credit after having their identity stolen by a malicious person. Identity theft is when someone uses your name, Social Security number, bank or credit card number to commit fraud, either by applying for home or auto loans or getting new credit cards using your information, or using your current credit cards to make purchases. This is a serious crime that can take minutes for them to commit and years for you to recover from.

With countless data breaches and major companies being hacked by criminals, we are all at risk. Just a few of the companies that have been hacked in recent years include Equifax, Facebook, Microsoft email LabCorp, State Farm, Home Depot, Capital One, Quest Diagnostics, U.S. Army, U.S. Department of Veterans Affairs, Walmart, Yahoo, Ebay, JP Morgan Chase, Target stores, TJX (TJ Maxx, Marshalls, HomeGoods, etc.). I know I have shopped at some of the stores, used LabCorp, and that Equifax has all of our information.

So, how do you know if your information has been used or abused? You might receive an email from the company, or a letter in the mail. You may also receive an alert that someone has tried to make changes to your account. You may receive mail confirming a recent change of address even though you have not moved. You might receive a letter that you have been approved for a credit card for which you never applied. You may notice suspicious withdrawals from your banking account. You may notice accounts on your credit report for which you have no knowledge. You may be unable to file your taxes because someone already filed them for you and took your rebate. Someone may have used your insurance to receive medical care and you receive bills from providers that you have never been to see. You could even be arrested for a crime someone else committed in your name. This is all very scary.

There are things you can do to protect yourself. Do not carry your Social Security card in your wallet. I am so happy that Medicare numbers are now completely different from Social Security numbers; this change should have happened years ago. Do not leave personal information out where others can see it. Keep important papers locked in a file cabinet or drawer. Be careful with your mail. If you are unable to collect your mail regularly, see about getting a locked post office box for added security. Mailbox thieves will steal credit card offers or even



checks you are sending out to pay your bills. Instead of Potomac Edison receiving your electric bill payment, some criminal could alter the check, steal money from your account and your only clue this has happened will be your power being turned off for non-payment until you see the discrepancy on your bank statement. I recommend purchasing fraud prevention gel pens; they cost a little more than a regular pen, but make it difficult for criminals to alter checks and other important documents. I also recommend taking your bills to either a blue box or post office instead of leaving them in home mail boxes with the flag up to alert mailbox thieves of your outgoing checks. I encourage everyone to shred or burn any documents with names, credit card numbers, insurance numbers or other identifying account numbers. Criminals are not above going through your trash to get access to your accounts. Do not give out personal information over the phone. Just last week someone left a message on my phone that they needed me to “call back at the earliest possible on our number before we begin with the legal proceedings”; this is a scam call with someone hoping to scare me that I am in legal trouble in the hopes that I will give them all kinds of personal information to try to fix things to avoid legal proceedings. Do not be fooled!

If you think you are a victim of identity theft, file a police report right away. Get a copy of your credit report and make a report to the fraud unit of one of the three major credit bureaus (Equifax 800-685-1111, Experian 888-397-3742, TransUnion 888-909-8872). This will add a red flag to your accounts for 90 days. Close any new accounts fraudulently opened. Close compromised accounts by calling the credit card company to report the card stolen or calling your bank to close your account and open a new account. You may also decide to freeze your credit so no one may apply for home or auto loans in your name. You may contact the Attorney General’s Identity Theft Unit by calling (410) 576-6491 or by sending an e-mail to [idtheft@oag.state.md.us](mailto:idtheft@oag.state.md.us). For more helpful information about identity theft, please check the following websites: [www.identitytheft.gov/](http://www.identitytheft.gov/); [www.idtheftcenter.org](http://www.idtheftcenter.org); [www.privacyrights.org](http://www.privacyrights.org)

Please be aware that AARP is sponsoring a FREE shredding event at this year’s Elder EXPO October 2 at the Frederick Fairgrounds. Visit [www.espcfrederick.com](http://www.espcfrederick.com) to pre-register.  
~Cheralee Von Ancken, LCSW-C, Social Worker

***The next Caregiver Support Group meeting will  
be Monday, September 16, 4:30-6:30 pm.***



# Staff News and Notes

## Anniversaries

Celebrating 4 years at Daybreak is part time Program Assistant **Connie Lewis**. Connie is an incredibly hard worker who gives 110% every day to make sure the participants have everything they need.

Also celebrating 4 years is Activity Assistant **LeAnn Moore**. LeAnn is so full of energy and fun, she keeps everyone moving and having a good time.

Celebrating 1 year is Driver **Bill West**. Bill drives the Brunswick / Jefferson/Adamstown route and logs many miles each day. He's conscientious and caring and goes out of his way to make sure his riders are safe and well taken care of.

## Farewell

We say a fond farewell to Program Assistant **Bruce Whans** this month. Bruce and his wife have moved out of state to do mission work. Bruce was an incredible member of our team who cared deeply about the program and each participant. He brought a wonderful spirit, and *the Spirit*, often leading hymn sign and prayer groups. Bruce is definitely going to be missed by all of us. We wish he and Darlene well.

## Welcome

We welcome THREE new staff to the team this month!

**Maddi Andrews** a new full time program assistant who has a passion for working with seniors and hearing their stories. Maddi has jumped right in and is quickly learning the ropes.

**Anita Juliano** is a new full time activity assistant. Anita brings many years of senior care experience and is excited to be out of the business office and working directly with participants. Anita has a great energy and kindness about her and is going to be a great addition to our activity team.

**Susan Strasser** is our newest bus driver. Susan has made a shift away from working with students to working with seniors and is excited to be behind the wheel. She'll be driving a new route very soon as we work to change our routes and shorten our participants time on the bus. Stay tuned!

# ***It's Spaghetti Dinner Time!***

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

**NEW THIS YEAR: DRIVE UP  
TO THE FRONT DOOR FOR  
TAKE OUT! YOU WON'T EVEN  
HAVE TO GET OUT OF THE  
CAR!!!!**

**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**

**Sponsored by**

**50/50 Raffle and  
Quilt Raffle too!**

**Johnnies**  
\*FOOD\*EQUIPMENT\*SUPPLIES\*

**Thank You for Supporting Daybreak,  
A 501c3 organization.**

# Activity News



Wow time sure does fly when you are having FUN!

I cant believe September is here and we are heading into the fall season. Before I share upcoming events let me give you a little re-cap of events that took place in August.

Master Gardner's volunteer program of Fredrick came out early in August and did a full restoration of our courtyard. From weeding to pruning, dead heading, raking, snipping and all around clean up. Participants enjoyed interacting with them assisting with the jobs at hand and being a part of the program. The end result is beautiful!

Our summer Sock Hop was a HUGE HIT. The center was decorated to the hilt. Staff and family members and some participants dressed for the occasion wearing poodle skirts, saddle shoes and other accessories to add to the theme. A picnic lunch with fried chicken, potato salad and watermelon was shared by all. Once lunch was over it was time for the "Main Event" so to speak.

We had the honor of having the lead singer from the singing group the "Platters" Joe Coleman come share his beautiful voice along with his classic dance moves to number one hits like "Smoke gets in your eyes", "Twilight Time" and "Only You". Participants danced and sang-a-long and for a moment were transformed back to their younger days when these hits where part of their youth. Many commented that it was "a real treat" and "brought me back to a time I thought had gone for good". One of our ladies was overheard saying that she was never going to wash her hand again after Joe shook it. If you haven't had a chance, I recommend you check out our Daybreak Facebook page where you can see a beautiful montage put together by Nick Forbes who volunteered his services and took footage and filmed the event for us. (Thank you Nick!) What a magical day this was to all who were here. As the old commercial said:

Staff working together as a Team getting it /decorations all done- Great  
Visitors joining us for our event- wonderful.

Seeing the participants sing-a-long, dance, reminisce but most of all SMILES-  
.....PRICELESS!

Upcoming events:

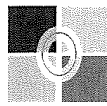
Sept 6th Spaghetti Dinner, 4:30- 7pm

Sept 19th Art classes begin "A focus on American Folk Art & it's history

Oct. 16th The Golden Tones will be here to perform

Oct. 18th Howlloween costume parade

Till next time ~ Heather



# ESPC

Elder Services Provider Council | Frederick, MD

PRESENTS THE

## 2019 CAREGIVER CONFERENCE

Tuesday, Oct. 1

The Frederick Fairgrounds ■ 797 East Patrick Street, Frederick

### SENIOR SAFETY & CAREGIVER SANITY

FINDING PEACE OF MIND

~ FEATURING ~

#### **DORINDA ADAMS, MSW, LMSW**

Director, Office of Adult Services, Maryland Department of Human Services  
and Executive Staff member to the Maryland Commission on Caregiving

**PLUS,** learn practical tips and strategies to help you care for your  
loved ones and yourself from a panel of local experts:

Mary Collins, Caregiver Program Coordinator, Frederick County Senior Services Division

Tricia Cash, Pharmacist, Frederick Regional Health System

Sue Paul, Occupational Therapist, Dementia Therapy and Coaching Services

Theresa Hiegel, Crisis Support Lead, Frederick County Sheriff's Office

Presentation begins at 6 pm (Building 13)

Come early to preview the exhibits of the Elder Expo  
from 4-6 pm (Building 9)\*

\*Preview is only available to conference attendees. Box dinners will be available beginning  
at 5 pm (Building 13). Caregiving for your loved one is also available (Building 9).

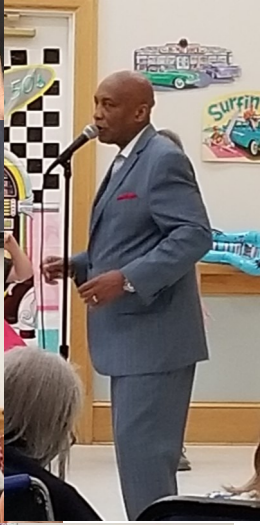
**FREE TO ATTEND - REGISTRATION REQUIRED!**

To register, please visit [www.ESPCFrederick.com](http://www.ESPCFrederick.com) (click on Event registration)  
or call 240-490-4181

# Summer Sock Hop

## Music by Joe Coleman

What a wonderful afternoon it was at Day-break! Entertainer Joe Coleman, formerly with the Platters, was here to sing for us. A lot of singing, dancing, and swooning from the crowd!





# HAPPY BIRTHDAY

## SEPTEMBER

2 <sup>nd</sup>	Carl B.
5 <sup>th</sup>	Jeannette W.
11 <sup>th</sup>	Bob D.
13 <sup>th</sup>	Leah D.
22 <sup>nd</sup>	Lidia B.
24 <sup>th</sup>	Stella O.

# QUILT RAFFLE

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

## **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.*