



DAYBREAK  
ADULT DAY SERVICES

# DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

January 2020



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**

**Thurs Jan 2  
Hymn Sing with Peggy  
and Betty**

**Fri Jan 3  
Music with Pete & Betty**

**Thurs Jan 9  
Indoor Picnic**

**Mon Jan 13  
Drums with Bob**

**Tues Jan 14, 21  
Church Services**

**Tues Jan 14  
Travel Club: Hawaii**

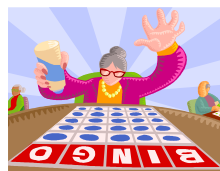
**Wed Jan 15  
Antique Roadshow**

**Mon Jan 27  
Autobiography: Mozart**

**Thurs Jan 30  
Comedy Club**



**Bowling**



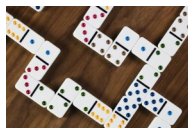
**Bingo Games**



**Book  
Club**



**Birthday  
Celebration**



**Dominoes  
Tournament**



**Hymn Sing**

# The Director's Corner

Happy New year! I hope that you all had a joyful holiday, whatever one you celebrate. We had plenty of fun and merriment here at Daybreak. If you haven't already, check out our pictures on Facebook! If you don't "Do" Facebook, ask one of the grandkids to pull it up on their phone ([www.facebook.com/daybreakadultdayservicesfrederick](http://www.facebook.com/daybreakadultdayservicesfrederick)). We were blessed with many wonderful visitors, goodies, and music this season. Thank you to all the angels and elves who helped make the holiday special, for our participants as well as our staff!

We turn our attention now to the New Year; to diets, resolutions, and promises to do more, and do better. It can be overwhelming to think about (that's a lot of pressure!). I hope that you will make a resolution to do something good for yourself. Maybe something as simple as laughing a little more. Being a caregiver can be exhausting and overwhelming at times. Maybe resolve to not be as hard on yourself.

One of the good things that you can do for yourself in the new year is try our support group for caregivers (or one of the many other caregiver support groups offered in the county...call me for a list). Attendees agree that it can be very helpful to hear other people's stories. Sometimes it helps put yours in a different perspective, and sometimes you can offer support and help to someone else, which can make you feel good. You can also learn from others...both from their mistakes and their successes. If nothing else, the group offers two hours during which you aren't caregiving (our staff will do that), a meal that you don't have to cook or clean up from, good dinner conversation, and always a few good laughs! Come try it out! We meet the 3rd Monday of each month. This month it will be January 20 from 4:30-6:30. Please RSVP to Gwenda ahead of time.

I wish each of you a happy and healthy new year. Please don't hesitate to call me if you have questions, concerns, or suggestions.

Fondly, Christina

# Community News and Notes

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

### **AT THE SENIOR CENTER**

**January 3, 2020 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.

**January 17, 2020 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**

**Living Well with Diabetes:** 7-week series to help those living with diabetes and pre-diabetes learn how to manage and improve their health. Mondays Jan. 13--Feb. 24, 1:00-3:30 p.m. Frederick Health Toll House Classroom, 501 W. 7th St., Frederick, MD 21701. To register or for questions, call 240-566-4862 or email CDSMP@fmh.org. This is class good for both patients and caregivers/family members.

## IN THE STATE AND BEYOND

**Senior Call Check-** The Maryland Department of Aging is excited to share the news about a recently launched program called Maryland Senior Call Check. Maryland is the first state in the country to start a FREE, opt-in, telephonic service to check on Maryland's older residents, all across the state. Senior Call Check is a FREE service available to adults 65+ in Maryland. Receive an automated daily call at a time you designate. After three attempts and no answer, they will contact your alternate person to check on you. Registration is easy – online or over the phone! <https://aging.maryland.gov/Pages/senior-call-check.aspx>

**Dementia Story Telling Contest-** Announcing a writing contest for **high school and college students** from across the U.S. and Canada to pen the best profile of someone who is living with or who has passed from Alzheimer's disease or another dementia. Nearly 50 million people worldwide have dementia. Their stories deserve to be told, even if they can no longer tell them themselves. We hope that you'll join others in shining a light on dementia by submitting your loved one's story. Tons of prizes are up for grabs! Winners will be featured across all platforms and invited to celebrate at an exclusive 2020 gathering. **All stories must be submitted by March 13, 2020.** <https://hilarityforcharity.org/humansofdementia/>

# NURSES NOTES



Nosebleeds are very common in the winter months. Nosebleeds involve bleeding from the inside of the nose. The lining of the nose contains many tiny blood vessels that lie close to the surface and are easily damaged. The two most common causes of nose bleeds are: 1) dry air, which makes our nasal membranes dry out making them more susceptible to bleeding and infection and 2) nose picking. Many people have nosebleeds, particularly young children & older adults. Most nosebleeds aren't serious and will stop on their own or by following these self-care steps.

Self-care steps include:

- \* Sit upright & lean forward. By remaining upright, you reduce blood pressure in the veins of your nose, which decreases bleeding. Leaning forward will help to avoid swallowing blood.
- \* Gently blow your nose to clear out clotted blood.
- \* Pinch the nose. Use your thumb and index fingers to pinch both nostrils shut and breathe thru your mouth. Hold pressure for 5-10 minutes. This helps stop the blood flow.
- \* If bleeding does not stop, repeat these steps for up to 15 minutes. After the bleeding stops try not to pick or blow your nose or bend forward for several hours.

Tips to help prevent nosebleeds

- \* Keep the lining of your nose moist by applying a light coating of Vaseline with a cotton swab 3 times a day or using a Saline Nasal Spray.
- \* Keep fingernails trimmed to help discourage nose picking.
- \* Use a humidifier to add moisture to the dry air.

Seek emergency medical care if nosebleeds:

- \* Follows an injury such as a fall or car accident.
- \* Involve a larger than expected amount of blood.
- \* Interferes with breathing.
- \* Lasts longer than 30 minutes even with compression.
- \* Occurs in a child under 2 years of age.

If you are losing a lot of blood, please don't try to drive yourself to an

emergency room. Call 911 or have someone else drive you. If you or your loved one have frequent nosebleeds, more than once a week, talk to your doctor. It is important to consult with your doctor to determine the cause.

Our nursing staff wants to wish you and your families a Happy & Healthy New Year! Please try to help us keep our clients healthy by keeping your loved ones home if sick especially with vomiting, diarrhea, red, draining or crusty eyes, fever, severe cold or a productive cough. We would also appreciate if you would let us know about any health concerns, falls or changes in medications as soon as possible. Thank you so much for entrusting us with helping to care for your loved one.

Chris Grable, RN

## OUR CONDOLENCES



*To the friends and family of*

*Barbara Day*

*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](mailto:director@daybreakadulthoodservices.org).



# From the Social Worker

Happy 2020!

As we start a new year, we often make resolutions. Better communication is a great one, both in personal and caregiving relationships. I find that problems can happen in relationships when we assume we know what the other person is doing or thinking and do not speak to them to clarify and truly understand them and their point of view.

One of the best ways for you to communicate as a caregiver is to share information with the other members of the team, which includes us. As a medical day care center, we have regulations to follow. We are required to assess each individual's abilities and care needs and to document those needs in terms of goals and approaches to reach those goals. Care plan meetings are an opportunity to ensure your loved one's needs are met satisfactorily, but aren't the only times we should talk.

We need to know about new medications, discontinued medications, changes in doses, falls, Emergency Room or Urgent Care visits, etc. We really need to know as soon as possible to provide the best care to your loved one. We want to thank those who are so good about calling us and keeping us in the loop. And encourage those who don't play try.

If your loved one fell three times over the weekend, chances are something is going on and alerting us to the weekend falls means we will be keeping a closer eye than usual on your loved one. If someone suffers a mini stroke or transient ischemic attack (TIA), please let us know because "10-15% of TIA patients have a full blown stroke within three months" ([www.stroke.org](http://www.stroke.org)). Knowing about the mini stroke is a warning of a potential problem on the horizon. We want to know how best to treat your loved one and hopefully do our part to try to prevent an impending stroke. I think we all share the same goal: for your loved ones to maintain or attain their best possible level of well-being.

One other communication matter you may not have considered is creating a "death file" or "just in case file". Having either a physical file of important information or a computer file can be one of the most thoughtful gifts you leave your family. It can be extremely stressful and expensive (in terms of both time and legal fees) if you have not completed a file of information for your heirs that includes detailed information about your bank/investment accounts, pensions, insurance policies, social security policies, will, attorney contact information, etc. You might also include wishes for your funeral or memorial service. Some people even write their own obituaries. Cheryl Smith of Consider It Done Transition Services recommends keeping the following in your "just in case" file: copies of ID (license, passport), copies of social security card, military records, photograph, credit card numbers, bank account numbers, investment account information, homeowner's insurance policies, deeds, wills, blood type, medication list, advanced directives, family/friends contact information.



Once you have compiled this information, it is important you tell your loved ones where to find the information when the time comes. A safety deposit box is not necessarily the best place because it may be hard to access when needed. Without this “death folder”, it “can take up to a year and eat up about 5 percent of the estate” to get things in order according to John Sweeney, an executive vice president for Fidelity. Feel free to check out Shoshana Berger and BJ Miller’s book, *A Beginner’s Guide to the End: Practical Advice for Living Life and Facing Death* (Kindle \$14.99 paperback \$20) for more information about “death files”.

I hope you will consider these different ways to improve communication with the important people in your life to help make 2020 the best year yet. Please let me know if you have questions or concerns. Thank you and Happy New Year!

~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*

*January 20      February 17      March 16*  
*Please RSVP to Gwenda if you plan to attend.*



## Staff News and Notes

Happy Anniversary!

Happy 4 Year Anniversary to nurse **Linda Ford**. Linda has been working part time with us for 4 years and is a very integral part of our team. Linda is a wonderful nurse with deep faith and a big heart who makes a difference every day that she is here. Thank you Linda!



COOP  
COOPERATIVELY OWNED SINCE 1974  
YOUR LOCAL, ORGANIC, & NATURAL FOODS GROCERY STORE!

5728 Buckeystown Pike, Frederick, MD 21704  
[www.commonmarket.coop](http://www.commonmarket.coop)

Thank you to the Common Market for choosing Daybreak to be the recipient of their “Bring a Bag for Change” project. Customers bringing reusable bags are given a token to drop in a bucket for a charity . Daybreak will get 5 cents for each token AND 1% of market sales for 1 day in the quarter.

## Extra Clothing/Hats, Gloves, etc.

Just a reminder to all participants, family members, and caregivers; please be sure that we have an extra change of clothing here in the center, just in case. It is helpful if you **label all clothing** including coats, hats scarves, gloves, etc. We try our best to keep everyone's things straight, but mix-ups can happen. Labels help ensure things get back to the proper person.



# 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 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.

# Activity News



As I write my article for this January newsletter it's not yet New Years, but I'm thinking about how busy December was and how nice it will be to slow things down a bit in January. Participants were a great help and had so much fun decorating the trees at the beginning of the month. That was the kick off to a bustling schedule of holiday events here at the center. Highlights included caroling, cookie decorating, and jewelry making with New Life Christian School students, a beautiful Christmas program with lots of our favorite carols performed by Barnesville School students, and a holiday workshop with children from Kinder Care making "kindness kits" filled with a variety of items to be distributed to the homeless. We also had a really fun gingerbread house competition between teams of participants and staff and our "Busy Bees" helped a local agency wrap a whole bunch of Christmas gifts. We went on our last field trip of the year; enjoying the buffet at Mountain Gate Restaurant. We had a wonderful visit from Santa which included pictures with him around our Christmas tree, a spectacular holiday concert by harpist and classical guitarist by Hector Munoz, and enjoyed a beautiful Christmas Eve service and caroling with Pastor Hubble and friends from Lighthouse Baptist Church. The finale is a New Year's concert with entertainer Dale Jarret along with some ballroom dancing with Garrey. What a fabulous month!

As we head in to January, we will pack up all of the holiday decorations and start afresh. I always find it so sad to pack up the boxes and haul them to the shed and basement. We have some exciting things planned for January though. Since we won't be going on any field trips in the winter months we will be offering a few "indoor luncheons" from various restaurants. We will also host a Delaplaine art instructor here at the center instead of traveling to their studio. Signup sheets have been sent out and a small charge is required to participate in the art activity and luncheons. Please make sure you turn in your sign up sheet and fee soon.

We've also added a few new programs to our already busy activity calendar. We are starting a series of interactive "autobiography" discussion groups on various notable people every Monday afternoon. Peggy and Betty will be returning on Wednesdays to play our favorite

old tunes and the classic hymns we all love to sing. They say laughter is the best medicine so I will be hosting a “comedy club” the last Thursday of every month sharing jokes, silly stories and one liners that are sure to bring some belly laughs. We are also working on plans for a new “Tea and Topics” discussion group. We are currently looking for donations of old china cups, saucers or tea pots if you have any. Thank you in advance.

May the New Year bring you joy, peace and love,  
Heather  
Activity Director|Volunteer Coordinator

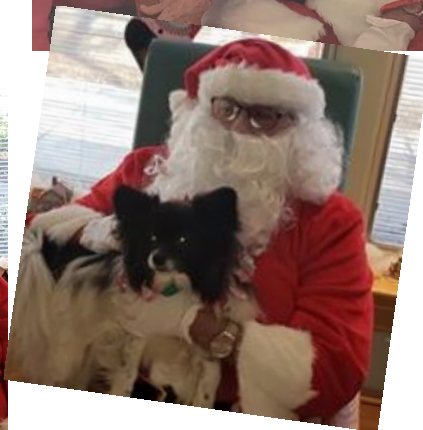
# HOLIDAY MUSIC

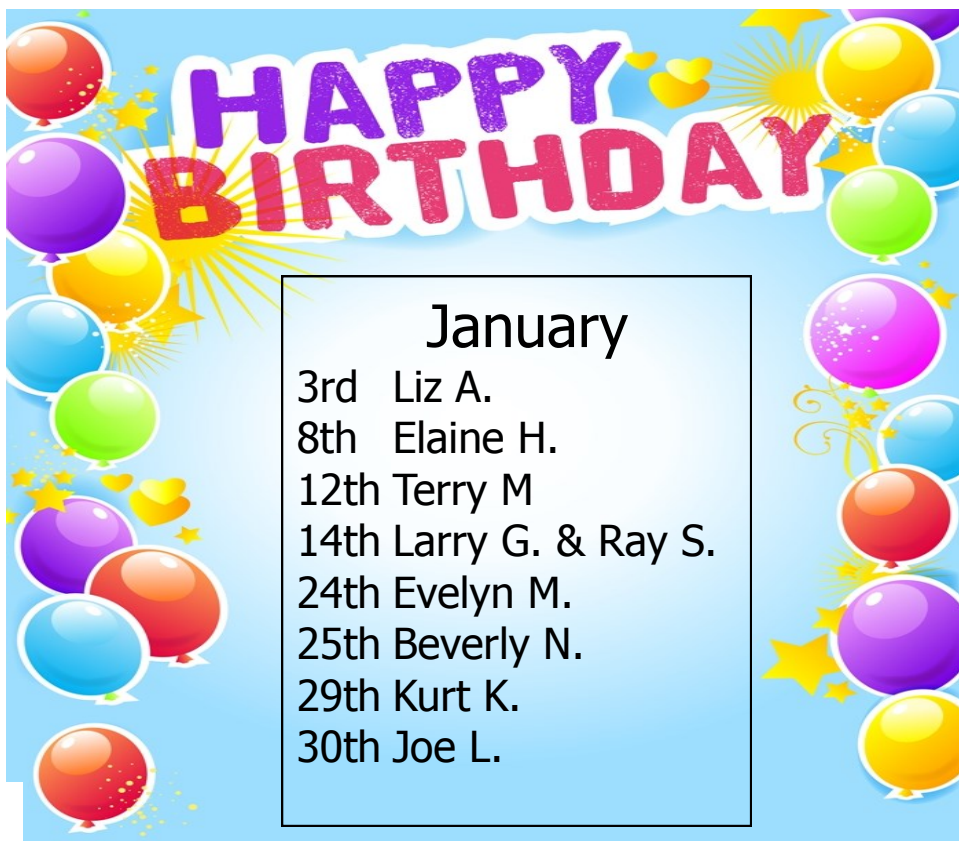
A great performance by the students  
from Barnesville Elementary!!





# Santa's Visit to Daybreak!!





Gingerbread , Gift  
Wrapping, Craft-  
ing, and Santa,  
oh my!



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.*