



DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

December 2019

HOLIDAY CLOSINGS

See inside for more information on closing times.

- Closing early Tuesday, December 24th
- CLOSED Wednesday, December 25th
- Closing early Tuesday, December 31st
- CLOSED January 1st, 2020



LOOKING AHEAD - UPCOMING ACTIVITIES



**Wednesday 12/4
Dance and Decorate**

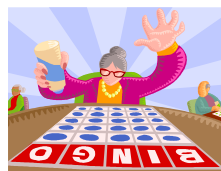


Bowling



**Crossword
Puzzle**

**Tuesday, 12/10
Holiday Themed
“Antique Road Show”
And Discussion**



Bingo Games



Karaoke

**Thursday, 12/12
Gingerbread House
Decorating Competition**



**Book
Club**

**Friday, 12/20
Holiday Party
Holiday Music by
Harpist Hector Munez**



Drum Therapy

**Monday, 12/23
Hanukkah Lights and
Traditions**

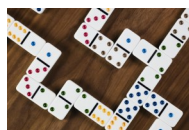


**Birthday
Celebration**



**Manicures for
Men &
Women**

**CENTER IS CLOSED
Wednesday, 12/25
and
Wednesday, 1/1/20
(see further inside for all
closing information)**



**Dominoes
Tournament**



**Tuesday's
Poker with
Tony**



Hymn Sing

The Director's Corner

Seasons greetings! I can't believe that December is here already! We have so many great events lined up for the holidays; music, entertainers, crafts, special treats, and lots of holiday fun. Hopefully mother nature will let us get through the month without any weather events! Please remember to CALL the center if we do have weather to find out what our status is. We are cautious about putting our buses on the road and having our participants and drivers walking on icy ground, so delays and closures are possible. Our full weather policy is included inside. Please call me if you have any questions.

As busy as we are here at the center, we know you are twice as busy at home. December can be a tough month for many as we try to cram in a zillion holiday to-dos, eat too much sugar, and suffer the effects of shortened daylight and colder weather. It is important to take care of yourself and prioritize what really needs your attention. Read inside for some good ideas to help get you through.

Please take advantage of our services to help reduce your stress level. We have extra spaces for participants most everyday and are happy to have your loved one join us for an extra day here and there if it can help you. With so much great stuff going on here, they are sure to benefit too! Just call Gwenda to schedule a day, and talk to me if this option is financially prohibitive. We may be able to help.

We have been very blessed by some generous donations these last few weeks both from individuals as well as civic groups, such as AARP and the Yellow Springs Lions Club. Donations of any size, whether from civic groups, corporations, or private individuals, are always welcome and appreciated. Many of the donated funds go to our subsidy fund and are used to help those who are unable to pay fully for our services. We also have a van fund. We have been lucky that all of our buses have come from a grant program through the state, but for every award, we must have 20% of the purchase price cash ready at the time of delivery. With 2 new buses on the way, building up that fund is very important. We also use donations to help purchase needed items for the center be they small supplies or large needs (like that new HVAC unit we replaced last month!) Day-break is 501c3 non-profit and donations are tax deductible. If you or your company are looking to do some end of year giving, please consider a donation to us.

I wish each of you a very joyful and peaceful holiday season.

Fondly, Christina

Community News and Notes

The Frederick County Senior Services Division 301-600-1234

AT THE SENIOR CENTER

December 6, 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.

December 20, 2019 Circle of Friends...Memory Café and More - 11:30 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.

FY 2020 Respite Funds – The new respite funding year is here and with it new reimbursement limits! You are now eligible to receive **\$700** as reimbursement for the cost of hiring respite relief- whether it is through a family member, friend, agency (DAYBREAK) etc. Additionally it may be used to cover the cost of other medical costs/supplies. The stipend is offered as something to help with caregiver burden. The application is all self-report and there is no asset/income limit. Please call or email Cheralee or Christina to have an application sent to you, or you can contact the Caregiver Support Program at the Division of Senior Services directly: 301-600-6001.

IN THE COMMUNITY

The Frederick County Chapter of the Hearing Loss Association of America (HLAA) will meet **Saturday, December 7, 2019 at the Edenton Retirement Community, Manor House. The meeting will begin at 10 AM with a program followed by a business meeting.** HLAA Chapters are support groups for people with hearing loss, their families and friends. They focus on awareness of those with hearing loss as well as advocate for those with hearing loss. All meetings are CART reported. **EVERYONE** is welcome to attend. If you have any questions, please call or text Janice at (301) 988-3838.



INCLEMENT WEATHER PROCEDURES

This notice is to provide information and to clarify our procedures for opening Daybreak during inclement weather. **We will make every effort to open the center but will only do so if we feel we can safely transport our participants.** We will be operating the center **based upon the best information we have available** at the time of the decision.

- Daybreak DOES **NOT** FOLLOW THE FREDERICK COUNTY SCHOOL SYSTEM SCHEDULE. This includes both inclement weather closings and holiday closings.
- We will make a decision about our status for the day by 7 am. Our outgoing message will be changed to reflect our status (closed or delayed opening). **Please call the center voicemail at 301-696-0808 to get the status update after 7.** In situations of severe and obvious weather, the voice mail may be changed earlier. **Calling the center to hear the message is the most reliable way to determine our status.** In certain situations, our drivers may call riders, but this is not guaranteed. **PLEASE CALL THE CENTER VOICEMAIL.**
- We will contact WFRE (99.9FM) and KEY 103 (103.1FM) with our status change. You may find information about our status on the radio or their website.
- We will also post our status on our Facebook page.
- We will make every effort to open the Center on time. We may choose to delay our buses by an hour if we feel travel will improve with a small wait. You can choose to come to the center by car, or you can wait for the bus. If you choose to come by car, please call us as soon as possible so that we can reroute the bus.
- If you know your driveway or road is not accessible - please contact us and leave a voice mail message if no one is available. We do ask for your assistance in maintaining sidewalks, driveways, porches and steps so that we are able to **safely** pick up our participants.
- If the driver feels it is not safe to get to your home and to pick up you/your family member, we will call you to let you know.
- In the event that we need to close early, we will call each family member so you are aware that your loved one is coming home early. Please be sure that we have current contact information, including up to date cell phone numbers.
- Thank you for your patience and understanding as we get through another winter season. Should you have any questions or concerns, please feel free to call the center at 301-696-0808.

It's the most wonderful time of the year. . .

Sounds so good in the song, but I am sure that many of you are dreading at least some part of the upcoming holiday season. It is an overwhelming season that seems to start earlier and earlier each year. Whether you are an aging senior still managing your own affairs, or a spouse or child proving care to a loved one who can no longer be independent, the holiday season adds additional stress to your already busy lives.

There are a variety of sites on the internet that offer suggestions for minimizing stress during the holidays. So many of the ideas seem so simple, yet you really need to make an effort to follow through. Here are a few that you may find useful.

Plan Ahead: Prepare yourself to deal with what you think will be difficult during the season. Are relatives coming to town who don't understand your limitations or your loved ones physical or mental changes? Did mom always take care of hosting the big event and now she is unable and you are taking over a new role. Think about what will be your stumbling blocks and plan some strategies for getting through. Better to have thought it through while calm and quiet than in the middle on the fray.

Express yourself. Talk with a friend, family member, or professional about your worries and concerns. Journal, pray or find another outlet to let your feelings out. (Our next caregivers support group will be December 21)

Find time to rest. Take time out for you. Take a breath, take a walk, get some exercise, take a nap. For those of you caring from someone, this is hard, but so necessary. If your neighbor has been offering for months to help if you ever need it, say yes now. Let them sit with your loved one while you take a break. Instead of spending a Daybreak day running all over doing errands, take a nap, meet a friend for coffee, or put your feet up for 10 minutes.

Reevaluate your priorities. It doesn't have to be the way it has always been. It is ok to modify your holiday plans and traditions to accommodate for the changes to your health or those of your loved ones. If your spouse or parent suffers from dementia and the effects of sun downing...don't plan events in the evening. Skip the traditional Christmas meal and make or attend a special breakfast instead.

Be clear with relatives and friends who don't understand the nuances of your loved ones illness or your own. If you take a medicine at noon that makes you drowsy, don't let someone plan a

visit for one. Ask then to come at 10. If out of town children don't understand dad's cognitive limitations, don't make this the time to argue about it. Provide a focus to make the time enjoyable, not stressful (a very old photo album that you can look through and reminisce about, a puzzle that you can all do together, etc. Remember...it is the process, not the product that matters.

Count your Blessings. Enjoy the little things and savor them. Stay in the present and don't continually compare now to then. Things *have* changed, they *are* different. They *aren't* all bad though. Savor what is there to savor, no matter how small.

Please talk with Cheralee or Christina if you are struggling this season.



OUR CONDOLENCES



To the friends and family of

Rosamond Ado

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@daybreakadulthoodservices.org.



From the Social Worker

Happy December Holidays- Happy Hanukkah, Merry Christmas, Happy Kwanza and Happy Festivus. Is holiday travel on your agenda? The Alzheimer's Foundation of America (AFA) recently shared the following tips (alzfdn.org) for travelling with someone with dementia or cognitive impairment:

- Account for Plan your mode of travel (car, plane, train) and timing of trip in a manner that will cause the person's needs when making travel and lodging arrangements.
- the least amount of anxiety.
- Maintain the daily routine as best as possible (keep eating and sleeping times on schedule).
- Advise airlines and hotels that you are traveling with someone with memory impairment and inform them of safety concerns and special needs.
- Inquire in advance about the security screening procedures, so you will be prepared and can prepare your loved one.
- Take regular breaks on road trips, for food, bathroom visits and rest.
- Bring snacks, water, activities and other comfort items.
- Consider utilizing an identification bracelet and clothing tags with your loved one's full name and yours to ensure safety.
- Take important health and legal-related documentation, a list of current medications, and physician information with you.

Depending on the trip duration and/or the stage of the person's illness, consult with their physician to make sure travel is advisable. AFA also offers a helpline that is available seven days a week for families with questions about traveling with someone who has a dementia-related illness. The number is 866-232-8484.

Even being home for the holidays can be a challenge if someone has dementia or cognitive impairment. I read an article called *Dementia and the 10 days of Christmas*, written by a dementia patient, Rick Phelps. Mr. Phelps shared some good tips as well. He shared that it has been his experience that Christmas is the toughest holiday of all for him as a dementia patient because of the chaos of more than three people, the noise, "wrapping paper flying everywhere, excited kids, music, loud conversation, and dogs all riled up -- the perfect storm". He mentions how important it is to be able to remove himself from the "hubbub and confusion". Luckily for him, his disease has not progressed to the point that he cannot still rescue himself. Not everyone is able to do this and might require rescuing (someone to take them to a quiet room to rest and re-charge). He also explains how shouting and horseplay of children can be very disorienting for him. Mr. Phelps mentions that the stressful situation caused by watching excited children tear open presents could cause someone "to need

days to recover”. Mr. Phelps knows the disease is the culprit and states how “long-running traditions can become more difficult to enjoy or even tolerate as one’s condition progresses”. He points out how the tree and other holiday decorations make his house look and feels different, and how this worsens his confusion. He wishes people would not bombard him with questions (even simple ones like “how are you?” Or “what can I get for you?” can be overwhelming, so he advises “keeping questions to a minimum is always a good policy.” If you are interested in reading his article, it can be found online at agingcare.com/articles.

I hope these tips are helpful and that everyone enjoys their holiday gatherings. Please let me know if you have questions or concerns. You have my best wishes for happy and healthy holidays.

~Cheralee Von Ancken, LCSW-C



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

December 16

January 20

February 17

Please RSVP to Gwenda if you plan to attend.



Staff News and Notes

One very special anniversary this month...our longest tenured employee, **Charles Wars**, celebrates 12 years at Daybreak this month. Charles, who has been out for a bit on leave, is the driver for the Mt. Airy/New Market route. Charles is wonderfully reliable and in addition to driving, supports our transportation department in many ways. We are so grateful that he is a part of this team and look forward to his return to work.

A belated anniversary to driver **Deborah Ray** who joined our team at the end of last November. Deborah drives the Middletown route and enjoys conversing with her families and riders. We are glad to have Deborah on our team.

We also welcome a new employee to the center. **Bonnie Shifflett** has joined us a full time kitchen assistant. Bonnie is quietly and quickly learning the ropes. We are so glad to have her on the team!!

Extra Clothing/Hats, Gloves, etc.

Just a reminder to all participant's, family members, and caregivers; please be sure that we have an extra change of clothing here in the center for the cooler weather (sweaters too!) in the event a change of clothing is needed. Please be sure to **label all clothing** including the coats, hats scarves, gloves, etc. This helps us to ensure we return to you the appropriate clothing. Our staff are most careful with the clothing and coats, but labels help us to avoid any confusion.



HOLIDAY SCHEDULE NOTES

DECEMBER:

Daybreak will close early **Tuesday, December 24**. Participants will arrive home by bus 1.5 hours earlier than normal. The center itself will close at 2:00 pm. Please plan pick-up accordingly.

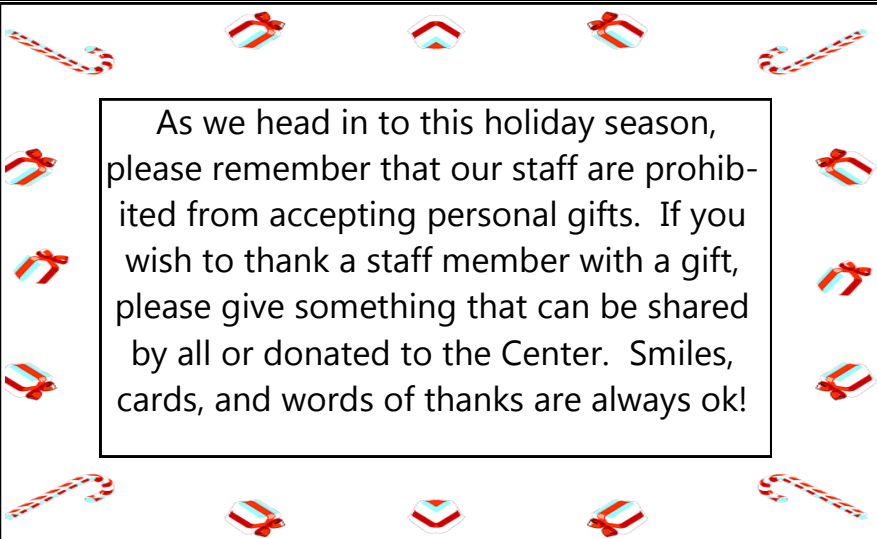
Daybreak will be **CLOSED, Wednesday, December 25** for the Christmas Holiday.

We will be **OPEN Thursday, December 26**. PLEASE Let us know as soon as possible if your loved one will be absent that day so we can plan our staffing.

JANUARY

Daybreak will close early **Tuesday, December 31**. Participants will arrive home by bus 1.5 hours earlier than normal. The center itself will close at 2:00 pm. Please plan pick-up accordingly.

Daybreak will be **CLOSED Wednesday, January 1** for New Years Day.



As we head in to this holiday season, please remember that our staff are prohibited from accepting personal gifts. If you wish to thank a staff member with a gift, please give something that can be shared by all or donated to the Center. Smiles, cards, and words of thanks are always ok!

Activity News



I can't believe the holidays are approaching fast and 2020 is right around the corner! Time sure does fly. Before I get into the upcoming December/holiday events, here is a little re-cap of activities, trip and special events that we enjoyed in November:

- American Legion Post 11 came to the center and honored our Day-break Veterans on Fri, Nov 8th, and then a group of us attended the Veteran's Day Ceremony at Memorial Park and luncheon at the Legion on Nov. 11th.
- Participant Charlie Covell gave a wonderful presentation about his travel and photos he has taken from all over the world.
- The Joy Bells Community hand bell choir came and shared a wonderful holiday program spreading a little holiday cheer early playing classic Christmas carols for us all to enjoy.
- Participants also enjoyed trips to Nannie's Diner, the Little Red Barn for ice cream, Home Depot for coffee, doughnuts and a craft; and the Delaplaine Art studio where they painted a mid-western scene.
- Ann made a fabulous Thanksgiving dinner for all, complete with all the trimmings and pumpkin pie!
- We ended the month with our Western Hoedown with many games and country line dancing. (Check out the video on Facebook).

December will be just as busy! We will host a number of community groups who are coming in to share some kindness, love and genuine Holiday spirit. That includes the New Life Christian School kids who will be coming on Tues, Dec 17th to help with crafts, games and a special service project.

Ballroom dancing class with Garrey returns Wed. Dec 11th at 10:30am and I am happy to share that Garrey will be coming once a month to help us get ready for a special Dancing With the Stars Day-break style in February.

We would also like to extend a warm invitation for you to join your loved one on Friday, December 20th for a special holiday harp concert at 1pm. Plan to stay and enjoy punch and Christmas cookies after.

Christmas Eve we will be closing early but Pastor Hubble and his congregation will share The Christmas Story with us in the morning followed by some Christmas caroling.

We will finish up the festivities, albeit a day early, with a wonderful New Year's Musical program with Dale Jarret on Mon, Dec. 30th, 2019 as we toast the New Year.

We also have a couple of participant favorite lunch trips planned such as Mountain Gate and Red Robin Restaurant. Attendance is nearly to the max each day at the center so I would like to stress the importance of returning field trip sign-up sheets by the 5th of the month. These forms come home on the bus the second-to-last week of the month, which allows 2-3 weeks to select your preferred trips and return to the center. This form can also be found on our website! The easiest way to access it from our homepage is to select the Current Families link at the bottom of the screen. Please let me know if you are not receiving the sign-up sheet by bus.

Wishing you all the best this season, Heather



CHANGE IN DAYBREAK CONTACT

As of now, please call Gwenda at the Front Desk, 301-696-0808, to make appointments or for information about our new hairdresser.

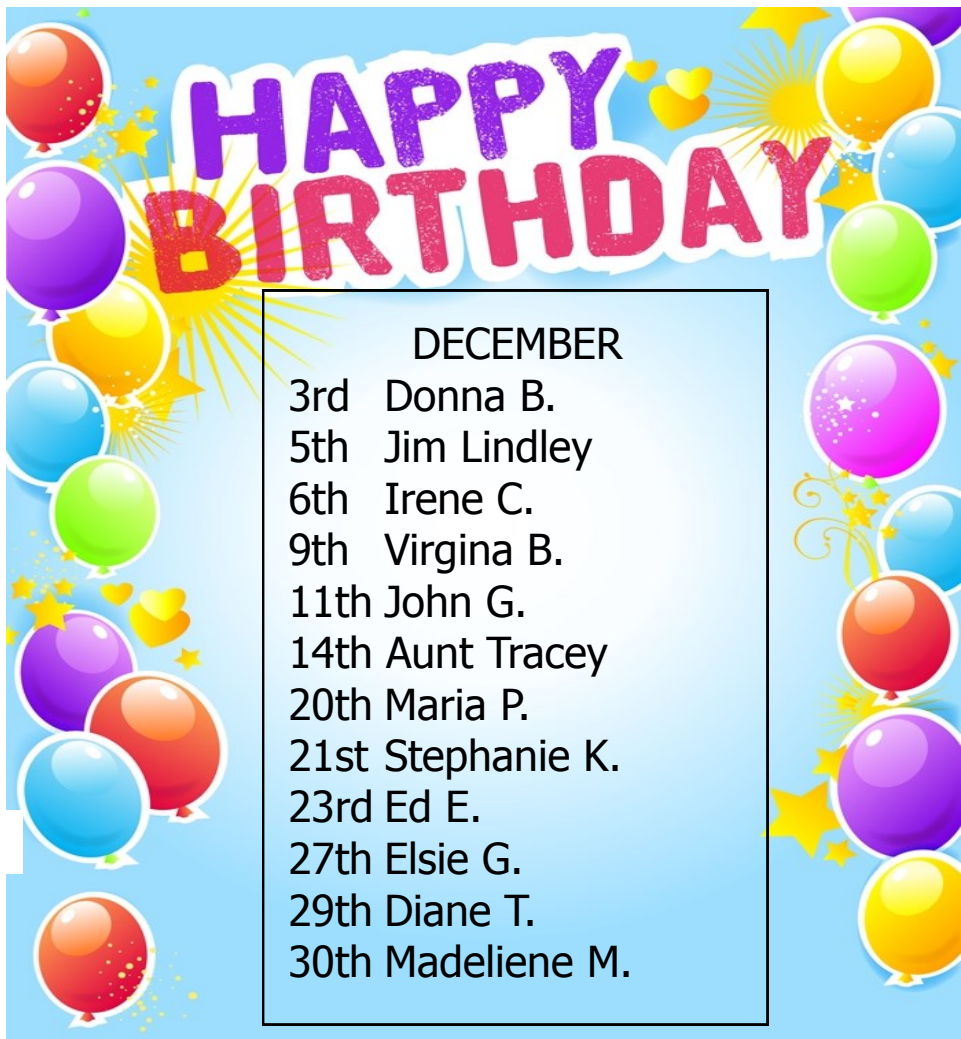
Talents in the Kitchen

Preparing homemade
cranberry sauce.



Around the World in Photos with Charlie, a participant of our Daybreak family.





Trying Something New—ZUMBA!!



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

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Dr. Joseph Devadoss, Chairman

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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.