



DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

January 2022

“

Hope smiles
from the
threshold of
the year to
come,
whispering,
'It will be
happier'.

— Alfred, Lord Tennyson

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

LOOKING AHEAD - UPCOMING ACTIVITIES

THROUGHOUT THE MONTH

Exercise

Brain Games

Crafting

Cooking Club

Bingo

Music

Reminiscing

Meditation

Word Games

Puzzles



The Director's Corner

Happy New Year!! We can only hope that this new year brings an end or at least a stabilization in the pandemic. I think I said that last year too 😊 . Who could have imagined we would be where we are now! The last couple of weeks have been challenging as we have dealt with positive cases amongst our participants, exposures in our families, and anxiety all around. I urge you to get boosted if you haven't already, and to be cautious when out and about. I am hoping the experts who are predicting a swift peak and then a deceleration are right! We continue to try and make the center a safe space with lots of cleaning and sanitizing, symptom checking, masking, and distancing where we can. Please continue to do your part by communicating with us promptly if you have illness or exposures in your home!

In spite of the stressors, we had a great December at the center, with lots of holiday music, reminiscing, and fun. Lots of extra goodies too; birthday cakes, donuts, and more! Unfortunately our visit from Santa got derailed due to a COVID exposure at the North Pole (thank goodness all is well now!) January is shaping up to be just as entertaining! As you will read inside, we have had some staffing changes. We are still working out all the details, but I am optimistic that the new year will bring many good things!

I certainly hope that the new year brings each of you good health and happiness. I am not one for resolutions, but I wish you luck with yours if you make them. If your resolution involves making more time for yourself, please call me about adding extra days for your loved one at Daybreak. I have excess funding for subsidy that I would love to use to help make that happen!



See you in 2022!

Fondly,
Christina

Community News and Notes

VIRTUAL PRESENTATION: *SPARK*, a documentary about Robin Williams and his battle with Lewy Body Dementia (LBD), as well as a deeper look at the disease itself, including its biology, clinical symptoms, and its impact on both the person with LBD and the primary caregiver is being presented virtually by Frederick County Senior Service and the Dementia Friendly Frederick Committee. The program will also include a panel discussion. They are hosting two virtual showings- January 25 at 11:30 a.m. and 7 p.m. For more information or to register please visit <https://www.frederickcountymd.gov/FormCenter/Senior-Services-Dept-of-Aging-10/SPARK-Registration-274>. For more information or to watch the movie trailer, visit: <https://www.frederickcountymd.gov/8274/SPARK>

GRAB BARS: Would you or someone you love benefit from grab bars in your home? Frederick's Advocates for the Aging has a grant that will provide not just the bars, but an occupational therapist to determine where the proper placement should be AND a professional to install them...at no cost to you!! Call or email for more information: 240-741-9853 or grabbarsproject@gmail.com.

ALZHEIMER'S ASSOCIATION ACTIVITIES

Friday, January 7 at 11:00 am Books & Beyond: This group provides a safe and relaxed place where people with early stage memory loss, their family and friends come together to share conversation and creative expression in the exploration of all forms of literature. REGISTER HERE: bit.ly/ALZ1722

Friday, January 21 at 11:00 am Let's Exercise Our Brain & Body: Join them for some morning movement and exercise. Have fun while working out your body and brain! REGISTER HERE: bit.ly/ALZ12122

COMPASS FOR CAREGIVERS WEBINAR: ESPC has changed the date and time for their monthly caregiver webinars. Beginning in January, they will be held on the **second Wednesday of the month from 1-2 pm** via Zoom. January's webinar is Jan 12. The topic is "Navigating Senior Services in Frederick County" and features speakers Joy Rowe, the Maryland Access Point (MAP) Coordinator from Senior Services and Diane Grove from the Health Department's Adult Evaluation and Review Service (AERS). You are sure to learn a lot in this hour long webinar! Registration is free and easy and open to all: <https://frederickespc.wufoo.com/forms/a-compass-for-caregivers-finding-your-way/>

JOIN US FOR OUR MONTHLY
SPEAKER SERIES

A COMPASS FOR CAREGIVERS: FINDING YOUR WAY

Presented By:

The Elder Services Provider Council of Frederick

New Date & Time!

January 12th
Navigating County Services

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

www.espcfrederick.com

No Cost
Registration Required

1-2 PM
Via Zoom



Presenter: Diane L. Grove, RN, CHN II, AERS Program Supervisor and Joy M. Rowe, MA, NCC, Maryland Access Point Coordinator, Frederick County Senior Services Division

Join us to learn about the vast array of informational and support services for Caregivers available through the Frederick County Government! Bring your questions on how to find assistance, information and services along with a pen and paper!



NURSES NOTES



Happy New Year to everyone. I hope this New Year is a bright and healthier one for us all. I am sharing with you some warning signs of heart attacks and strokes to help you manage, in case you or your loved one is experiencing any of these signs or symptoms.

Heart Attack Warning Signs

- Chest pain
- Chest pressure or tightness
- Shortness of breath
- Left shoulder or left arm pain
- Sudden unexplained sweating
- Abdominal pain , nausea or vomiting

Some people also experience jaw pain and or back pain.

Heart attack symptoms may start slowly and maybe intermittent until they become constant and severe. The longer you wait before seeking treatment the more damage is done to your heart. It is very important you seek treatment as soon as possible.

If you believe you or your loved one is having a heart attack **call 911.** Do not drive yourself to the hospital or try to go to an urgent care center or your doctor's office. EMS providers are highly trained medical professionals who can begin the necessary medical care prior to arrival at the hospital and reduce the damage to the heart.

Stroke Warning Signs- Don't delay if you or your loved one have any of these warning signs- CALL 911!

- *Sudden numbness or weakness of the face, arm, leg, especially on one side of the body.
- *Sudden confusion, trouble speaking or understanding you.
- * Sudden trouble seeing out of one or both eyes.
- * Sudden trouble walking, dizziness , loss of balance or coordination.
- *Sudden severe headache with no known cause

Act fast call 911!

Do this simple test

F= Face. Ask the person to smile. Does one side of their face droop?

A= Arm. Ask the person to lift both arms. Does one arm drift downward?

S = Speech. Ask the person to repeat a simple phrase. Is their speech slurred?

T= Time. If any of the above symptoms are positive, call 911!

Please do not send your loved one to Daybreak if they are experiencing these signs and symptoms; call 911! Do notify us after they are receiving medical treatment and the crisis is under control to let us know their status.

Thank you and God bless you all.
Chris Grable RN
Daybreak health Director



Holiday



Cheer!





COVID UPDATE



BOOSTER SHOTS:

Get them now if you haven't already! People who have been boosted are less likely to get COVID, and are much less sick if they do get it! 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 THE UPDATED COPY OF THEIR VAX CARD. YOU CAN SEND WITH THE DRIVER, EMAIL RN@daybreakadulthoodservices.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. What a blessing that has turned out to be. We've got a good routine down and the participants are handling it really well. If you are not scheduled on either of those days, or are out, I encourage you to come by for a quick test (testing generally happens from 10:30-11:30). Call to let us know and we will be ready for you in the drive-thru. We can accommodate a limited number of family tests in that way as well. Call Christina if you have questions.

As you may have seen or heard on the news, testing at community sites has become much more difficult, with long lines, no appointments to be found and delayed results. FHH has their 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 8-12pm. If you don't have an order you can call 240-316-4970 to get one via phone. The County lists it's testing locations on their website: <https://health.frederickcountymd.gov/633/How-To-Get-Tested>. 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. We will also contact you if we have positive cases here at the center. Hopefully by working together and being extra cautious we can 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)

January 3

February 7

March 7

IN PERSON+ZOOM (4pm)

January 17

February 21

March 21

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!



Staff News and Notes

We have lots of changes happening as we start the new year. Change can be hard, but it can also be good. We are sad to see staff go, but excited about the possibilities that the vacancies will create.

Unfortunately, our recently hired nursing assistant decided our pace wasn't quite what she wanted and left us very soon after starting. We are still seeking a replacement. If you know a nursing assistant that might be a good fit, have them call me! Our nursing assistants do a little bit of everything...mostly helping our participants get around and use the rest room, but they also help load and unload buses, serve meals and help with activities. A fun-loving person with senior care experience who enjoys being an important part of a small team is who we are looking for!

In addition to looking for an aide, we are also looking for an activity assistant. We have had some big changes to the activity department. Heather, our Activity Director for the last 2 years is no longer with us. Anita, who was her assistant, has accepted the promotion to Activity Director. Anita has MANY years of senior care experience. You will meet her soon as she takes over the activity role in care plan meetings. We will be hiring a new activity assistant to work alongside her. Like our aides, the activity staff also do a little bit of everything, with the main focus on creating and implementing engaging and stimulating activities for the participants. If you know anyone that would enjoy keeping seniors laughing, active, and happy, have them call!!

And our final (I hope!), unexpected change is the departure of our social worker Cheralee. Cheralee has been with us for five and a half years and did a wonderful job helping families and participants navigate aging, caregiving, and senior resources. She wasn't looking for a change, but an opportunity came to her that she couldn't pass up. We will miss her immensely! We will be looking for a part time social worker to replace her. Until we do find the replacement, I will take on many of her responsibilities. Lucky for us I am a social worker, and in fact *was* the social worker at Daybreak before I became Director! This is a great job for some-

looking to get back into the workforce (Cheralee and I were both stay at home moms when we took the social work job). The position will be 10-12 hours of flexible time. If you know a licensed social worker looking to get back to work, or add to their current employment, have them call!

We have an AMAZING team at Daybreak. Since our return from the pandemic related closure, the team is small, but wow are they mighty! Huge shout out to aides Debbi and Opy, now Activity Director Anita, Ann in the kitchen, nurse Chris, Gwenda and the drivers: Phillip, Charles, Lisa, Susan, and Bob...they are all giving 110% every single day.

GOODBYE

Best
Wishes



From the Social Worker

It is with a heavy heart and a lot of sadness, that I am saying good-bye to Daybreak, my wonderful boss and co-workers, the great participants, and all the lovely family members that I have had the privilege to work with these past five and a half years. I will miss everyone very much. I have decided after working part-time for the past few years, to resume full-time employment to better contribute to my family as my second son prepares for college (two college tuitions!) in the fall.



With love and best wishes,
Cheralee Von Ancken, LCSW-C, Social Worker

Activity News



We spent an amazing December celebrating the holiday season.— from crafts to songs and word games to a fantastic Christmas party and New Year's Eve party. Exercise continued daily and some rousing games of Bingo went on each week. There were quite a few rounds of Happy Birthday sung in December and lots of celebrating to go with it. A huge thank you to everyone who assisted to make all these activities a reality for the participants.

January looks to be another exciting month here at Daybreak. We have lots of new word games to play, craft projects, and song trivia games. Exercise will continue and we will be having active games with our favorite noodles and big ball. The participants will also be creating “the world’s biggest snowflake” —wait till you see it! There will be more Birthdays to celebrate and lots of fun and laughter to start off the new year.

Here's wishing everyone a wonderful start to 2022! Please feel free to contact me if you have any questions about our activities. It is my goal to give each of our participants activities that they enjoy and keep them moving and thinking—and they keep me on my toes, too!

Anita Juliano

activities@daybreakadulthooddayservices.org





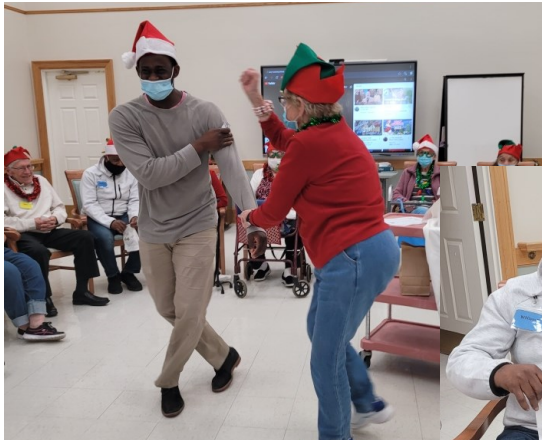
INCLEMENT WEATHER PROCEDURES DAYBREAK ADULT DAY SERVICES

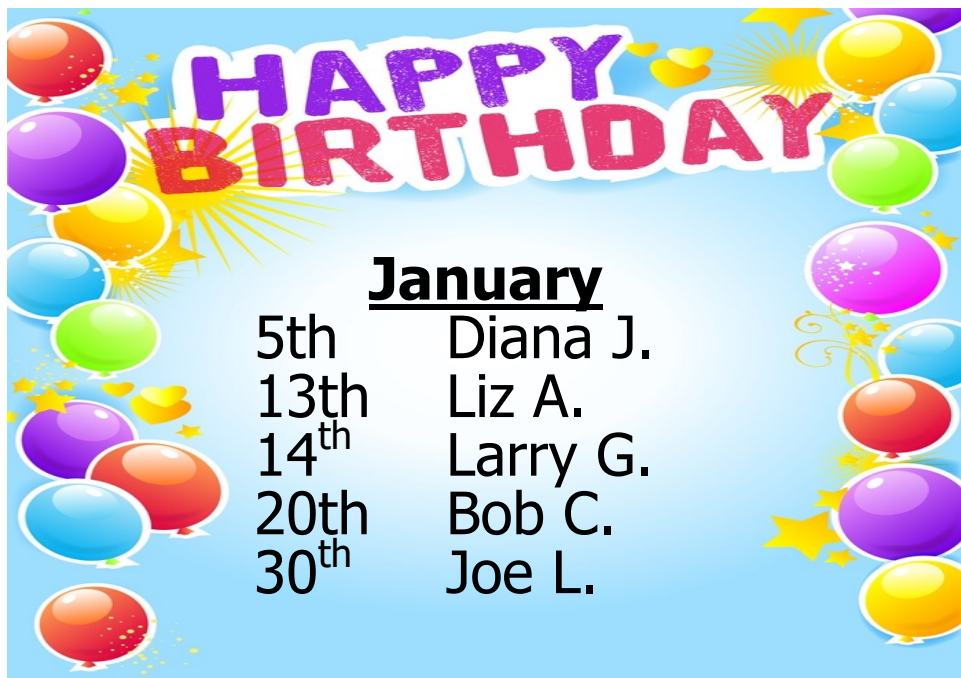
This notice is to provide information and to clarify our procedures for opening Daybreak during inclement weather. **We will make every effort to open the center but will only do so if we feel we can safely transport our participants.** We will be making our decision **based upon the best information we have available at the time.**

1. Daybreak **DOES NOT FOLLOW THE FREDERICK COUNTY SCHOOL SYSTEM SCHEDULE.** This includes both inclement weather closings and holiday closings.
2. We will make a decision about our status for the day by 7 am. Our outgoing message will be changed to reflect our status (closed or delayed opening). **Please call the center voicemail at 301-696-0808 to get the status update after 7.** In situations of severe and obvious weather, the voice mail may be changed earlier. **Calling the center to hear the message is the most reliable way to determine our status.** In certain situations, our drivers may call riders, but this is not guaranteed. **PLEASE CALL THE CENTER VOICEMAIL.**
4. We will also post our status on our Facebook page. www.facebook.com/daybreakadulthoodservicesfrederick
3. We will contact WFRE (99.9FM) and KEY 103 (103.1FM) with our status change. You may hear information about our status on the radio or their website.
5. Rather than close, we may choose to delay our buses by an hour if we feel travel will improve with a small wait. We will generally still open the building itself on time. This would be announced on the voicemail. You could choose to come to the center by car, or you could wait for the bus. If you choose to come by car, please call us as soon as possible so that we can reroute the bus.
6. If you know your driveway or road is not accessible - please contact us and leave a voice mail message if no one is available. We do ask for your assistance in maintaining sidewalks, driveways, etc. so that we are able to **safely** pick up our participants.
7. If the driver feels it is not safe to get to your home and to pick up you/your family member, we will call you to let you know.
8. In the event that we need to close early, we will call each family member so you are aware that your loved one is coming home early. Please be sure that we have current contact information, including up to date cell phone numbers.

Thank you for your patience and understanding as we get through another winter season. Should you have any questions or concerns, please feel free to call the center at 301-696-0808.

Holiday Fun at Daybreak





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.