



DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

November 2019

DAYLIGHT SAVINGS TIME!!

Don't forget to set your clocks back one hour this weekend, Sunday, November 3rd.

Thanksgiving Closings

Daybreak will close early Wednesday, November 27th and will be closed Thursday, November 28th for Thanksgiving. See inside for more information.

{GIVE THANKS}

for each new morning
with its light
FOR REST AND SHELTER
OF THE NIGHT

for health and food
for love and friends

FOR EVERYTHING
THY GOODNESS SENDS

~ralph waldo emerson~



7819 Rocky Springs Road, Frederick, MD 21702

301-696-0808 • TTY/HCO 1-800-735-2258

daybreakadulthoodservices.org

LOOKING AHEAD - UPCOMING ACTIVITIES



**Crossword
Puzzle**



Karaoke



Drum Therapy



**Manicures for
Men &
Women**



**Tuesday's
Poker with
Tony**

**Friday, 11/8
Honoring Our Veterans
American Legion Post 11**

**Tuesday, 11/12
Antiques & Collectables
“Photos from Around
the World”**

**Monday, 11/18
Hand Bell Choir
The “Joy Bells” concert**

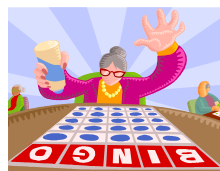
**Friday, 11/22
Western Hoe'Down
Wear your western
outfit!**

**Wednesday, 11/27
Center will Close Early**

**Thursday, 11/28
HAPPY
THANKSGIVING
CENTER IS CLOSED**



Bowling



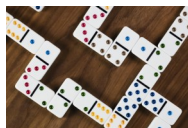
Bingo Games



**Book
Club**



**Birthday
Celebration**



**Dominoes
Tournament**



Hymn Sing

The Director's Corner

Greetings Families and Friends

As we head in to this season of thanks, it is the perfect time to say thank you to each of you.

To our participants: **THANK YOU** for making each day at Day-break joyful and fun. For sharing your wisdom, your stories, and yourselves. We are blessed to have you with us each day.

To our families: **THANK YOU** for sharing your loved ones with us. For trusting us to provide good care, and allowing us to walk this journey with you. We are honored.

To our volunteers: **THANK YOU** for all of the time, talent and beautiful spirit that you share with us each week.
We are grateful.

To our staff: **THANK YOU** for your enthusiasm, your energy, and your commitment to our participants and our programs.
We appreciate you.

To our community partners: **THANK YOU** for your ongoing support and assistance to our program and to our people. Frederick County has a special network of resources for seniors and we are grateful to work with each of you.

The very best to each of you this Thanksgiving,

Fondly, Christina

BILLING ERROR: Please note that there was a billing error on the November bills. If you attend on Thursdays, you should NOT have been billed for 11/28 (Thanksgiving). You are being credited for the day and can deduct it from your payment.

Community News and Notes

The Frederick County Senior Services Division 301-600-1234

AT THE SENIOR CENTER

November 1, 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.

November 13: 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. This event will be held at the Myersville Town Hall from 6-8 pm Registration is required.

November 15: Circle of Friends...Memory Café and More 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.

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

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.

November 20 The Holidays and Dementia: How to Cope – This Alzheimer's Association program covers tips about having less stress during the holidays, including what the person with dementia might be experiencing at different stages of the disease. Wednesday, November 20 11:30AM – 1PM at Edenton Retirement Community 5800 Genesis Lane. RSVP to jholmes@edenton-retirement.com or call 301-694-3100

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.

NURSES NOTES



Seven Hints for Foot Care

Diabetes can be risky to your feet - even a small cut can lead to serious problems. Diabetic nerve damage reduces the feeling in your feet. Diabetes can reduce blood flow in the feet, making it harder to heal or resist infection. Because of numbness, you may not notice a foreign item in your shoe. As a result, you may develop a sore or a blister. An infection or a non-healing wound could put you at risk for surgery to your foot.

Follow these guidelines to avoid serious foot problems that may result in loss of a toe, foot or leg:

- Inspect your feet daily by checking for cuts, redness, blisters, swelling, or nail problems. Using a magnifying hand mirror, check the bottom of your feet.
- Bathe your feet daily in lukewarm, never hot, water. Gently wash them using a soft washcloth or sponge. Dry by patting and carefully dry between the toes.
- Moisturize your feet daily but not between your toes. This keeps dry skin from itching or cracking. Don't moisturize between the toes.
- Cut nails carefully, straight across, and file the edges. If you have concerns about your nails, consult your doctor.
- Wear dry, clean socks and change them daily. Consider socks made specifically for patients living with diabetes. At night if your feet get cold, wear socks.
- Shake out and feel the inside your shoes before wearing. Keep your feet warm and dry. Never walk barefoot, you could step on something and get a cut.
- Take care of your diabetes. Keep good control of your blood sugar levels. Call your doctor if you notice anything. Get periodic foot exams.

Seeing your foot and ankle specialist on a regular basis can help prevent the foot complications of diabetes.

For more information, contact the American College of Foot and Ankle Surgeons (ACFAS) Phone: (773) 693-9300 or www.foothealthfacts.org/conditions/diabetic-foot-care-guidelines.

Please remember to get your flu shot and notify our nursing office when your loved one gets their flu, pneumonia or shingles shots. Also please remember to keep your loved one home if they develop any signs of illness including: fever, vomiting, diarrhea, seizure, TIA or have had a major fall or injury. Thank you for your cooperation.

Geoff Littrell, RN
Nurse Intern, Frostburg State University

OUR CONDOLENCES



To the friends and family of

*Joan Ohler
John Helm
Pearl Pratt
Patricia McKellar*

They will be missed.

In Memoriam

It is with heavy hearts that we share that longtime Daybreak hairdresser Gina Seppi passed away unexpectedly on October 7. Gina had an incredibly vibrant spirit and went out of her way to make our participants not only look good, but feel good too. She was a special woman who is deeply 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.



From the Social Worker

November is National Family Caregiver's Month

In honor of this, I celebrate all of you caregivers out there for the incredible work you do, day in and day out. I recently started reading the book *Cruising through Caregiving; Reducing the Stress of Caring for Your Loved One* by Jennifer L. FitzPatrick. This book includes advice from FitzPatrick and 24 other professionals. FitzPatrick used an analogy of the primary caregiver being like the general manager of a hotel. If you go to a hotel and the general manager is cleaning the rooms, cooking the meals, and making the wake-up calls, you would wonder "what is wrong with this hotel?" If the primary caregiver is doing all of the care giving with no helpers, there will be problems, that is why it is so important to have back-ups and supports to help keep the primary caregiver rested and ready for their important job.

Some caregivers become so overburdened by their care-giving role that their own health is declining at a rate faster than that of the person they are caring for. You may have made a "promise" to yourself or your loved one that they would never have to go to a nursing home or have a stranger care for them. FitzPatrick points out that this "promise" might not be "in the best interest of your loved one, you or the rest of the care-giving crew." FitzPatrick also suggest reevaluating the care situation regularly. Just like we do with care plan meetings every six months, it is good to sit down with all members of your care-giving team and discuss what is working, what is not working and areas where help could be needed – this could be someone else taking over grocery shopping, help once a week to catch up on a giant laundry pile (due to incontinence accidents), or help with meals.

As we gear up for the holidays, you may notice how the additional stress and pressure of getting ready for the holidays, pushes you to a breaking point. We do not want this to happen. The holidays can be simplified. I am guessing if you met with family members and adopted a "no gifts policy" this year, most people would be relieved. Most of us have enough sweaters already. It is nice to give and receive, but not if it is causing stress and financial burdens. The holidays can be so much nicer without all of the hustle and bustle of shopping (the traffic, the crowds, the cost, etc). Get together, have a potluck so one person is not doing all of the cooking, sing a carol, play a game and call it a day. It is important to try to keep your loved one's routine as normal as possible. Remember that your loved one will tire easily, so try to keep celebrations shorter.

Warn visiting family and friends about changes before the get-together, and please ask for help! Someone you know may be honored to run an errand, cook a meal, or come for a visit so you can get out for a haircut or just take a break. The people in your life who care about you want to be helpful. They often just need to know from you how best they can be of help. Please let them know.

I wish everyone a happy and healthy Thanksgiving! Hope everyone has gotten a chance to get their flu shots and is ready for winter. Please let me know if I can be of any help or if you have questions for which I may be able to help find answers. ~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

November 18

December 16

January 20

Please RSVP to Gwenda if you plan to attend.



Staff News and Notes

Activity Assistant Tavia Jensen celebrates 4 years with us this month. Tavia has a kind heart, creative mind, and beautiful singing voice.

Transportation Coordinator Steve Phillips celebrates 3 years with us. You may never see Steve as he works quietly behind the scenes managing the maintenance needs of our fleet. We appreciate everything Steve and Tavia contribute to our team!



Howloween...Gone to the Dogs!



Check out these
adorable pups!





HOLIDAY SCHEDULE NOTES

NOVEMBER:

Daybreak will close early **Wednesday, November 27** 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, Thursday, November 28** for Thanksgiving. We will be **OPEN Friday, November 29**. PLEASE Let us know as soon as possible if your loved one will be absent that day so we can plan our staffing.

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.

Activity News



What a busy and “spooktacular” month October was. There were fabulous field trips: ice cream at our favorite place, The Little Red Barn, delicious Mexican food at Fajita Grande, and breakfast for lunch at IHOP. We also traveled to the Road & Rails museum, the Delaplaine Art Center, and Home Depot to create a fall craft. We had an indoor Pizza party where lots of participants enjoyed fresh hot pizza and salad, and we hosted our 1st Annual Hoowlloween Parade (“Gone to the Dogs”). This was a great afternoon that featured a host of dogs dressed up in costume. Costumes included a bride and groom, a banana split, super dog, a wide receiver, and a pumpkin. So cute! We also hosted some amazing human guests: Frederick Community College ILR Instructor Jeannie who has been teaching a weekly Folk Art class, Master Gardeners who brought dried flowers, little pumpkins and fall foliage to create cornucopias full of autumn colors for the center of our dining room tables, the wonderfully talented Golden Tones who serenaded us with lots of old favorites, and regular volunteer Jean Weedon with her lovely gospel music. We also welcomed dance instructor Garrey (and his little dog Mika) who danced us down memory lane with his fabulous footwork. Get ready for Daybreak’s own Dancing with the Stars next year...boy can some of our participants move! Of course October wouldn’t be complete without our big Halloween party on the 31st. So much fun!

Please check out our Facebook page to see pictures of many of these events!

As we move forward to November and holiday season, I am adding a new program to our already busy weekly schedule. The program will be called “Antiques and Collectables”. Over the years, many of our participants have collected various items such as old postcards, stamps, spoons, and figurines, to mention a few. I am reaching out to you all asking if your participant (or you) have any collectables or antiques you could share with us. The possibilities are endless. You’d be surprise how much discussion, reminiscing and fond memories are re-stored when sharing items from the past. Our 1st Antiques and Collectables program will begin in November. Participant Charlie Covell will

be sharing his photography collection of pictures from all over the world. If you have something that you or your loved one would be interested in sharing, please give me a call or email me at activities@daybreakadultdayservices.org.

In closing, I wish you all a very Happy Thanksgiving. As you sit down with your friends, loved ones, and family at Thanksgiving, I pray that your hearts are filled with joy, hope, and most of all LOVE.

Kindly,
Heather
activities@daybreakadultdayservices.org



We are very pleased to welcome new hairdresser **Heather Snyder** to Daybreak's salon.

Heather will be here on Wednesdays, with the possibility of other days with advance scheduling.

Heather can do cuts, colors, perms, waxing, and more. Please call or email Activity Director Heather for a price list or to schedule service.

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.

Daybeak's Choir: The DayNotes!



Special Thanks to the Frederick Arts Council for funding this great project, to Darcy O'Daniel from Noteable Progressions Music Therapy for leading it, and to our singers, YOU ROCK!



Noteable Progressions

HAPPY BIRTHDAY

NOVEMBER

3rd	Dick W.
4th	Burton W.
6th	Emily M.
7th	Mark F.
9th	Betty B.
18th	Tony E.
21st	Mary T.
22nd	Barbara B.
30th	Tony B.

Congratulations to our
Quilt Raffle Winner
Nancy Colaianne!

Thanks to all who bought
tickets, and again to
Nancy Losardo for creat-
ing such a masterpiece
and the family of Betty
Gates for donating all of
the fabric.



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

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Dr. Joseph Devadoss, Chairman

Darlene Canfield, Vice Chair

Jackie Dinterman, Board
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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.