



DAYBREAK
ADULT DAY SERVICES

DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

February 2022



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

Hello and Happy February! I for one am happy to see January 2022 in the rear view mirror! Between the frigid cold and the omicron surge, I am ready for better days.

As you have surely seen on the news, the surge is on the downside, but the numbers are still high. We can't let our guard down, but we are grateful to have now gone through two testing cycles with NO positive cases in the house! We will keep up our vigilant cleaning and masking and ask you to keep up your vigilance at home. Please be sure you communicate with us promptly if anyone in your house is sick or exposed.

Frederick County is giving away packages 5 KN95 masks to each household through the libraries. You can walk in to any branch to receive your package (CBurr Arts has a drive through lane). They are also giving away free test kits as supply allows. You may wish to call your branch ahead or check the County Library and Health Department Facebook pages for up to date info. You can also order 4 free home test kits through the Postal Service. The link is inside on the COVID update page.

Lots of other useful information inside as well. There are some great caregiver education events coming up this month. Hilarity for Charity, a national non-profit with a mission to care for families impacted by Alzheimer's, is hosting a star studded virtual conference, CareCon, on February 18th at 3 pm. Read more about this event and others and find registration links inside.

In fact, Friday February 18 is National Caregivers Day; a day to honor and recognize the millions of caregivers who "selflessly provide personal care, and physical and emotional support to those who need it most". We are awed daily by the amazing family caregivers who take care of our participants. We know your jobs aren't easy, and can be thankless at times, but you are doing it, usually with a smile, always with love. You teach us things everyday, and serve as role models to those around you. Thank you for all that you do!!

I also want to take a Valentine's minute to give some love to my staff. The team is small right now, and every person is giving 110% every day. I am so blessed to work with these fine people, who take care of your loved ones and each other with amazing skill and open hearts!

With love to all, Christina



Community News and Notes

VIRTUAL EVENT: Hilarity for Charity's Caregiver's Conference: CareCon. Friday February 18, 3pm. This is a FREE, virtual event designed to educate, inspire, and empower Alzheimer's and dementia family caregivers with support, knowledge, and community. Hosted by HFC Co-Founder Lauren Miller Rogen, CareCon is all about celebrating *you* and bolstering your caregiving journey! Featuring celebrity-studded panels and expert-led workshops, you'll leave with new resources and connections. The line up looks fantastic! Learn more and register (by Feb 17)

<https://wearehfc.org/events/carecon2022/>

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.

FROM SENIOR SERVICES

Groceries for Seniors- A monthly free distribution of seasonal produce, canned goods, and shelf stable products the third Friday of each month, Noon (and continues until all food is distributed) Frederick Senior Center (Drive-Thru and Walk-Up), 1440 Taney Avenue, Frederick, MD.

*All Frederick County residents age 60+ with an income below \$1600 per month are eligible to participant. Please bring a photo id to register the first time.

*Seniors without transportation may be eligible for free delivery. Call 301-600-6008 for details.

Virtual Activities at Senior Services

Have you checked out Senior Services has to offer? Lots of great programming, either in video format for viewing anytime, or in real time. Visit their website: <https://www.frederickcountymd.gov/54/Senior-Services>

COMPASS FOR CAREGIVERS WEBINAR:

ESPC has changed the date and time for their monthly caregiver webinars. Beginning in January, they are held on the **second Wednesday of the month from 1-2 pm** via Zoom. February's webinar is Feb 9. The topic is "Navigating Supportive and Geriatric Services" and features speakers from Frederick Health's Supportive and Geriatric Services team. This is a wonderful new program that many of you may benefit from. 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!

February 9th

**Navigating Supportive &
Geriatric Services**

**No Cost
Registration Required**

**1-2 PM
Via Zoom**

To Register:

<https://bit.ly/CompassforCaregivers>

www.espcfrederick.com



**Presenters: Geetha Chilakamarri, MD, CMD,
Michelle Ross, LMSW, ACHP-SW,
Lisa Bromfield, RN, MSN.**

Learn more about this Frederick Health
Hospital program designed to help
optimize quality of life by anticipating,
preventing, and treating suffering.



NURSES NOTES



Coping with Arthritis

If you or your loved one suffer from arthritis, here are a few tips to keep your joints in good working order!

1. Keep moving. Not moving worsens arthritis pain. The less you move your joints, the stiffer they'll become. As directed by your primary care provider or physical therapist, move your joints in their full range every day to keep them flexible.
2. Exercise and stretch regularly. Strong, limber muscles help support your joints. The weather is beautiful now for walking!
3. Get enough rest. Pain is tiring. If you feel exhausted because of pain, sit or lie down for 20 minutes to recharge.
4. Relax. Relaxation is different from rest. When you relax, you consciously let go of the tension that builds up in your body. Tension can tighten muscles and increase pain levels. Consider adding meditation or other forms of relaxation techniques to your daily routine.
5. Watch your weight. If you're overweight, you'll put extra strain on your joints. Check with your healthcare provider to find out what weight is right for your height and body type.
6. Don't slouch. Your mom was right. Good posture helps maintain healthy joints, from your neck all the way down to your knees.
7. Protect your finger joints by using your hands correctly. If you need to lift something, try doing so with an open palm. Clenching a heavy object with your fingers put a strain on them. Use good body mechanics when you lift or move objects.
8. Wear braces or splints if necessary. Wear wrist or knee braces to support sore joints and prevent further injury. Braces are used for osteoarthritis, while splints typically are used for rheumatoid arthritis.
9. Be sensible. If you can't handle a task because of your arthritis, ask for help. Trying to lift or move something heavy by your self will only make your condition worse.

Please contact me by e-mail or phone with any questions or concerns & keep me updated with any change in participant's condition or medication.

Chris Grable, RN ,
Health Director



OUR CONDOLENCES

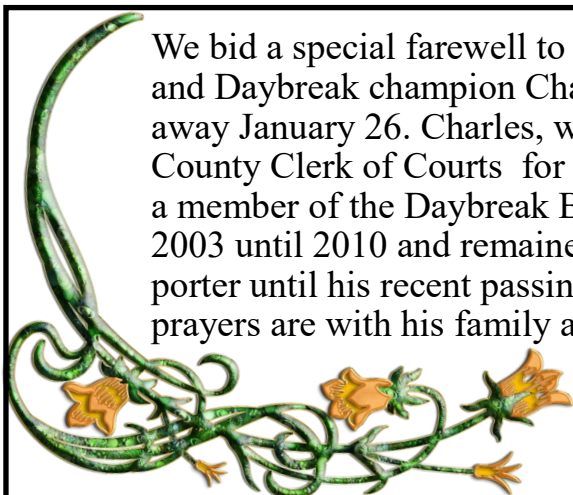


To the friends and family of

Reyna Mata

Charles Keller

They will be missed.



We bid a special farewell to longtime Board member and Daybreak champion Charles Keller who passed away January 26. Charles, who was the Frederick County Clerk of Courts for more than 40 years, was a member of the Daybreak Board of Directors from 2003 until 2010 and remained a good friend and supporter until his recent passing. Our thoughts and prayers are with his family and friends.



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.



COVID UPDATE



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 Gwenda or Christina if you have questions.

Community Testing lines have dwindled considerably, often there is no wait at the hospital drive through site at the old State Farm location and you no longer need a doctor's order. They are open 7 days a week from 7-1:30pm. The County also has a walk in site at 1100 West Patrick Street (corner of Hillcrest Drive) that is open from 10-6. The County lists other testing locations on their website: <https://health.frederickcountymd.gov/633/How-To-Get-Tested>. Health Department test sites DO NOT require doctors order.

If you haven't already, register at <https://special.usps.com/testkits> to get 4 free home tests mailed to you at no charge. The County is also handing out free test kits at the public libraries. Call your branch to see if they have them in stock.

MASKS

The State is providing 5 KN95 masks free to residents while supplies last. You can get your masks in Frederick County by stopping at any public library location. Visit the County COVID [website](#) or [Facebook](#) page for more info and real time updates about supply.

NOTICE OF EXPOSURE:

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. How we respond will depend on multiple factors, including their booster shot status, the nature of exposure (ie a one time visit with a grandchild who subsequently tests positive vs. someone who they live with testing positive), how reliable they are with mask wearing, etc. We are grateful for the support of our Health Department nurse liaison who has helped us navigate these situations as they come up!




MASKS

The State is providing 5 KN95 masks free to residents while supplies last. You can get your masks in Frederick County by stopping at any public library location. Visit the County COVID website or Facebook page for more info and real time updates about supply. It is an excellent idea for your loved one to wear the better fitting KN95 mask to Daybreak. With lots of people wearing the same masks, you may want to put their initials in the corner to help us identify a mask should it be taken off. See some other helpful mask tips below:

KN95 Mask Reuse Do & Don't

KN95 masks are disposable, but can be safely reused. Here are some tips:

<p><u>DO: store it safely.</u></p> <ul style="list-style-type: none">✓ Store in a brown paper bag between use.✓ If possible, rotate masks to allow them to sit in the bag for a few days.	<p><u>DO: throw away if...</u></p> <ul style="list-style-type: none">✓ your mask becomes wet (more than just breath condensation)✓ you've been in a place where high virus exposure is expected (like being around someone with COVID-19)✓ your mask is dirty, damaged, difficult to breathe in, or no longer provides a secure fit
---	--



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



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)

February 7

March 7

April 4

IN PERSON+ZOOM (4pm)

February 21

March 21

April 18

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 may be able to provide caregiving if your loved one needs to attend with you. Please call or email Christina to make arrangements.

(director@daybreakadulthoodservices.org)

We 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

Wearing Many Hats

I was looking through some old newsletter articles that I wrote when I was the social worker at Daybreak and came across this one, which seems perfectly fitting at this particular time. I wrote this when I was new to the Director role (2012!), still the social worker, and we were without a receptionist. Many things have changed in the last 10 years, but I find myself again wearing lots of hats! I imagine that you can relate to the many hats a caregiver wears...

Adapted and reprinted from the April 2012 Daybreak newsletter:

I was thinking about all of the hats that I am wearing at Daybreak and at home and I was reminded of the many hats that our caregivers wear every day. Often, there is no training, no advance warning that a change is coming your way. I hear this from spouses regularly...men who are now suddenly responsible for house cleaning and meal preparation. Or women who never handled the legal or financial affairs now having to take that on. Challenging for children as well, some taking on the role of parent, provider, or person in charge.

Wearing many hats can be overwhelming. It is hard to do any one job well when you are trying to do 10. In my case, I know that a new social worker will be hired soon and I can pass that hat off to someone else. Easier to wear an extra hat when you know it is time limited. Have you considered whether you can hire someone to wear one of your hats? Or is there a family member or friend who might be able to take one of the burdens off your plate?

Perhaps you can hire an aide to come in and help with personal care needs, or hire the boy down the street to mow the lawn. Order takeout or buy frozen meals (healthy choices), or hire a housecleaner to come in a couple of times a month. Take some things off your plate. In addition to lightening your load, keep in mind that you will probably not be able to do all the jobs that you inherited the way your loved one did them, and that is ok.

Taking on extra chores is one thing, but the emotional piece, the reality that you are doing it because your spouse or parent no longer can make it even more challenging. Don't ignore these feelings; it is ok to grieve the losses and changes. Your life is different than what you expected, because your loved one's life is different. Consider talking with other caregivers, sometimes just venting to someone who understands is helpful. Other caregivers may also have good practical suggestions for managing your new responsibilities. You may also consider talking with a professional counselor or therapist. Sometimes an unrelated professional can help you see through your overwhelming burdens and put things into a manageable perspective.

Being a caregiver can be challenging, even in the best of times. And even the best of caregivers can get overwhelmed at times. Be mindful of your limits and be creative with your resources, and above all, ask for help when you need it.

Please call if we can be of service! Fondly, Christina

Activity News



Winter is here – but I didn't need to tell anyone that! We have been keeping busy with brain games, music and of course kickball and BINGO. Our giant snowflake is in the works and participants can't wait to share the finished project. All this while staying toasty warm inside.

Covid restrictions are still causing adjustments to many of our activities. In order to stay safe, we need to keep no more than one participant from touching the same object. This makes many activities impossible to play, but we are trying our best to improvise and come up with new ideas.

Despite Covid, February will be full of fun and Valentines. On the 1st, we will celebrate the Chinese New Year with real fortune cookies and some fun games. We plan on doing a "love tree" and having a party for Valentine's Day, as well as making LOTS of Valentines. On the 18th we will celebrate National Acts of Kindness Day by doing things to help various charities in the Frederick area.

Thank you for all the well wishes as I began my new position as Activity Director. I will do everything possible to make sure that every

day here is as enjoyable as it can be for all of the participants. It does my heart good to see them smile and hear them laugh and know that they are happy!

Happy February!

Anita Juliano

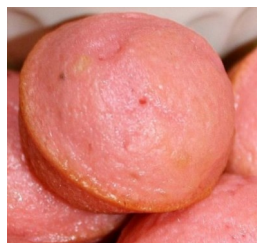
activities@daybreakadultdayservices.org

DAYBREAK FAVORITE FAMILY RECIPES

This month's **Favorite Family Recipe** is from Gwenda. A Valentine's Day treat for breakfast, snack or dessert. Look through your family recipes and share a favorite of yours. Email it to Gwenda at admin@daybreakadultdayservices.org.

Strawberry Muffins

- 1 strawberry cake mix
- 1 strawberry yogurt
- 1 cup water

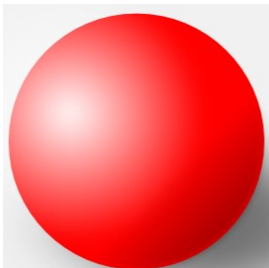


Mix together yogurt and water. Slowly add cake mix. NO eggs or oil. Spray muffin tins and fill half way. Bake at 350 degrees for 13-15 minutes.

♥ Happy Valentines Day ♥

KICKBALL

Daybreak
Style



HAPPY BIRTHDAY

February

22nd Theresa A.



**EVERYBODY HAS THE
POTENTIAL TO
CHANGE THE WORLD.**

Random Acts of
KINDNESS
Day

IT STARTS WITH ONE.

One Person
One cup of coffee
One compliment
One Smile

One unexpected act of kindness . . .

ONE DAY
February 17

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.