

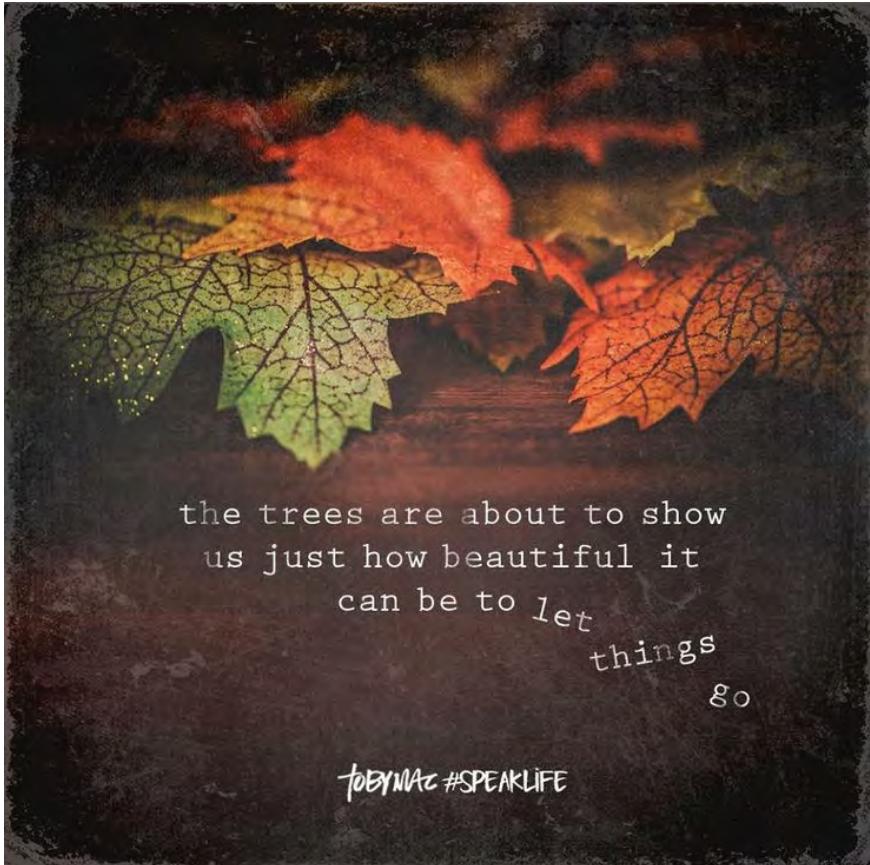


DAYBREAK
ADULT DAY SERVICES

DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

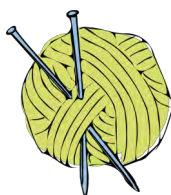
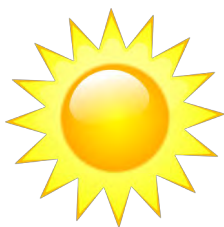
September 2022



**DAYBREAK WILL BE CLOSED MONDAY
SEPTEMBER 5 FOR LABOR DAY**

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

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



THROUGHOUT THE MONTH

Exercise

Brain Games

Crafts

Bingo

Music

Reminiscing

Word Games

Puzzles

Riddles

Kickball

Cards

Dominos

The Director's Corner

September greetings! I can't believe I am saying that...where did summer go? It seems that time just flies by. That's what they say happens when you are having fun! And fun we have had. Our census is growing and so is the energy and enthusiasm in the center. We have such a spirited group of folks here each day. Even those who are generally reserved surprise us regularly with funny quips, unexpected answers and active participation. It is an adventure every day!

As you will read inside, Lisa has lots of great activities planned for the upcoming month, even a couple of field trips, weather permitting. We also have some exciting educational opportunities. If you care for or know a person with dementia, I highly encourage you to consider signing up for the Dementia Live program our social worker Mary writes about inside. These small group experiences will be held here at Daybreak and are run by Mary and her colleague from Senior Services, Mindy, who are both certified Dementia Live facilitators. They did a training with our staff and it was really insightful. The flyer with more details is printed in the newsletter. Anyone is welcome, but registration is required.

I am also excited that our hair salon is now open! That flyer is inside too. It is easy to make an appointment. Dennise, the hairdresser, can do men and women, washes, shaves, perms, nails, and more...all right here in our little salon. The folks who have used her services have been very happy and look great. Gift certificates are available, which gives you a very easy way to pay ahead with a credit card. That would make a nice holiday gift as well!

You will also read inside about new staff and a bunch of interns that have joined the team, including the return of Gwenda to the front desk. I am so looking forward to having her help on the desk again! Thanks to all who have been patient on the phone, helped with the door, and tolerated the craziness that often permeates the front lobby! It takes a village; I appreciate you all!

I hope that you are able to enjoy these last weeks of summer and embrace the transition to fall. As always, I encourage you to call if we can be of service to you at anytime!

Fondly~ Christina

director@daybreakadultdayservices.org

Community News and Notes

FROM SENIOR SERVICES

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: Wednesday, Sept. 28, 2:00-3:00 p.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: Wednesday, Sept. 21, Noon-1:30 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.

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

Groceries for Seniors A monthly free distribution of seasonal produce, canned goods, shelf stable products 3rd Friday of Every Month Noon - until all food is distributed Drive-Thru and Walk-up Frederick Senior Center 1440 Taney Avenue, Frederick, MD
www.FrederickCountyMD.gov/SeniorServices or 301.600.3523 for information 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 September 14 from 1-2pm. The topic is "**Navigating Dementia Care**" and is being presented by Lindsey McCormick, Maryland Center for Brain Health. Visit 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

September 14th

**Navigating Dementia Care:
5 Vital Pillars of Care**

**No Cost
Registration Required**

To Register:

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

**1-2 PM
Via Zoom**

www.espcfreesiderick.com

**Presenters: Presenter: Lindsey McCormick, PTA, CDCP,
Certified Memory Coach and founder of the Maryland
Center for Brain Health**



This program will discuss 5 main aspects of caregiving that will help you better connect and support your loved one and maintain a better quality of life for both of you!

Thank You Sponsor!



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!



Coping with Arthritis

If you or your loved one suffer from arthritis, here are a few tips to keep you joints in good working order!

1. Keep moving. Not moving worsens arthritis pain. The less you move your joints, the stiffer they'll become. As directed by your primary care provider or physical therapist, move your joints in their full range every day to keep them flexible.
2. Exercise and stretch regularly. Strong, limber muscles help support your joints.
3. Get enough rest. Pain is tiring. If you feel exhausted because of pain, sit or lie down for 20 minutes to recharge.
4. Relax. Relaxation is different from rest. When you relax, you consciously let go of the tension that builds up in your body. Tension can tighten muscles and increase pain levels. Consider adding meditation or other forms of relaxation techniques to your daily routine.
5. Watch your weight. If you're overweight, you'll put extra strain on your joints. Check with you healthcare provider to find out what weight is right for your height and body type.
6. Don't slouch. Your mom was right. Good posture helps maintain healthy joints, from your neck all the way down to your knees.
7. Protect your finger joints by using your hands correctly. If you need to lift something, try doing so with an open palm. Clenching a heavy object with your fingers put a strain on them. Use good body mechanics when you lift or move objects.
8. Wear braces or splints if necessary. Wear wrist or knee braces to support sore joints and prevent further injury. Braces are used for osteoarthritis, while splints typically are used for rheumatoid arthritis.
9. Be sensible. If you can't handle a task because of your arthritis, ask for help. Trying to lift or move something heavy by your self will only make your condition worse.

I hope these tips help keep the pain at bay!
Chris Grable, RN
Health Director





Staff News and Notes

Hellos and Goodbyes

Last month we said farewell to our activity assistant Susan Kirby who relocated to Kentucky. Activity Director Lisa has been doing a great job of keeping everyone entertained and moving and we are actively seeking Susan's replacement! Hopefully we will have a new hire update in the next newsletter.

We have a very special "Welcome Back" this month as Gwenda returns to the front desk for a few afternoons each week. We are so excited to have her back!!!

We are also thrilled to welcome new driver Allen Dyson to the team. Allen is retired from a job that had him driving large vehicles and is excited to get to know our participants, families, and the Daybreak routine. Allen is taking over the Brunswick/Jefferson route.

We also welcome two new PRN, or "as needed" nurses. Mary Muller and Megan Breeden will join Chris when things are extra busy, and, along with Bobbie and Jeanette, will help cover for her when she is off. Both are registered nurses with lots of experience and they are jumping right in.

And with the start of a new school year, we are thrilled to be welcoming a number of interns to the team. Arionna is a CNA intern from FCPS who will be helping our awesome aides Debbi, Opy, and Jailyn 2 afternoons a week through the end of the semester. Kalkidan is a senior social work student at Hood who will be working with Christina and Mary 3 days a week for her social work practicum. And Isaac, an RN working towards his BSN, will be working with Chris.

All of our interns are jumping right in and getting to know the participants and their roles here in the center. We are grateful for the extra hands, and are proud to help them in their career development!

WE ARE LOOKING FOR VOLUNTEERS

Do you know anyone with a free hour or two a week (or even a month) who might like to volunteer? We are looking for someone to help with crafts periodically. We are also looking for some Spanish speaking volunteers to lead some activities in Spanish (card game/discussion group/book club/craft...anything goes). Call or email Lisa activities@daybreakadulthoodservices.org



COVID CORNER



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.

NOTICE OF EXPOSURE

With kids back in school and the numbers on the rise, 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! We also greatly appreciate everyone who has been quick to call and discuss their situations. We have been so lucky so far and we appreciate your support and commitment to helping us keep the center safe.

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.

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](#).

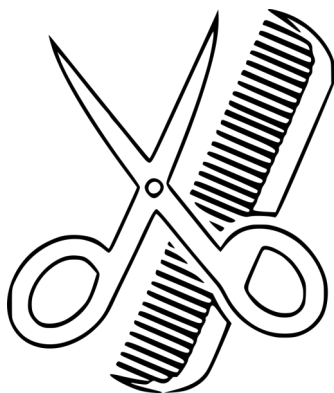


DAYBREAK'S ON-SITE HAIR SALON IS NOW OPEN!



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

Services include Shampoos, (with or 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

It is hard to believe it is September already! Where has this year gone? The forget-me-not is one of the several flowers that honors September. Forget-me-nots make me think of memory...and memory makes me think of dementia, so thought it was a good time to highlight a great program that will start this month at Daybreak.

In September we will launch a great partnership between Daybreak and Frederick County Senior Services (FCSSD). Daybreak will be hosting the FCSSD Caregiver Support Program to offer monthly Dementia Live Simulation programs for families and loved ones of people living with dementia.

For those of you not familiar with this program, Dementia Live, is a high impact, immersive experience that uses specialized gear to simulate what it may be like to live with a memory impairment and sensory changes.

This high-impact program is designed to help caregivers, loved ones, professionals, and community members to deepen their understanding of cognitive impairment, increase empathy and sensitivity when interacting with people with dementia and to provide tips and techniques to improve quality of care.

A flyer about the events is included here, but the first training will be held Thursday, September 15 from 10 – 11:30 a.m. here at Daybreak. Additional trainings are scheduled every month through December. I hope you can join us for one. The training is free, but advanced registration and screening is required. You can do that by emailing dementiafriendlyfrederick@frederickcountymd.gov or calling 301-600-6001.

Hope to see, or meet, many of you at one of the events.



You cannot get through a single day without having an impact on the world around you. What you do makes a difference. You just have to decide what kind of difference you want to make. – Jane Goodall



DEMENTIA FRIENDLY FREDERICK
PROUDLY ANNOUNCES

DEMENTIA Live®

DEMENTIA LIVE TRAINING



Dementia Live® is a high impact, dementia simulation experience that immerses participants into life with dementia, resulting in a deeper understanding of what it's like to live with cognitive impairment and sensory change. Caregivers, professionals, and individuals will better understand the hardships and confusion that occurs for a person with dementia. These trainings are open to the public.

THURSDAY, SEPTEMBER 15, 10AM

FREE

MONTHLY
TRAININGS

MONDAY, NOVEMBER 14, 1PM

TUESDAY, OCTOBER 11, 4PM

TUESDAY, DECEMBER 13, 4PM



To Register, Email

DementiaFriendlyFrederick@FrederickCountyMD.gov



FACILITATED BY FREDERICK COUNTY SENIOR SERVICES DIVISION AND DAYBREAK ADULT DAY SERVICES

Caregiver Support Group

ALL ZOOM (11am)

IN PERSON+ZOOM (4pm)

No virtual group

September 19

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

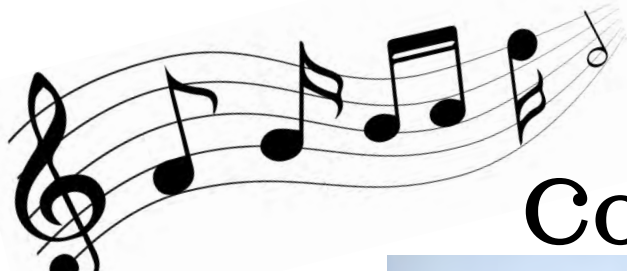
Activity News



And just like that another month has gone by! August was a pretty busy time for us. We had a big wedding performance with Wild Bill and Dazzling Dottie,...so much laughter! We had a great afternoon with Joe Coleman from the Platters! We had all kind of singing and dancing! Everyone had such a fun time. You can find pictures inside this newsletter and our Facebook page <https://www.facebook.com/daybreakadultdayservicesfrederick/> We also had fun saying good bye to summer with our beach party! Some dressed in beach outfits and our own Charlie entertained us all day with Beach Boys music, beach trivia, and a summer concert! Thank you again Charlie. A lot of knowledge learned from that presentation!

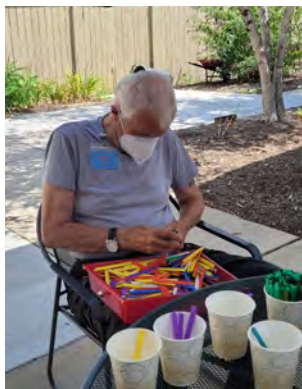
We are busy planning for September. There are some activities being brought back to see how everything goes, with an outing planed for ice cream and a picnic out. Notices will be coming home with your love one. We can only take ten, so we will be taking the first ten that have their slips turned in. We are also adding crafts back in slowly. I would also like to add squeezable hand balls to my exercise class. If anyone has any around the house, or knows of anybody that donates (like logoed stress balls) I would be so appreciative. We are also in need of Bingo cart prize donations; things like costume jewelry, lotions, playing cards, puzzle books, small seasonal decorations, etc. (Dollar Store, yard sale, attic cleaning). If you have any questions, suggestions, or any concerns feel free to call or email anytime.

Lisa Mould, Activity Director
activities@daybreakadultdayservices.org



Joe Coleman





Hard at Work



Happy Birthday

SEPTEMBER

8 Cathy R.
10 Casilda B.
14 Maryann W.
17 David G.



THE
W
E
D
D
I
N
G



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.