



DAYBREAK
ADULT DAY SERVICES

DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

December 2021



To a joyful
present and a
well remembered
past. Best wishes
for Happy
Holidays and a
magnificent New
Year.

HOLIDAY CLOSINGS OF CENTER

Daybreak will be closed on Friday, December 24th for the Christmas Holiday and will be closed on Friday, December 31st for New Year's.

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daybreakadulthoodservices.org

LOOKING AHEAD - UPCOMING ACTIVITIES

THROUGHOUT THE MONTH

Exercise

Brain Games

Crafting

Card Making

Cooking Club

Bingo

Holiday Party

Music

Reminiscing

Meditation

Word Games

Puzzles



The Director's Corner

Seasons greetings! I can't believe that December is here already! What a crazy year. While we are cautious about COVID (and watching things closely) we are excited to enjoy some good holiday fun. We've got lots of crafting, music, and other holiday happenings lined up; we are even bending our no visitors rule for the big man himself (of course he is fully vaccinated!!).

We will continue our weekly COVID testing through the holidays which is giving me a little peace of mind. With positivity rates on the rise, a new variant to be worried about, and people on the move, we have to stay vigilant. Please read more inside about testing, booster shots, and communicating with us about illness and exposures. We are all in this together; please help us keep this space safe! A huge shout out to Matt Bergan from Frederick County Division of Fire and Rescue, and the Health Department for providing our booster shot clinic. What a great opportunity for our folks to get the booster in an easy and convenient way! If you still need a booster, please see inside for links to various sites here in the county

Do you need a day to yourself to get your booster or recover from the after effects? Don't hesitate to call us about adding an extra day at the center. Whether it is for that, a root canal, or a day to go to lunch or shopping with friends, we have extra spaces for participants everyday and are happy to have your loved one join us for an extra day here and there if it can help you. With so much great stuff going on here, they are sure to benefit too! Just call Gwenda to schedule a day, and talk to me if this option is financially prohibitive. We may be able to help!

Being a caregiver is stressful much of the time, the holiday season can just compound it. With a zillion holiday to-dos, too much sugar, and shortened daylight and colder weather, it can be the perfect storm. It is important to take care of yourself, take time for yourself, and prioritize what really needs your attention. Read inside for some good ideas to help get you through. Please also consider tuning in to this month's Elder Services Provider Council's monthly Compass for Caregivers webinar: Navigating the Holidays. I am super excited to be the featured speaker. Over the years, I have learned MANY things from our Daybreak caregivers and I hope I can share some insights and some strategies to keep your holiday spirit intact! More info on the webinar is inside.

I wish each of you a very joyful and peaceful holiday season.
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: Lots of great virtual activities at the Senior Center. Check out their December calendar: <https://frederickcountymd.gov/DocumentCenter/View/334448/VSC-December-Calendar>. They have got LOTS of great offerings! These include exercise classes, craft programs, cooking demos, travel shows, as well as educational programs.

Medicare Open Enrollment Seminars: December 7 is the deadline for open enrollment. 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 VirtualSenior-Center@FrederickCountyMD.gov for dates, times, and registration.

FROM THE ALZHEIMERS ASSOCIATION

Lots of great, free, educational program through the Alzheimer's Association. Most are 1 hour long. Times vary. See the website for class descriptions and registration information: https://www.alz.org/maryland/helping_you/virtual-resources/education-programs

Understanding Dementia and Related Disorders : Dec 2 and 21:
(same program each date)

Living with Alzheimer's for the Care Partner, Middle Stage: Dec 7 and 14: 2 part series:

Wellness for your Brain and Body: Dec 4 and 20

Effective Communication: Decoding Verbal and Behavioral Messages : Dec 3

Dementia Conversations: Dec. 16

Understanding Behaviors Related to Dementia: Dec 28

The Warning Signs of Alzheimer's Dec 6 and 30 (same program each date)

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 December 9 and is titled “**Navigating the Holidays**” featuring our very own Christina! She will be talking about holiday stressors, coping strategies, and resources to help make your holiday brighter. 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

December 9th
Navigating the Holidays

To Register:
<https://bit.ly/CompassforCaregivers>

www.espcf Frederick.com



No Cost
Registration Required

7-8 PM
Via Zoom



Presenter: Christina Forbes, LMSW. Licensed social worker and Program Director at Daybreak Adult Day Services

The holidays can be stressful in the best of times, but for caregivers they can be particularly challenging. Things aren't what they used to be; from traditions to family dynamics and all things in between, many things have changed.

Join the discussion to identify the stressors, revise the expectations, and still find joy in the season.

NURSES NOTES



You winterize your home, your car and even your wardrobe. But what about your skin? Protecting your skin from the harshness of the cold weather is vital and easier than you think.

Because we are constantly switching between the indoor air and the cold winds of the outdoor air, moisture is removed from our skin. While lotions and creams replace some of that moisture, it's better to prevent the moisture loss in the first place.

Skin that is dry, cracked or irritated is vulnerable to infection, and that's why it's important to change your skin routine along with the season to boost your body's natural defenses

Here are a few ways to winterize your skin:

1. Use a humidifier in the bedroom or living room once the humidity drops inside

-Hot showers or hot baths may sound like heaven, but hot water can wreak havoc on your skin. Instead take lukewarm showers, patting gently afterward with a towel and applying moisturizer within three minutes of stepping out of the shower to lock in moisture.

2. Look for creams with any of the following ingredients: petroleum, mineral oil, linoleic acid, ceramides, dimethicone or glycerin.

3. Keep well hydrated-water keeps the skin moisturized and flushes the toxins out of your body.

4. Use lip balms and lipsticks with moisturizers.

5. Use sun block ,even on a cloudy day UV rays still penetrate.

6. Brittle nails can be helped by using Vaseline to moisturize, also keep nails short to prevent a fungus from getting in.

All of the above will help maintain healthy skin for the most part. If you have concerns about your skin you should see your MD or a Dermatologist.

Happy Holidays to you all!

Chris Grable, RN

Daybreak Health Director

Information taken from Article written by Jeanine Downie MD., Director of Image Dermatology in Montclair, NJ.



Staff News and Notes

WELCOME!

We are so excited to welcome new full time Program Assistant **Annetta Cartee** to our team. Annetta is a certified nursing assistant who comes to us after MANY years working in long term care. She is a quick learner who has jumped right in to get to know the participants and our routine. We are very excited to have her with us!

We welcome Annetta as we say goodbye to assistant **Kady Teffera** who has moved on to a new opportunity. We wish Kady well!

ANNIVERSARIES

A very special HAPPY ANNIVERSARY to our longest tenured employee, bus driver **Charles Wars**. Charles has been driving for Daybreak since December of 2007! That's 14 years of safely driving our participants to and from home! THANK YOU CHARLES!



CELL PHONES

An increasing number of participants are bringing cell phones to the center. While for many this is their means of communicating with the outside world, not all are able to use the phones well. This has become a bit of a distraction here at the center, with phones ringing loudly during activities, participants not aware they are ringing, or not aware they are in a room full of others when they answer the phone and have a conversation with the caller. If your loved one does not need their phone at Daybreak (they can use our office phones ANYTIME), please consider keeping it at home!



COVID UPDATE



BOOSTER SHOTS:

Booster shots are now available for all and are easy to get. The Frederick County Health Department, the hospital, and most pharmacies are offering the boosters. The County has a variety of clinics available, both walk in and by appointment. 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). FHH also offers boosters by appointment (240-215-6310) or register online: <https://www.frederickhealth.org/patients-visitors/coronavirus-covid-19/get-the-covid-19-vaccine/>. IF YOUR LOVED ONE GETS THE BOOSTER, PLEASE SEND US A COPY OF THE RECORD. YOU CAN SEND WITH THE DRIVER, EMAIL RN@daybreakadultdayservices.org or TEXT A PICTURE TO CHRISTINA'S CELL: 240-357-5541.

TESTING UPDATE:

We continue our weekly COVID testing for all staff and participants here at the center on Wednesdays and Thursdays. We've got a good routine down and the participants are handling it really well. So far, all tests have come back negative! We plan to continue the testing through the holidays to give us an extra layer of protection against the virus. If you are not scheduled on either of those days, or are out, I encourage you to come in for a quick test (testing is happening from 10:15-11:30). Call if you have any questions.

If *you* need a test, 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, though you now need a doctors order to get tested at that site. They are open 7 days a week from 7-11am. If you don't have an order in hand, they will help you get one via phone but it will take longer. The County lists it's 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. Health 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. This is particularly important as our bubbles expand during the holiday season. Please help us keep our bubble here at Daybreak 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)

December 6

January 3

IN PERSON+ZOOM (4pm)

December 20

January 17

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

Dementia and the Holidays

The holidays can be a challenge if someone has dementia or cognitive impairment. One gentleman with dementia (Rick Phelps, *Dementia and the 10 days of Christmas*) said that Christmas is the toughest holiday of all for him because of the chaos of more than three people, the noise, “wrapping paper flying everywhere, excited kids, music, loud conversation, and dogs all riled up -- the perfect storm”. He mentions how important it is to be able to remove himself from the “hubbub and confusion”, but not everyone is able to do this and might require rescuing (someone to take them to a quiet room to rest and recharge). Mr. Phelps knows the disease is the culprit and states how “long-running traditions can become more difficult to enjoy or even tolerate as one’s condition progresses”. He points out how the tree and other holiday decorations make his house look and feel different, and how this worsens his confusion. He wishes people would not bombard him with questions (even simple ones like “how are you?” Or “what can I get for you?” can be overwhelming, so he advises “keeping questions to a minimum is always a good policy.”

The Alzheimer’s Foundation of America recently shared ways to keep your holidays and celebrations dementia friendly. To prepare the person with dementia, guard against fatigue to reduce the chance of sundowning or wandering. As a caregiver, ask for help, eat a balanced healthful diet, make time for yourself, exercise to reduce stress, get enough sleep, and set realistic goals. Prepare guests with an update on your loved one with dementia and give them tips on communicating effectively with someone with dementia (not everyone knows to agree, distract, reassure, reminisce, repeat, encourage), and ideas for activities (fidget items like soft blankets or interesting textures, reminiscent holiday scents, puzzles, games, fill in the blanks/mad libs, coloring, word searches, chair exercise, meditation, not too loud holiday music, old photos/movies for reminiscing).

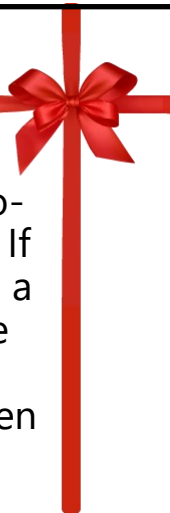
Before the celebration, set yourself up for success by avoiding over decoration (avoid too much clutter or overstimulating visual chaos), avoid safety hazards (avoid fragile decorations, use battery operated candles because these are safer than an open flame, avoid decorations that could be mistaken for edible treats), keep your loved one involved (try to maintain their normal routine as much as possible), adapt favorite traditions or add new ones (focus on the task rather than the outcome), and be open with loved ones (let them know your limitations and keep celebrations brief focusing on quality over quantity).

Remember that everyone has feelings and the holidays can be a sad time for some people, so be prepared for this as well. .

I hope these tips are helpful and that everyone enjoys their holiday gatherings. Please let me know if you have questions or concerns. You have my best wishes for happy and healthy holidays. ~Cheralee Von Ancken, LCSW-C

HOLIDAY GIFT GIVING

As we head in to this holiday season, please remember that our staff are prohibited from accepting personal gifts. If you wish to thank a staff member with a gift, please give something that can be shared by all or donated to the Center. Smiles and words of thanks (spoken or written) are always ok!



Lift those arms,
kick those feet . . .

Exercise
Time!!



Activity News



WE DID IT!! At the beginning of November, the participants accepted the challenge to exercise every day in November. We plan to continue that into December. November was also a busy month with preparing for Thanksgiving and lots of “Turkey Talk”. We even had a Nerf gun Turkey shoot and got to touch the fan, teeth and beard of a mounted turkey. Thanks to Chef Ann, everyone shared a delicious Thanksgiving feast. Then we wished a Happy Hanukkah to our friends celebrating at the end of November.

December is looking full of holiday spirit. We will be decorating, making special gifts for the employees at Daybreak (SHHH, it’s a surprise!), and crafting lots of holiday pieces. There will be Christmas specials in our concert series and maybe a few special surprises thrown in there. Daybreak will be transforming into a holiday wonderland, culminating in a visit from the big man himself! Then we will begin looking forward to a New Year filled with exciting new adventures for everyone.

The holidays may be difficult times for our Seniors - routines are changed, there is more going on in the home, and they may be having confusion about holiday traditions. In the midst of it all, remember to let them stick to their routines and not get overtired by it all, but never forget to enjoy every minute that you have with them and make many new memories to last you a lifetime.

Happy Holidays from the
Activities Department!!



DAYBREAK FAVORITE FAMILY RECIPES



This month's **Favorite Family Recipe** is from Charlie C, a Daybreak participant. Fruit Cake, a holiday tradition for some families. Look through your family recipes and share a favorite of yours. Email it to Gwenda at admin@daybreakadultdayservices.org.

Little White Fruit Cakes

Ingredients:

1 Cup Shortening

1 Cup Sugar

5 eggs

2 Cup Flour

1 tsp salt

1 tsp Baking Powder

¼ Cup Pineapple Juice

½ Cup Each:

Green cherries, red cherries, mixed fruit cake fruit, walnuts, and lemon peel

1 ¼ Cup Candied Pineapple

1 C golden raisins

2 C Coconut

2 C blanched almonds



Pre-heat oven to 275 degrees.

Cream shortening and sugar, add eggs. Sift together 1 ½ C of flour, salt and baking powder.

Add pineapple juice to mixture. In a separate bowl, mix together all of the fruit and dust with ½ C flour.

Add fruit, coconut and almonds. Mix together ONLY until well blended.

Pour into muffin cups and bake in slow oven for 50 minutes.

Store in an air tight container.

Option: drizzle one or two paper towels with run or bourbon and place in with fruit cakes.

The Gratitude Tree.

Participants wrote on leaves what they are most grateful for and the leaves were hung on the tree for all to enjoy!



DANCING
FUN!!



HAPPY BIRTHDAY

DECEMBER

3rd Donna B.
6th Irene C.
9th Virginia B.
14th William F.
15th Bob R.
16th Ana S.
20th Maria P.
21st Stephanie K. &
Mark N.
23rd Ed E.
25th Audrey C.
29th Diane T.



Please help us keep track of hats, gloves, coats and scarves by putting a name inside if you can!



FOUR STAGES OF LIFE

1. You believe in Santa Claus
2. You don't believe in Santa Claus
3. You are Santa Claus
4. You look like Santa Claus

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.