



# DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

April 2022

“Spring will come  
and so will happiness.  
Hold on.  
Life will get warmer.”

– ANITA KRIZZAN



7819 Rocky Springs Road, Frederick, MD 21702  
301-696-0808 • TTY/HCO 1-800-735-2258  
[daybreakadulldayservices.org](http://daybreakadulldayservices.org)

# LOOKING AHEAD - UPCOMING ACTIVITIES

## THROUGHOUT THE MONTH

Exercise

Brain Games

Crafts

Bingo

Music

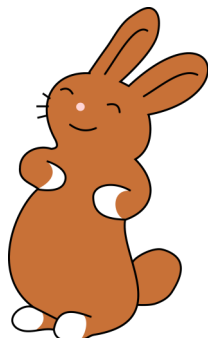
Reminiscing

Word Games

Puzzles

Riddles

Kickball



# The Director's Corner

Hello and Happy April. Spring is in the air and it feels wonderful! The warming temperatures and the blooming trees are welcome distractions from the reality of our world these days.

It has been a great month here, in spite of our staffing challenges. We have had some rousing noodle volleyball games, great trips down memory lane, travel tours, riddling fun, and some beautiful crafting. We also have some great new volunteers that joined us this month. On Mondays, retired professor of kinesiology Nanette Tummers has been teaching 2 dynamic exercise classes. The split classes allow Nanette to tailor the exercises to the group's abilities, with some being able to do more than others. The participants have been very positive about it. We also welcome retired social worker Marguerita Thomas who has been facilitating a "Getting to Know" you discussion group on Wednesdays. We have also been very lucky to have 2 Hood students give of their time. Kinsey comes every Tuesday and Thursday to do a craft group, and Gwen has been helping at the front desk 3 days a week. All of these extra hands have been so helpful as we await the return of Activity Director Anita and try to hire new activity and program assistants. We are optimistic that Anita will return at the beginning of this month! As excited as I am to have her back, I must say that I will miss being out of the floor as much as I have been while I have been covering for her. Perhaps though, the to-do pile on my own desk might get smaller! I truly appreciate your patience as I have certainly not been able to keep up with everything.

The front cover image spoke to me...life will get warmer...things *will* get better! If you are a caregiver, I hope that speaks to you too. We had a great support group session the other day. One of the members shared a clip from Dear Abby that she had saved. It was a bit of advice for dealing with someone with dementia. Remember ACE:

A: Don't Argue, C: Don't Correct, E: Don't Explain. Sometimes the best thing to do is listen, vaguely agree, and move on. Try it and see how it goes.

I hope April brings good things our way and yours! I am not quick on returning calls these days, but please reach out if I can be of service! Fondly, Christina

# Community News and Notes

## SENIOR SERVICES

The local senior centers will start reopening this month! Visit their website for details as the schedule is limited and pre-registration is required. They will continue with their robust calendar of virtual activities as well. For details, visit <https://www.frederickcountymd.gov/DocumentCenter/View/337198/All-center-Spring-2022-Brochure>

**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.

## RESPIRE FUNDING

Senior Services has Respite Funding available to reimburse you for up to \$700 a year for caregiving expenses, including Daybreak costs. There is no income limit. Visit their [website](#) for the application and details or call the Caregiver Support Program at 301-600-6001. This is a wonderful program to help you with expenses. Don't delay...if you haven't completed an application this year, do it!

## ALZHEIMERS ASSOCIATION

To see the line-up of April [classes](#) (virtual) and [activities](#) (virtual and live), visit their website [www.alz.org](http://www.alz.org) or follow the links. They have some great classes for caregivers as well as some fun virtual activities that you and your loved one can enjoy together.

## 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 April 13 from 1-2pm. The topic is "Navigating The Caregiving Journey" and features a panel of local caregivers who will share insights and useful tips they have learned along the own caregiving journeys. Registration, which is a little bit different than it has been, is free and easy and open to all. Visit [ESPCFrederick.com](http://ESPCFrederick.com).



JOIN US FOR OUR MONTHLY  
SPEAKER SERIES

## A COMPASS FOR CAREGIVERS: FINDING YOUR WAY

Presented By

The Elder Services Provider Council of Frederick

**Navigating the Caregiving Journey**

Featuring a Panel of Local Caregivers



**April 12th at  
1 PM via Zoom**

- Zoom training available
- No Cost
- Registration Required

Join us to listen to family caregivers share their **successes and failures as they care for their loved ones** at home, at a long distance or in a facility.

Learn from these experienced family caregivers about **difficult conversations**, making transitions from home to 'new home' and so much more!

**To Register: [www.espcfrederick.com](http://www.espcfrederick.com)**



# NURSES NOTES



We are very concerned about the safety of our participants at the Center and we know you are at home as well. Here are four things YOU can do to prevent falls:

1. **Begin a regular exercise program.** Exercise is one of the most important ways to lower your chances of falling. It makes you stronger, improves balance and makes you feel better. Lack of exercise leads to weakness and increases your chances of falling.
2. **Have your health care provider review your medications.** Have your doctor or pharmacists review all the medicines you take, even the over-the-counter meds. As you get older, the way medications work in your body can change. Some medicines, or combinations of medicines, can make you feel sleepy or dizzy and can cause you to fall.
3. **Have your vision checked.** Have your eyes checked by an eye doctor at least once a year. You may be wearing the wrong glasses or have a condition like glaucoma or cataracts that limits your vision. Poor vision can increase your chances of falling.
4. **Make your home safer.** About half of all falls happen at home.
  - a. Remove things you can trip over like papers, books clothes and shoes from stairs and places where you walk.
  - b. Remove small throw rugs or use double-sided tape to keep the rugs from slipping.
  - c. Keep items you use often in cabinets you can reach easily without using a step stool.
  - d. Have grab bars put in next to your toilet and in the tub or shower.
  - e. Use non-slip mats in the bathtub and on shower floors.
  - f. Improve lighting in your home. As you get older, you need brighter lights to see well. Night lights in bathroom and hallways can be helpful.
  - g. Have handrails and lights put in on all staircases.
  - h. Wear shoes both inside and outside the house. Do not wear slip on shoes or clogs without a back or strap for support. Make sure shoes are comfortable and fit. Avoid going barefoot or wearing slippers.

I hope these suggestions are helpful. Please remember to call me to let them know if any participant has a fall at home, especially if there is a bruise or wound. That way we can monitor them and treat the wound if needed.

Chris Grable RN, Daybreak Health Director





## OUR CONDOLENCES

*To the friends and family of*

*Larry Gibson*

*He 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](mailto: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 any 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 remains at a LOW community level according to the new CDC metrics. You can find the level of community transmission in any county in the country using the CDCs tracker: [COVID-19 by County | CDC](#) . Helpful if you are traveling.

## **TESTING**

We have suspended our weekly COVID testing for staff and participants. The County has given us a supply of rapid tests should we have a need for on the spot testing. The County is still giving away test kits for home use through the public libraries. Be aware that the County closed it's Hillcrest test site March 30. The hospital has also closed its drive through testing at the State Farm complex, but they are doing testing inside. You need a doctors order to be tested there. For other testing options, visit the Health Department website to <https://health.frederickcountymd.gov/633/How-To-Get-Tested>.

## **MASKS**

Masks are still required in the center for all participants, staff, vendors and visitors. Please make sure your loved one wears one entering the bus or the building. Free KN95 masks are still available from the County through the library system. Just stop in any branch to pick up your free pack of 5.

## **BOOSTER SHOTS**

A second COVID-19 booster shot is [now authorized](#) for people 50 years and older and certain immunocompromised individuals. This is especially important for those 65 and older and those 50 and older with [underlying medical conditions](#) that increase their risk for severe disease from COVID-19. [This page](#) can help you find out if you qualify for a booster and which one. I will update asap if we can get a booster clinic scheduled here. Don't wait for us though, get it where you can if you are interested.



Please visit our website for a digital version of the newsletter if you want to follow the links provided throughout the newsletter!

## TEST TO TREAT

The Federal Government has launched a new nationwide [Test to Treat](#) initiative to give individuals an important way to quickly access free lifesaving treatment for COVID-19.

Through this program, people are able to get tested and – if they are positive and treatments are appropriate for them – receive a prescription from a health care provider, and have their prescription filled all at one location. These “One-Stop Test to Treat” sites are available at hundreds of locations nationwide, including here in Frederick. People can continue to be tested and treated by their own health care providers who can appropriately prescribe these oral antivirals at locations where the medicines are distributed. You can visit the site on-line or call [1-800-232-0233](tel:1-800-232-0233) (TTY [1-888-720-7489](tel:1-888-720-7489)) to get help in English, Spanish, and more than 150 other languages. The call center is open from 8am to midnight ET, 7 days a week Medication. COVID-19 treatments [must be started early](#) in order to work. With the new Test to Treat initiative, eligible patients can get tested and start treatment in one visit to a participating site.

## 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 have come up!



## From the Social Worker

Aphasia is all over the news this week after actor Bruce Willis' family disclosed that he is retiring from acting because he has it. Years ago I wrote the following newsletter article about aphasia and dementia and thought you may find it useful.

Aphasia is partial or complete loss of the ability to express or understand spoken or written language. It results from damage to the areas of the brain that control language. Aphasia can be the result of illnesses or injuries that cause damage to the speech centers of the brain, such as a stroke or traumatic brain injury. It can also result from Alzheimer's disease or other dementias.

The extent of the aphasia associated with Alzheimer's can vary, depending on the progression of the disease. In earlier stages, there may be word finding difficulties and occasional word substitutions. Someone may be looking at your watch and call it a clock or the timer. They may use vague word substitutions like "the thing" or "you know". As the disease progresses, the word finding problems can increase, substitutions may increase, and speech can become less fluent and grammatically correct. We call this word salad...a string of words that have no meaning together. In late stages of Alzheimer's disease, repetition of sounds can occur in place of actual words, like "ya ya ya ya ya".

Along with a decline in the expression of language, there can also be a decline in the comprehension of both written and spoken language. You may be talking quite clearly, but your loved one simply can't make sense of the words to know what you are asking.

It can be frustrating to communicate with a person who can not make their needs well known or who can't comprehend what you are saying. They can get easily agitated that you don't understand them, and you, in turn can get easily agitated that they don't understand you. As with all of the manifestations of dementia, it becomes your responsibility as the caregiver to adapt; your loved one isn't able to change or control the changes that are happening inside his or her brain.

There are some strategies that you can try that will help the two of you to communicate. Remember, each person with dementia is different. Though there are similarities and common trends, each person presents in a unique way. The one absolute: just when you figure out how they are presenting, they will change.

First and foremost, remain patient. Know your tipping point and avoid getting there. When your frustration is mounting, take

a breath and take a break. Come back to the issue at hand in a different way after you have recollected yourself.

Speak in clear, uncomplicated sentences. Break tasks in to simple steps. No need to speak loudly (unless they have a hearing problem). Yelling the instruction won't help them comprehend it any better and always remember that you are speaking to an adult. Though you may have to adjust words to be sure they are familiar (ie using the word "pee" if that is what your loved one calls it), be careful not to use condescending words.

Avoid unnecessary chatter when you are trying to convey or accomplish a particular task. Talking about the weather while you are trying to get Mom to eat isn't going to be helpful. Background noise can also be distracting. Pay attention to the sounds around you, like the tv, kids arguing, music from the radio, etc. You want your loved one to hear your instruction. Their brain can't clear out the other distractions, so you must.

Keep a smile on your face. Your loved one can pick up on your non-verbal clues. A smile lets them know that you love them, aren't angry at them, and have it all under control (even though you may not!).

Give your loved one time to express him or herself and try to avoid correcting them. This can be hard, but gets easier with practice.

Be a "creative listener". Pay attention to body clues. Your loved one may be saying that they need to go home, but if they are also pulling at their belt buckle, they may be saying they need to use the bathroom.

Encourage conversation and keep your loved one included, but avoid open ended questions or questions meant to test. "What did you do at Daybreak today?" is a set-up for failure. "Did you have fun playing bingo today?" is less frustrating. And if they say they didn't play bingo, even if they brought you home the prize, go with it, don't argue.

I know, easier said than done. Trust me when I tell you that your interactions will be less stressful for you and more enjoyable for your loved one if you are able to get comfortable with some of these strategies. And when all else fails, a smile and a hug that says "I love you no matter what" can say it all.

Christina Forbes, LMSW



# Activity News



## The Benefits of Quiet in Senior Care

As activity professionals, we already know the many benefits of staying active and engaged. Socialization is key for healthy living in the senior years and we work hard to make sure our participants have plenty of opportunities to socialize, learn and participate, especially here at Daybreak. However, sometimes, a little silence can also be golden for our seniors (and their caregivers).

Busy and loud activities may be fun but are known to increase everything from stress to blood pressure. There needs to be a solid combination of both active and quiet activities in a day. Psychology Today magazine has reported that quiet or silence can increase brain cells, decrease blood pressure, and even decrease heart disease. Fortunately, we can encourage rest and recovery by making time for HEALTHY silence and quiet. This may be counterintuitive to the activity professional or caregiver – as we endlessly encourage participants to be active and involved either at Daybreak or at home.

Various ways of encouraging the GOOD quiet time can be seen in quiet creative activities – such as creative writing, coloring, reading books or magazines and individual crafting. These activities can be done individually or in small groups that are calm and quiet. Meditation and mindfulness are also ways to bring a loved one to a calmer state, especially if they are wound up with a thought or worry. Consider a quiet moment of distraction with either gentle background sounds (waves, birds, a breeze) or favorite calm music or sitting on the porch or garden just watching the sky or nature.

Making time for quiet, individual activities as a group is important for our participants. We also need to recognize when individual participants need that relaxing quiet time to themselves in the midst of a busy day. While we are all busy in our fast-paced lives, this is something that we can learn for ourselves as well as our loved ones.

Take a minute, breath deep and relax -

Anita Juliano  
Activities Director



## Staff News and Notes

To say we have been challenged with staffing issues the last couple of months would be a colossal understatement! We anxiously await the return of Gwenda and Anita who remain out on medical leave, and desperately seek new nursing and activity assistants to help us provide the top quality service that we are known for. The staff that we have has done an AMAZING job of working together to get the job done, and done incredibly well. And the participants have really risen to the occasion, helping in so many ways to support one another and all of us. We very much appreciate all of your support and patience as well. I am hopeful that better days are ahead!

In the meantime, we celebrate some special **staff anniversaries**:

**8 years:** Program Assistant **Opy**. Opy has grown so much in the time that he has worked with us. He cares deeply for the participants and is quick to help when they need assistance. He also helps with the website, the heavy lifting, and just about any other request that we throw at him. Thank you for all you do for us Opy!

**14 years:** Kitchen Manager **Ann**: Ann does so much more than cook the food! She keeps the pantry stocked, the food hot, and the bellies full. She also spends lots of time out of the kitchen helping the folks who are having a bad day or just want to chat. For all you do, we love you Ann!

**14 years:** Program Director **Christina**: I am so blessed to have a job that I truly love. Thanks to all of you for making it so rewarding and to all of my staff for giving 110% every day!

AND we welcome a **new driver!!** We are so happy to welcome Charles Hite to the team. Charles is retired from a very long career with MDOT. He's got many miles of professional driving under his belt and a personality that makes him a perfect fit for us. With the addition of Charles, we have made significant progress toward our goal of reducing participant time on the bus. Welcome Charles!



## CRAFTERS



## DANCERS







3	Jose M.
6	Naomi W.
9	Nick K.
11	Dottie N.
17	Judy A.
18	Paul O.



NOODLE BALL  
PLAYERS

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.*