



DAYBREAK
ADULT DAY SERVICES

DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

March 2022

An Irish Prayer

May God give you...

For every storm, a rainbow,

For every tear, a smile,

For every care, a promise,

And a blessing in each trial.

For every problem life sends,

A faithful friend to share,

For every sigh, a sweet song,

And an answer

for each prayer.



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daybreakadulldayservices.org

LOOKING AHEAD - UPCOMING ACTIVITIES

THROUGHOUT THE MONTH

Exercise

Brain Games

Crafting

Bingo

Music

Reminiscing

Word Games

Puzzles

Riddles

Kickball



The Director's Corner

Last month I shared an old article I had written when I was the social worker about wearing many hats. Little did I know when I reprinted that article that I would be once again wearing many hats as I try to lead this fine team at Daybreak. February was a rough month for us. You know that Gwenda was injured and will be out for several months. And just this past week, our Activity Director Anita sustained an injury that will keep her out for several weeks! My head is still reeling, but my heart is filled with love and gratitude for the incredible staff that we have, the amazing participants, and each of you. I know that we will get through this, and be even better at the other side!

We do have job postings out there for an activity assistant and a nursing assistant to help shore up the staff, but in the meantime, what is left of our mighty team is really pulling together to get the job done, and done really well. The participants are really pulling together too. I have witnessed some really fabulous interactions: one participant helping another with finding the bingo numbers, another consoling a confused and distressed participant in the most loving and kind way, and another volunteering to lead a wonderful activity session. I always tell prospective participants that “everyone here has a challenge or two, but still has a lot of life left to live”. I am going to start adding, “and a lot of love to give”.

I appreciate your patience (and prayers!) as we navigate this time. It has not been easy to keep up with phone calls and emails, and I know that we aren't as quick as usual picking up the phone, or even answering the door. We have some new faces at the front desk who don't know everyone or the routine yet, and there are still periods of time that we don't have anyone sitting there, but we are working on it! I also promise you that our activities will still be vibrant, engaging, and entertaining. I will be doing them along with help from Leann, a former assistant who is coming back to help us out, as well as the rest of the team, including some participants and volunteers. March is a busy month with Mardi Gras, St. Patrick's Day and the First Day of Spring. There will be no shortage of merriment, I assure you!



Fondly, Christina



dreamstime.com

Community News and Notes

LIVING WELL WITH LEWY BODY DEMENTIA:

March 16 at 2:00 pm. Presented by Frederick County Senior Services Division, the Dementia Friendly Frederick Committee, and the Lewy Body Dementia Association. This virtual event includes a screening of the documentary *SPARK: Robin Williams and his Battle with Lewy Body Dementia* followed by a panel discussion. The program will last approximately two hours. Register at <https://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.

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 participate. 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:

The Frederick County Elder Services Provider Council presents a webinar the second Wednesday of each month designed to educate and support family caregivers. This month's webinar is March 9 from 1-2pm. The topic is "Navigating Hospice" and features speaker Patricia Ortiz San Miguel from Frederick Health Hospice. Registration is free and easy and open to all: <https://frederickespc.wufoo.com/forms/a-compass-for-caregivers-finding-your-way/> . If you have not heard Patricia speak before, I encourage you to attend. Hospice has changed significantly over the years and may not be what you think it is.

JOIN US FOR OUR MONTHLY
SPEAKER SERIES

A COMPASS FOR CAREGIVERS: FINDING YOUR WAY

Presented By:

The Elder Services Provider Council of Frederick



Navigating Hospice Care
March 9th at 1 PM

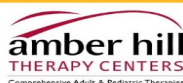
No Cost
Registration Required

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

Presenter: Patricia Ortiz-San Miguel Community Services Liaison, Frederick Health Hospice

What is the first thing that comes to mind when you hear the word hospice? Join us to learn more about what truly is hospice care, the myths and realities, and how it can help you and your loved ones make the most out of the time you have.

Thank you to our sponsor!



NURSES NOTES



Tips for Communicating with People with Dementia: “MESSAGE”

M- Maximize Attention:

1. Attract attention
2. Avoid distraction
3. One at a time

E- Expressions and Body Language:

1. Relax and calm
2. Show interest

S- Keep it Simple:

1. Short, simple, and familiar
2. Clear choices

S- Support the Conversation

1. Give time
2. Find the word
3. Repeat then rephrase
4. Reminders of the topic

A- Assist with Visual Aids

1. Gesture & actions
2. Objects & pictures

G- Get their Message

1. Listen, watch, and work out
2. Behavior & non-verbal messages

E- Encourage and Engage in Conversation

1. Interesting & familiar topic
2. Opportunities to talk

I hope you find these tips helpful with communicating with your loved ones. As always please call with any medications changes, updates or concerns.

Chis Grable RN



OUR CONDOLENCES

To the friends and family of

Karen Fogg

She will be missed.



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.

DRIVEWAY CLEAN UP

As the weather starts to change, please take a look at the trees and bushes along your driveway and trim back branches that might be hanging low or sticking out that might be hitting our buses. We appreciate your help keeping the buses in good shape! We have just received a new bus and another will be delivered the first part of the month. Once we get them registered and DOT inspected you will see them on the road! These 2 buses were funded 100% by a grant through the MTA. They will replace the 2 oldest buses in the fleet.





COVID UPDATE



THINGS ARE GETTING BETTER!! Frederick County's positivity rate has been on a steady decline since January 8 and we were just downgraded to a LOW community level of COVID19. We aren't as low as we were this past summer, but it is certainly trending in the right direction! We haven't made any significant changes to our protocols yet, but we will certainly be looking at some of our policies and loosening up *a little*. CDC still requires masks in healthcare settings, so I am not expecting that requirement to change for a while.

TESTING

We continue our weekly COVID testing for all staff and participants here at the center on Wednesdays and Thursdays but will be in conversation to see how much longer we will continue. As of right now, there are also ample testing opportunities in the community. You can visit the Health Departments website for updated hours for their Hillcrest test site, the Hospital site, and other testing locations. <https://health.frederickcountymd.gov/633/How-To-Get-Tested>.

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.

COMMUNITY TRACKER

The CDC has a new tool that allows you to find the level of community transmission in any county in the country. Check it out:

[COVID-19 by County | CDC](https://www.cdc.gov/covid19/community-tracker)

NOTICE OF EXPOSURE

With a relaxation in protection measures, it is more important than ever that you 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!

BOOSTER SHOTS

Even though the number of cases is decreasing, it is still important to get your booster shot. 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.



From the Social Worker

To tell the truth, the whole truth, and nothing but the truth...

This is a familiar oath that most of us live by, but when living with or working with someone with Alzheimer's disease or other dementia, it is not always the best approach. As many of you well know, communicating with a person with dementia can be very difficult. As the disease progresses, their reality changes. They are no longer John Smith, husband of Mary, father of Suzie and Jim, retired from XYZ company for 18 years. They may become John Smith, son of Paul and Edna, just starting out at XYZ company. John Smith may wake up one day, 18 years after retiring, put on his dress clothes (or multiple layers of his dress clothes) and tell you he is headed off to work. For most, the immediate response is, "oh John, you aren't going to work, you have been retired for 18 years". For those of you who have tried this approach, the response is generally an agitated John arguing that that is ridiculous and he must get going or he will be late, and an exasperated you trying to keep him from heading out the door.

I'd like to suggest to you that when communicating with someone with dementia, it is ok to bend the truth a bit, in fact it is actually preferred. I call them fiblets, a term I learned from a trainer at a dementia care conference some years ago. You may also hear them described as therapeutic fib. These are untruths told to a person with dementia to make him feel better. The object isn't to lie for devious reasons; it is to bend the truth to fit in to the demented person's reality. For example, in John Smith's case, I might have said "oh John, today is Sunday, the office is closed to day. Let me get you a cup of coffee, you can relax with the paper". I might even pull a Sunday paper from the recycle bin. Hopefully, as you get John some coffee, or a muffin, or the paper, or whatever, he will become distracted in that new task and forget that he was headed out the door. You have met your objective, that John not leave the house, and he is relaxed, and hopefully you are relaxed. A very different result than the first example.

Bending the truth, or telling fiblets, can be hard at first. I have heard from more than one spouse "I have never lied to my husband in 50 years". Sadly though, dementia has changed your partner, or your parent, or your friend, and their brain no longer operates like it did, or like yours does. Trying to orient them back to reality with hard truths doesn't work, their brains won't allow it. Better, and easier in the long run, if you enter their reality and work from there.

Give it a try and see for yourself how it works. Take a deep breath before responding to something your loved one says and think

about the effect that your response may have. The objective is to keep them safe and keep them calm, not keep them in the here and now. You don't want to engage in an argument. Consider where they "are" and go with it.

It may be hard at first, but I assure you, it really does work and it really is "OK". Please feel free to call or email if you would like more information on communicating with someone with dementia or caregiving in general. And consider attending one of our upcoming support group sessions.

Christina Forbes, LMSW
Social Worker

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)

April 4

May 2

June 6

IN PERSON+ZOOM (4pm)

April 18

May 16

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

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!

Activity News



March is coming in like a Lion – full of activities and fun days at Daybreak. We will be finishing our giant snowflake and can't wait for the BIG reveal. Lots of arts and crafts are on the agenda and even some more laughs with kickball games. The participants have also decided to become more involved in Random Acts of Kindness for the Frederick and Daybreak communities. We will be involved with Heartly House making craft projects for the children there to do and with local agencies helping the elderly. March will also be Participant Celebration Month – where each day different participants will be highlighted and celebrated. There is also a “surprise bag” BINGO in the works.

Although there are still many COVID restrictions, we continue to look forward for the day they are lifted. We are ready to bring back some of the favorites we had to give up and will be ready to go once we have the clearance. Let's keep our hopes up and masks on to get there faster!

Please feel free to reach out to me with any suggestions or comments from our participants. I look forward to an exciting March and heading into Springtime.

Anita Juliano – Activities Director

*Anita submitted this before she got hurt and knew she would be out. We will make adjustments as needed but promise to keep the participants, moving, laughing, and thinking!!



Staff News and Notes

WE ARE HIRING! HELP US SPREAD THE WORD

If you work in HR, or anywhere really, you know that finding and retaining employees right now is incredibly difficult. The regular means of posting jobs just don't seem to generate viable applicants. I am putting our needs out there in case you may know someone who might be interested. Feel free to share!

We have immediate need for a nursing assistant. 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! They do not have to be certified as a CNA, but it is an advantage.

We also need an activity assistant. Like our aides, the activity staff also do a little bit of everything, with the main focus on creating and leading engaging and stimulating activities for the participants. Because this assistant will be without an activity director for a while, they really need to have senior care/dementia/activity experience.

Both positions are Monday through Friday 9-3:30pm.

We are also now considering letting a limited number of volunteers in to the center to help cover the front desk or help with activities.

New hires or volunteers need to be fully vaccinated and must be willing to follow our COVID safety protocols.

If you know anyone that would enjoy keeping seniors laughing, active, and happy, have them call or email Christina (director@daybreakadultdayservices.org).



EASY Homemade Bagels

Here's a fun recipe that is all over the internet. These are delicious, low in calories and high in protein.

- 1 1/2 c all-purpose flour
- 1 TPS baking powder
- 1 1/2 c plain Greek yogurt
- 1 egg

Toppings if you wish: poppy seed, sesame seed, everything seasoning, etc.



1. Preheat oven to 375. Line a baking sheet with parchment paper or lightly spray with Pam
2. In a large bowl, whisk together the flour, baking powder, and salt. Add the yogurt and, using a fork, mix the ingredients just until they form a shaggy, crumbly dough. Using your hands, knead the dough until it forms a slightly tacky mass, and no crumbs remain (do not overwork the dough; this process shouldn't take more than a minute or so)
3. Divide the dough in to 6 equal size balls. Using your thumb to make a hole in the middle, stretch each ball into a bagel shape. Dough is rough, it won't be perfect or smooth.
4. Arrange the bagels on the prepared baking sheet. In a small bowl, beat the egg with 2 teaspoons of water. Brush the bagels with the egg wash and sprinkle with the toppings, if using. Bake for about 25 minutes, until golden. Let the bagels cool on the baking sheet. Eat warm or toast and enjoy!

HAPPY BIRTHDAY

March

6 Emogene M.
Marie B.
12 Helga E.
14 Mary H.
15 Elizabeth P.
20 Diane G

MARCH



goes in like a LION
& out like a LAMB



kissmylist.com

MAGAZINES



We have a number of participants who enjoy looking through magazines in between activities. If you have any magazines you would like to recycle, please consider sending them in to us!

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

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Randy Jones, Vice Chair

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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.