



DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

August 2022

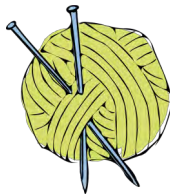
*Life is like the
ocean.*

*It can be calm or still,
and rough or rigid, but
in the end, it is always
beautiful.*



7819 Rocky Springs Road, Frederick, MD 21702
301-696-0808 • TTY/HCO 1-800-735-2258
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

August greetings! I hope that this newsletter finds you well and staying cool! July was a great month at the center, with new staff getting acclimated and getting comfortable in this great place. They bring new ideas, new energy, and relief to the weary ones who have shouldered the load for so long. We continue to interview and hire more as our census grows. It is an exciting time!

We have lots happening in August. Those of you who were part of the family in 2019 may remember the amazing visit we had from musical legend Joe Coleman from the Platters. We are beyond thrilled that Joe is coming back this month (August 19) to sing and dance again. The 19th is a Friday. If your loved one does not attend that day but would like to, please call in and we can make arrangements to add them to the schedule. I am considering allowing a small number of outside guest to join us as well, so if you're a fan and want to join us that afternoon, please let me know as soon as possible! We will be decking the space out in full 50's fashion so dust off your poodle skirts and bowling shirts!

In other exciting news, we have found a new hairdresser and will be reopening our salon! Dennise Gypins, who owns Tanglez Hair Design in Frederick will be in our salon a couple of days a week. More details about her services (for both men and women!) and prices, as well as how to make appointments and payments will be coming home very soon.

Also in August, we are launching a series of interactive dementia trainings here at the center. The program, "Dementia Live!" will be facilitated by our own social worker Mary Collins, and her former partner at Senior Services, Mindy Lohman. We will start with a training for our staff in mid-August and then will be offering monthly sessions for all of you as well as the broader community. More information will be coming home soon. Dementia Live is a wonderful, experiential opportunity to better understand what it feels like to have dementia.

Read inside for some great tips from Chris and Mary about caring for and communicating with someone with dementia. We know it's not easy, and that these tips don't work all the time, but the more tools that you have in your toolbox, the better prepared you are, and the more likely you are to have a positive outcome.

Speaking of being prepared, this month's Compass for Caregiver's webinar features 2 elder law attorney's sharing lots of great info that can help you be prepared for a variety of scenarios. Read more inside.

Enjoy these dog days of summer and never hesitate to call us if we can be of service. Fondly, Christina

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:

Medigap/Supplemental vs Advantage Plans Come learn more about these different types of Medicare programs to help determine which type of program may be the best for you. Date/Time: Friday, Aug. 19, 9:00-10:00 a.m. Cost: Free, Registration Required Location: Virtual Center

New to Medicare Workshops Are you new to Medicare, or will be soon? Join us for an overview of Medicare. These are 90 minute workshops. Date/Date/Time: Tuesday, Aug. 23, 2:00-3:30 p.m. Cost: Free, Registration Required Location: Virtual Center

Department of Social Services Benefits: 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

Long Distance Caregiving Providing care to a loved one from a distance can present unique challenges and issues. Come learn strategies that can help support you. Date/Time: Thursday, Sept. 1, 9:00-10:00 a.m. Cost: Free, Registration Required Location: Virtual Center

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

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 August 10 from 1-2pm. The topic is "**Navigating Legal Issues for Seniors**" and is being presented by local Elder Law Attorneys Ryan Wilson and Lena Clark. Registration is free and easy and open to all. Visit ESPCFrederick.com and click on *Event Calendar*.

FROM THE ALZHEIMER'S ASSOCIATION

VIRTUAL SOCIAL ENGAGEMENT ACTIVITIES

Friday, August 12 at 11:00 am

Art Moments: This is an opportunity for fun, social interaction; to enjoy art and overall improve the lives of all who participate.

REGISTER at bit.ly/ALZ81222

Thursday, August 25 at 6:30 pm

On Holiday, Exploring the Mediterranean: Travel with us to the Mediterranean and meet the locals, find treasures and learn about food, culture and special sites.

REGISTER at bit.ly/ALZ82522

EDUCATION

Understanding Dementia and Related Disorders: Understand the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; and current research.

Thursday, 8/11 10:00-11:00 am | **REGISTER at** bit.ly/ALZ81122

Effective Communication: Decoding Verbal & Behavioral Messages: Explore how communication takes place when someone has Alzheimer's and identify strategies to help you connect and communicate at each stage of the disease.

Thursday, 8/16 12:00-1:00 pm | **REGISTER at** bit.ly/ALZ81622

Understanding & Responding to Dementia-Related Behaviors: Learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

Thursday, 8/22 12:00-1:00 pm | **REGISTER at** bit.ly/ALZ822

NURSES NOTES



Tips for dealing with Dementia

Things to ALWAYS try with People with dementia:

1. Always call them by name.
2. Approach them from the front and look them in the eye as much as possible.
3. Allow enough time for them to give an answer.
4. Always speak to them as if he or she does understand, give them the benefit of the doubt, as much as possible.
5. Always try to talk in a slower, soothing lower pitched voice.
6. Be flexible and treat as an adult.
7. Agree (enter their reality) accept their version of a story whenever possible.
8. Be flexible and use your sense of humor, joke, or kid with them when appropriate
9. Reassure or coax
10. Reminisce with the person.
11. Make instructions simple, give one direction at a time. Model the behavior you would like them to do.
12. Be sensitive to the environment – Is it calm? Quiet? Comfortable? Are there enough visual cues? Is the temperature comfortable? Is the lighting too dark or too bright?

Things you should NEVER do with people with dementia

(I realize this is easier said than done; we are all only human after all).

1. Don't approach them suddenly.
2. Don't talk too fast.
3. Don't argue with them, no one wins. Instead, try to agree, divert, or distract.
4. Don't be afraid to touch or hug them.
5. Don't try to rush a person to do something faster than they can.
6. Don't upset a daily routine unless necessary.
7. Don't say "Don't you remember I told you?" because they probably don't.
8. Don't try to reason with them.
9. Try not to condescend, force or demand.
10. Don't ever give up.

6 ways to help toilet someone with dementia:

1. Approach in a calm manner, speak slowly with a lower pitched voice.
2. Use short familiar words or phrases (“please come with me”)
3. Explain all actions, one step at a time.
4. Provide a private environment.
5. Have all needed supplies like wipes, extra clothes or an extra pad or depends set up and ready prior to entering the bathroom.
6. Please remember to treat them with dignity and respect as they are adults.

10 ways to improve dining:

1. Remove distractions.
2. Eliminate anxiety regarding cost or dress code.
3. Offer simple choices visually.
4. Provide a pleasant, comfortable, and social environment.
5. Use contrasting colored plates to help foods to stand out more.
6. Make eye contact and introduce yourself, be sure to call them by name.
7. Use a friendly, supportive, and respectful manner throughout the meal.
8. Provide set up, cut up foods and place a utensil in their hands as needed.
9. Assure that food and drinks are within 14-18 inches of eye level.
10. Provide simple, polite occasional cues to remind them to eat or drink.

Please try to remember dementia takes so much away from the people we love; so, let's not take any more away any sooner. Help them remain as independent and functional as possible. It may be quicker to do something for them but whenever possible allow them to do as much as they can for themselves if it is safe. Concentrate on what they can do and not what they can't do and praise them when they can. Establish a familiar daily routine and try to maintain it as this provides them with structure and stability. Also please remember you are not alone, and it is okay to ask for help. The staff here at Daybreak is here to help you as much as we can and to refer you to available resources as needed.

Chris Grable RN
Health Director Daybreak Adult Day Services
RN@daybreakadulthoodservices.org



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 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 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!

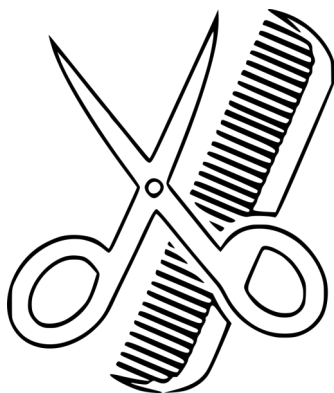


DAYBREAK'S ON-SITE HAIR SALON IS RE-OPENING!



Stylist Dennise Gypins, who owns Tanglez Hair Design in Frederick, will be offering services for both men and women starting in August, right here in Daybreak's own salon!

Services include Shampoos, (with out without a cut), Style, Perms, Color, Waxing, Beard Trims and Manicures!



Appointments can be made by contacting Dennise directly by phone or text: 301-800-3200. Be sure to mention that you are booking service at Daybreak. When you make your appointment, Dennise will give you the total cost and you can pay her directly. We will not do any invoicing here at the center, payment is due at the time of service. You are welcome to send it via the driver so you know it will get here! Dennise plans to be here on Tuesdays and Fridays but can also make other arrangements if you need a different day. Call her directly to book!



From the Social Worker

Challenges of Communication

“The worst distance between two people is understanding.” Unknown

In the best of times communicating can be hard, right? We all have things we say, don't say, think, assume, speak around, misinterpret... In fact, I found a statistic online that says it is estimated that 90% of all conflicts result from misunderstandings.

It is never too late to teach ourselves to be better communicators. There are the 7 “c”s, the “5 types”, a myriad of strategies, techniques and considerations. In fact, my Google search yielded 2,650,000,000 results but I will spare you the list.

Unfortunately, many of those skills are not effective when talking with a person with dementia. Don't get me wrong, learning to be a better communicator is not going to hurt, but there are some added considerations. For many people with dementia, no matter how well we communicate, they may not remember or understand what we say.

The good news is that there are also 50,000,000 hits when you Google “communicating with someone with dementia.” While that is a lot of articles to read I thought I would offer a few suggestions I came across while cleaning my new workspace here at Daybreak. Short, simple and effective reminders that I think we can all use. I posted them above my desk and wanted to share with you all. I hope something will “speak” to you.

ALZHEIMER'S COMMUNICATION

Never argue, instead agree.

Never reason, instead divert.

Never shame, instead distract.

Never lecture, instead reassure.

Never say “remember?” instead reminisce.

Never say “I told you.” instead repeat.

Never say “you can't.” instead say what they can do.

Never demand, instead ask.

Never condescend, instead encourage.

Never force, instead reinforce.

Source Unknown

When communicating isn't work, instead aim to make the interaction a pleasant one, so they can carry that pleasant feeling beyond that moment.

Need more information, or tips and techniques on communicating with your loved one? Drop me a line at socialwork@daybreakadulthoodservices.org or give a call 301-696-0808. I am happy to help.

Additional resources can be found here-

<https://www.alz.org/help-support/caregiving/daily-care/communications>

<https://www.mayoclinic.org/healthy-lifestyle/caregivers/in-depth/alzheimers/art-20047540>

<https://www.nia.nih.gov/health/alzheimers-caregiving-changes-communication-skills>

Mary Collins, LMSW
Daybreak Social Worker

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)

August 1

September 5

October 3

IN PERSON+ZOOM (4pm)

August 15

September 19

October 17

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@daybreakadulthoodservices.org

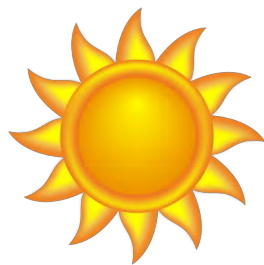
Activity News



Hello, I can not believe another month is over! We had a great time in July with lots of activity. Performers Garrey and [Dale](#) had everybody singing and dancing. They are so much fun!! We had some nice weather to enjoy games, exercise, trivia and even some planting outdoors. We also had some fun indoor physical games of noodle ball, kickball, and volleyball. These are games that EVERYONE can play and always result in lots of laughter. Our end of the month celebration in July was bitter sweet saying good bye to our cook Ann. She will be missed very much, but we are happy to send her off to enjoy her retirement. We are looking forward to our new cook Beth taking over the kitchen. August will bring more exciting entertainment! Get out the poodle skirts and dancing shoes for our guest [Joe Coleman](#) from the Platters! He will be crooning for us on August 19 at 1 pm. We are also planning a beach party in August so get your beach attire ready!

We are looking forward to our days of fun and friends at Daybreak!

Lisa Mould, Activity Director
activities@daybreakadulthoodservices.org



A nice time
in the
courtyard
before the
heat wave!





N O O D L E B A L L





Staff News and Notes

Farewell

Another staff goodbye...driver Susan Strasser left us at the end of July to work for Transit. We are excited for her, but will certainly miss her. Susan has been with us since 2019 and drove the Brunswick/Jefferson/Adamstown route. If you ever use Transit Plus you just might see her again! Good luck Susan.

We are actively interviewing for Susan's replacement and hopefully by the time we go to press a new driver will be with us.



OUR CONDOLENCES

To the friends and family of

Gary Kanode

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.

Happy Birthday

AUGUST

2 Sonny C
3 Ed J.
4 June R.
5 Lata G.
10 Tammy F.
12 Erma S.
16 Francis E.
17 Bill P.
19 Peggy S.
21 Debbie K.
24 Ari P.
26 Gloria W.
31 Debbie S.



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.