



DAYBREAK
ADULT DAY SERVICES

DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

August 2021

Make
Today
Amazing



7819 Rocky Springs Road, Frederick, MD 21702
301-696-0808 • TTY/HCO 1-800-735-2258
daybreakadulthoodservices.org

LOOKING AHEAD - UPCOMING ACTIVITIES

Thursday, 8/5
Neil Armstrong Day

Friday, 8/6
A&W Root Beer Float Day

Wednesday, 8/11
Theme: Elvis

THROUGHOUT THE MONTH

MONDAY MARCHING
EXERCISE

TRIVIA TREASURES

THEATRE TUESDAYS

MUSIC THAT MAKES
US MOVE

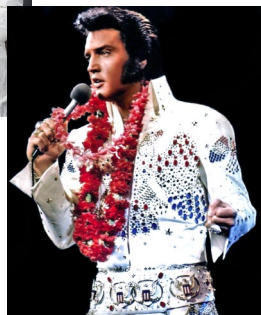
COOKING DEMON-
STRATIONS

FRIDAY FUNNIES

BEADAZZKED
BEAUTIES

NOODLE SPORTS

DISCUSSION &
REMINISCENCES



The Director's Corner

Greetings from the Director's Office! What a busy month it has been here at the center! Now that our former participants who were able to return have done so, we have opened up to the community and boy has the phone been busy! We have already welcomed quite a few new participants to the family. Though we are still many short of where we were prior to our closure, it is exciting to see the tables filling and the laughter getting louder! With more participants come more staff, and that too has been exciting. You can read more about our new staff inside.

We've got some other exciting addition as well. We had some Frederick County Community Partnership grant funding that we were not able to fully use as it was intended because of the closure. The County was gracious to allow us to modify our budget to use the remaining funds to purchase items for the center that will help us operate better in this new era of COVID. We were able to purchase a new audio visual system that will provide better audio and larger visuals so participants can see and hear the screen from any distance. It will also allow us to use technology to bring in a wide range of activities that might have been provided by volunteers before, or that we had never even thought of pre-pandemic. We are super excited about the possibilities and will share more soon. We also had funds to expand the flat concrete surfaces in the courtyard to allow for more seating and safer walking areas. This combined with the purchase of more outdoor chairs will allow us to do more outside where we know it is safer (at least when it isn't 100 degrees outside!). Our State and County grant funders really worked with us during the pandemic to help keep things afloat. We are so very grateful for their ongoing support.

As we start the new fiscal year (July 1-June 30) with new grants, we are grateful to be back on track to use the funds as they were intended; for participant subsidy. It is such a blessing to be able to provide financial aide to those that need it, helping our mission to not turn anyone away for inability to pay. Thank you Frederick County and the State of Maryland!! I will also give a shout out to the feds as we recently learned that our latest grant application for 2 new buses was awarded by MTA. We won't see these new buses for a while, but they will replace the oldest two in the fleet when they come. We are blessed indeed!

I hope the month of August treats you well. Call us if we can be of service!

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, and I hope it is here to stay. I have certainly appreciated the opportunity to do trainings from home or the office. Hopefully you have found it easier too. 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/333045/VSC-August-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.

“Making the Most of Doctor Visits: Tips for the Caregiver”: A virtual presentation through the National Family Caregiver Support Program. Free but registration is required. Email VirtualSeniorCenter@FrederickCountyMD.gov or call 301-600-1234.

Dementia Live: This is a highly recommended interactive program designed to help caregivers, friends, family, and professionals understand what a it is like to live with dementia. Presently the program is virtual. Prescreening and registration is required. Call 301-600-6001 for more information. 2 identical sessions are currently available: Aug 18 from 10-11 and Sept 16 from 2-3.

The **Alzheimer’s Association** has loads of free classes on-line each month. You can learn more on their website: https://www.alz.org/maryland/helping_you/virtual-resources/education-programs

Compass for Caregivers Webinar Series These monthly webinars hosted by the Frederick County Elder Services Provider Council cover a broad range of topics designed to educate and support caregivers. They are held via Zoom on the 2nd Thursday of every month from 7-8pm. The next webinar is August 12 and is titled **“Navigating In-Home Care”**. A panel of local Home Health Care and Home Care agency representatives will help attendees understand the differences between the two types of services and offer suggestions for getting the most out of the services that you are using. Registration is free and easy: <https://frederickespc.wufoo.com/forms/a-compass-for-caregivers-finding-your-way/>. The webinar is held on the computer via Zoom. Free Zoom training is provided if you register in advance. Please call Christina if you have any questions.

JOIN US FOR OUR MONTHLY
SPEAKER SERIES

A COMPASS FOR CAREGIVERS: FINDING YOUR WAY

Presented By
The Elder Services Provider Council
of Frederick



August 12th

Navigating

7-8 PM

In Home Care

Via Zoom

No Cost

Registration Required

Hear from a panel of local Home Care and Home Health providers to learn what the difference is between Home Care and Home Health Care, when and how to get care started, how to pay for it, what to expect from an agency, and so much more.

To Register:

<https://bit.ly/CompassforCaregivers>



www.espcfrederick.com



The Frederick News-Post



NURSES NOTES



The warm weather is upon us. Enjoying some sunshine improves the mood and also helps with sleep.

Please make sure that the participant's are not overdressed when coming to the Center. It is very easy for the elderly to become overheated and dehydrated. It's a good idea to keep a sweater at the center for air conditioning, but not to wear on the van or outside. Make sure to send in spare spring/summer clothing to replace winter clothing for the participants.

Everyone needs extra fluids in the heat, especially the elderly.

Use suntan lotion if you are outdoors.

Wear a hat to prevent sun exposure to the face and head.

Avoid being outside with high pollen counts if you have allergies or the air quality has been reported as poor.

We will be enjoying our beautiful courtyard on days that aren't too hot. We are fortunate to have a large covered area to enjoy. We will not be going out with very hot temps or if poor air quality is reported. Our patio is a lovely space and we will use it as much as possible but due to safety risks no participant is allowed to be outside alone. We will try to allow for scheduled time on the patio regularly. Fluids will always be encouraged when participants are outside.

Please remember proper footwear for Daybreak is closed toe / closed back shoes. Slip on footwear, like clogs and flip flops greatly increase the risk of falls. Thank you for your assistance in keeping our Daybreak community safe & healthy.

Please feel free to call or e-mail if you have questions or concerns.

Chris Grable RN

Health Director, Daybreak

Support Group News

Our first in person group was a success! We had a few technical glitches with the Zoom link, but I am optimistic we will improve that.

The in-person group will meet at Daybreak the 3rd Monday of the month from 4-5pm (1 hour). A Zoom option is also available.

AUGUST 16 is the next meeting.

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.

*We will also have a **VIRTUAL ONLY** group on the **FIRST MONDAY** of the month at 11 am via Zoom. Please email Christina to have the link sent to you.*

*The next 11am virtual group will be **August 2***

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.





Staff News and Notes

Staff Anniversaries

Activity Assistant **Anita Juliano**: 2 years

Bus Driver **Susan Strasser**: 2 years

As Needed Nurse **Wendy Duke**: 4 years

Thank you to each of them for their dedication to Daybreak
and our participants!

Welcome New Staff

We are so excited to have new driver **Lisa Hartman** on the road. Lisa, a retired teacher, has lots of experience working with people of all ages. She has quickly learned the ins and outs of our transportation department and is going to be a great asset! Lisa will take over the Urbana route so that Philip can start up the new Middletown route.

We also hired a new program assistant, **Debbi Taylor-Dickinson**. Debbi is working full time helping participants get engaged and take care of personal care needs. Debbi has many years of experience in senior and dementia care and has jumped right in.

We are so glad to have both Lisa and Debbi on the team!

Help Wanted

We are still looking for another driver so we can expand the routes in to north county. This is a part time (split shift) Monday through Friday job. We are also looking for a back-up cook; no regular hours, but “as needed” so Ann can take some time off! If you know anyone, have them call!



COVID UPDATE



As you know, the Governor lifted the State of Emergency in Maryland, ending most public coronavirus emergency restrictions on July 1. However...that order DID NOT include healthcare facilities. We still require all participants to be vaccinated, all persons in the facility to be masked, and continue health screenings at the door and the bus. We also continue our strict cleaning protocols. We have relaxed our distancing requirements inside the center itself, as long as all parties present are vaccinated. We do encourage you to keep a distance in the front lobby if there are others present, as best you can. August 15 is the date originally set for our mandates to expire, but we have not yet determined what this will actually mean for our center. Given the rise in cases and the transmissibility of the Delta variant, I expect we will keep many protocols in place. If we make any changes I will let you know. Thank you for helping us keep everyone safe! As a reminder, if your loved one is not feeling well, please keep them home and let us know what symptoms they are having.

Frederick County Conducts Health Survey To Identify County Residents' Concerns & Experiences

The Frederick County Health Care Coalition (FCHCC), Frederick County Health Department, and Frederick Health Hospital are asking all Frederick County residents to take a short survey about community health issues in Frederick County, Maryland. This online survey is part of the community health needs assessment process and the information shared will be used to identify health priorities and focus public and community health planning efforts in Frederick County for the next several years.

All Frederick County residents are encouraged to take this anonymous 10-minute survey. The survey will be open until August 11, 2021 and is available here:

www.FrederickHealth.org/CHNASurvey



From the Social Worker

Cardiopulmonary Resuscitation

The American Heart Association defines cardiopulmonary resuscitation (CPR) as a combination of rescue breathing and chest compressions delivered to victims thought to be in cardiac arrest. CPR allows a small amount of blood flow to the heart and brain to “buy time” until normal heart function is restored.

CPR is initiated immediately by any one trained in the procedure. It could be a doctor or nurse if you are in the hospital when it occurs, or it could be a passerby if it happens when you are out in public. Typically, when CPR is started in the community, 911 is also called. On arrival, the EMTs would take over and you would be transported to the hospital, where further life sustaining measures would be employed. If your heart stopped beating while you were at Daybreak, our staff (we are all certified in CPR) would initiate CPR and 911 would be called.

But CPR doesn't have to be initiated. Some people consider the heart stopping on its own a reasonable end to life. They choose instead to be kept comfortable, with no CPR, recognizing that the likelihood of death is almost certain. These people have chosen to have their doctor complete an order not to resuscitate or “DNR”. Some of you have considered this issue when you completed a living will. Please understand that a living will itself does not give us permission to withhold CPR. In the state of Maryland, there is a very specific, standard form that must be completed by your doctor that tells us and Emergency Medical Services that you are not to be given CPR. Consider the fact that, unlike other life prolonging treatments, CPR must be started immediately to be most effective. There is no time to consult a legal document, or to call a family, and certainly the patient is in no position to share their opinion when unconscious.

If you make a choice **not** to have CPR, you must make it in advance, discuss it with your doctor, and have your doctor complete the “Maryland Medical Orders for Life Sustaining Treatment” Form (MOLST). You must then share this order with those who you spend time with. Obviously we would want a copy here. You would want your family to know, and to have a copy close at hand in case EMS was ever called to your home. Remember, without that specific form, we (and EMS) are legally obligated to initiate CPR.

Why would someone decide NOT to have CPR? There are many things for you to consider. First, consider the physical act of CPR itself. CPR is not delicate. The person administering the chest compression must push hard enough to move the sternum (your breast bone) and make the heart pump. Even a fit athlete will suffer bruising and possibly some cracked ribs if CPR has been done. If you are petite and frail, CPR will surely cause cracked ribs and severe bruising. For some, that is an acceptable

trade off, others may disagree. The choice is very personal. Other medical conditions should also be taken in to consideration. Obviously if someone has a preexisting terminal condition, doing CPR would cause pain and suffering that is unnecessary. The more medically compromised a person is, the less likely that CPR would be effective at sustaining life. The statistics below were found on a web site promoting compassionate end of life care. (<https://jenniferbrokaw.com/10-misunderstandings-about-health-care/>)

- Survival rate of CPR on television shows: → 67%
- Actual in-hospital survival rates for CPR:--> 15%
- Out of hospital survival rates for CPR --> 7% (with rates even lower for frail elders and individuals with advanced chronic illness such as Alzheimer's, Parkinson's or end-stage heart, lung or kidney disease.

If you or your loved one falls in to the category of “frail elder” or “individual with advanced chronic illness” as defined above, you really need to think carefully about the CPR choice. *Is the pain and trauma of CPR (dying in the hospital, neurologic damage, rib fractures, etc) something you want to endure if the likelihood of survival is so poor?* For some the answer will be yes, for others, no. There is no right or wrong answer, it is a personal choice.

If you choose not to have CPR, you are instead making a choice to have “comfort measures only” If your heart stopped beating here at Daybreak, we would make you as comfortable as possible and we would never leave your side. We would call 911, and we would share your MOLST DNR form with them. They would transport you to the hospital where a physician would determine if your heart had indeed stopped. Your family would be called to join you.

It is hard to think about death, and even harder to talk about. I urge you to take control of your own experience. Have an honest discussion with your family about your wishes, and then have that discussion with your doctor. Don't wait for him or her to raise the issue, most don't. Advocate for yourself and choose to face the end of life as you see fit. Article by Christina Forbes, LMSW, originally printed July 2010

If you are a Daybreak participant or family member and have questions about CPR status or would like a copy of the Maryland Medical Orders for Life-Sustaining Treatment (MOLST) form to read over for future discussion with your doctor, please do not hesitate to let me know. We have red magnetic folders that we would be happy to give you to put on a metal door or refrigerator so this important document is close at hand should you ever need to call 911. Your wishes for your care are most important.

~Cheralee Von Ancken, LCSW-C, Social Worker

Activity News



Wow, I can't believe it's almost August already. Summer is flying right by. Our 4th of July BBQ was a real HIT here at Daybreak. Participants and staff enjoyed hot dogs and hamburgers, coleslaw, potato salad and watermelon for lunch, ice cream sandwiches for dessert, and a variety of fun filled activities such as Independence Day trivia, "Marching & Moving" exercise class and red, white and blue cornhole game challenge. After lunch we all sat back and "watched the fireworks" (via "YouTube") and reminisced about past 4th of July celebrations. A fun time was had by all. A special Thank You to our bus drivers Phillip & Charles for being "Master Grillers"!



Recently some of our participants joined the Delaplaine Arts Center and the Alzheimer's Association for their virtual *Partners in the Arts* program. All materials were sent to Daybreak ahead of time and "kits" were distributed to each participant. The instructor provided instruction on the television via Zoom. The theme was "summer flowers". Each participant received a variety of colored tissue paper to create their master pieces. The participants got a kick out of being a part of this activity and especially enjoyed showing off their artwork to all who were attending via zoom. Their pieces will be on display at Delaplaine in early August for all to enjoy. I'd like to send a shout out to the Alzheimer's Association and Delaplaine for hosting this event. We look forward to attending more of these delightful "virtual" programs in the future.



Being a person who is always “on” and creative by nature I tend to forget to “be still” and take a moment just to “soak it in” so to speak, let go and relax. We offer a lot of back-to-back activities here and I realized “being still” and taking a moment to let our bodies and mind “rest” instead of heading into the next activity right away was needed by all of us. I implemented 10-15 minutes of mindful meditation after we have finished our physical exercise game activities. After we all enjoy an 8oz glass of water together, then the lights go low, spa music is played in the background and on the large screen TV scenery of the ocean or a beautiful waterfall is on. Participants are asked to close their eyes and take slow deep breaths focusing their energy on their breath. At times I will guide them using Guided Imagery to that “special place” that is theirs alone, which brings back fond memories they have of family, friendships but most of all LOVE. Guided imagery can be used **to promote relaxation**, which can lower blood pressure and reduce other problems related to stress. We end with a slow deep breath being “present” in the moment enjoying each other’s company and thankful for our time together. A simple phrase...”be still” and yet with all the demands on us and tasks needed to be done we tend to overlook that. I encourage each of you to sit for a moment, close your eyes, take a deep breath and.....”be still”.

MUCH LOVE-

Heather

Activities Director, Daybreak

*Do something nice for you.
Because you deserve it.*

And let Daybreak help you. When you decide to go for a special lunch, visit the spa, or just a day to relax and recharge, call us to have your family member attend an extra day or switch a scheduled day. We're here for you, too!



Changes in Schedules & Transportation

When you have any changes to your schedule or transportation needs, please call the Center (301-696-0808) to speak to Gwenda or leave a message if no one answers. Our voicemail is on 24 hours/day and is checked at 7 am each morning. Be sure to leave your name, name of participant, and what the changes are. It is important that we manage these changes at the front desk and don't put any extra responsibility on a driver to remember them, their jobs are hard enough!



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.