



DAYBREAK  
ADULT DAY SERVICES

# DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

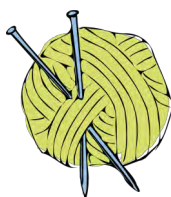
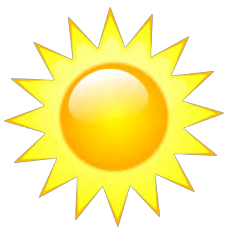
July 2022



Daybreak will be  
closed Monday  
July 4!

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

Can you believe that it is July already? I sure can't. Time is just flying by. There are so many exciting things happening at the center. First and foremost: our STAFFING! After months of working short handed, I am so excited to introduce 3 new staff to you and the participants this month. You will read more inside!

We have had a few chances to get outside in to the courtyard. The weather hasn't been very cooperative with lots of heat and humidity, but when we can, we are excited to get out there. Our maintenance man (and jack of all trades) Ellis has done a great job with the gardens. We could definitely use a little help with the pond ...if that is in your wheelhouse and you have some time, please reach out.

We were so blessed to welcome fabulous entertaining Duo Dale and Garrey to the center at the end of the month. It was our first in-person entertainment since we reopened. Dale is a gifted pianist and singer and Garrey is a ballroom dancer. Dale had the whole crowd singing old favorites and Garrey and the staff had everyone up dancing. It was SO much fun. Some of our folks have some fabulous moves, and even our folks who don't move well still enjoyed getting up with some help to move around the dancefloor. It was great fun for all of us. Pictures inside and on our Facebook page.

We would love to bring in other forms of entertainment. Our budget is slim (to none!) so the "professional" senior entertainers are out of our league, but if you know a singing group, gospel choir, pianist, dancers, magicians, or anyone else who loves to make people happy and has an hour to spare, please have them reach out to our activity director [Lisa](#).

That being said, I do have a very exciting entertainment announcement to make. We are super excited to be welcoming back [Joe Coleman](#) of The Platters! Remember *Only You* and *Smoke Gets in Your Eyes*? Joe visited us back in 2019 and is looking forward to joining us again. He has a special place in his heart for seniors like ours after caring for his mom and generously performs at a few facilities. Details are still forming, but the date is set for August 19. I will update with more once we have a plan as COVID caution will make it a little less of a public event than it was in the past.

Many good things are happening at Daybreak with a great infusion of new faces and new energy. As always, our team is here for you. Never hesitate to reach out if we can be of service!



Fondly,  
Christina  
[director@daybreakadultdayservices.org](mailto:director@daybreakadultdayservices.org)

# Community News and Notes

## FROM SENIOR SERVICES

### 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!

### Senior Services is offering a number of informative webinars this month:

**Sandwich Generation Caregiving:** Defined as caregivers who are caring for their aging parents as well as raising their own children, the sandwich generation face many unique challenges. This presentation will look at who these caregivers are, what issues they face, and supports available. Date/Time: Tuesday, July 12, 1:00-2:00 p.m. Cost: Free, Registration Required Location: Virtual Center

**Local Housing Programs:** Learn about a variety of local housing programs. Topics covered will include rental assistance programs, home-ownership programs, and home rehab programs. Date/Time: Tuesday, July 12, 9:00-10:00 a.m. Cost: Free, Registration Required Location: Virtual Center

**Benefits Available: Department of Social Services:** Learn about benefits available through the Department of Social Services, including how to apply and eligibility criteria. Date/Time: Thursday, August 18, 1:00 p.m. Cost: Free, Registration Required Location: Virtual Center

**Services Available: Mental Health Association:** Learn about services available through the Mental Health Association, and how to access them. Services that will be discussed include Stress Management and 211. Date/Time: Wednesday, September 14, 2:00 p.m. Cost: Free, Registration Required Location: Virtual Center

**TO REGISTER FOR ANY OF THE ABOVE PROGRAMS,**  
**PLEASE Send an email to**  
**VirtualSeniorCenter@FrederickCountyMD.gov**  
**or call: 301-600-7020**

## 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 July 13 from 1-2pm. The topic is **"Navigating Travel with Seniors"** and is being presented by national speaker Andrea Leschak. Registration is free and easy and open to all. Visit [ESPCFrederick.com](https://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

**July 13th**

**Navigating Travel with Seniors**

**No Cost  
Registration Required**

To Register:

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

**1-2 PM  
Via Zoom**

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



**Presenters:** Andrea Leschek,

Board Certified Pharmacist, Patient Advocate & Executive  
Health Coach, Founder & CEO Wayfinder Advantage

Join us to learn tips and tools to make your summer travels successful with your loved one! Find out how to decrease travel stress, anxiety and issues so you can make memories and have fun!

Thank You Sponsor!

**HEARTFIELDS**  
ASSISTED LIVING AT FREDERICK



# NURSES NOTES



The risk of heat exhaustion or heatstroke is very high during this hot summer weather, especially with the extreme temperatures we have been experiencing this year. The risk goes up even higher with exertion and/or exercise. Children, the elderly, and people with long-term health conditions like diabetes, heart problems, respiratory problems & people with a history of dehydration are more at risk of heat exhaustion or heat stroke.

## **Tips to help prevent heat exhaustion or heatstroke:**

drink plenty of cold drinks, especially when exercising

take cool baths or showers

wear light-colored, loose clothing

sprinkle water over skin or clothes

avoid the sun between 11am and 3pm

avoid excess alcohol

avoid extreme exercise

\*This will also prevent dehydration and help your body keep itself cool.

## **The signs of heat exhaustion include:**

a headache

dizziness and confusion

loss of appetite and feeling sick

excessive sweating and pale, clammy skin

cramps in the arms, legs, and stomach

fast breathing or pulse

a high temperature of 100.4 F or 38 C or above

being very thirsty

\*The symptoms usually appear the same with adults and children, although children may become floppy and sleepy. If someone is showing signs of heat exhaustion, they need to be cooled down.



## **If someone has heat exhaustion, follow these 4 steps:**

Move them to a cool place.

Get them to lie down and raise their feet slightly.

Get them to drink plenty of water. Sports or rehydration drinks are OK.

Cool their skin – spray or sponge them with cool water and fan them. Cold packs around the armpits or neck and on their forehead too.

Stay with them until they're better.

They should start to cool down and feel better within 30 minutes.

## **Call 911 if you observe any signs of heatstroke:**

feeling unwell after 30 minutes of resting in a cool place and drinking plenty of water

not sweating even while feeling too hot

a high temperature of 102°F or 39° C or above

fast breathing or shortness of breath

feeling confused

a fit (seizure)

loss of consciousness

not responsive

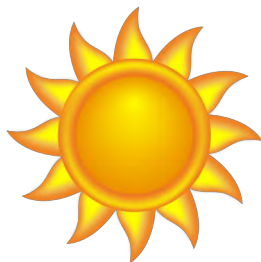
## **Heatstroke can be very serious if not treated quickly.**

Lay the person down and turn them to their left side with their right knee bend over their left leg if they lose consciousness while you're waiting for help.

I hope you find this information helpful. Please notify Daybreak if this occurs with one of our participants so we can monitor them closely when we go outside in the future. We do plan to utilize our lovely outdoor space, weather permitting for activities at Daybreak, however, we do take into consideration the weather advisories. I hope you all have a wonderful safe summer.

***Chris Grable RN***  
***Health Director***

\*Source: NHS January 2021





# COVID UPDATE



**Community Covid cases are still high. Although Frederick's Community Level is listed as low, the TRANSMISSION level is high, with numbers trending upwards once again. Please use caution when out and about and if you are feeling ill, take a test.**

## 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 doctor offices, pharmacies, and through the [Health Department](#).

## 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!





# D A N - C I N G





# From the Social Worker

Now that summer is in full swing, many are heading for family events, BBQs, and vacations. While these are exciting and fun filled events, as a family caregiver they can also bring some additional challenges and considerations. However, with a little planning, support, and sometimes modification, they can be welcomed events for all. Some of the tips here are helpful in general, while others may be more relevant when travelling with someone with cognitive impairment, but we hope you will find something to make your travel easier. By no means is this an exhaustive list...just some food for thought, because let's face it there is never "one size fits all." With that said I would love to hear what your experiences have been and what has, or has not, worked so I can share in future newsletters. I always say caregivers are the most creative people, and best resources for other caregivers. So, drop me a line at [social-work@daybreakadultdayservices.org](mailto:social-work@daybreakadultdayservices.org) and let me know your best lessons learned.

So here are some thoughts....

Activities and travel may be different. Ignoring those changes can cause more frustration and anxiety. So, while years ago, mom may have loved a beach house full of family activity, kids running around and late-night fire pits and singalongs, now it may just be too much. This can feel hard and punctuate changes you are already seeing. It is easy to get focused on what your loved one may not be able to do, but instead think about what they still can do and build from there. Modify activities based on ability and tolerance.

Travel can be tough on everyone- a different schedule, different eating habits, new environment, temperature- anticipate and be prepared. Keep plans flexible and have a backup plan.

Stick to routines as much as possible.

Communicate your plan one step at a time. Giving too much information may be overwhelming and confusing.

If crowds are bothersome, plan outings during times that are less busy. Websites are helpful with this as most include the best times to visit or included a chart of the least busy time of day. Also think about what time of day is best for your loved one and work. If late afternoon or evening is a time where they are more tired, or deal with sundowning, avoid gatherings, or outings and opt for a quiet evening in.

When eating out request a quiet table away from the busyness if possible.

If your loved one no longer has the ability physically, or mentally, to make cross country or state trips, consider something closer to home and more lowkey.

Always travel with snacks, water, medication, and emergency contact information. If you do not have a medical bracelet for you (yes, caregivers should have identifying jewelry as well), and your loved one, be sure to get this ahead of time.

Pack layers in preparation for changing temperatures.

Know your loved one's early warning signs of anxiety and agitation.

If you are used to staying in a family home with multiple other people, consider a space of your own or at least a "quiet space" where you can retreat to if need be. It also may be a good idea to communicate the unique needs of your loved one, including any help you may need, prior to the trip.

A new environment, even for people who do not usually experience confusion, may experience some disorientation. Be prepared and bring along familiar objects, nightlights and even consider temporary labels for bathrooms, bedrooms, kitchen etc.

If a trip, or a portion of a trip, is too much consider a short-term respite stay for your loved one or arrange for in-home care at your vacation site.

#### Prior to travel-

Talk to your loved one's doctor and get clearance for the type of travel you are planning. Will they need refills of medications, vaccines, special considerations? Is where you are traveling subject to quarantines for Covid or is there a possibility you could get quarantined away from home? Would they recommend as "as needed" medication for anxiety or agitation?

Know how to get in touch with your care team. Keep a paper copy and take a picture to keep on your phone.

Travel with medication in original containers and again snap a picture for your records.

If you are staying in a hotel request a handicapped accessible room. These have more space to move around if your loved one uses a wheelchair or a walker, and may also include grab bars, shower chairs and wider doors.

If you are renting a car consider renting a car you, and your loved one, are familiar with to ensure it is convenient to get in and out of and there is enough space supplies- wheelchair, walker, oxygen etc.

#### Special considerations for airline travel

Book flights on less busy travel days and times

Visit your airlines website for rules and regulations for traveling with someone who needs assistance, or with dementia. Know what rules are surrounding approved oxygen cannulas or other medical equipment.

Alert the airline ahead of time of any special needs or requests and consider a discreet Transportation Security Administration Notification (TSA) Card (found on their website, or I can get you a copy). While use of the card will not eliminate the need for screening it can make it a lot easier. These cards include information about your, or your loved ones, health condition, disability or medical device that may affect screening. The card also has contact information for TSA Passenger Support Specialist. These cards can be helpful in any travel in general but especially in security lines where there is often a lot of activity and direction and can generally be overwhelming.

There is no need to remove hearing aides or external cochlear device, special screening can be done for insulin pumps or other implantable devices like pacemaker and defibrillators.

Let TSA know what the person can and cannot do (stand, walk etc.).

Make sure your seat is located where you have space for supplies, or if you need to be close to a restroom etc.

Whew, that is a lot to think about, but a little upfront time and energy can help ensure the smoothest trip possible.

**Looking for more tips?** Don't miss the next Compass for Caregivers on July 13 at 1 p.m. The Elder Services Provider Council (ESPC) is proud to present this month's featured event: *Navigating Travel with Seniors* with Andrea Leschak, a Board Certified Geriatric Pharmacist, Patient Advocate, and Executive Health Coach. She will discuss more tips and tools to summer travel successful with your loved one. Find out how to decrease travel stress, anxiety and issues so you can make memories and have fun! Check out the flyer in this newsletter for information on how to register.

Wishing you fun adventures~ Mary Collins, LMSW

# Activity News



Hello I would like to introduce myself. My name is Lisa Mould. I am the new Activity Director at Day Break. I am very excited to be part of the team! I have been doing activities for 15 years and teaching fitness classes for 18 years! I am very excited to meet everyone and get started in my new position! If you have any ideas or want something offered for your love one feel free to contact me anytime. My email is [activities@daybreakadulthoodservices.org](mailto:activities@daybreakadulthoodservices.org) or you can try reaching me by phone at the center. I am usually out on the floor so it may be hard to get me by phone, but I will call back if you leave a message!  
Happy July ~ Lisa

## We Are Looking for Volunteers

Do you know anyone with musical talent? A crafter? A card player? We are looking for entertainers, crafty folks, card/domino/game players, 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.

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.

We hope you will spread the word!

Please contact Lisa Mould for more information.

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

## Support Group News

Calling all caregivers: you are invited to join our Daybreak Support Group. A safe space to relax, share, and learn with others who understand the challenges that come with being a caregiver. We offer an all virtual group as well as an in person group (with a virtual option).

**ALL ZOOM (11am)**

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

July 4 cancelled

July 18

August 1

August 15

September 5

September 19

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.



## OUR CONDOLENCES

*To the friends and family of*

*Buzzy Snowden*

*He will be missed.*

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. 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).



## Staff News and Notes

### *A BIG FAREWELL*

We have had a lot of changes in the last few months, but this is a biggie. Our amazing kitchen manger/cook **Ann Fogle** is leaving us at the end of July. After being on her feet at Daybreak for the last 14 years at, Ann is ready to retire and take things easy. Ann has fed us well and we are going to miss her immensely! We wish you the very best Ann!

### *STAFF ANNIVERSARIES*

1 Year: Driver **Lisa Hartman**. Lisa drives the Urbana/Ballenger route. She is kind ,caring, and cautious, and goes out of her way to make sure her passengers are happy.

1 Year: Program Assistant **Debbi Taylor-Dickinson**. Debbi works incredibly hard to make sure that the personal needs of the participants are met every day. She does her job with a gracious smile and a very kind heart. She is always willing to help with what needs doing and is an excellent team player.

THANK YOU LISA AND DEBBI FOR ALL YOU DO!!

### *WELCOME NEW STAFF*

Though we are very sad that Ann is leaving, we are excited to welcome new cook/kitchen manager **Beth Pente** to the team. Beth has been a cook at a local retirement community for over 16 years. She comes highly recommended by both her peers and the residents who tell me wonderful things about both her cooking and her character. Beth will start this month working along with Ann, and then take the helm Aug 1.

We also welcome **Lisa Mould** as our new Activity Director! Lisa joined us mid-June and is getting to know the participants and the Daybreak routine. Lisa comes to us after 10 years doing activities at a local retirement community. She is ready to make a change and is sure to bring some exciting new changes to our activity line-up.

We also welcome new Program Assistant **Jailyn Luna** to the team! Jailyn is a recent grad of the CTC program and comes with her CNA and GNA certifications. She also speaks Spanish! She is getting to know the participants and their needs and is going to be a tremendous asset!!

WELCOME BETH, LISA AND JAILYN!!



# Happy Birthday

## July

14 Adela R.  
26 Vincent A.  
27 Jack W.  
Joe B.  
29 Devra S.  
31 Judy M.  
Bob T.



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

## Board of Directors

Dr. Joseph Devadoss, Chairman

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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.*