



DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

November 2021



Happy Thanksgiving to all of our Daybreak families. We are very blessed and thankful for all of you this year! Enjoy your holiday!

Thanksgiving Closings
Daybreak will be closed Thursday, November 25th for Thanksgiving and Friday, November 26th.

DAYLIGHT SAVINGS TIME!!
Don't forget to set your clocks back one hour this weekend, Sunday, November 7th.

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

LOOKING AHEAD - UPCOMING ACTIVITIES

THROUGHOUT THE MONTH

Brain Busters

Trivia Challenge

Jewelry Making

Arts-n-Crafts

Concerts

Painting

Exercise

Armchair Travelers

Bingo

Lucky Rollers

Turkey Talk

Jeopardy



The Director's Corner

Did you know that November is National Family Caregivers Month? According to the Administration for Community Living's website, "NFCM is a time to recognize and honor family caregivers across the country. It offers an opportunity to raise awareness of caregiving issues, educate communities, and increase support for caregivers".

I realize that I am preaching to the choir when I tell you how much family caregivers do, how important they are, and how weary they are! Though a labor of love, it can be exhausting, mentally, physically, and financially, to be a caregiver. Please know that we are here to support you in any way that we can! Of course, Daybreak offers respite in that you get some hours to yourself, but we can also support you by sharing resources, making referrals, talking through challenges, and offering suggestions and education. Please don't ever hesitate to reach out to one of us. Together, Chris, Cheralee, Heather, and I have been in the field of senior care for MANY years. We love what we do, especially when we can help make a difference in your lives. Call us!

Another great resource here is our Caregivers Support Group. No matter how many years of experience that we have as professionals, it can't match the shared experience that another caregiver has. Our group is a very welcoming group, with some who have been involved for years and regular new additions each month. See the flyer inside for more information about our two support group offerings each month. And if our schedule doesn't jive with yours, there are lots of other support group opportunities in the community or in the virtual world. Call or email me for more information.

With regard to respite, please remember that you can add an extra Daybreak day whenever you need to! Just call and ask. Whether you are having a root canal, going out to lunch with friends, or just need a day alone in your house...we are happy to help. You can also increase your days per week if you need to make it a more regular event. Financial assistance may be available too. It never hurts to ask! Just call!

In closing, I want to express my thanks and gratitude to all of you. I count Daybreak and each of you among my many blessings. I thank each of our participants for making each day at Daybreak joyful and fun. I thank our families for trusting us and allowing us to walk this journey with you. And I thank our staff for their enthusiasm, energy, and commitment to our participants and our programs. I wish each of you a very Happy Thanksgiving.

With a grateful heart, 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: Last chance to sign up for this session! 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 ALZHEIMER'S ASSOCIATION

The Alzheimer's Association has a variety of educational webinars for caregivers scheduled this month. To read the descriptions and register, please visit their website : https://www.alz.org/maryland/helping_you/virtual-resources/education-programs. Here's a list of titles and dates:

- 11/3 12-1pm Understanding Dementia and Related Disorders
- 11/2 and 11/9 5-6pm a two part webinar: Living with Alzheimer's for Care Partners
- 11/8 3-4pm Wellness for your Brain and Body
- 11/11 7-8pm Effective Communication
- 11/15 3-4pm Dementia Conversations-Managing Difficult Conversations
- 11/17 3-4pm Understanding Behavior Related to Dementia
- 11/19 12-1pm Wellness for your Brain and Body
- 11/20 11:30-12:30 Effective Communication

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 November 11 and is titled “**Navigating Safety in and around the Home**”. The speaker is Terri LeMere, a local occupational therapist. Learn about safety hazards in the home and home you can remedy them. 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

November 11th

Navigating Safety

In and Around The Home

**No Cost
Registration Required**

**7-8 PM
Via Zoom**

To Register:

<https://bit.ly/CompassforCaregivers>



www.espcfederick.com

Presenter: Terri Lemere, M.S., OTR/L, ECHM, CAPS,
Occupational Therapist & Certified Aging in Place
Specialist of Healthy Home Living Solutions, LLC

Join us to learn about maintaining a safe home environment for your loved ones in order to prevent falls and to facilitate optimal independence. Increased safety AND increased independence mean less work for the caregiver! It's a win-win!

NURSES NOTES



STEPS FOR SUCCESS MANAGING MEDICINES

- 1. Know your & your loved one's medicines**
 - Know names, reason for use and possible side effects
 - Ask pharmacist or doctor if you don't understand the instructions
 - Contact your pharmacist or doctor if you are having side effects
- 2. Take your medications exactly as directed**
- 3. Continue taking all your medicines until the doctor says to stop**
- 4. Keep your list of medicines current**
 - Keep an updated list of all your medications, sample medicines, over the counter medicines, vitamins and dietary/herbal supplements.
- 5. Do not use old or expired medications**
- 6. Store medicines in a cool and dry place**
 - Do not store medicines in the heat (e.g. near a stove), direct sunlight (on windowsill) or in a wet and damp place (bathroom).
- 7. Store your medicines in one location**
 - Keep all medicines in one place unless they need to be stored in a fridge.
- 8. Use only one pharmacy**
 - Use only one pharmacy or one pharmacy chain (e.g. CVS, Giant, etc.) for all prescription medicines.
- 9. Ask your doctor or pharmacist before taking over the counter medicines.**
- 10. Read all your medicine labels and written instructions before taking each medicine especially new ones.**
- 11. Don't share your medicines with other people including family members.**
- 12. Bring an updated medicine list to all your doctors' appointments.**
- 13. Send an updated list of medicines to Daybreak whenever there is any medication changes. This is so we are aware of the change, reason for the change, and can monitor for possible side effects. This is the only way we can provide the best possible care for each of our participants.**

Thank you all,
Chris Grable, RN
Health Director

FLU SHOT



FIGHT - THE - FLU

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!

A FOND FAREWELL

Though we haven't seen her in a while, we remember fondly nurse Linda Ford who was one of our reliable and beloved part time nurses before we closed last March. Even while we were closed, Linda helped Chris often and may have even spoken to some of you. After living in Frederick for many years, Linda has made the decision to move west to be closer to her family. We will miss her calm and caring spirit immensely, but wish her many blessings and much happiness in her new Wisconsin home!



COVID UPDATE



BOOSTER SHOTS:

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

Individuals that received their primary Pfizer or Moderna vaccines at least six (6) months ago, or their Johnson and Johnson vaccine 2 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@daybreakadulthoodservices.org) or TEXT A PICTURE TO MY CELL: 240-357-5541.

TESTING UPDATE:

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. You now need a doctors order for attest. If you don't have one, they will help you get one via phone but it will take longer.

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. Check the website to find one near you. The Hillcrest site requires you to leave your car and enter the building with a possible standing wait in line. Health

COVID TESTING continued

Department test sites DO NOT require doctors order. There are also urgent care and pharmacy test sites throughout the County.

NOTICE OF EXPOSURE:

As you can imagine, we are being extra cautious about COVID at Daybreak. **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)

November 1

December 6

IN PERSON+ZOOM (4pm)

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@daybreakadulthoodservices.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

Wandering is Dangerous!

According to the Alzheimer's Association, "six in ten people with dementia will wander." Wandering can be a problem behavior associated with cognitive disorders. Someone you love has wandered from home in search of something or someone. They may be disoriented to their surroundings and unable to find their way back. This loved one is now lost and alone and you are distraught because you do not know where they are or if they are in danger (as temperatures drop, this is an added concern). This feeling is all too real for one Frederick family who lost a loved one due to wandering early last month. How can you stop wandering from endangering your loved ones?

WebMD offers these tips:

1. Secure your home with extra locks (high or low but out of sight) and/or hang bells on the door or camouflage the door with a curtain.
2. Always have your loved one wear ID (medical jewelry, name written on clothing, temporary tattoo).
3. Have them wear bright colors (easier to spot in a crowd/from a distance).
4. Install a fence with gates that can be locked (they can get fresh air with less danger).
5. Use tracking devices (Some sound an alarm on both the bracelet and a base unit when the person gets too far away. Others are services that charge a monthly fee and use devices to pinpoint the person's location. The company can track mom and will work with local law enforcement, or the organization Project LifeSaver, to get her back to you.)
6. Know your neighbors (they may spot mom and intervene to save her before she gets too far).
7. Put up signs (STOP, Do Not Enter --these may be enough to stop the behavior).
8. Increase physical activity during the day so your loved one is more tired at night and less apt to wander.
9. Set up a sleep schedule for night time sleeping (avoid day time naps and caffeine so your loved one sleeps at night).
10. Try to identify the cause of the wandering (if dad is going to look for a snack, try leaving a snack on his night stand).

Tools to help:

Project Life Saver: According to ProjectLifeSaver.org, they are "the premier search and rescue program operated internationally by public safety agencies, and strategically designed for "at risk" individuals who are prone to the life threatening behavior of wandering." Their mission is to "provide timely response to save lives and reduce potential injury for adults and children with the propensity to wander due to a cognitive condition." The Frederick County Sheriff's Office oversees this program; they can be reached at 301-600-1046.

MedicAlert® + Alzheimer's Association Safe Return®: According to www.alz.org, this “nationwide emergency response service provides 24-hour assistance, no matter when or where the person is reported missing.” If a person wanders and gets lost, caregivers call the 24-hour emergency response number (800-625-3780) to report it, so that a community support network is alerted to help reunite the person who wandered with the caregiver. Once law enforcement or a Good Samaritan finds the person with dementia, they call the number listed on the person's ID jewelry. MedicAlert + Safe Return then notify the family/caregiver so the person can be returned home. MedicAlert + Safe Return provide the ID bracelet or necklace that is to be worn by the person with dementia. You can register online at www.medicalert.org/safereturn or call 888-572-8566. There is a fee for this service, but financial aid may be available.

If you have more questions about wandering or are looking for more information, please let me know.

~Cheralee Von Ancken, LCSW-C



Staff News and Notes

**WE ARE STILL LOOKING FOR A DRIVER! IF YOU KNOW ANYONE
LOOKING FOR AN INCREDIBLY REWARDING PART TIME JOB
PLEASE HAVE THEM CALL CHRISTINA!!**



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.

Activity News



Greetings from the Activities Department!

October found the participants enjoying several warm fall mornings in Daybreak's newly renovated courtyard. We also had fun making crazy pumpkins from all sorts of things in the craft closets. We did lots of Halloween themed activities which culminated in a rousing Halloween Party on Friday the 29th.

November will find everyone counting our blessings and the many things we are thankful for in our lives. We will also be continuing our daily exercise program and brain games. There will also be lots of Thanksgiving themed activities for everyone to enjoy.

As the days are growing shorter and darkness fills more of our waking hours, it becomes more difficult to deal with Sundown Syndrome (the increase in confusion that can happen to people with dementia in the afternoon/evening). A few suggestions to help :

- Keep areas well lit once it starts getting dark.
- Keep family members engaged so they do not have time to realize the darkness (even though they don't need to know it's dark to show Sundowner's symptoms).
- Use the time together to reminisce over photo albums, favorite music, or holiday traditions.
- Breathe deep and know that longer days are on the way!

Always here for you,
Heather & Anita



DAYBREAK FAVORITE FAMILY RECIPES



This month's **Favorite Family Recipe** is from Charlie C, a Daybreak participant. Hope you try them and enjoy! If you have recipes you want to share, please email them to Gwenda at admin@daybreakadultdayservices.org.

Pecan Tarts

Ingredients:

Dough for shells

3 oz cream cheese

$\frac{3}{4}$ stick butter

1 Cup Flour

Filling

1 $\frac{1}{2}$ Cup Brown Sugar

2 Eggs

1 T butter

8 oz. Pecans

Cream butter and cream cheese, slowly work in flour. Form into 1" balls; press into small cupcake pan. Press dough to form cups in each section of pan.



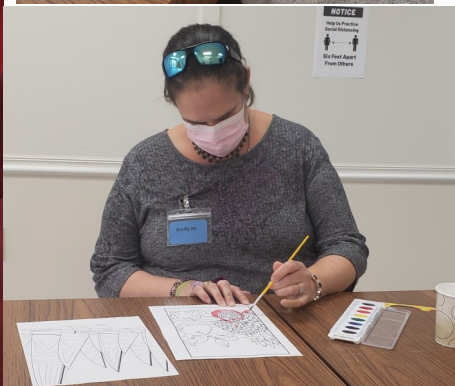
Take half of the pecans and chop them in processor or nut grinder. Spoon sufficient pecans into formed shells to cover the bottom.

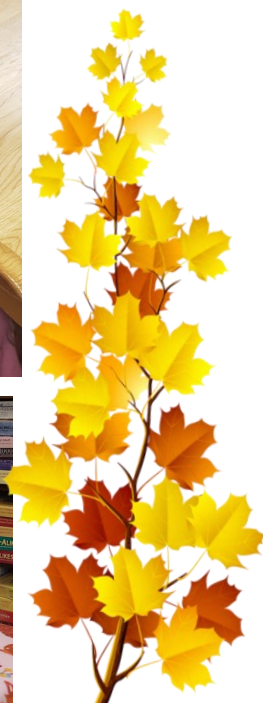
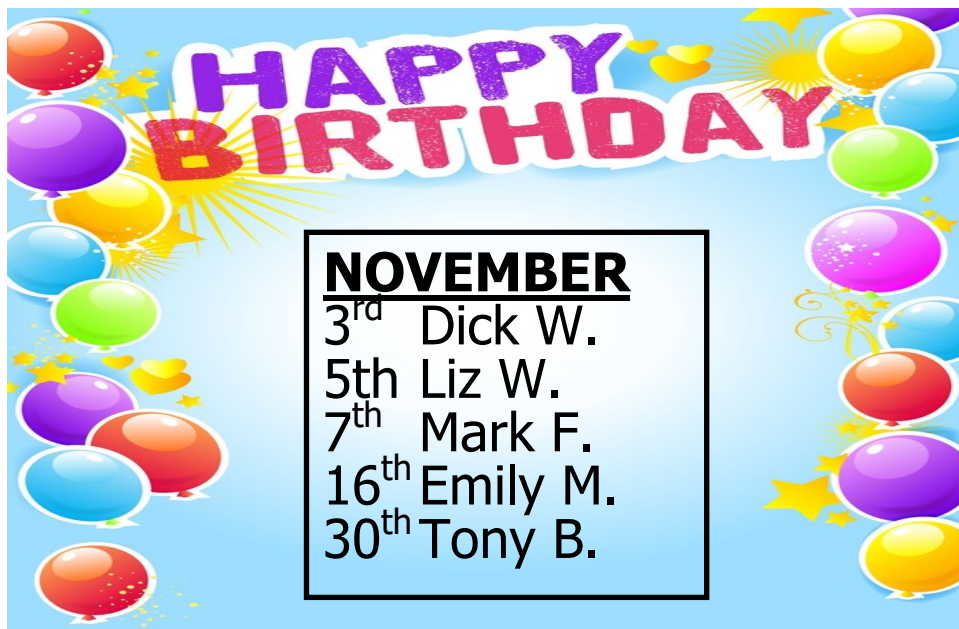
Mix brown sugar, eggs and butter. Pour mixture into each cup. Place half piece of pecan on top of the mixture.

Bake for 30 minutes at 350. Yield: approx. 24.

NOTE: Recipe can be doubled to make more.

Enjoying time doing artwork, crafts and games!





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.