



DAYBREAK  
ADULT DAY SERVICES

# DAYBREAKING NEWS

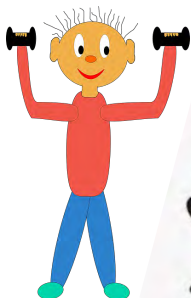
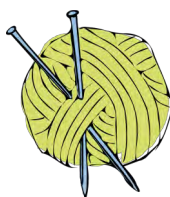
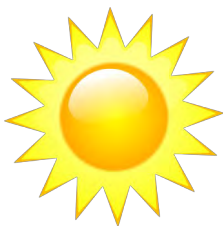
SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

May 2022



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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

Cards

Dominos

# The Director's Corner

May greetings to all! I hope this newsletter finds you well. It has been a busy start to spring at Daybreak! Last month we welcomed our Activity Director Anita Juliano back to the center after an injury had her at home for a few weeks. We have been busy seeking an activity assistant to join her and hope we will have good news to report in the next newsletter.

We also had a surprise visit/inspection by surveyors from the MD Department of Health Office of Health Care Quality (the State agency that regulates Adult Medical Day Care). They were here for 2 days inspecting the building, observing our staff, reviewing our records, policies and procedures, and participant charts. I am happy to report it went very well. They always find something...in this case it was just three small paperwork items. They were very complimentary about the program and the way we operate. It is always a little stressful when they arrive, but rewarding to be recognized for the positive things we do here!

They happened to be here on one of the days that we were holding our vaccine clinic in partnership with the Frederick County Health Department. We held two clinics at Daybreak and boosted more than 50 people!! Many thanks to the Health Department for working with us. What a convenience for our group!

And while I am thanking the County...I am so excited to share that the County Executive just announced awards for the next round of Community Partnership Grants. Daybreak was once again successful in securing a grant from the County for our subsidy fund. This is one of three grants that we hope for each year to provide money to help offset the cost of attending for those who would be unable to attend without financial assistance. The other two, one through Senior Services and another through the State, are looking successful as well. We are so very grateful to these funders for their support and excited that we will be able to continue the subsidy program for the next fiscal year. I will be sending out renewal information to all who have been getting subsidy so we can begin the allocation process for July. As I try to use up the grant funds remaining in this year (which ends June 30) I am in a position to offer extra days at reduced or no cost. Please call me asap if you could benefit from some extra Daybreak days over the next 2 months!!!

I wish each of you well, and a laugh or two (more on that inside!). Please call if we can be of service.

Fondly, Christina

[director@daybreakadulthoodservices.org](mailto:director@daybreakadulthoodservices.org)



# Community News and Notes

## SENIOR SERVICES

The local senior centers are now open for limited in person activities. Visit their website for details and registration, which 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 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.

## 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 May [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. Check it out!



## 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 May 11 from 1-2pm. The topic is “**Navigating Dietary Changes**” and features registered dietician Emily Spear. Registration is free and easy and open to all. Visit [ESPCFredrick.com](https://espcfredrick.com) and click on Event Calendar.

JOIN US FOR OUR MONTHLY  
SPEAKER SERIES

## A COMPASS FOR CAREGIVERS: FINDING YOUR WAY

Presented By:

The Elder Services Provider Council of Frederick



**Navigating Dietary Changes**  
**May 11th at 1 PM**

**No Cost**

**Registration Required**

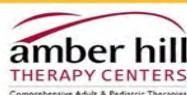
**To Register:**

**<https://espcfredrick.wildapricot.org/Events>**

**Presenter: Emily Spear, MS, RD, Certified  
Diabetes Care and Education Specialist  
Frederick Health**

Nutritional needs change as we age, especially if we have a chronic illness or condition. Join us to learn about how to navigate the changes in diet, appetite, food absorption and the ability to eat that your loved one may experience.

**Thank you to our sponsor!**



# NURSES NOTES



## 10 STEPS FOR SUCCESS IN MANAGING MEDICINES

1. **Know the medications you and your loved one take.**  
Know the name, reason for use and possible side effects of each medication you take. Ask your doctor or pharmacist if you have any questions about what you are taking, what it is for, and what side effects to watch for.
2. **Take your medications exactly as directed.**  
Make sure you understand the directions and ask for clarification when needed
3. **Continue taking all your medicines until the doctor says to stop.**
4. **Keep your list of medicines current.**  
Keep an updated list of all your medications, sample medicines, over the counter medicines, vitamins and dietary/herbal supplements. Take an updated list of medications from ALL providers to every doctors appointment.
5. **Do not use old or expired medications.**  
Be sure to dispose of them properly and promptly
6. **Store medicines in a cool and dry place and keep in one location**  
Do not store medicines in the heat (e.g. near a stove), direct sunlight (on windowsill) or in a wet and damp place (bathroom). Keep all medicines in one place unless they need to be stored in the refrigerator.
7. **Use only one pharmacy.**  
Use only one pharmacy or one pharmacy chain (e.g. CVS, Giant etc.) for all prescription medicines.
8. **Ask your doctor or pharmacist before taking over the counter medicines.**
10. **Read all your medicine labels and written instructions before taking each medicine, especially new ones.**

**Please send an updated list of medicines to Daybreak whenever there are any medication changes. This is so we are aware of the change, reason for the change and can monitor for possible side effects. This is the only way we can provide the best possible care for each of our participants.**

**Don't hesitate to call or email if you have any questions!**

Thank you all,  
Chris Grable RN  
Health Director Daybreak Adult Day Services  
[RN@daybreakadulthoodservices.org](mailto:RN@daybreakadulthoodservices.org)



## OUR CONDOLENCES

*To the friends and family of*

*Gunther Grutzkuhn*

*He will be missed.*

## 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)**

May 2

June 6

July TBD

### **IN PERSON+ZOOM (4pm)**

May 16

June 20

July 18

For the in person group, masks will be required and attendees will have to pass a health screening (temperature check and COVID symptom questionnaire) before entry. **We will 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 or email if you have any questions or would like to be put on the support group email list to receive reminders and Zoom links.

[director@daybreakadultdayservices.org](mailto:director@daybreakadultdayservices.org)



# COVID UPDATE



**THINGS ARE GETTING BETTER...but it is still out there!!** Frederick remains at a LOW community level according to the new CDC metrics BUT numbers have ticked up. Many of you know my husband and I recently had it and one of our family members just got it. Don't get complacent.

## TESTING

We are no longer doing regular, formal COVID testing at the center, but the County has given us a supply of rapid tests should we have a need for on the spot testing. I have plenty so please call me if you need me to send a kit home. Additionally, the County is still giving away test kits for home use through the public libraries. Be aware that the County closed its 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. You can get them at many doctor offices, pharmacies, and through the [Health Department](#).



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 that 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

I am very excited that we are close to hiring a new social worker and my hope is that by this time next month, SHE is writing the social worker article! Until then, I share another that I wrote when I was the social worker at Daybreak.

I was recently doing a tour with a prospective participant and as we exited the center he commented that “everyone seems happy”. Indeed, I think you are guaranteed to laugh at least once a day when you come here. In fact, I see a lot of our participants (and staff) laughing far more often than once a day. I would say, for me, it is one of the things that makes it so fun to work here...the joy and laughter that exists here every day.

Whether it is a joke, a story shared about childhood, or a wild game of charades, there is a lot to laugh at, and plenty of people to laugh with. Our staff work hard to create entertaining activities and our participants enhance those activities with their smiles and enthusiasm. And those smiles and enthusiasm are contagious. It is a wonderful thing!

How about at home...are *you* laughing everyday? They say that humor can help you cope better with pain, enhance your immune system, reduce your stress, and in general...help you live longer. Sure beats taking a pill! Cliff Kuhn (MD, humorist and author) writes “When you are having fun you are in a low-stress state - you’re creative, unbound, healthy, and fully alive. Most adults, unfortunately, wait until they are done with work, chores, and responsibilities before they allow themselves to have fun...When an adult only has fun during the few sanctioned fun-times she has available, she soon forgets how to truly have fun!” I know that many of you face significant challenges at home, it certainly isn’t all fun and games. But it is important that you find ways to bring joy and laughter in to each and

every day. Where to begin, you ask? First step..look in the mirror. Are you smiling? Not the same as laughing, but a good first step. Smile at yourself, smile at others. They just might smile back . The smile on your face is like a primer for the laugh that might follow...you are that much closer!

Look for little joys to bring a chuckle. How about the little kids playing in the yard next door? The way the cat is sleeping in the sun? The funny thing mom said or did. A chuckle here and there has the potential to turn in to a laugh. It opens your spirit up to finding funny, even in the not so funny.

Find other people to laugh with. You don't have to join a club (though it isn't a bad idea), but you can laugh with the lady in the check-out line or the bank teller. Call a friend; join a class; head to the mall. If you are solo, watch a funny movie, or a 30 minute sit-com. Turn off the crime scene drama and find a show with a laugh track. Check out some of the old classics, like I Love Lucy or Little Rascals.

Laughter is like a sport. The more you practice, the better you get. And the more you laugh, the more other people like to be around you. And if those people are fun people, you'll laugh even more. What a wonderful cycle!!

Wishing you a good laugh today,  
Christina Forbes LMSW

That pill is for your heart  
that one is for your eyes  
that one is for blood pressure  
That's for diabetes  
that's a blood thinner  
That is for cholesterol  
That's for dizziness

What's for  
dessert?



UNDER CARDIAC ARREST

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# Activity News



April showers are bringing May flowers! Here at Daybreak we will be doing lots of Spring oriented activities. We will be doing lots of crafts and brain games relating to Spring. Weather permitting we will be spending as much time as possible in the sunshine enjoying the beautiful weather and Mother Nature. Mother's Day will give us the opportunity to celebrate all Moms.

There will also be some new activities on the schedule. Hoping to engage some of our men, there will be a woodshop activity- not quite like woodshop from high school, but our own version that should bring lots of fun and some good bonding time for the men. The ladies will also be starting a new craft activity of Needlepoint. They will be working on a set of 4 coasters to start. I look forward to these new experiences for everyone.

The best news comes with the loosening of the Covid restrictions on some of the activities we can do that have been missed by our participants. So, back on the schedule you will see Table Games. This will be a whole group activity a few times a month and participants will be able to participate in cards, board games, and puzzles as they wish. This was long awaited news and we are glad to have been given the go ahead.

Looking forward to spending lots of sunshine time with everyone!

Anita Juliano, Activities Director





## Staff News and Notes

### STAFF ANNIVERSARIES

Happy Anniversary to our Health Director and nurse extraordinaire, **Chris Grable**. Chris celebrates **11 years** at Daybreak this month. Chris is a talented nurse who cares deeply for our participants. From hang-nails and hugs to major medical crisis, she takes wonderful care of our participants AND manages all of the paperwork and logistics that our regulations require. We are very lucky to have Chris at Daybreak!

This month also marks the **10 year** anniversary for **Gwenda Roberson**. For those new to the program, Gwenda is our receptionist (and SOO much more) who has been out on medical leave since February. I am happy to report that she is doing well and in good spirits. It will be a while before she is back on her feet, but we celebrate her nonetheless! We know she is with us in spirit!



### Looking for Volunteers!

After a year of keeping the doors closed to outsiders, we are slowly relaxing restrictions and allowing volunteers in to the program. Volunteers must be fully vaccinated and pass our health screenings each time they visit the center. Of course masks are still required for everyone in the building including volunteers. We are looking for folks who have the time, a talent, or simply a desire to help seniors have a good day. Many of our old friends are no longer able to visit. We hope you will spread the word! We are looking for entertainers, crafty folks, card/domino/game players, weed pullers, and folks with free time to simply be an extra set of hands. Schedules are built around the volunteer's desire. It can be just once, once in a while, once a month, once a week, or more. Most of our volunteers help in the activity department but we are also in need of front desk help in the afternoons. Please contact Anita Juliano for more information.

[activities@daybreakadulthoodservices.org](mailto:activities@daybreakadulthoodservices.org)





Noodleball,  
board games,  
crafting,  
oh my!







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

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*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.*