



# DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM



June 2021



Welcome Back!!  
We Missed You!



Monday, May 31st is Memorial Day. Daybreak will be closed and reopen on Tuesday. Everyone have a wonderful holiday!

7819 Rocky Springs Road, Frederick, MD 21702  
301-696-0808 • TTY/HCO 1-800-735-2258  
[daybreakadulthoodservices.org](http://daybreakadulthoodservices.org)

# LOOKING AHEAD - UPCOMING ACTIVITIES

**TUESDAY, 6/1  
HAPPY BIRTHDAY  
ANDY GRIFFITH**

**WEDNESDAY, 6/2  
PARTICIPANTS  
COUNCIL**

**WEDNESDAY, 6/9  
FAMOUS MONUMENTS  
DAY**

**TUESDAY, 6/15  
COLE PORTER DAY**

**MONDAY, 6/21  
INTERNATIONAL DAY  
OF YOGA**

**THROUGH OUT THE  
MONTH**

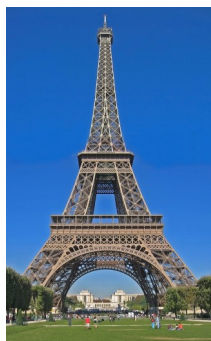
**WATERCOLOR  
WEDNESDAYS**

**TRIVIA TREASURES**

**NAME THAT TUNE**

**EXERCISE**

**NOODLE SPORTS**



# The Director's Corner

My oh my, how good it is to be back! It makes my heart so happy to hear laughter in these walls again. It certainly isn't as loud as it was before...we have gone from almost 70 people in the building to a mere 12-15, but it is happy and joyous laughter nonetheless. Here is a brief update as to where we are now and where we expect to be:

- ◆ As of this writing, we are still requiring both participants and staff to be masked and distanced in the center. We are taking folks outside individually if they need a "mask break". It has actually been going surprisingly well!
- ◆ All participants must be fully vaccinated in order to return or enroll. This is a state mandate.
- ◆ Chris has been reassessing all of our medical day participants prior to a return. Almost all that intend to return now have completed this process and will be reenrolled by the beginning of this month.
- ◆ Those who are not returning at this time continue to receive weekly phone calls until they are ready to return or choose to discharge.
- ◆ Sadly, there are many participants who are not able to return because of a decline in their health. We also lost many who passed away during the closure or were admitted in to nursing homes or assisted living.
- ◆ We are now opening our Senior Center Plus services up to those from the community who are interested in our program.
- ◆ We are holding off on new admissions to Medical Day for a little bit longer but hope to start those admissions in the coming weeks.
- ◆ We will build up our census to a capacity that will still allow us to follow best practices for COVID safety.
- ◆ We will keep evaluating what the best practices are and make adjustments to operating procedures as guidance changes.
- ◆ We will keep you updated as things evolve!

Please don't hesitate to call if you have questions, suggestions, or concerns.

Fondly,      Christina

# Community News and Notes

If there are silver linings to the pandemic, I would say that access to virtual support, education, and activities is one. It is amazing how we have all learned to adapt to not being able to be with one another. Here is a round up of some virtual events happening this month:

**Overview of the Music and Memory® Program** with staff from the Division of Senior Services. Learn how the power of personalized music can affect those with physical and cognitive difficulties. Music can be used to help engage, communicate, and reconnect with loved ones. We have had a number of participants over the years get a great deal out of the music and memory program. Learn more: Date/Time: Thursday, June 3, 2:30-3:30 p.m. Sign up available by emailing

[VirtualSeniorCenter@FrederickCountyMD.gov](mailto:VirtualSeniorCenter@FrederickCountyMD.gov)

**Senior Center Activities:** The Division of Senior Services has done an exceptional job of pivoting to online classes. They have a very robust monthly calendar, as well as an extensive library of activity videos, from exercise, to crafts, to cooking. You can access their monthly calendar here: <https://www.frederickcountymd.gov/DocumentCenter/View/331904/VSC-June-Calendar> or by searching on the County Website. You find their other activities on their website. Click on a header and lots of activities are right at your fingertips. <https://www.frederickcountymd.gov/8075/Virtual-50-Community-Center>

**Senior Scam Educational Programs:** The Frederick County Senior Services Division, in cooperation with the Frederick County State's Attorney, will host three virtual presentations in conjunction with World Elder Abuse and Fraud Prevention Awareness Month. These presentations will create an awareness of common scams that are often aimed at our older adult population and how to avoid them. The Frederick County State's Attorney Office will cover a variety of types of scams including financial, social security, phone, internet, and COVID related scams. To register for these free presentations, email [VirtualSeniorCenter@FrederickCountyMD.gov](mailto:VirtualSeniorCenter@FrederickCountyMD.gov) or call 301.600.7020.

**Monday, June 7, 10:30-11:30 a.m. Presenter: Tim Gilbert, Assistant State's Attorney in the Economic Crimes Unit**

**Wednesday, June 16, 9:00-10:00 a.m. Presenter: Jason Shoemaker, Chief of Economic Crimes Unit**

**Tuesday, June 22, 3:30-4:30 p.m. Presenter: Charlie Smith, State's Attorney**

# IN THE COMMUNITY

**Compass for Caregivers Webinar Series** hosted by the Elder Services Provider Council. These monthly webinars cover a broad variety of topics designed to educate and support caregivers. The next webinar is June 10 from 6-7pm and is entitled “Navigating Emergencies”. Speakers Kristie Dutrow, Assistant Director of Emergency Communications, Frederick County Division of Emergency Management and Matthew Burgan, Certified Community Paramedic, Mobile Community Healthcare Program, Frederick County Division of Fire and Rescue Services will provide information and answer questions to help caregivers better prepare for emergencies. Registration is free and easy: <https://frederickespc.wufoo.com/forms/a-compass-for-caregivers-finding-your-way/>. Free Zoom training is available courtesy of the Division of Senior Services. You can select this option during registration, and someone will contact you.

Presented by the Elder Services Provider Council of Frederick

## A COMPASS FOR CAREGIVERS: FINDING YOUR WAY



**Navigating Emergencies: Helping you prepare for and respond to emergencies in or outside of your home**

**Presenters:** Kristie Dutrow, Assistant Director of Emergency Communications, Frederick County Division of Emergency Management, Matthew Burgan, Certified Community Paramedic, Mobile Community Healthcare Program, Frederick County Division of Fire and Rescue Services



**No cost**

**Registration  
Required**

**To Register:**

**[https://bit.ly/  
CompassforCaregivers](https://bit.ly/CompassforCaregivers)**

**[www.espcfiredrick.com](http://www.espcfiredrick.com)**

**June 10th**

**6-7 Pm  
via Zoom**



**The Frederick News-Post**



# NURSES NOTES



For those of you who have returned, welcome back! It is so great to have light and laughter at Daybreak again. For those who have not returned, please know we are still here for you if you need us. During the Daybreak closure due to the pandemic, I feel like Christina, Heather and I have formed some real bonds with the caregivers as well as our participants. I hope we can build on those bonds to make the reopening of Daybreak and the wellbeing of all our participants and their family members a success. We have lost some very cherished members of our community in the past 15 months, but the spirit of Daybreak is alive and well.

My message to you is to thrive to keep **yourselves** well. As caregivers, we often tend to everyone around us to the detriment of our own health. So please listen to your bodies. Try to make sure you drink enough fluids, get regular balanced meals with fruits and vegetables, try to get 7-8 hours of sleep a night, get some fresh air and exercise as your body permits. Also take time to do something you love; whatever it is: prayer, meditation, calling a friend, talking a walk, watching TV or the sun set, or reading. All these things will help make you a better caregiver and a healthier and hopefully happier person.

If we do not take care of ourselves, our bodies, like a car won't run smoothly and eventually will break down. If that happens, what will happen to your loved one? I know this is easier said than done. But please try to do something (even one positive thing) for yourself each day.

As always, if any participant has a change in medications, health status, like a UTI, illness, fall, injury, or any significant change. Please call or email us to let us know so we can better manage their care.

Lastly, please remember to keep yourself or your loved one home if there are any signs of illness. It is very important that we keep Daybreak as safe as possible for all of us. Thank you and God bless you.

Chris Grable RN  
Health Director



# 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).



## DAYBREAK'S CAREGIVERS SUPPORT GROUP

*After the center was closed due to the pandemic, we very quickly adapted our support group to a virtual group. We have been meeting on Zoom for an hour every Monday since last March. We will continue until we can start meeting in person again. We would love to have you join us any time. The dates/times for June are as follows:*

*June 7: 11am*

*June 14: 4:30 pm*

*June 21: 11 am*

*June 28: 4:30 pm*

*Please call or email Christina at [director@daybreakadultdayservices.org](mailto:director@daybreakadultdayservices.org) and she will send you the links to join!*





## From the Social Worker

### Welcome Back!

We have been back to Daybreak for a few weeks now and it is so nice to see familiar faces after much time away. It is also nice to think that this pandemic is almost under control and life can get back to normal. I know it has been a challenging year for many people. I hope you have developed some new habits over this past year to better care for yourself. Maybe you did a better job of making sleep a priority, or started an exercise program, or tried to incorporate more fruits and vegetables into your diet. Whatever you did, I hope it has helped you to feel better, healthier and stronger. I know we all needed a little extra care and nourishment to get through this past year.

One way I tried to care for myself was through taking a few classes online. One class I took through Coursera offered by Yale University professor Dr. Laurie Santos is called the Science of Well-Being. She had us students identify our signature strengths. You can identify yours at [viacharacter.org](http://viacharacter.org). Mine were honesty, appreciation of beauty and excellence, kindness, love and love of learning. She also discussed the importance of gratitude and challenged us to remember someone who has changed our lives, write them a letter to thank them and then read the letter to the person (warning: this will be very emotional for both of you). She discussed the importance of kindness and social connection. This is something so much of us have missed out on this past year with distancing and avoiding one another to keep ourselves and others safe. She discussed the importance of exercise and sleep. Exercise to get rid of feelings of stress and tension, but also to make our bodies healthier and stronger. Sleep is so important to clear away the junk in our brains and to recharge our bodies for another day. She also discussed the benefits of meditation.

I found the meditation information particularly interesting. According to a study by Killingsworth and Gilbert done in 2010, our minds wander 46.9% of the time. They identified this default network as a network of brain regions that kick in by default (task-unresponsive regions of the brain). When we think about the past or think about the future our default networks are lighting up. They determined that minds wander 30 percent in most events. A way to strengthen our brains and curb this mind-wandering is meditation. Meditation strengthens our brains, increases our grey matter, and increases our positive emotions.

I tried to develop a meditation habit last fall. I try to set aside time each evening after dinner to meditate for 10-25 minutes and I think it helps me to feel calmer and more in control during this time of so much uncertainty. I usually use the Insight Timer app. I like that it



keeps track of how many days I have meditated. I accidentally forgot one day because I was so tired from an 18.5 mile bike ride and was so mad at myself for ruining my streak, but I started again the next day and am slowly getting my number of consecutive days back to where it was (so competitive!). If you have not ever tried meditating, it can be as simple as finding a quiet place, closing your eyes, and concentrating on your breath as you take deep slow breaths for a few minutes. Sometimes just a few minutes of deep slow breaths can really help during a time of high stress. As a caregiver, there are frequent times of high stress, so any additional tools you can keep in your caregiving toolbox are helpful. I hope you will give it a try and if you do, I hope it helps you!

I wish all of the fathers a very Happy Father's Day! Enjoy the warm days, sunshine, and time outside. Please be in touch if you have questions or concerns.

~Cheralee Von Ancken, LCSW-C, Social Worker

A special Welcome Back cake was brought to us by dear friends Tara & Mike. It helped celebrate the joy of seeing our participants back at Daybreak!





## Staff News and Notes

We are very excited to be bringing back some much loved staff to the center. Here is the run down of who is here:

**Nurse Chris** is managing the health needs of everyone who is here. Eventually, as the numbers go up, we will bring back her part time helpers: nurses **Linda, Wendy, Jeanette, and Bobbie**.

**Ann** is going strong in the kitchen! She lost her helper, but with a smaller crowd she is managing ok for now. Everyone is happy to be enjoying her cooking again! We will eventually be hiring a new kitchen assistant...if you know someone have them give Christina a call.

**Opy** is helping participants get around the center, get to the bathroom, and checking vital signs. Aides **Mary** and **Connie** have been in as we have needed them. A new aide, **Robyn Mathews**, just came on board as a full time program assistant. She was supposed to start the day we were shut down. We are so grateful that she was finally able to join us! Robyn is quickly getting to know the participants and other staff and is going to be a great addition to our team.

**Heather** is back at the helm of the Activity Department, aided by her most capable assistant **Anita**. They are doing a great job of getting everyone moving and engaged safely.

**Gwenda** is back at the front desk. Quickly picking up where she left off!

Transportation Assistant **Stacey** and Transportation Coordinator **Steve** have got the fleet going strong and the drivers going all over the county! We are thrilled to have **Charles, Philip**, and **Susan** back behind the wheel, with **Bob** and **Deborah** helping when we need them. We will be hiring another driver very soon, so again, if you know anyone looking, have them call Christina.

It is so nice to have the team back together again!

OH  
HAPPY  
HAPPY  
HAPPY  
DAY!

Elske

Good  
FRIENDS  
Are Hard To Find,  
Harder To Leave,  
And Impossible To Forget

BE HAPPY.  
BE BRIGHT.  
BE YOU.

HAPPINESS IS...



getting together again  
after too long apart

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[instagram.com/the.official.happiness.is](https://www.instagram.com/the.official.happiness.is)  
[facebook.com/isthehappypage](https://www.facebook.com/isthehappypage)



Even if we can't be  
together in the end,  
I'm glad that you  
were a part of my  
life.

there is always room  
in the heart  
for one more friend

aimhappy.com

# Activity News



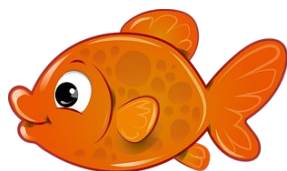
Well, first let me say “Gosh we missed you all”! While I was here in the center during COVID and missing the connections with the participants, I grew rather fond of the koi fish in our pond. I even gave each one a name and I swear they respond when I call! We have been going out in to the courtyard a lot and the participants get a good laugh out of me “calling for them” and are tickled when they see that the koi fish respond to the names I made for them. Although I have grown fondly attached to those little guys, it doesn’t come close to having the participants back and making the “magic” that is Daybreak. Reconnecting after all this time has been beyond amazing. Anita and I have really had to put our thinking caps on to create and adapt activities that we can do safely while social distancing and wearing our masks. Every now and then a participant needs a gentle reminder to pull a mask up over nose, but the smiles I see and laughter I hear from being together outweigh the number of reminders. Participants have enjoyed a variety of word games from crosswords to fill-in-the-blanks but one of their favorites is “make a word from a word”. Would you believe they got more than 100 words from the word “pedestrian”! Exercise activities have taken several new names and participants really seem to enjoy the “variety”. We’ve got Music & Movement, 5 Minute Stretch, 10 Minute Stretch, Laughter Yoga, Deep Breathing, Move and Groove, Stand & Stretch, and Let’s Get Movin. Physical games are a bit more challenging but that has not stopped us. Each participant receives their own pool noodle for noodle golf, noodle balloon volleyball, noodle baseball, and a favorite: noodle kickball. I think they have more fun tapping me with the noodle than the ball! Of course that makes us all laugh even more! Participants have especially enjoyed themed activity days such as crooner Perry Como day, Frank Sinatra day, and actor Jimmy Stewart day. We have gotten more computer savvy during the pandemic and have found a way to project the laptop through our large screen TV to show video clips, pictures and more from the internet to add to the enjoyment. We also celebrated Armed Forces Day with music and videos. During our honoring, our veteran participants stood when their branch of military was called and received a medal of honor for their service.

We have only begun with these activities but I can assure you Anita and I have a variety of tricks up our sleeves to keep everyone happy, smiling, laughing and engaged. As the old commercial goes-

Adapting activities to meet covid restrictions – good  
Thinking outside of the box and being creative- wonderful  
Having the connection with participants back and seeing the smiles and hearing the laughter....

PRICELESS!!

Heather  
Activity Director/Volunteer Coordinator



## A little pandemic humor...

Who's idea was it to sing "Happy Birthday" while washing your hands? Now every time I go to the bathroom, my kids expect me to walk out with a cake.



My husband purchased a world map and then gave me a dart and said, "Throw this and wherever it lands—that's where I'm taking you when this pandemic ends." Turns out, we're spending two weeks behind the fridge.

Just Keep Laughing!!

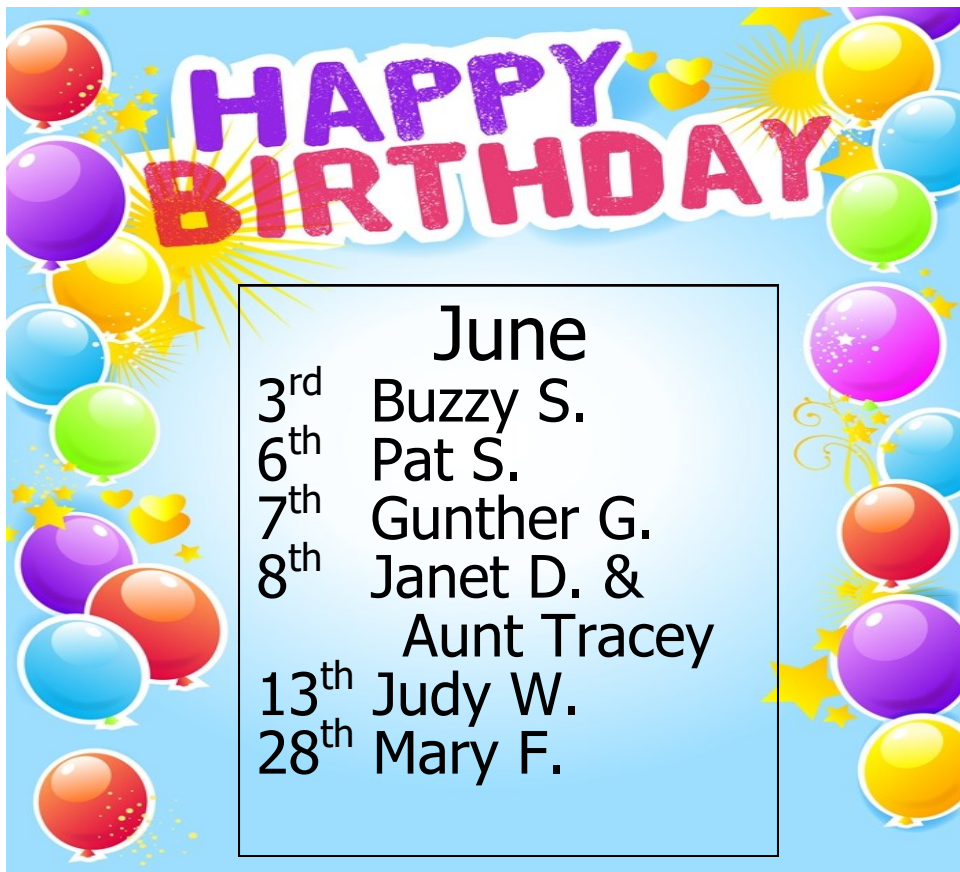


## Participants enjoying Noodle Kickball!



## Maybe a Hole in One!





Honoring  
Our  
Veterans for  
Armed  
Forces Day





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

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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.*