



DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

February 2020

Kindness

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest accomplishment, or the smallest act of caring, all of which have the potential to turn a life around.



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's
Poker with
Tony**

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

**Tuesday, 2/4
Canvas & Conversation**

**Friday, 2/14
VALENTINE's DAY
Wear Red and/or Pink
Sweethearts Dance
Cupid Humor
Love Songs by Cindy
Heart Health Exercise**

**Monday, 2/17
Gospel Music w/Jeanne**

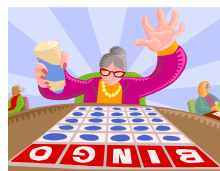
**Tuesday, 2/18
New Life Christian School
visits
Ice Cream Social**

**Monday, 2/24
Delaplaine Art Class
(sign-up required)**

**Thursday, 2/27
Tea & Topics w/Heather**



Bowling



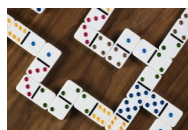
Bingo Games



**Book
Club**



**Birthday
Celebration**



**Dominoes
Tournament**



Hymn Sing

The Director's Corner

February Greetings! I hope that this month finds you well. As usual, time flies when you are having fun. Seems like just yesterday we were welcoming the new year. January was busy here with plenty of activities, new admissions, and interviews for new staff. Hopefully in the next newsletter I will be able to welcome a new driver, and activity and nursing assistants. February is sure to be just as busy with plenty of fun and love on the schedule!

Speaking of love...wow were we surprised to be voted "Best Senior Living Services" in Frederick Magazine's "Best Of" Contest! So many thanks to EVERYONE who plays a part in making this such a special place. We have an amazing team here; drivers, kitchen staff, program assistants, nurses, activity staff, office and transportation staff and the maintenance crew, who work together every day to make sure we are delivering top notch service. It would be meaningless were it not for our awesome participants who each bring a special gift, energy, sense of humor, and kindness to the center each day. Of course, we have to shout out to the families and dedicated caregivers who work with us to provide the best care possible, and to our fabulous community partners who support us with referrals, donations, and guidance. We are very much greater than the sum of our parts!

I wish each of you lots of love this February.

Fondly~ Christina



Community News and Notes

The Frederick County Senior Services Division 301-600-1234

AT THE SENIOR CENTER

February 7, 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.

February 21, 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.

March 3-April 7 Powerful Tools for Caregiving. This is a class taught by staff from the Senior Services Division to help caregivers learn to care for themselves while taking care of a loved one. This session will be held on 6 consecutive Tuesdays and will be held here at Daybreak. Caregiving will be provided. We have had a number of our families take this class and they all report that it was a great experience. Please consider signing up. Space is limited and registration is required. Call Mindy for more information or to register 301600-6001

FY 2020 Respite Funds – Apply now to receive a reimbursement of \$700 for money you have spent on care for your loved one. This could be care here at Daybreak, at home, or elsewhere, either by a paid professional, family member, or friend or medical costs or supplies. The application is easy. Please call or email Cherallee 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

Dance Class for people living with Parkinson's Disease will be held Saturday Feb 29 at 2 pm at the Fred Astaire Dance Studio in Frederick (5103 Pegasus Ct.). The class is free. No partner is required but a caregiver or friend is welcome to join in. Aside from being fun, dancing has great therapeutic benefits for those with Parkinson's. Take a chance and give it a try! Call Ashley King at 240-232-2329 for more info.

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>

2 Scholarship opportunities for high school/ college students!

The Alzheimer's Foundation is sponsoring a contest for high school seniors who have been impacted by dementia. Get more info at <https://alzfdn.org/young-leaders-of-afa/scholarship-contest/>

Hilarity for Charity is also sponsoring a contest for High school and college students to tell the story of someone you love who has dementia. More info at <https://hilarityforcharity.org/humansofdementia/>.

NURSES NOTES



With Valentine's Day approaching, we often find ourselves focusing on others. It is important to remember to take care of ourselves as well, specifically our hearts. Heart health is a part of everyday living. Healthy People 2020 is a government program designed to help Americans find better health. Healthy People 2020 recommends lowering high blood pressure and high cholesterol. How can this be accomplished? There are a few easy heart tips that we can follow:

- Do buy colorful fruits/vegetables
- Don't buy high fat dairy or meat
- Do buy plenty of nuts and high fiber foods
- Don't buy butter (try Smart Balance, Promise, or Brummel and Brown)

- Do read nutrition labels
- Don't avoid frozen or canned fruits/vegetables
- Don't rush into major changes
- Do buy whole grains

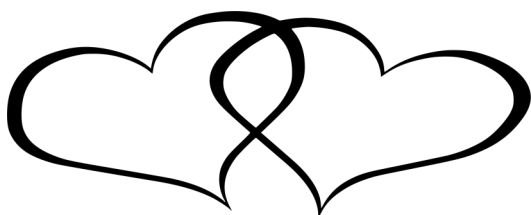
Whole grains have been found to decrease the risk of stroke by 30% and heart disease by 25% and help clean arteries of fat. It is also recommended that seniors exercise at least two hours and thirty minutes a week. The best part is that exercise can be broken into smaller time periods so we don't over do it.

The American Heart Association (AHA) is another great source of information. The AHA has provided some interesting facts about sodium!

- Sodium is essential in a diet and helps control blood pressure, in addition, to making nerves/muscles work properly.
- High levels of sodium can be found in food and in some over the counter medications, make sure to read labels!
- Sea salt has the same amount of sodium as table salt.
- Processed foods account for more than 75% of sodium consumed by Americans.
- Be mindful that poultry, cheese, and bread can have excess sodium in them.

Remember to always make sure to have regular checkups with your doctor. For more information, please visit www.heart.org and www.healthypeople.gov. **Please keep us informed of any medication changes or health issues.** Enjoy the Valentine's Day and take care of your hearts!

Chris Grable, RN



OUR CONDOLENCES



To the friends and family of

Patricia Long

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

How do you reduce your stress?

Stress is a part of life. In Adam Felman's Medical News Today on-line article "Why Stress Happens and How to Manage It", he defines stress as "a feeling that people have when they are overloaded and struggling to cope with demands." Any caregiver knows this feeling. Any person who has worked, tried to maintain relationships, maintain a home, pay bills, etc. can relate to this feeling. Just turn on the news and chances are you feel some stress from watching it. Stress can be a positive and push us to excel, but it can also be a detriment to our health and emotional well-being.

Stress "flushes the body with hormones to prepare systems to evade or confront danger" (this is the fight or flight mechanism you learned about in school). The chemicals released (cortisol, adrenaline, noradrenalin) increase your heart rate, cause muscle tension, increase sweat production, increase alertness (making it more difficult for you to sleep), increase blood pressure and pulse rate, cause changes in your breathing, slow digestion, and decrease your immune functioning. Chronic stress can "lead to suicide, violent actions, heart attacks and strokes." Stress is not to be taken lightly. If you are feeling stress in your life on a daily basis, it is most likely having damaging effects on your health and well-being.

The good news is that there are ways to manage the effects of stress. Some options are:

- 1) exercise-go for a walk, turn up the music and dance, or join a gym
- 2) reduce your consumption of alcohol, drugs and caffeine
- 3) improve your nutrition-eat more fruits and veggies
- 4) decide on your priorities and eliminate the non-essentials from your life
- 5) make time for yourself-read a book, listen to your favorite music, snuggle with a pet
- 6) talk to friends and family, join a support group (there are online options if you are too busy to go to one).
- 7) practice deep breathing, relaxation exercises and meditation – Belly breathing involves resting your hand on your belly and breathing in a nice deep breath so that you feel your belly expand as you inhale and feel your belly contract as you exhale. Yoga breathing involves closing off your left nostril as you inhale through the right nostril, then closing your right nostril as you exhale through the left nostril; continue alternating nostrils as you breath in and out. Complete a body scan by focusing on each area of your body. Try the following exercise from UC Berkeley's Greater Good In Action site (for an audio version of the following exercise, check out their website at <https://www.mindful.org/a-3-minute-body-scan-meditation-to-cultivate-mindfulness/>):

-Begin by bringing your attention into your body.

-Close your eyes if that's comfortable for you.

-You can notice your body seated wherever you're seated, feeling the weight of your body on the chair, on the floor.

-Take a few deep breaths.

-And as you take a deep breath, bring in more oxygen enlivening the body. -And as you exhale, have a sense of relaxing more deeply.

-Notice your feet on the floor, notice the sensations of your feet touching -the floor. The weight and pressure, vibration, heat.

-You can notice your legs against the chair, pressure, pulsing, heaviness, lightness.

-Notice your back against the chair.

-Bring your attention into your stomach area. If your stomach is tense or tight, let it soften. Take a breath.

-Notice your hands. Are your hands tense or tight. See if you can allow them to soften.

-Notice your arms. Feel any sensation in your arms. Let your shoulders be soft.

-Notice your neck and throat. Let them be soft. Relax.

-Soften your jaw. Let your face and facial muscles be soft.

-Then notice your whole body present. Take one more breath.

-Be aware of your whole body as best you can. Take a breath. And then when you're ready, you can open your eyes.

Guided imagery and mindful breathing can make a difference. If you imagine the sun's warm light and peace entering your body with each breath in and imagine stress and worry leaving your body with each breath out, you may be surprised by how much better you will feel. If you have questions or concerns about managing your stress, please let me know. It is so important that we all take care of ourselves.

~Cheralee Von Ancken, LCSW-C, Social Worker



Daybreak Payment Tips

When writing your monthly payment checks please use black ink and write clearly. We use a special check reader to make deposits and colored ink, light ink, or discrepancies between the numerical and written amount prevent a check from going through. Also note that money being sent in for your Field Trip Activity account should be in cash only, please no checks. Checks to the hairdresser (Heather Snyder) are OK. All payments can be mailed to Daybreak, handcarried in, or given to the bus driver in an envelope marked Front Desk/Gwenda.



Staff News and Notes

Welcome! We are very happy to welcome new kitchen assistant Tayler Ragland to the team this month. Taylor comes with lots of restaurant experience and is quickly getting to know our folks and our routine. We are very happy to have him here!



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YOUR LOCAL, ORGANIC, & NATURAL FOODS GROCERY STORE!

5728 Buckeystown Pike, Frederick, MD 21704
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 web-site.
- 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



I can't believe it is February already! Before you know it, spring will be here and we'll be busy planting our spring flowers. In case you haven't seen pictures on our Facebook page, January had us busy! We enjoyed ballroom dancing class, autobiography discussion groups, music and hymn sing with Cindy, Peggy & Betty, a travel series, comedy club with Heather and so much more!

Instead of traveling out on field trips thin last month, we brought some in, including a fried chicken and fixings luncheon, pizza party, a Chinese New Year celebration complete with Chinese food, and a Delaplaine art class. We also enjoyed ballroom dancing class, autobiography discussion groups, music and hymn sing with Cindy, Peggy & Betty, a travel series, comedy club with Heather and so much more!

We will continue to avoid outside field trips for the month of February, but plan to resume in March. As a quick refresher, I ask that field trip sign-up sheets be returned to me by the 5th of the month. I send the sign-up sheets home on the bus (or left at the front desk) the second to last week of the month, which allows 2-3 weeks to select your favorite trips and return with cash in an envelope addressed to Heather or Activities (sorry, we are not able to cash checks for field trips). Sign-up sheets returned after the 5th will be added to a wait list. Please know that with nearly 70 participants attending the center each day I am not able to take every participant on every trip they sign up for. Money that is sent in for a trip but not used is kept in an envelope with the participant's name on it, locked in my office, and can be used for a future trip or beauty shop services. Thank you for understanding, we do our very best to include everyone on as many trips as we can!

Make note of our special Valentine's Sweetheart Dance on Friday the 14th. Wear your pinks, reds and whites to get in the spirit! Afterwards we will enjoy a special strawberry shortcake snack thanks to Ann and Tayler in the kitchen! Of course we have plenty of other great stuff planned this month, including musical entertainers, card games, discussion groups, exercise classes and much more.

If you haven't already, LIKE our Facebook page for updates and photos of center happenings – we post pictures weekly!

Kindly, Heather

Activity Director and Volunteer Coordinator

SAVE YOUR DOCUMENTS

Tis the season to be getting all of your tax documents. Don't forget that if your loved one is receiving a subsidy, or will need one in the new fiscal year, I am going to be asking you for income verification documents in April/May. Those documents are going to be coming to you by mail this month. Please save them and put them in a place that you can access them easily!



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!

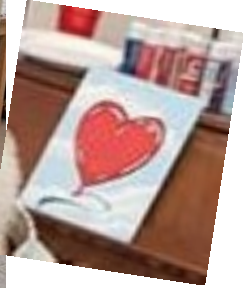
You will have two uninterrupted hours to take a breath, recharge, and refocus. If nothing else, you get to enjoy a great meal and some good laughs while in the company of some really nice folks.

Upcoming Support Group Dates

February 17 March 16 April 20

Please RSVP to Gwenda if you plan to attend.

Delaplaine Brings Art Class to Daybreak





style with a Smile



Styling with a smile at Daybreak's full service salon! Hairdresser Heather Snyder is here every Wednesday, and is now joined by manicurist Janine Curtis. Looking good ladies! Call Gwenda if you would like to schedule an appointment.

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

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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.