



DAYBREAK
ADULT DAY SERVICES

DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

October 2022

Don't wait
for things to get better.
Life will always be
complicated.
Learn to be happy right now.
Otherwise you will
run out of time.

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

Hello and Happy Fall! I hope that this newsletter finds each of you well. It seems the weather got fallish fast. We were really enjoying getting out in to the courtyard daily for awhile. Hopefully we haven't had the last outdoor day yet!

It is hard to keep everyone happy from a temperature perspective in these early fall days. Please consider dressing your loved one in layers or sending them with a cardigan if they run chilly. As coat season evolves, please put a name inside of jackets if you can. We have a pretty good system of keeping track of them here, but occasionally one gets mis-hung and it can be hard to determine who it belongs to.

Coat season also signals the start of cold and flu season. We strongly recommend that all participants, family members, and staff get their flu shots, this year more than ever. You can get them at just about any pharmacy or your doctor's office. We do not have any flu clinics scheduled at the center, but if that changes I will send information home. If your loved one gets their flu shot, please let Chris know (RN@daybreakadulthoodservices.org).

We have scheduled a COVID booster clinic here for the end of the month (Oct 31 and November 3). As soon as I get the registration link/forms, I will send them home. Right now the Health Department only has the Pfizer bivalent booster available. If you want Moderna, or want it before Oct 31, please seek it elsewhere. A link to locations can be found inside. As with the flu shot, please let us know if your loved one gets another COVID booster.

Though we are all getting weary of COVID, we have to stay vigilant. As of this writing, there are 9 long term care facilities in the county with COVID outbreaks (933 residents) with 9 associated deaths. Our folks are vulnerable, so we have to remain cautious. Our systems at the center seem to be working and we appreciate all of you helping us keep folks safe by keeping those who have been exposed to someone with COVID home, monitoring symptoms and testing as needed. Let's keep it up!

Lot's of good information inside the newsletter for you to check out. As always, please call us if you have questions, suggestions, or concerns. I hope you can get outside and enjoy some pretty fall weather before it gets too cold!

Fondly, Christina director@daybreakadulthoodservices.org

Community News and Notes

FROM SENIOR SERVICES

Senior Services is offering a number of informative webinars this month. To register call: 301-600-7020 or email VirtualSeniorCenter@FrederickCountyMD.gov

Medicare Part D Do it Yourself Seminars

Do you have questions about Medicare part D? Is your current plan still the best one for you (or your loved one)? How to choose a new one? Now is the time to find out more. Open enrollment opens soon! Multiple webinars to chose from:

October 19 9am November 9, 3pm November 29, 12pm

October 27, 1pm November 16, 6pm

November 5, 11am November 21, 10am

Cost: Free, Registration Required Location: Virtual Center

Medigap/Supplemental vs Advantage Plans Learn more about these different types of Medicare programs to help determine which type of program may be the best for you. Date/Time: October 13, 1-2pm. Cost: Free, Registration Required Location: Virtual Center

New to Medicare Workshops Are you new to Medicare, or will be soon? Join Senior Services staff for an overview of Medicare. These are 90 minute workshops. Date/Date/Time: October 12, 10-11:30 am Cost: Free, Registration Required Location: Virtual Center

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.

Resource Directory (Blue Book) The Senior Services Division publishes a resource guide for older adults, persons with disabilities, families, caregivers, baby boomers, and professionals. An electronic copy is available on their website: [FrederickCountyMd.gov/54/Senior Services](http://FrederickCountyMd.gov/54/Senior%20Services)

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!



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

MONDAY, NOVEMBER 14, 1PM

TUESDAY, OCTOBER 11, 4PM

TUESDAY, DECEMBER 13, 4PM

**FREE
MONTHLY
TRAININGS**



To Register, Email
DementiaFriendlyFrederick@FrederickCountyMD.gov



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

NURSES NOTES



Here are some warning signs of some major health problems. It is my hope, that this information will help you to know when to seek immediate medical attention .

WARNING SIGNS OF HEART FAILURE

- Shortness of breath not related to exercise or exertion
- Awakening from sleep due to shortness of breath
- Sudden weight gain of 3lbs or more per day or 5lbs per week
- Swelling of lower limbs
- Sudden, rapid or irregular heart beating (palpitations)
- Increased fatigue or inability to do usual things
- Confusion or inability to think clearly
- Chest pain
- New or sudden episodes of being light headed
- Frequent dry hacking cough or foamy pink mucus with cough

WARNING SIGNS OF CORONARY ARTERY DISEASE (CAD)

- Shortness of breath with activity
- Chest pain or discomfort with activity
- Pain or discomfort in jaw, neck or back with activity
- Pain or discomfort in arms or shoulder with activity
- Weak, tired, lightheaded or faint
- Palpitations on exertion

WARNING SIGNS OF PERIPHERAL ARTERIAL DISEASE

- Leg pain with exercise or walking but stops when with rest
- Foot pain during rest
- Skin on legs that looks pale when raised and red when lowered
- Sores or ulcers on legs that won't heal
- Cold, blue, painful or pulseless limb (call 911)

WARNING SIGNS OF HYPERCOAGULABLE STATE

- Sudden onset of shortness of breath or chest pain
- Coughing up bloody sputum or blood
- Swelling, warmth, discoloration, pain or tenderness in leg
- Leg pain that gets worse when you stand or walk
- Severe rapid pulse or heart palpitations
- Severe anxiety & sweating

WARNING SIGNS OF STROKE

- Sudden weakness of any part of body
- Sudden vision changes, especially in one eye only
- Sudden speech problem, especially slurred speech or trouble understanding
- Sudden trouble with balance, walking or dizziness
- Sudden numbness or tingling of a part of your body
- Sudden severe headaches with an unknown cause





Staff News and Notes

Anniversaries

We celebrate two anniversaries this month. Nurse **Bobbie Speace** celebrates **10 years** with Daybreak this month!! Bobbie started working here in 2012 after retiring from her job in a local assisted living! Before COVID, Bobbie worked part time with Chris in the nursing office. Since our return, she fills in when Chris needs extra help or when Chris is off. We love having Bobbie here and appreciate her many years of experience and expertise!

Another "as needed" staffer also celebrates an anniversary...nursing assistant **Mary Smith** has been helping us out here and there since 2018. We don't see her too much these days, but always appreciate when she can fit us in to her busy schedule!

Thanks for all you do ladies!



OUR CONDOLENCES

To the friends and family of



*Ed Jordan
Vicent Alimo*

They 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.



COVID CORNER



BOOSTER SHOT CLINIC HERE AT DAYBREAK

As you have surly 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 **October 31** and **November 3**. Of course you may wish to get the booster sooner than that. [Here](#) is a link to other clinics. You can also get the booster at most pharmacies or perhaps at your doctors office. We will send home more information about our clinic in the next week. Be advised that at the time of this writing, only the Pfizer bivalent vaccine will be viable at our clinic (there is a shortage of the Moderna) This may change before the 31st. I will update if I learn more.



FLU SHOTS

We strongly recommend that all participants, caregivers, and staff get their flu shots! I will update if we can host a flu clinic here, but if you have the change to get it elsewhere, we recommend that you do so!

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 love done 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

I often say that there is no one size fits all in life and caregiving. Every day is different, and rolling with the ups, downs, and sideways require a toolbox full of options. One day may be met with success, other days it may fall flat, but we keep trying. So, over the months I want to periodically highlight something to throw in the toolbox to help make caregiving a little easier.

For many years there has been a lot of buzz about caregiver stress and how to minimize its impact on our physical and mental health. We hear about the importance of self-care and avoiding burnout and it sounds so easy, and yet so elusive, time consuming, and let's face it, sometimes expensive! So, what if I told you about a free, research-proven method of self-care that simply requires a shift in perspective? Gratitude.

Several years ago, I read an article about preliminary research being done of the protective factors associated with gratitude and caregiver stress, and apparently there is something to it. Now there are many studies that demonstrate that daily gratitude practice can decrease levels of stress in our bodies and minds. The benefits of lower stress then grow over time as we continue to be thankful.

That does not mean we ignore negative feelings, or that they will not happen, rather it means being aware that even when things are dismal, there is something positive to focus on.... even if it is the tiniest of things.

Gratitude takes practice...it takes restraint...it takes reframing...but practice makes, maybe not perfect, but better. In fact a daily practice of gratitude can yield results in as little as four weeks. Just like any habit over time it gets easier and easier, but the payoffs are big. In an article in *The Caregiving Club* ([link below](#)) they share that some of the benefits of increased gratitude include better sleep, increased exercise, overall healthier behavior, fewer aches and pains, and a better attitude just to name a few.

Being grateful helps us be more optimistic and look for the good in situations. Focusing on what we do have, as opposed to what we do not, becomes a habit that helps perpetuate the positivity and avoid negative self-talk.



Here are some suggestions for sneaking a little more gratitude into your caregiving and daily life....

- Write it down- feeling grateful is one thing but writing down very specific things in your life you are grateful for can make a bigger impact. Instead of "I am grateful for the ocean." Maybe say "I am grateful for the way the sun sparkles off the waves at dawn." Or instead of, "I am grateful for my husband" think more specifically "I am grateful for my husband's contagious belly laugh." Writing things down is a great way to bring awareness to things we are thankful for and can serve as a reminder when we may be having a challenging day. Several years ago, I started a gratitude journal and I love rereading things I completely forgot brought me so much joy.
- Change "I have to" with "I get to." It is a small thing but try it! Not "I have to take my mom to the doctor's," rather "I get to take my mom to the doctor's."
- Write down times when surprises or unexpected outcomes turned into good things.
- Reframe. Instead of being upset about being late, turn it into "I am grateful I arrived safely."

And remember, nothing will work every time or change overnight. It will take time and practice and persistence. Life and caregiving will have tough days...there will be times where you are frustrated, sad, and overwhelmed but fostering a sense of gratitude can serve as a reminder that there is something we do have control over, even if its just a shift in thinking.

Check out these great articles on the topic of gratitude and caregiving.

<https://caregivingclub.com/how-gratitude-can-become-a-powerful-tool-for-caregivers/>

<https://dailycaring.com/how-gratitude-helps-you-reduce-caregiver-stress/>

Please don't hesitate to reach out if you would like to talk about these strategies or anything else!

Mary Collins, LMSW

socialwork@daybreakadulthoodservices.org



Activity News



WELCOME OCTOBER!

September was a beautiful month that found us on the patio most days. We have been trying to spend as much time outdoors as possible with games, trivia, and exercises before the cold weather moves in. We are hoping for more of the same this month, enjoying the beautiful days of fall! If your loved one tends to be cold, consider sending in a sweater to take the chill off.

October will be a busy month, with lots of fall fun in the works. We are hoping to get back to some regular craft classes and have a couple of surprises in the planning. The big October event will be our Halloween party. Start thinking about a costume!

Please feel free to call, or e-mail me if you have any questions, or ideas you would like to offer for your love ones.

Thank you,
Lisa Mould, Activity Director)
activities@daybreakadulthoodservices.org



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 Long Term Care Concerns**” and is being presented by Mia , Maryland Center for Brain Health . Visit [ESPCFrederick.com](https://espcfreesiderick.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

October 12th

No Cost

Navigating Long Term Care Concerns Registration Required

To Register:

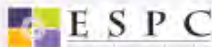
1-2 PM

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

Via Zoom

www.espcfreesiderick.com

**Presenters: Mia Martino, Ombudsman for
Frederick County**



Join us to learn about what the Ombudsman does
and how she can help you with long term care
issues and concerns!

Thank You Sponsor!



Caregiver Support Group

ALL ZOOM (11am)

IN PERSON+ZOOM (4pm)

October 3

October 17

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

Music and Dancing with Dale & Garrey



October



Birthdays

1 Hilda C.

3 Ben S.

4 Delores N.

4 Dora C.

7 Bernice B.

8 Meca S.

9 Rich W.

31 Bob B.

Happy
Birthday!



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

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Randy Jones, Vice Chair

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Peter Melcavage, Board
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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.