



DAYBREAK  
ADULT DAY SERVICES

# DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

## June 2022



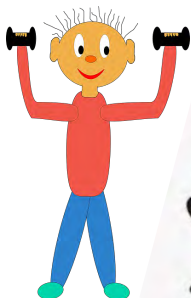
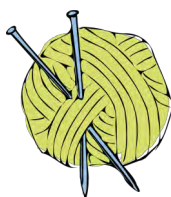
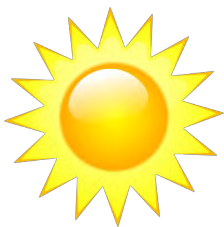
It isn't the big pleasures that count the most; it's making a big deal out of the little ones.

Jean Webster

FILLINGTHEJARS.COM

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[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

June greetings from Daybreak! I hope that this newsletter finds each of you well. Things have been busy at the center with new admissions, staff changes, and more. We are super excited to welcome some new staff, and sad to see another go. It seems that is the way of the world these days. The staff we do have is AMAZING; working so hard to keep everyone safe, happy and engaged each day. We know it can, and will, get better, as we bring in more staff, but I am so grateful for the 110% everyone is giving us now. I must also give a huge shout of thanks to the participants who are helping out with various task, like collating papers, making admission packets, setting tables, folding towels, and more. They have been a huge help and are very much appreciated!

As we head in to June, we are excited to celebrate Dads, Flags, and all things summer! We have some great volunteers coming in each week to augment our activity offerings. We welcome more if you know anyone looking to share some time and talent. Have them give me a call. I am particularly interested in music makers (piano, etc), crafters, and dominos/card players!

As you gear up for your own summer activities, please remember that we are here for you. If you need extra Daybreak days to help you cover your plans, please give us a call. We are happy to accommodate and there is likely grant funding available to help with the cost. If you need information about local resources for care while you are away, call our social worker! If you are traveling and your loved one will be cared for by someone else, please let us know so we have the right contact information and can be on the look out for any mood or behavior changes. If you are going away and your loved one will be absent, please let us know as soon as possible so we can alter our schedules here.

Note that our billing process is changing this month. We will be changing to END OF MONTH billing for all and will be tightening up our absence /refund policy. I will be sending home more information later this week.



Wishing you restful moments and cool breezes this month!

Fondly, Christina

# 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/338255/All---June-Calendar>

## FREE SHRED EVENT FOR SENIORS (60+):

Friday June 10 10am-12 noon. 1440 Taney Avenue. A safe way to get rid of items containing personal identification information like bank statements, old tax returns, health statements, etc.

## RESPITE 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!

## FRAUD PREVENTION

The Frederick County State's Attorney's Office is presenting 3 programs to educate seniors about fraud and abuse. June 1 1:30 (Urbana), June 21 (Emmitsburg); June 28 (Frederick). Call Senior Services for more information 301-600-1234

**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.

## 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 the Benefits of Music**" and features licensed music therapist Brittany Rosado. Registration is free and easy and open to all. Visit [ESPCFrederick.com](http://ESPCFrederick.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

**June 8th**

**Navigating The Benefits of Music**

**No Cost  
Registration Required**

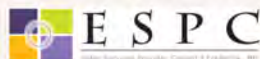
To Register:

<https://espcfrederick.wildapricot.org/Events>

**1-2 PM  
Via Zoom**

[www.espcfrederick.com](http://www.espcfrederick.com)

**Presenters:** Brittany A. Rosado, MM,  
LPMT, MT-BC, NICU MT  
Lead Music Therapist



**Noteable Progressions Music Therapy Services**

Join us to learn how music can enhance the quality of life of anyone living with a chronic illness and caregivers too! Gain some tips about how to add music to your daily routines with your loved one and prompt physical, mental and emotional wellbeing!

**HEARTFIELDS**  
ASSISTED LIVING AT FREDERICK

Thank You Sponsor!





# NURSES NOTES



With the warmer weather upon us, I want to discuss a common concern for our Daybreak population: dehydration. At Daybreak we try to encourage as much fluid intake as possible for our participants, unless it is contraindicated due to their health needs. Dehydration is a major challenge for us all as we age, but especially for people with dementia. Memory problems, along with the decreased sensation of thirst and the fear of having to use the bathroom or have an accident, often result in severe dehydration in this population. This significantly increases the risk of dehydration and can lead to hospitalization or more serious health risks. It's important for older adults and their loved ones to pay attention to water intake and make an effort to stay hydrated. The average recommended goal is 8 cups of fluids each day and coffee & teas do count.

Causes of dehydration can include inadequate water intake, diarrhea or vomiting, a fever, excessive sweating, loss of blood, diseases such as diabetes, as well as a side effect of many medications like diuretics. Kendra Benisano, RN, BSN, Director of Home Care and Nursing Services at Seniors At Home says, "It's important to recognize dehydration symptoms as early as possible. If dehydration is not identified and treated, the health effects are significant at any age, but amplified for older adults and can quickly become life-threatening." Kendra explains that there are two main benefits for older adults to stay hydrated—besides to maintain good overall health.

Older adults who get enough water tend to suffer less constipation, use fewer laxatives, and have fewer falls. Less constipation may reduce the risk of colorectal cancer.

Drinking at least five 8-ounce glasses of water daily reduces the risk of fatal coronary heart disease among older adults.

Here are some signs and symptoms to look out for to help you prevent dehydration for yourself or a loved one:

## **Mild Dehydration Symptoms**

- Producing only small amounts of dark urine
- Headaches
- Cramping in limbs
- Weakness, overall feeling of being unwell
- Sleepiness or irritability
- Dryness of mouth; cracked lips, dry tongue with thick saliva

## **More Serious Dehydration Symptoms (Seek medical attention immediately)**

- Low blood pressure
- Convulsions
- Dry and sunken eyes with few or no tears

Severe cramping and muscle contractions in limbs, back and stomach  
Bloated stomach  
Rapid but weak pulse  
Wrinkled skin; no elasticity  
Breathing faster than normal  
Change in level of consciousness or mental status

### **Tips for Staying Hydrated**

It can be a challenge for older adults to stay hydrated when they don't feel thirsty – and this is especially compounded by any additional health challenges or memory loss. To help with fluid intake try these suggestions:

1. Get an nice large 16-32 oz insulated cup with a lid and straw, to keep close thru out the day and night and take sips from it often.
2. Keep this cup by the bedside to sip on during the night and try to finish the rest of the cup in the morning when you wake up and are trying to get ready. This will give you a jump on your daily water intake and increase your energy level.
3. Set a goal for how much to drink by what time and try using hydration reminders (drink on the hour, use timers, or drink during commercials, etc.)
4. Experiment with beverages at different temperatures
5. Try tastier alternatives to water (broth, sparkling water, Ensure, or smoothies, flavored waters or crystal light packs to add to your water).
6. Try adding frozen fruit instead of ice cubes to give the water more flavor
7. Try Jell-O or frozen fruit popsicles
8. Eat more foods with a naturally high water content (melons, cucumbers, apples, lettuce, celery, citrus, berries grapes & other fruits)
9. Make sure you drink at least a ½-1 cup of fluids prior to exercising and a 1 cup afterwards.

A family member of one of our participants told us how they have been able to increased their loved ones fluid intake with “[Jelly Drops](#)”. These bite size, fruit flavored, sugar free candies contain 95% water and electrolytes and are an easy way to help increase daily water intake in the seniors, who love their sweets. They come in a tray of 24 drops and add about 10 oz of fluid per tray for just under \$10. This participant has advanced dementia and does not like to drink much, but she loves a sweet treat! They report she will take 4-6 of these drops 3-4 times a day giving her some extra fluids and electrolytes to stay more hydrated.

I hope this information is helpful and as always, if you have any questions, concerns or changes to report; please do not hesitate to contact me by email at [RN@daybreakadulthoodservices.org](mailto:RN@daybreakadulthoodservices.org) or phone 303-696-0808 ext. 1002.

Chris Grable RN

Sources: Kendra Benisano, RN, BSN, Director of Home Care and Nursing Services at Seniors At Home

Alyssa Jung, senior Editor for Hearst Lifestyle Group health Newsroom  
[Jelly Drops official website](#)



# COVID UPDATE



**Community Covid cases are on the rise, again . All counties in the state are experiencing an increase in the number of positive cases, as well as the number of those being hospitalized. We had our own positive case here . He was vaccinated and **DOUBLE BOOSTED**. He not only tested positive, but was ill enough to require hospitalization. Please be cautious!**

## **TESTING**

The Federal Government is offering another opportunity to order 8 free test kits by mail. Visit [covidtests.gov](https://covidtests.gov) or call 1-800-232-0233 . The County is still giving away test kits for home use through the public libraries. The County has also given us a supply of rapid tests should we have a need for on the spot testing here. I have plenty so please call me if you need me to send a kit home. Visit [COVIDtest.Maryland.gov](https://COVIDtest.Maryland.gov) to find local locations to have the test done for you.

## **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. Many local pharmacies also have free N95 masks for customers. You can visit <https://www.cdc.gov/coronavirus/2019-ncov/your-health/free-masks.html> to find a convenient location near you.

## **BOOSTER SHOTS**

A second COVID-19 booster shot is [now authorized](#) for people 50 years and older and certain immunocompromised individuals. [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 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

Hello! I am so excited to join the Daybreak Team as the new social worker. I thought long and hard about what to write for my first article in the Daybreak newsletter. I wanted it to be insightful, inspiring, and witty. Alas, I am not sure it will be any of those things, but it will be sincere. I am so incredibly happy to be here. Daybreak has had a special place in my heart for many years. Almost 17 years ago my father was a participant, so my family knows first-hand the benefits of the program on its participants, and its profound impact on families and caregivers. It is easy to be excited, and a little nervous, about joining this amazing team.

With that said let's talk about change. Change is the only real constant in life, right? And, it can bring about pretty great things! Just imagine where we would be if no one ever decided to meet the challenges that change brings? Of course, change can be scary at times (even good change), but by embracing, and leaning into it, change can help us grow, adapt, learn new skills and think creatively. In fact, the more change we experience the better we learn to manage it.

Even in knowing all of that, transitions can be tough. Here are some great tips I found on dealing with change. I hope some of them will speak to you the next time you are facing a big...or little...change.

Practice positivity. Try to think of the silver lining of the change you are facing

Ask for help from a friend, family, support group or a professional

Focus on what you can and cannot control about the situation

Be kind to yourself as you work through the change

Accept a new normal (and this may take some time)

Acknowledge the change you are facing and investigate options

What would you add to the list? What has helped you manage change? I am always eager to hear. For now...I will leave you with a little quote that has helped me navigate this new transition in my life.

"Take the first step in faith. You don't have to see the whole staircase, just take the first step." – Martin Luther King, Jr.

Finally, to those I have already met, thank you for making me feel so welcomed. For those I have yet to meet, I look forward to getting to know you. My schedule will be sporadic for a while, but please feel free to give a call or, if you see me, please stop, and say hello. I am here to help in any way I can.

Take care and I wish you well.

Mary Collins, LMSW [socialwork@daybreakadultdayservices.org](mailto:socialwork@daybreakadultdayservices.org)



# OUR CONDOLENCES

*To the friends and family of*

*Charles Gastley*

*Ana Santiago*

*They 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)**

June 6

July TBD

August 1

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

June 20

July 18

August 15

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.

# Activity News



We find ourselves once again in the market for a new Activity Director after Anita made the decision to leave Daybreak earlier this month. We are in the process of interviewing potential replacements now. Our new Activity Assistant Susan has jumped right in to keep things running smoothly and I hope by the next newsletter, we will have an Activity Team!

I came across this article on the website *Activity Connection* and found it interesting. I hope you will as well.



## Rocking Chair Therapy and Dementia

By Ava M. Stinnett

What draws us to a rocking chair? Whether it's seeing an empty glider on a comfy front porch or a rocker in a child's nursery, there's an almost audible calling to sit and enjoy the comforting back-and-forth motion. Perhaps it hails from our initial development in the womb, where the

rhythm of our mother's movements stimulated blood flow and a sense of calm, much like the sensory stimuli attached to gentle waves against a boat.

We know that a rocking chair can soothe a fussy baby, but how might using a rocking chair benefit those with dementia? Two studies from the University of Rochester School of Nursing found that the repetitive action of using a rocking chair helped ease tension and behavioral disorders, improved balance, increased muscle tone, and reduced the need for pain medication.

In the studies, nursing home residents diagnosed with dementia due to Alzheimer's disease or other causes rocked for half an hour to two and a half hours each day, five days a week. Participants who rocked the most showed more improvement in psychological and emotional well-being. Nancy M. Watson, Ph.D., RN, who conducted the studies, said that "a gentle repetitive motion has a soothing effect. Participants could rock away their anxiety and depression. The participants required less medication, and their balance improved as well. Further benefits included a happier nursing home staff. And families of rocking seniors were happier because their loved ones were happier."

One of the reasons for reducing pain could be that the gentle exercise of rocking might release endorphins and improve mood. Further, it is believed that the spinal cord can work in only one direction at a time, so when the brain is sending motor impulses down the spinal cord to make the legs rock the chair, pain impulses from the back are blocked and prevented from reaching the brain. Then, muscles in the lower back relax. Orthopedic surgeons often recommend rocking to improve strength and flexibility in the knees and hips.

Whether it's a traditional rocker or a glider, you'll want to use a chair that has a solid foundation and a comfortable seat. To maintain or improve physiological relaxation, use a chair that allows the participant's feet to reach the floor comfortably. Observe to see whether they can easily sit down and rise from the chair—with or without help. You might want to gauge the amount of time spent in the chair, slowly increasing the time spent rocking based on beneficial secondary results such as reduced agitation, better sleep, and better pain management.

### **Sources**

Houston, K. (1993). An investigation of rocking as relaxation for the elderly. *Geriatric Nursing*, 14, 186–189.

Rocking Chair Therapy Research. Retrieved from [www.rockingchairtherapy.org/research.html](http://www.rockingchairtherapy.org/research.html).

Watson, N. M., Wells, T. J., and Cox, C. (1998). Rocking chair therapy for dementia patients: Its effect on psychosocial well-being and balance. *American Journal of Alzheimer's Disease & Other Dementias*, 13(6), 293–308.





## Staff News and Notes

### STAFF ANNIVERSARIES

We are celebrating three wonderful staff this month.

Driver **Phillip Lee** celebrates 5 years with us! Philip has covered many of our routes, but currently drives the Woodsboro/Walkersville route. Phillip does so much more than drive, helping with a variety of tasks with the buses and in the center. He is always cheerful and ready to jump in and help with whatever is needed. Thank you Phillip for ALL that you do!

Fill-in nurse **Jeanette Oliverio** also celebrates 5 years with us. Jeanette has been so helpful, filling in when Chris is out or needs an extra hand. Jeanette is a skilled RN with a big heart and a great sense of humor. Thank you Jeanette!

We also celebrate a 6 year anniversary for **Stacey Orye**. Stacey started with us as a driver, moved to an administrative role in the transportation department, and more recently, returned to cover the front desk in Gwenda's absence. Stacey has been a wonderful help, quickly learning the MANY responsibilities of the front desk job and providing a warm welcome to all who visit or call. Thanks Stacey!!!

### WELCOME NEW STAFF

We are beyond excited to welcome two new staff to the team!! Social Worker **Mary Collins** and Activity Assistant **Susan Kirby** joined us this month. Mary is working a part time schedule and is slowly getting to know our participants and family members. Mary comes with MANY years of senior care experience and will be a tremendous asset to all of you. Susan also comes with many years of senior care experience and has jumped right in to the activity role, getting to know what participants enjoy and how things work here at Day-break. We are so excited to have them both with us!!

# Happy Birthday

## June

7<sup>th</sup> Shirley J.  
8<sup>th</sup> Janet D.  
Aunt Tracey  
Vera K.  
16<sup>th</sup> Charlie C.  
24<sup>th</sup> Naomi J.  
30<sup>th</sup> Norman A.



CELEBRATION



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



*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.*