



DAYBREAK
ADULT DAY SERVICES

DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

October 2021



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

LOOKING AHEAD - UPCOMING ACTIVITIES

Friday 10/29 HALLOWEEN PARTY

Feel free to wear a
costume.

THROUGHOUT THE MONTH

Brain Busters

You Be the Judge Game

Tuesday Travels & Slide
Show w/Charlie

Arts-n-Crafts

Mindful Meditation

Concerts

Funday Friday Dancing

Kickball/Volleyball

Exercise



The Director's Corner

Greetings and Happy Fall. I can not believe it is October already! Things are going well at the center, with lots of new participants joining in. We've been rocking and rolling and laughing a lot! See Heather's article for more! Now that the heat has subsided, we are loving being out in the courtyard. We were fortunate to have some leftover grant money that allowed us to expand the seating area outside so more folks could sit comfortably. We are excited to host a crew from Astra Zenica who are participating in [United Way's Day of Action](#) . They will be in the courtyard October 1 to help clean out the gardens and spruce up the space. We are so very happy to have their help and appreciate the United Way for coordinating this community wide Day of Action event.

We continue to work hard to keep the center space safe for our participants and staff. We are cleaning and hand sanitizing diligently and encouraging mask wearing (a never ending effort each day ;). We are still temperature testing everyone before entry and we are very quickly sending anyone home who exhibits a symptom that could be COVID related when they are here at the center. I implore you to please keep your loved home if they show any symptoms at home before coming here OR if they have had an exposure. I have written more COVID updates inside, but really want to stress the need for you to communicate with us if someone in your household is ill, exposed, or COVID positive. After gathering all the relevant information, and consulting with the Health Department if appropriate, we will make a decision about whether they need to be out, for how long, and if testing is warranted. We are certainly erring on the side of caution knowing how vulnerable our population is and we appreciate your help. Many thanks to those of you who have been forthcoming, honest, and quick with your calls! We appreciate it more than you know!

I have also included information inside about Booster shots and Flu shots. Please communicate with us when your loved one gets theirs. If you need any help finding a place to get either shot, please call me. Please also call me or Cheralee if you need grab bars in your home. The County and Advocates for Aging have a new grant program that may provide and install them for you at no charge!

Enjoy the lovely fall weather and as always, please call if we can be of service!

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: Registration for the Fall Virtual Senior Center opened in Sept. The new sessions start Oct 1 and registration is required. See the fall brochure with more details by visiting <https://www.frederickcountymd.gov/DocumentCenter/View/333707/VSC-Fall-2021-Brochure> . They have got LOTS of great offerings! These include exercise classes, craft programs, cooking demos, travel shows, as well as educational programs.

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.

Medicare Open Enrollment Seminars: Learn how to evaluate your Medicare Part D plan to be sure you are choosing the best plan for the coming year. The County is offering a number of virtual sessions to help you. Contact VirtualSeniorCenter@FrederickCountyMD.gov for dates, times, and registration.

FROM THE ELDER SERVICES PROVIDER COUNCIL

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 October 14 and is titled “**Navigating Funeral Planning**”. The speaker is Jeff Titcomb, a Funeral Director at Stauffer Funeral Home. Learn about the myriad of things you need to do when someone passes away, as well as things you can do in advance to make the experience less stressful and overwhelming. 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

FROM THE ALZHEIMER'S ASSOCIATION

Wellness for Your Brain & Body : Mon., October 4 | 10—11 a.m.

Effective Communication: Decoding Verbal & Behavioral Messages : Tues., October 5 | 10—11 a.m.

Living with Alzheimer's: Early Stage Part 1 : Wed., October 6 | 12—1:00 p.m.

Importance of Early Detection: Advancements in Diagnostic Tools and Treatments : Thurs. October 7 | 3:00—4:30 p.m.

Living with Alzheimer's: Early Stage Part 2 : Wed. October 13 | 12:00—1:00 PM

Dementia Conversations : Thurs. October 14 | 7:00—8:00 p.m.

Warning Signs of Alzheimer's : Mon., October 18 | 10:00—11:00 a.m.

Understanding Dementia and Related Disorders : Wed., October 20 | 3:00—4:00 p.m.

Elder Law Workshop: Planning for Your Future : Thurs., October 21 | 12:00—1:00 p.m.

Dementia Conversations : Tues, October 26 | 10:00—11:00 a.m.

Wellness for Your Brain and Body : Thurs., October 28 | 10:00—11:00 a.m.

To learn more and to register visit https://www.alz.org/maryland/helping_you/virtual-resources/education-programs or call 1-800-272-3900

alzheimer's  association® &

Greater Maryland Chapter



Johns Hopkins Geriatric Work-
force Enhancement Program

PRESENT:

**THE IMPORTANCE OF EARLY DETECTION:
Advancements in Diagnostic Tools and Treatments**

A virtual education program

Thursday, October 7th — 3:00-4:30 PM

With presentations by:

- *Nancy Rodriguez-Weller, RPh., FASCP Director of Community Engagement, Assistant Professor Pharmacy Practice & Administration School of Pharmacy and Health Professions at Univ. of Maryland Eastern Shore*
- *Richard Keegan, PhD, Regional Medical Director, Medical Affairs, Northeast at Life Molecular Imaging*
- **LEARN** about aducanumab (AduhelmTM), a new advancement in Alzheimer's treatment – how it was designed to work, who may be a candidate for treatment, potential benefits and side effects, availability and pathways for access to the medication.
- **LEARN** why early detection and diagnosis is so important (esp. related to aducanumab) and how amyloid PET imaging as well as other tools can help determine a diagnosis in the early stages of disease.

To Register Click [Here](#) or call our 24/7 Helpline: 800-272-3900

Upon registration you will receive the ZOOM link to participate.



Some Caregiver Tools

Recently, a friend went to a Parkinson's Support Group where the speaker, who has Parkinson's, shared some things she carries with her in case of an emergency. They are:

- A list of allergies (medical and environmental) including the reaction.
- A complete list of medications (prescribed and OTC), including any dietary supplements and what they are for.
- A list of all the doctors who are involved in her care. As my friend shared, it brought back memories of information I used to keep about my mother that made doctors' appointments, numerous Emergency Department "visits", hospitalizations, and rehab go more smoothly. Curious about what information health care providers suggest caregivers have about their loved one, I came across a website, www.betterhealthwhileaging.net, "Practical information for senior health and family caregivers". Posts by Leslie Kernisan, MD, MPH (Medicine and Public Health) on a wide range of topics includes four key tools for improving the healthcare of an older adult.

These include:

- A journal (paper or digital) or notebook for notes and tracking symptoms of such things as falls, pain, fatigue, incontinence, increased confusion, and sleep problems. Include when, how often, severity, triggers, or a certain pattern. Write down concerns and/or questions to ask the doctor/healthcare provider at the next appointment. If possible, take notes during the visit including "Action Items" or "Next Steps". Be sure to ask the provider to clarify anything you're not sure about.
 - Up-to-date medication list, including OTC medications and dietary supplements and what they are for. Highlight new or recently started medications.
 - Organizer (a.k.a. Personal Health Record) to keep copies of medical results including labs. If labs were done prior to the appointment, ask for a copy of the labs.
 - Personal/family task organizer to keep track of the "to-dos".
- Dr. Kernisan recommends either a notebook or for those with a smartphone, a "task management app".

In this high-tech world, there are a number of apps and ways to keep information electronically. Do whatever works best for you.

With all that goes along with being a caregiver, including the 24/7 responsibility, the stress, the angst at times, and the joy, Dr. Kernisan's caregiver tools may seem like just another thing to do. Many of you may already have these tools in your toolbox. If you don't, may I suggest, at the minimum, to start by keeping an up-to-date list of medications and some brief notes on any changes or events that happen at home or at Daybreak. You will be better prepared for your next doctor's visit or for an emergency. **And, please, don't forget to tell the Daybreak nurses of any medication changes or events that happen at home. That helps us as we care for your loved one.**

For more practical information for caregivers, check out the above-mentioned website, www.betterhealthwhileaging.net.

--Linda K. Ford, RN

Chris Grable RN
Health Director



It is that time and it is more important now than ever that you get your flu shot! We are strongly encouraging all participants, staff, and caregivers to get your flu shots. You can get them at the doctor's office as well as any number of pharmacies and grocery stores. There is generally no cost, as it is covered by

Medicare and most insurance companies. Now that folks are out and about again, there is concern that this could be a bad flu season, further burdening our health care system and putting folks at risk. Please make sure you notify us when your loved one gets their flu shot so Chris can make note of it!



COVID UPDATE



BOOSTER SHOTS:

Booster shots are now available for those who have had the Pfizer vaccine. All of our participants, staff, and probably most of you fall in the eligible categories:

Individuals that received their primary Pfizer vaccines at least six (6) months ago

- residents of any age living in long-term care settings,
- people 65 years and older
- people over the age of 18 with underlying medical conditions
- people over the age of 18 who are at increased risk for exposure due to occupational or institutional settings

The Frederick County Health Department, the hospital, and most pharmacies are offering the boosters. You do not need to prove any of the above conditions (no extra documents required).

FHH is no longer taking walk-ins, but you can call for an appointment (240-215-6310) or register online: <https://www.frederickhealth.org/patients-visitors/coronavirus-covid-19-/get-the-covid-19-vaccine/>.

The County does have walk ins but encourages appointments. You can see all of their locations and brands of vaccines offered on their website: <https://health.frederickcountymd.gov/629/COVID-19-Vaccine>. You can also call 301-600-7900. The County site also has links to the Maryland Vaccination site and other locations to get the vaccine. You can also go directly to local pharmacy websites (CVS, Walgreens, etc).

IF YOUR LOVED ONE GETS THE BOOSTER, PLEASE SEND US A COPY OF THE RECORD. YOU CAN SEND WITH THE DRIVER, EMAIL CHRIS (RN@daybreakadultdayservices.org) or TEXT A PICTURE TO MY CELL: 240-357-5541.

TESTING:

There are many locations in the county where you or your loved one can easily get a COVID test at no charge. FHH has an easy drive through site at the old State Farm location. They are open 7 days a week from 7-11am. The line of cars can get long so just plan ahead, but you never leave the car. The County lists its testing locations on their website: <https://health.frederickcountymd.gov/633/How-To-Get-Tested>. As a rule, they have a 7 day a week site on the Golden Mile (Rt. 40) from 10-6 each day. They also offer rotating test locations throughout the County. The Hillcrest site requires you to leave your car and enter the building with a possible standing wait in line. There are also urgent care and pharmacy test sites throughout the County.

COVID UPDATE continued

NOTICE OF EXPOSURE:

As you can imagine, we are being extra cautious about COVID at Day-break. **You MUST keep your loved one home and call us promptly if they have had an exposure to the virus.** Together we will evaluate the situation and determine the best course of action with regard to quarantine and testing. It is so important that we all work together to keep this space safe!

Support Group News

We continue to offer two support group options: 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.

Mark your calendars and plan to join us!

ALL ZOOM (11am)

October 4

November 1

December 6

IN PERSON+ZOOM (4pm)

October 18

November 15

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) 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! Please call if you have any questions!



From the Social Worker

Have you had all of the uncomfortable conversations?

There are so many awkward and uncomfortable conversations that we get to have with our parents over the course of our lives. These conversations are not fun and people tend to avoid them or put them off. Please don't put them off until it is too late.

It is important to sit down with your parents to find out what they have decided about their futures. Accidents can happen and a parent who was doing fine yesterday may have a stroke, heart attack, or car accident tomorrow. It is much easier to honor the decisions that they have made for themselves than to try to guess what they would have wanted. By discussing with your parents if they have created a will or advance directives and where they keep these documents, you will be in much better shape to make the tough decisions (if for some reason they are unable to speak for themselves).

You can start the conversation by telling your parents what you would want, for example "Mom, if I were in a bad car accident and couldn't communicate with you or my doctors, I would want them to know that I do not want any extraordinary measures, for example, I would not want to be kept alive solely by machines for an extended period of time. I would not want a feeding tube if I am unable to eat by mouth. This is very important to me. I am sure you also have decided things that are important to you. I want to honor your wishes, so it is important that I know what your wishes are." Hopefully, mom will feel comfortable sharing her preferences, but she may not be ready. You can ask her if she has created a power of attorney for finances and/or health care and if she has, where she keeps it. She may be happy to tell you that she has already done it, where you can find it, and end the conversation; some people are very uncomfortable talking about these things.

I remember one family member wearing herself ragged trying to find her mother's will. This was the last thing this daughter needed to deal with as she was trying to grieve the loss of her mother. If your parent is comfortable having these conversations, try to find out about financial arrangements, long term care insurance, living situation accommodations/preferences, and funeral preferences. If someone dies without a will, a judge will decide how their assets are distributed. Knowing if they have created a will and where to find it are very important. Have they contacted a financial planner to help them anticipate future care needs and allocate money to cover those costs as they arise? Have they chosen a trusted person to help them with finances or be added to their bank accounts? Do they have long term care

insurance to help cover the costs of assisted living or nursing care if needed? How do they feel about moving to an assisted living or nursing home? Would they prefer to sell their home and move to a smaller dwelling and hire in-home care givers? If they need to move in with one of their children, do they have a preference of where they would like to live? Sometimes, it is impossible to care for a parent at home and long-term placement is necessary; if this is the case, is there a place they would prefer? Will they sign a HIPAA release form so that their doctors are allowed to communicate with other family members?

If you are struggling with having these conversations, or need more information, please contact me. Here is a link to the free Maryland Advanced Directive form: <https://www.marylandattorneygeneral.gov/Pages/HealthPolicy/AdvanceDirectives.aspx>

We have nice magnetic red folders at Daybreak to hold important documents like advanced directives or Maryland Medical Orders for Life-Sustaining Treatment (MOLST) forms if you would like one. I wish everyone a happy and healthy October!

~Cheralee Von Ancken, LCSW-C, Social Worker



Staff News and Notes

We are so happy to welcome back full time program assistant Kidist Teffera (Kady). October marks Kady's 4th anniversary with Daybreak, although she had been gone throughout the pandemic.

We are so glad to have her back!!



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.

Activity News



We recently started a new program on Friday afternoon entitled “Fun Day Friday”. At about 2:15 the music gets turned up and staff and participant’s dance. We’ve jitterbugged, done the twist, macarena, waltzed and free styled to classics like *Twist and Shout*, *Run Around Sue*, Glenn Miller’s *In The Mood*, and *My Girl*. If you get a chance check out our [Facebook](#) page and you will get a chance to enjoy some of the videos of our amazing dancers. Along with adding this fun filled program, participants have thoroughly enjoyed the new big screen TV / computer we have in the great room. They’ve enjoyed learning and reminiscing about several various entertainers such as Frank Sinatra, Sammy Davis, Ray Charles, and Patsy Cline to name a few, all the while watching some of their performances and biography clips.

So often life has a way of being busy and rushed and we tend to dismiss the little things that are so important to our well being. The other day while doing a reminiscence program outside in the courtyard, I asked the participants to close their eyes and just “listen” and tell me what they were hearing /feeling. “I feel the warm sun on my skin” one said, another said “I hear the birds singing”, another said “I love hearing the rustle of the leaves because I know Fall is right around the corner and that is my favorite time of year”. “The smell of the air has a different smell to it now, there’s a crisp feeling in the air” one said. Taking a moment allowed their senses to recall and share memories of times past like playing in the fresh leaves their Dad had just raked or sitting outside around a fire pit making s’mores. This is an easy and worthwhile activity to try at home; you never know where the conversation will lead!

Can you believe that Halloween is right around having a Halloween Party Friday Oct 29th, 2011 for all. Participants and staff are encouraged to wear their favorite costume! Be sure to watch the Facebook page for more details.

Wishing you a Happy Fall.
Much love, Heather



DAYBREAK FAVORITE FAMILY RECIPES



This month's **Favorite Family Recipe** is from Mark, whose wife attends Daybreak. Christina tested the recipe and says these waffles are delicious! Hope you try them and enjoy! If you have recipes you want to share, please email them to Gwenda at admin@daybreakadulthoodservices.org.

Ricotta Lemon-Blueberry Waffles

Yield: Serves 6 (serving size: 1 waffle & 2 tbsps. Sauce)

1 3/4 cups all-purpose flour
2 tbsp sugar
2 tsp baking powder
1/4 tsp salt
1 cup 1% low-fat milk
1/2 cup part-skim ricotta cheese
2 tbsp butter, melted
2 tbsp canola oil
1 tbsp grated lemon rind
1 tbsp fresh lemon juice
1 large egg
Cooking spray
1 cup blueberries
2 tbsp sugar
1 tsp fresh lemon juice



Combine flour, 2 tbsp sugar, baking powder and salt in a bowl, stirring with a whisk. In a separate bowl combine milk, ricotta cheese, melted butter, canola oil, lemon rind, 1 tbsp fresh lemon juice, and egg. Add milk mixture to flour mixture, stirring well. Coat a waffle iron with cooking spray. Spoon 1/3 cup batter per 4-inch waffle onto waffle iron. Cook 5 minutes; repeat with remaining batter. Combine blueberries, 2 tbsp sugar and 1 tsp fresh lemon juice in a saucepan, bring to a boil. Mash mixture with a fork. Simmer 3 minutes. Remove from heat; serve waffles with berry sauce.

Here is some fantastic advice that was shared at one of our support group meetings:

Communicating with Someone with Dementia

1. Never Argue— Instead **Agree**
 2. Never Reason, Instead **Divert**
 3. Never Shame, Instead **Distract**
 4. Never Lecture, Instead **Reassure**
 5. Never say Remember, Instead **Reminisce**
 6. Never say “I told you”, Instead **Repeat**
 7. Never say “you can’t, instead, **tell them what they can do**
 8. Never Demand, Instead **Ask**
 9. Never Condescend, Instead **Encourage**
 10. Never Force, Instead, **Reinforce**
- Original source unknown but advice tried and true!

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. Payments can be mailed to Daybreak, handcarried in, or given to the bus driver in an envelope marked Front Desk/Gwenda. Thank you!

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 season appropriate 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. Thank you for your help!

HAPPY BIRTHDAY

OCTOBER

1st
4th
20th

Darlene W.
Delores N.
Mederic C.



Halloween Support Group



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

Board of Directors

Dr. Joseph Devadoss, Chairman

Randy Jones, Vice Chair

Jackie Dinterman, Board
Member

Peter Melcavage, Board
Member

Kenneth Brown, Board Member

Anita Taulton, Board Member



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.