



DAYBREAK
ADULT DAY SERVICES

DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

November 2022



DAYLIGHT SAVINGS TIME!!

Don't forget to set your clocks back one hour
Sunday, November 6th.

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



November greetings! Once again, the start of another month has crept right up on me. This is a big one of course, the lead in to the holiday season. Every year I commit to being more organized, more prepared, and more present as we hit this page on the calendar, but alas...old habits are hard to break! I am just as behind, disorganized and distracted as ever! I am guessing that many of you can relate. I hope we can all take pause periodically to keep it in check and enjoy the season as it unfolds.

We have a robust calendar planned for November. I am thrilled to welcome a new activity assistant to the program. Lisa has done a wonderful job keeping everything going by herself, but two heads (and four hands!) are always better than one. You will start seeing more small group activities so participants will have more choices during the day. We are also recruiting entertainers. So many of the folks that played, or sang, or danced for us before the COVID shutdown are no longer able to come out. If you know anyone who might be interested in performing for the participants, please let us know. Could be a singing group or individual, musician, theater, speaker, dancer...anything goes. As a rule, we are low to no budget, but I am happy to talk with anyone! We would also love to get some therapy pets in again. We actually have an alpaca coming in on the 4th! If you know anyone with a therapy dog (or an exceptionally well behaved dog without certification) that might like to visit occasionally, let us know!

I still can't say that things are "back to normal" (at this point, I am not even sure what normal is), but from an activity perspective, we are pretty close, with few COVID related restrictions. We continue to have participants out because of COVID cases at home, but we are staying healthy in the center. I am so grateful to all of you for helping us by keeping your loved ones home when they or someone in the family are sick and communicating with us so quickly. This will be more important than ever as we head in to the winter months.

That reminds me...now is the time for flu shots. If you haven't gotten yours, please seek one out. We also encourage the newest COVID boosters. Our clinic is Thursday Nov 3 and space remains, call us if you're interested (participants or family).

As I close, I would like to get in the Thanksgiving spirit and take a minute to reflect on all that I am thankful for. I am so incredibly blessed to be a part of this amazing program. I love what we do, the people we serve, and the team I am so fortunate to work with. I am grateful to work in this community that is so supportive of us. I thank you for sharing your loved ones with us, for trusting us and for supporting us! I wish each of you a Happy Thanksgiving and hope that you find moments of peace and joy as we head in to the busy holiday season.

Fondly~ Christina



Community News and Notes

FROM THE ALZHEIMER'S ASSOCIATION

IN PERSON

Understanding & Responding to Dementia Related Behaviors

Tues. 11/1 10 AM - Walkersville Public Library, REGISTER AT Mewwhite@alz.org or 240-549-5086

Dementia Conversations - Tips on Talking About Going to the Doctor, Driving & Legal & Financial Concerns

Wed. 11/9 6 PM| Urbana Regional Library, | REGISTER AT Mewwhite@alz.org or 240-549-5086

ONLINE

Understanding Dementia and Related Disorders

Tuesday 11/1 7:00-8:00 pm | REGISTER AT bit.ly/ALZ1122

The Warning Signs of Alzheimer's

Tuesday, 11/8 10:00-11:00 am | REGISTER AT bit.ly/ALZ110822

Healthy Living for Your Brain & Body

Tuesday. 11/15 10:00-11:00 am| REGISTER AT bit.ly/ALZ111522

Effective Communication: Decoding Verbal & Behavioral Messages

Tuesday. 11/29 10:00-11:00 am| REGISTER AT bit.ly/ALZ112922

Early Stage Social Engagement FALL Art Project - Fall Leaf & Flower Collage Sunday. 11/15 1:00-2:00pm| REGISTER AT [HERE](#) by Nov. 4th so that materials can be mailed to you.

FROM DAYBREAK AND SENIOR SERVICES

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 in-person trainings are open to the public, and are being held at Daybreak. Free, but must preregister. Monday Nov. 14, 1:00 p.m. or Tuesday, Dec. 13, 4:00 p.m. To register email: DementiaFriendlyFrederick@FrederickCountyMD.gov. This program is amazing!!

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 November 9 from 1-2pm. The topic is "**Navigating Senior Driving**" and is being presented by Tim Jones, OTR, CDRS, CDI Rehabilitation of Frederick. Visit ES-PCFrederick.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

No Cost

Registration Required

November 9th

1-2 PM

Via Zoom

Navigating Senior Driving

To Register:



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

www.espcfreesiderick.com

**Presenter: Timothy Jones OTR, CDRS,
CDI Rehabilitation of Frederick**

Join us to learn about concerns and "red flags" a family member may observe in an older driver, or even in themselves. Learn what to watch for and how to start the conversation about whether or not it is safe for someone to be driving.



Thank You to Our Sponsor!

NURSES NOTES



Happy Autumn everyone! I'd like to take this opportunity to thank you all for being part of our Daybreak community. I have had the honor of being Daybreak's Health Director for over 11 years now and I truly care about everyone who walks thru these doors. We have a remarkable team here, all working together to try to keep you or your loved one as safe, healthy, and happy as possible. I need you to know you are all an essential part of that team.

To make our team as effective as possible, it is essential that you communicate any changes, concerns, or new health issues. The Medical Day Program at Daybreak (and every adult day care center) is highly regulated by the State. All participants must have a medical application completed by their physician before admission.. We also are required to do the following:

- A complete physical assessment within the first 30 days of a participant's admission.
- A written plan of care that addresses all of the participant's medical, emotional and social needs or concerns . (Which is shared with their primary care provider) The care planning team includes our social worker, activity director, nurse, family/caregiver, and the participant; if they are cognitively able to participate. Meetings are done in person, by conference call or by ZOOM, whichever is most convenient for each caregiver/participant.
- The physical assessment and medication review must be done every 4 months or after any significant change.
- The care plan needs to be reviewed every 6 months or following any significant change in status; like a severe illness, decline or hospitalization.
- The medical orders must be renewed every 6 months. To renew our participant's orders without interruption of service, our nurse faxes orders to their primary care provider weeks before they are due. These renewal orders include previous medical orders or treatments, a current list of medications, including any OTC medications or supplements, any concerns, changes, and a report of how that participant is doing at Daybreak.

To do all of this well, and on time, we need your assistance!

Please communicate with one of our nurses to report any of the following:

- Any change in their primary provider
- Any new or discontinued medications or any change in dosage of medications
- New diagnoses
- Any illness or infections including UTI's COVID, Flu, bronchitis, pneumonia, etc.
- Any injuries, seizures, or falls
- Any skin breakdown, severe bruising, open wounds, or skin lesions or issues
- New procedures or diagnostic tests
- ER visits or hospitalizations
- Any new vaccinations
- Or any significant medical changes

If you are not sure what is significant, please call and our nurses will help determine that. The more information we have the better we can help you provide consistent quality care.

An admission to the hospital is considered a significant change in status and requires a visit to the primary care provider and new medical orders prior to returning to Daybreak. A stay for observation does not. If you are not sure if the hospitalization was just for observation, call us. We can obtain the discharge summary to verify whether it was an observation stay or an actual admission and let you know how we need to proceed.

In the last several months, we had difficulty renewing some medical orders because the name and number of a new primary care provider was not shared. This delayed our ability get renewed orders back without an interruption of medical day services. This could mean we have to stop services until these new orders are obtained. We would hate for this to happen because we realize how much these services mean to our participants and their families.

In turn, we will communicate any concerns, medical issues or changes noted at Daybreak to you as soon as possible. If you are interested in podiatry services, PT, OT or speech therapies, let us know and we'll facilitate referrals for you if the providers accept your insurances.

We are committed to trying to provide the best care and services possible for you and your loved ones. Please contact us by phone, email or send in a written note with any new information. Thank you so much.

Sincerely,

Chris Grable RN, Health Director

Phone: 301-696-0808 ext 1002

Fax: 301-696-0844 email RN@daybreakadultdayservices.org



COVID CORNER



BOOSTER SHOT CLINIC HERE AT DAYBREAK

As you have surely heard on the news, the CDC now recommends the new “bivalent” booster shot for all adults. The bivalent vaccine is “designed to protect against a combination of two or more coronavirus strains. This helps to create a broader immune response and improves the strength and duration of protection against the most dominant COVID-19 variants in circulation”. We are going to be hosting a Booster shot clinic here at Daybreak on **THURSDAY November 3**. If you have not signed up already, please call us to get on the list!



FLU SHOTS

We strongly recommend that all participants, caregivers, and staff get their flu shots soon! Please let Chris know if your loved one has received theirs. RN@daybreakadulthoodservices.org

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.

NOTICE OF EXPOSURE

Please keep us informed if your loved one or anyone else in your home tests positive for COVID! I know we are all growing weary and so much is back to “normal”, but our population is vulnerable and we want to keep our space safe and functional as possible. We very much appreciate your support!!



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 cash or check in via the driver so you know it will get here! You can also talk with her about credit card payments and gift certificates. **When making an appointment for someone who can't communicate exactly what they want, please consider sending in or texting Denise a picture so she knows what you want!** 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

Identity theft, cybercriminals, Medicare fraud, tech scams, romance scams, impersonation scams, phishing and smishing....

It is hard to have a day go by without receiving a robocall, or a call from “unknown” or “maybe: junk”, or an important looking email or text imploring us to “click on the link” for important information about something or other. Even snail mail is not safe... letters indicating we owe money; collections is after us or some other ploy to ensnare us.

For most it is an annoyance, but for some it is way more than that. It is financial elder abuse, and unfortunately it happens all too often, and numbers are on the rise. The National Council on Aging estimates that as many as 1 in 10 people over the age of 60 go through some form of financial abuse each year *. In fact, the Federal Trade Commission released data that fraud cost consumers more than \$5.8 billion in 2021—70% more than the previous year (www.ftc.gov). Almost \$3 billion is attributed to elder fraud (www.leadingage.org). While this is staggering, it is believed that this number is just the tip of the iceberg, because this type of abuse is often underreported.

The increase in numbers jumped significantly during Covid where more people were isolated—one of the biggest predictors of whether someone will be coerced into a scam. Another factor has been our increased use of technology which provides yet another vehicle for scammers to reach us and provides another layer of anonymity to the actions.

It would take all the pages of this newsletter, and more to address all the fraud and scams out there, but I wanted to give a little information in hopes it may spread awareness and plant a seed of caution for the next time you get an unexpected bill, or email indicating you are being charged for a service you are not aware of.

Legislation is being developed to help combat this issue, there are awareness campaigns and press releases

Awareness and being proactive is our best form of defense, and the good news is there is some progress being made. There is more support from law enforcement, regulators, and legislators. Some banks are even now training employees about behaviors that may indicate someone is falling victim to a scam. Which is all great news, but we all play a role. Bottom line- hear of a scam- talk about it, report it and if you do click the link, respond to a letter, or answer the call that ends up being a scam you are not alone. There is help. Just reach out.

With that said I would like to leave you with some resources and tips. Have your own, or something to add? Please let me know and I would love to pass your ideas along.



- ◆ Talk about it- Include conversations about new and past scams so there is an awareness. Know where you can find alerts about current scams to stay up to date.
- ◆ Block unwanted mail, solicitations and calls.
- ◆ The Do Not Call list is a good place to start, and while it may not cut down on all the calls, it does help. Call 1-888-382-1222.
- ◆ Contact Direct Marketing Association to opt out of mail solicitations- www.dmachoice.org There you will find mail and email opt out options.
- ◆ To stop credit card and insurance offers call- 1-888-5-OPT-OUT (567-8688)
- ◆ Talk to you bank- set up safety mechanisms to avoid large withdrawals. Assign someone you trust, who is not involved in your financial matters, help with oversight.
- ◆ Consider letting unknown numbers go to voicemail. Most scammers will not leave a message and if they do, you can have someone else listen to it prior to calling back.
- ◆ Contact the Maryland Attorney General office to inquire about a scam or report one- 410-528-8662 or <https://www.marylandattorneygeneral.gov/Pages/CPD/default.aspx>
- ◆ File a complaint to the Federal Trade Commission- You can report it online or call 1-877-382-4357
- ◆ Ask the person to send information via mail or ask if you can call them back.
- ◆ Read about it. Below are a list of places that have great information about scams and how to avoid them. Take a moment to read one or two. No computer, no problem. I am happy to copy some of the print materials I have for you.

AARP- <https://www.aarp.org/money/scams-fraud/>

Maryland Attorney General's Office- [https://](https://www.marylandattorneygeneral.gov/Pages/CPD/Consumer_Alerts.aspx)

www.marylandattorneygeneral.gov/Pages/CPD/Consumer_Alerts.aspx

How to file a complaint- [https://www.marylandattorneygeneral.gov/](https://www.marylandattorneygeneral.gov/Pages/CPD/immFraud/immFraud_complaint.aspx)

[Pages/CPD/immFraud/immFraud_complaint.aspx](https://www.marylandattorneygeneral.gov/Pages/CPD/immFraud/immFraud_complaint.aspx)

LeadingAge- [https://leadingage.org/wp-content/uploads/drupal/How%](https://leadingage.org/wp-content/uploads/drupal/How%20to%20Help%20Protect%20Older%20Adults%20from%20Telephone%20and%20Internet%20Scams_FINAL%20(002).pdf)

[20to%20Help%20Protect%20Older%20Adults%20from%](https://leadingage.org/wp-content/uploads/drupal/How%20to%20Help%20Protect%20Older%20Adults%20from%20Telephone%20and%20Internet%20Scams_FINAL%20(002).pdf)

[20Telephone%20and%20Internet%20Scams_FINAL%20\(002\).pdf](https://leadingage.org/wp-content/uploads/drupal/How%20to%20Help%20Protect%20Older%20Adults%20from%20Telephone%20and%20Internet%20Scams_FINAL%20(002).pdf)

* www.consumerreports.org- 5 Ways to Stop Senior Citizen Scams by

Tobie Stanger

National Council on Aging- <https://ncoa.org/article/top-5-financial-scams-targeting-older-adults>

Please call or email if you have questions , stories to share, or other suggestions! Mary Collins, LMSW



Activity News



We are leaving another month behind us with fond memories. October gave us some beautiful weather to spend on the patio sharing memories, playing games, and just taking in all the beauty life gives us! Our Halloween party was great fun. So many participants came in costume (we will share lots of pictures in next month's newsletter and on our Facebook page). It was such a tough time judging the costumes! We had a good time celebrating the holiday!

November's arrival brings extra feelings of gratitude: looking forward to Thanksgiving, spending time with family and some traveling to see love ones. It's the month that we feel extra thankful for family and we tend to notice more of our blessings.

With that said, we are very thankful for our new activity assistant Marilyn Bishop. Marilyn has brought some new activity ideas and we now have crafts offered weekly! On the days she is here, we have two activity groups offered for participants to choose from. And on Thursdays, we will have our competitive games with everyone together, which brings extra fun! We are looking forward to honoring our veterans, a visiting Alpaca, more crafts, and some new balance exercises this month.

If you ever have any questions, or ideas please feel free to email, or call me.

Wishing you many blessings,
Lisa Mould (Activity Director)

activities@daybreakadulthoodservices.org

WE ARE LOOKING FOR VOLUNTEERS and ENTERTAINERS

Do you know anyone with a free hour or two a week (or even a month) who might like to volunteer? Or someone or a group with a talent they would like to share? We are looking for periodic entertainers (singers, dancers, groups, church music, folk music, ethnic music, etc). We are also looking for volunteers who may want to help with general activities or a particular activity, like crafts, or a card game. 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**](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)

November 7

December 5

IN PERSON+ZOOM (4pm)

November 21

December 19

We encourage anyone caring for a loved one to join us. You do not need to be affiliated with Daybreak. 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

Happy Thanksgiving 



Staff News and Notes

WELCOME NEW STAFF!

We are excited to welcome two newcomers to our team! Activity Assistant **Marilyn Bishop** is a recent transplant to Maryland. She brings wonderful ideas, boundless energy, and a passion for working with seniors. You can expect more word games and lots more crafts! She and Activity Director Lisa make a great team!

We also welcome Program Assistant **Shawnya Fisher** to the team. Shawnya has jumped right in with Opy, Debby, and Jailyn to help our participants with personal care needs and navigating the center. She is kind and caring and a wonderful addition to our team!

WELCOME LADIES!

RESPITE FUNDING

Senior Services has Respite Funding available to reimburse you for up to \$1000 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. Their new year just started...even if you got the funding 1st year you can apply again!

Participant Poetry!

Hope of Life

by Leo Ingram

Stop, listen, by our sides
I hear the sound of a brother's cry

He was saying what a world
what a life, what a place to be
Is it true, will it stop
Or is it meant for me?

I have love and also fun
In many different ways
But then I think of the meaningless things
That slave me day by day

But then I say so very strong
The hope of life will carry me on

Oh don't get me wrong, I am not weak, I can cope
It's just at times I lose that hope

Hope of life, it turns me off
Turns me around. The hope that
Lifts me up when I am down.



HOLIDAY SCHEDULE CHANGES

NOVEMBER: We will be closed Thanksgiving Day. We will be open/regular schedule the Friday after Thanksgiving. Please let us know if your love done will be out.

DECEMBER: Because Christmas falls on a Sunday this year, we will be closed on Monday December 26 .

JANUARY: We will also be closed Monday January 2.

november Birthdays

3 Dick W.

5 BJ J.

6 Emily M.

Happy
Birthday!



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.