



DAYBREAK
ADULT DAY SERVICES

DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

July 2021

Daybreak will be closed Monday,
July 5th to celebrate the
4th of July holiday



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daybreakadulthoodservices.org

LOOKING AHEAD - UPCOMING ACTIVITIES

FRIDAY, 7/2
INDEPENDENCE DAY
TRIVIA

4TH OF JULY PICNIC

UNCLE SAM SURPRISE

THROUGHOUT THE
MONTH

MONDAY MARCHING
EXERCISE

TRIVIA TREASURES

THEATRE TUESDAYS

MUSIC THAT MAKES
US MOVE

COOKING DEMON-
STRATIONS

FRIDAY FUNNIES

FAMILY FEUD

NOODLE SPORTS

DISCUSSION &
REMINISCENCES



The Director's Corner

July greetings to all! I hope that this newsletter finds each of you well. It has been about a month and a half that Daybreak has been open and things are going extremely well. After bringing back those previously enrolled participants who were able or interested in returning, we are now opening up the program to new admissions from the community. It has been incredibly busy, but it is wonderful to be able to be a resource to our community again. As always, word of mouth seems to be our best form of advertising, so thank you to all of our happy customers who spread the word! Whether you tell your doctor, your neighbor, or the lady in the grocery line...it makes a big difference!

Speaking of word of mouth, I've got a few shout outs to make myself. Great thanks to Frederick County for allowing us to modify our current Community Partnership Grant to make some purchases that will improve the participant's experience at the center including some audio visual upgrades and courtyard seating expansion. We will share pictures next month!

We are excited that we received a number of new grants for the new fiscal year including two from Frederick County and one from the State that will allow us to provide subsidy funding to participants who need financial aid to attend. We also got word that we have been awarded 2 new buses through a Maryland Transit Administration grant. Though we won't see those buses for awhile, it is exciting to know we can retire the oldest buses soon! Shameless plug that we are still looking for drivers to drive the buses...if you know anyone, have them call!

Thanks to our friends at Country Meadows Retirement Community for providing a pizza luncheon to our participants on June 30. We will also be having a 4th of July cookout on Friday the 2nd. Phillip and Charles will be manning the grill and Ann will be making our picnic favorites. We may even eat outside if the weather is good!

So many good things happening at Daybreak!! Thank you to all who help make it happen! Enjoy your Fourth of July holiday...so many freedoms to celebrate this year!!! Never hesitate to call if you have questions or suggestions!

Fondly, Christina

PS: see the news inside about our support group returning!

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:

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/332337/VSC-July-Calendar> or by searching on the County Website. You will 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>





Veteran Recognition and Resource Event: The Division of Senior Services has a special virtual event for veterans and other interested community members highlighting many resources available to veterans through the VA and other local and national organizations, as well as educational programs highlighting local military history. The 3 day schedule looks fantastic. Read more and register on the Senior Services website: <https://www.frederickcountymd.gov/SSDVetEvent> or call 301-600-1234.



FREDERICK COUNTY
**Senior
Services**
DIVISION

Veteran Recognition & Resource Event

**Free Virtual Event: Wednesdays in July
July 14, July 21, July 28**

- | | |
|---|---|
|  Wellness Activities |  History Talks |
|  Benefits Workshops |  Resource Fair |

You don't have to be a veteran to attend!

#SSDVetEvent

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 July 8 from 7-8pm and is entitled “**Navigating Summer Fun in Frederick**”. Presented by Daybreak’s own nurse Wendy Duke, who works for Visit Frederick, the presentation will highlight adventures and destinations in Frederick that are senior friendly and accessible. Registration is free and easy: <https://frederickespc.wufoo.com/forms/a-compass-for-caregivers-finding-your-way/>. Check it out and plan your own adventure this summer! Call Christina if you have any questions.

A COMPASS FOR CAREGIVERS: FINDING YOUR WAY

Presented by the Elder Services
Provider Council of Frederick



Navigating Summer Fun in Frederick

Join us to learn about a variety of activities, adventures,
and fun right here in the county that are accessible for you
and your loved one to enjoy this summer.

Presenter: Visit Frederick

No cost

Registration

Required

To Register:

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

CompassforCaregivers

www.espcfederick.com



E S P C
Elder Services Provider Council | Frederick, MD

**July
8th,
2021
7-8 PM**



The Frederick News-Post





Staying Hydrated

Dehydration is one of the leading causes for many of our clients' emergency room visits. Dehydration happens when the body loses more water than is taken in. Dehydration can happen for many other reasons as well, including as a side effect of prescribed medication like diuretics, diarrhea, excessive sweating, loss of blood and diseases such as diabetes. Aging itself makes people less aware of thirst and also gradually lowers the body's ability to regulate its fluid balance. Also many elderly people try not to drink "too much" because they don't want to have to keep getting up to use the bathroom.

How is dehydration caused? Fluids are continuously lost through normal body functions such as sweating, breathing and urination.

Mild Symptoms of Dehydration:

- Increased thirst
- Weakness
- Dizziness
- Fatigue

Moderate Symptoms of Dehydration:

- Dry mouth; dry tongue with thick saliva
- Unable to urinate or pass only small amounts of urine; dark or deep yellow urine
- Weakness, sluggishness, general feeling of being unwell
- Rapid heartbeat
- Headaches
- Sleepiness or irritability
- Cramping in limbs
- Constipation
- Low blood pressure

Severe Symptoms of Dehydration (**Is a life-threatening medical emergency**)

- Extreme thirst
- No urine
- Rapid breathing

- Altered mental state, may even include hallucinations, delusions & unresponsiveness.
- Cold and clammy skin

Tips to prevent dehydration:

- Encourage fluid intake at meals and snacks
- Drink fluids throughout the day rather than drinking large amounts all at once
- Make sure you keep your favorite beverage near by
- Eat foods high in water such as fresh fruits and vegetable

Try to avoid coffee, alcohol, sodas and high-protein drinks, especially in large quantities, because they have a diuretic effect. This leads to a greater loss of body water, which can cause or worsen dehydration.

Fear of incontinence can decrease a person's urge to drink voluntarily. Therefore make sure to drink more during the day and limit drinking before bed. Additionally, drinking small amounts of water throughout the day may help. We try to encourage fluids with each meal and snack here at Daybreak and recommend you do the same at home. Adults should be drinking at least 8 glasses of fluids a day.

Chris Grable RN

Daybreak Health Director



REMINDER that cloth face masks should be washed daily. Please be sure your family member is wearing clean masks each day they attend. Thank You!



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.



Staff News and Notes

I realized after we published last month's newsletter that I had forgotten the "Staff Anniversaries" section! Although we don't have any July anniversaries, quite a few of the returning staff have passed significant milestones since we reopened and I am happy to give them a shout out!

May

Nurse Chris : 10 years

Admin Gwenda : 9 years

Social Worker Cheralee: 5 years

Activity Director Heather: 2 years

June

Driver Phillip Lee: 4 years

Transportation Assistant Stacey: 5 years

As needed nurse Jeanette: 4 years

We are also very happy to have welcomed a new staff member to the team when we re-opened. **Robyn Matthews** joined us as a Program Assistant. Robyn had interviewed before the pandemic and was scheduled to start the day after we were closed. We are so glad that Robyn hung in there with us and was able to come on board when we reopened. Prior to joining us worked with folks with development disabilities for many years. She has a wonderful heart and a passion for making people feel good! She is a great addition to our team!

We are still looking for drivers and additional floor staff. If you know anyone looking for a job, please have them call the center.



COVID UPDATE



As you surely know, the Governor is lifting the State of Emergency and Maryland will end most of its coronavirus emergency restrictions on July 1. However...that order DID NOT include healthcare facilities. Essentially, **nothing here is changing yet**. We will still require masking of all persons in the facility and will continue health screenings at the door and the bus. We will also continue our cleaning protocols. The one difference, which we implemented a few weeks ago, was a relaxation of the distancing requirements, as long as all parties present are vaccinated. We will now also allow families to bring their loved ones in to the front entry. If no one comes out to the car, please walk them in.

August 15 is the date we have been given for changes to our mandates, but we have not yet determined what this will actually mean for our center. More to come! Thank you to all of you for being so patient with all of the extra layers of safety. We greatly appreciate your support and effort!

Enjoying arts and crafts for a relaxing afternoon.





From the Social Worker

Happy 4th of July! Hope you are enjoying the increased freedoms that come with being vaccinated. It is nice to not have to wear masks all the time.

This past year and a half has been a rough one for so many. Many studies have noted increases in anxiety, depression, and psychological distress. “Profound changes in life routines due to the COVID-19 pandemic have created an unprecedented impact on people's mental well-being” with “isolation, social distancing, and the fallout of the pandemic” resulting in “a loss of significant social supports and normalcy which have made it difficult to cope well with pandemic-related stress” (Alzueta et al, 2020). People have been living in fear, distrusting the news and government, and living with anticipatory grief that they or someone they love may die from COVID-19. This is so much to deal with that can impact our mental health.

Have you noticed changes in your mental health? If so, have you started seeing a therapist or let your doctor know? Sometimes a medication can help. Sometimes talk therapy is needed. Reaching out to get the help you need is a brave step and will help you to live a happier and less challenging life. If you need help finding a therapist an easy way to get started is by calling 2-1-1 Maryland United Way Helpline to ask to be connected to the WARMLine. You will be able to speak to a caring call specialist and be referred to additional resources if needed.

Make efforts to have more social interactions (while keeping physical distance as needed). Try strategies to reduce anxiety (e.g., relaxation techniques, exercise, good sleep hygiene) to help reduce the negative impacts of the pandemic (Plomecka et al., 2020). If you are working from home, try to optimize your remote work settings to minimize distractions, establish routines, and reorganize roles at home as necessary to cope with changes in everyday life, thus retaking some degree of control that has been lost during the pandemic (Alzueta et al, 2020).

I hope July finds you well as you are emerging from your pandemic cocoon, so that you may fly like a butterfly and enjoy all the good parts of summer. Please be in touch if you have questions or concerns. Thank you!

~Cheralee Von Ancken, LCSW-C, Social Worker

BREAKING NEWS!!!!

DAYBREAK'S CAREGIVERS SUPPORT GROUP IS GOING LIVE!

*After 16 months of weekly Zoom meetings, I am so excited to announce that our Caregiver's Support Group is going to be **meeting in person** (as well as keeping Zoom) starting in July. It won't be quite like before, but it is a start! Here is what you need to know:*

*The in-person group will meet at Daybreak the 3rd Monday of the month (July 19 this month) from **4-5pm (1 hour)***

We will also include a Zoom link to attend the "live" group virtually

*We will **NOT** be offering dinner yet
Masks will be required*

Attendees will have to pass a health screening (temperature check and COVID symptom questionnaire) before entry.

*We **will** be offering caregiving if your loved one needs to attend with you.*

*Please call or email Christina at director@daybreakadultdayservices.org to discuss caregiving needs the week prior to the group.
The logistics will evolve as safety protocols evolve.*

I encourage anyone caring for a loved one to join us. The support, education, and camaraderie that comes from talking with others who "get it" truly can't be matched.



Activity News



Wow, time flies when you are having fun! Although we have had to adapt many programs due to COVID, that has not stopped us from having fun and enjoying being together. One of the things I pride myself on is bringing laughter to your loved one, whether it is due to a silly joke, a crazy impersonation, or adlibbing when they respond to a question I have asked them. At times I will even repeat a joke I have shared numerous times before but each time the response is the same, belly laughs and smiles! This is one of their favorites and I thought I would share it with you: I was running late for work this morning and I got to the bus stop with my baby in my arms. When I went to get on the bus the bus driver looked at me and said “ma’am that is the ugliest baby I have ever seen”. I paid my fare and went to the back with my baby in my arms and sat down extremely upset. The man across the way said “ma’am are you alright”? I said “yes, but that bus driver just insulted me terribly”. “Well”, he said, “I would not stand for that. I would go up to him and say something”. I said, “your right, I’m going to go up there”. The kind man said to me “let me hold your dog while you go”.

In this crazy world of ours and with all that we must take care of we sometimes forget to just be silly and laugh a little. One of my final projects for a Therapeutic Recreation class I took was entitled “Laughter is the Best Medicine” and I was thinking I would like to share with you some of the research I discovered.

Laughter can stimulate many organs. Laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs, and muscles, and increases the endorphins that are released by your brain. Endorphins are those “feel-good” chemicals produced by your brain that help boost happiness levels. Laughing increases the number of endorphins released in your body, fighting off stress and promoting a positive mood. It draws people together in ways that triggers healthy physical and emotional changes in the body. Laughter strengthens your immune system, boosts mood, diminishes pain, and protects you from the damaging effects of stress.

One thing that I can promise each and everyone of you: there is no shortage of laughter here at Daybreak. Many times, it can be as simple as changing a lyric or word to a song or musical. The other day when participants requested to watch the musical “Fiddler on the Roof” and I typed in “fiddler missing a tooth”, many busted out laughing and corrected me accordingly.

The National Council for Certified Activity Professionals teaches that Activity Calendars should include “SPIES” each day. SPIES stands for: S- Social P- Physical I- Intellectual E- Emotional S- spiritual

Although we provide all of these programs daily, where is the column for laughter? We get so caught up in life’s tasks and what we must get done that we often neglect the humor that life presents us on a daily basis, even at the hardest of times. It is an honor and my complete joy to serve your loved ones and you our families and offer a variety of engaging programs for them to enjoy but may I also add a joke or two, an improve/impersonation, or pulling out those hidden laughs & smiles hidden from life’s circumstances. Hearing that laughter-That is the “magic” that is Daybreak. Truly, “Laughter is cine”!

Much love and Laughter!

Heather
Activities Director, Daybreak



FUTURE BAKERS OF DAYBREAK

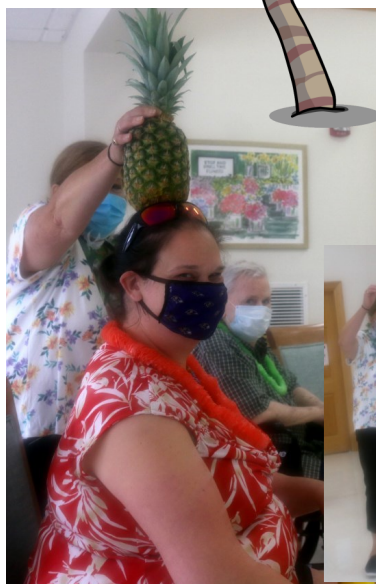
Having fun making
cookies!





HAWAIIAN DAY AT DAYBREAK





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.