



# DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

## September 2021



DAYBREAK will be CLOSED on  
Monday, September 6th in  
observance of Labor Day.  
Have a safe holiday!



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[daybreakadulthoodservices.org](http://daybreakadulthoodservices.org)

# LOOKING AHEAD - UPCOMING ACTIVITIES

**September 1**  
**Country Hits Day**

**September 6**  
**Grandma Moses Day**

**September 15**  
**Decade's Day**  
**(Dress in your favorite Era)**

**September 22**  
**Ray Charles's Birthday**

**September 28**  
**Ed Sullivan Day**

## **THROUGHOUT THE** **MONTH**

**Karaoke & Dancing**

**Arts-n-Crafts**

**Mindful Meditation**

**Concerts**

**Travel & Discussion**

**Exercise**



# The Director's Corner

Greetings from the front office! I hope that all of you are doing well...keeping the faith in this crazy world we are living in! I am grateful daily that for some small parts of the day, I can leave the outside stressors and join the participants inside the center. Inside, the worries are few, reality is out the window, and there is no shortage of laughter and joy. It warms my heart to see people socializing and laughing with each other, or with our staff, even when I know the story details are inaccurate! We just go with the flow, which makes our folks feel good...to be heard, to have value, and to be “right”; even if just for the moment. Cheralee offers some great ideas for caregivers in her newsletter article and this corresponds to one of them: don’t try to be logical. I would offer an alternative title: don’t try to be right! It is not always an easy tool to master, but I promise you, when you can, it is quite liberating. Take a breath and go with the flow! You never know where the conversation will lead, and you might be surprised to find you ended at the destination that you had intended, just via a less conventional route (one with fewer potholes!). Read inside for lots of other great suggestions for caregivers, and please consider joining our caregiver support group. Details inside!

Also inside; the debut of a new feature: Favorite Family Recipes. Check out Gwenda’s Peanut Chew recipe inside (so yummy!), and consider sending us one of your favorites! Who couldn’t use some new dinner ideas?

As always, please call if you ever have questions, suggestions, or concerns.

Fondly, Christina

# Community News and Notes

Here is a round up of some virtual events happening this month:

## FROM THE DIVISION OF SENIOR SERVICES

**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>

**Making the Most of Doctor Visits: Tips for the Caregiver:** A virtual presentation through the National Family Caregiver Support Program. September 15, 2021 10-11am. Free but registration is required. Email [VirtualSeniorCenter@FrederickCountyMD.gov](mailto:VirtualSeniorCenter@FrederickCountyMD.gov) or call 301-600-1234.

**Powerful Tools for Caregivers-** Save the date for the next session of Powerful Tools for Caregivers– the fall session filled up quickly. Sign up early to save your space. This virtual class for caregivers is an evidence-based educational program designed to help family caregivers take care of themselves while caring for a relative or friend. Six consecutive Tuesdays - November 9- December 14, 2021, 9-11 a.m. Free but advanced registration is required. Call Mindy or Mary at 301-600-6001.

## FROM FREDERICK HEALTH

**Living Well with Diabetes Workshop:** This 6 week workshop takes place Thursdays Oct 14-Nov 18 from 1-3:30pm. Learn more or register online at: <https://www.eventbrite.com/e/living-well-with-diabetes-tickets-164336640315> or call 240-566-4862

**Living Well with Chronic Pain Workshop:** This 6 week workshop beginning 8/31/21 1:00-3:30 pm at the Toll House building classroom. Flyer is attached with additional details, registration information or register online at <https://www.eventbrite.com/e/living-well-with-chronic-pain-tickets-164334148863>

**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 September 9 and is titled “**Navigating Medicare and Open Enrollment**”. This is a really important topic if you or the person you care for is a Medicare recipient. Tune in so you can be ready when open enrollment starts in October. The speaker is Elly Williams from the Frederick County Division of Senior Services. 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



September 9th

7-8 PM

Navigating

Via Zoom

Medicare &

Open Enrollment

No Cost

Registration Required

To Register:

<https://bit.ly/CompassforCaregivers>

Join us to learn about all the parts of Medicare, how to enroll and the details about open enrollment.



[www.espcf Frederick.com](http://www.espcf Frederick.com)



The Frederick News-Post



# NURSES NOTES



## *Hydration Care*

Dehydration is always a major concern in the warmer months especially in our seniors. As we age, we often forget to drink enough fluids, or don't want to drink because it means we will have to get up and go to the bathroom more and that is not as easy as it once was. However, it is more important now than ever to make sure we get enough fluids to keep us healthy and out of the hospital.

### **Warning signs of dehydration include:**

- Drinks less than 6 cups of water per day
- Has one or more of the following: dry mouth, cracked lips, sunken eyes & or dark urine
- Needs help to drink from a cup or glass
- Has trouble swallowing fluids
- Frequent vomiting, diarrhea, or fever
- Is more easily confused, agitated, or tired than usual

### **Report and act as soon as possible.**

Most adults need at least 6 cups of fluids a day to stay hydrated, however 8 cups are optimal. Here are some tips to help ensure we get enough fluids each day.

- Encourage yourself or your loved one to drink thru out the day and night by keeping an insulated cup of water with a lid and straw close by (unless they have swallowing problems).
- If they have swallowing issues monitor all food and fluid intake.
- Drink fluids *with* them when possible like at meals, snacks, after a walk or any exertion like exercise, dressing, showering, shopping, a doctor's appointment or being out on a warm day.
- Offer other options to liquids like water enriched fruits and veggies such as celery, watermelon, and fresh fruits. Also try flavored water, lemonade, ice tea, jello, soups, ice cream, ice chips, milkshakes, sherbets, sorbets, flavored ice or fruit pops, if their diet permits these.
- Help them to drink as needed.
- Offer or encourage sips of fluid between bites of food at meals and snacks.



- Keep extra bottles of water with you in your car in case needed.

**Report any warning signs to your doctor immediately or seek medical attention if there is no urine output in 12 hours or a sudden change in level of consciousness or personality.**

Please remember **not to** send your loved ones into Daybreak if they have experienced **vomiting, diarrhea or had a fever in the last 24 hours**. They must be free of any of these symptoms for 24 hours prior to returning to Daybreak. Please let us know of any illness as soon as possible. Thank you for your consideration and help keeping our Daybreak community as safe as possible.

Chris Grable RN  
Health Director

## Top 10 Hydrating Foods



Cucumbers  
96% Water



Watermelon  
96% Water



Pineapple  
95% Water



Celery  
95% Water



Blueberries  
95% Water



Lettuce  
95% Water



Tomatoes  
94% Water



Pear  
92% Water



Grapefruit  
90% Water



Cantaloupe  
89% Water

# Support Group News

We continue to offer two support group options, though there are some date changes this month. USUALLY on the **First Monday** of each month we will have an all Zoom group at 11 am. On the **Third Monday** of the month, we will host an in person group with a Zoom option from 4-5pm here at the center. Zoom links will be emailed out the day of the group.

**This month's dates have been rescheduled as follows:**

**11am Zoom group: August 30**

**4pm in person/Zoom group: Sept. 27**

**Future dates:**

**ALL ZOOM (11am)**

**IN PERSON+ZOOM (4pm)**

October 4

October 18

November 1

November 15

December 6

December 20

If you are attending in person, please be aware of the following: Masks will be required and attendees will have to pass a health screening (temperature check and COVID symptom questionnaire) before entry. We could make adjustments to the requirements in response to local conditions and safety recommendations.

We will be offering caregiving if your loved one needs to attend with you. If you are bringing your loved one, please call or email Christina ([director@daybreakadultdayservices.org](mailto:director@daybreakadultdayservices.org)) to discuss caregiving needs the week prior to the group.

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!







# COVID UPDATE



As of August 15, all COVID related State requirements for health care facilities expired. However, because of the current number of cases, positivity rate, and increased transmissibility of the Delta variant, we are not changing a whole lot here at Daybreak. We continue to require that all participants be fully vaccinated. All of our direct care staff are also fully vaccinated. We continue to require all participants, staff, and visitors to be masked at all times except when actively eating. We are limiting visitors in to the main center to only health care providers (therapists, podiatrist, hospice staff). All persons entering the building are required to use hand sanitizer before getting inside. Our drivers continue to take temperatures before entry on to a bus and we do the same for those arriving by car, including all staff. A temperature above 99° or a report of any COVID related symptoms or exposures will prevent someone from entering. We are also continuing with our heightened cleaning protocols, which includes all center surfaces, activity supplies, and buses.

All that being said, we know there is still an element of risk that someone in our midst could be exposed to the virus outside of the center. I urge all of you to please be vigilant at home: wash hands frequently and thoroughly, use hand sanitizer when you can't access soap and water, avoid crowded indoor spaces, wear a mask and be sure the participant does as well. If anyone in your household becomes ill PLEASE let us know so that we can determine the safest course of action for the participant.

Although everyone here is vaccinated, we know that there is still a risk that any one of us could get the virus and spread it. We can't let our guard down yet!!

Please call me if you have any questions or concerns about our COVID policies or procedures. I will also keep you updated when I learn more about booster shot availability.

Stay safe!



# From the Social Worker

## Hacks for Caregivers

As caregivers for people with cognitive impairment or dementia it is always good to have some hacks or tools in your caregiving toolbox. Below are some tips; I hope you find some helpful.

—**Distract** - If your loved one is getting frustrated or agitated, change the subject. Offer them a hot or cold drink, talk about the weather, or find a TV show or radio station they might enjoy. Frederick County Senior Services Division (301-600-6001) offers a Music & Memory program that provides free MP3 players tailored to your loved one's music preferences. Favorite songs can be relaxing or invoke nice memories from one's past.

—**Don't try to be logical** - Your loved one may be experiencing judgment, reasoning, and processing difficulties. Correcting them just brings down their self-esteem. Instead, provide empathy "that sounds awful..." and change the subject.

—**Add night lights or task lights** - People with dementia get more agitated at night (sundowning). Good lighting adds a feeling of security and may help to prevent falls.

—**Disguise doors to prevent wandering** - Putting a mirror on or curtain over the main door may help if you are dealing with wandering issues. Adding locks high up or down low or a lock that requires a key to open may also help. Hanging bells on the door is another way to alert you if someone is trying to leave.

—**Make stairs easier to see** - People with dementia may lose their depth perception as the disease progresses. This makes stairs especially difficult to manage safely. Adding high contrast tape to the steps may help your loved one navigate the difference in elevation.

—**Keep your conversations simple** - Use simple language. If your loved one is struggling with word finding, google *Aphasia Picture Boards* for some helpful images that your loved one could point to when they are having difficulty getting you to understand what they want or need. Ask questions that can be answered with a yes or no, so they do not struggle and feel badly. Don't give too many choices.

—**Try aromatherapy** - At one of the places that I have worked in the past, there was always orange scent in the dementia wing because the scent of oranges makes most people happy. Some scents like lavender may help with sleep. The scents that work for your loved one may be different.

—**Dealing with repetitive behavior** - Sometimes putting something in writing can help, so the person can look at a note or white board to be reminded of the answer to the question they tend to ask repeatedly. At Daybreak, we list the day's activities on a white board so everyone knows what is happening and when. Providing this structure adds some security and may help with those anxious behaviors.

—**Introduce yourself** - Very often people with dementia stop recognizing their family members. They might not realize you are their daughter and instead think you are their mother. The important thing is that they recognize you as a safe person or a person that they love. Introduce yourself, "Hi, mom, it's me, Cheralee..." if that helps. If they don't think you are Cheralee, don't argue. They may be remembering Cheralee as a little girl because in their mind they are only 30 and not 90 years old.

—**Be consistent** - Changing things, moving furniture, or decorating for a holiday can all cause stress for your loved one with dementia. Use caution when making changes.

—**Be active** - Go for a walk or sit on a porch to spend some time outside. Give your loved one tasks so they feel that they have a sense of purpose and are contributing to the family (folding towels, clipping coupons, polishing silverware, etc).

If you have other tips or strategies that have helped, please email them to me at [socialwork@daybreakadulthoodservices.org](mailto:socialwork@daybreakadulthoodservices.org) and I will share your suggestions next month. Thank you!

—Cheralee Von Ancken, LCSW-C, Social Worker



## MEMORIAL DONATIONS

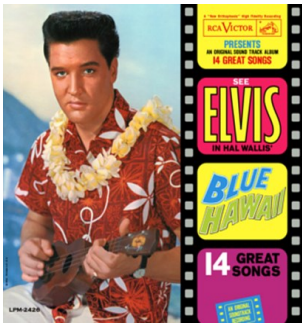


Families who have benefited from the services of Daybreak may be looking for opportunities to keep the memory of their loved one alive. One way to do so is to give a memorial donation to Daybreak in your loved one's name, or to designate that memorial donations from family and friends be sent to Daybreak. 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).

# Activity News



As August comes to a close and Fall is around the corner, I thought I'd give you all a little recap of some of the activities participants have enjoyed in the previous month. "Beadazzled Beauties" enjoyed making various pieces of jewelry for themselves and family members. The ladies enjoy conversing with each other over their pieces and reminiscing of times past. One of our participants welcomed a new grandchild and was thrilled to make her 1<sup>st</sup> baby bracelet.



Our Elvis theme day was a big hit as we started the day off doing a little *Jailhouse Rock* exercise. There wasn't a participant who wasn't tapping their toes, moving their arms, or twisting as we did our best to imitate the "King" himself. The father of one of our participants was in the military with Elvis and over the years developed a collection of some of his 1<sup>st</sup> edition albums, which she brought to share with the group. Some of them included pictures of Elvis in his early days over which several of the ladies swooned! Some of our ladies recalled that their fathers would not allow them to watch or listen to Elvis at all and if they were "caught" watching him on TV they would be in "serious trouble" as their fathers felt his movements were inappropriate and vulgar. What would they say today???

We partnered with the Alzheimer's Association and are joining in weekly on Fridays with their virtual activity programs. We have enjoyed some interesting programs and look forward to more. Please mark your calendars for Wed September 15<sup>th</sup> as we are going to be celebrating Decades Day. If you are able, please come to Daybreak dressed in your favorite Era clothes. I'm looking forward to the "discussion" that I am sure will flare up with the variety of clothes from different Era's.

Happy Fall and much Love-  
Heather

# DAYBREAK FAVORITE FAMILY RECIPES



We are adding a new feature to the newsletter:

**Favorite Family Recipes!** To start us off,

Gwenda is sharing a recipe she makes for most all their family events. If you have recipes you want to share, email them to Gwenda at [admin@daybreakadultdayservices.org](mailto:admin@daybreakadultdayservices.org). Hope you enjoy!

## Peanut Chews

Base: 1 pkg Yellow Cake Mix

1/3 cup margarine, softened

1 egg

3-4 cups miniature marshmallows

Topping: 2/3 cup light corn syrup

1/4 cup margarine

2 tsps. Vanilla

12 oz. pkg. peanut butter chips

2 cups rice krispie cereal

2 cups peanuts (lightly salted)

Heat oven to 350 degrees. In large bowl, combine cake mix, margarine and egg with mixer until crumbly. Press into ungreased 9x13 pan. Bake for 10-12 minutes, until golden brown. Remove cake layer and sprinkle marshmallows on top covering most of it. Put back into oven for 1-3 minutes until marshmallows puff. Cool while preparing topping.

In large saucepan on low to medium heat, melt peanut butter chips, corn syrup, margarine, and vanilla, stirring constantly. When melted, remove from heat, add rice krispies and peanuts. Spread topping over cake/marshmallow layer. Refrigerate for 1 hour or so. Cut into squares. Keep refrigerated, especially in summer.



**When a flashlight grows dim or quits working, do you just throw it away? Of course not. You change the batteries. 🔦. When a person messes up or finds themselves in a dark place, do you cast them aside? Of course not! You help them change their batteries. Some need AA...attention and affection; some need AAA...attention, affection, and acceptance; some need C....compassion; some need D...direction. And if they still don't seem to shine...simply sit with them quietly and share your light. 💕**

Caregivers go through more than they will ever tell you. They give a lot and rarely have a social life.

They can get sick and emotionally worn out.

It's a lot for one person and you will never know until you have walked the road of a

**Caregiver!** 💕





# HAPPY BIRTHDAY

SEPTEMBER

17th Gary J.

## 8 POWERFUL WORDS

FOR THE DAY

**1. BELIEVE IN YOURSELF**

BELIEVE YOU CAN AND YOU WILL

**2. STAY STRONG**

DREAM, BELIEVE, ACHIEVE

**3. NEVER GIVE UP**

A LITTLE PROGRESS EACH DAY ADDS UP TO BIG RESULTS

**4. BE GRATEFUL**

A GRATEFUL HEART IS A MAGNET FOR MIRACLES

**5. WORK HARD**

GOOD THINGS COME TO THOSE WHO HUSTLE

**6. STAY HUMBLE**

WORK HARD IN SILENCE, LET SUCCESS MAKE THE NOISE

**7. BE KIND**

KINDNESS MAKES YOU THE MOST BEAUTIFUL

**8. KEEP SMILING**

BECAUSE OF YOUR SMILE,  
YOU MAKE LIFE MORE BEAUTIFUL

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

## Board of Directors

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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.*