



# DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

## December 2022

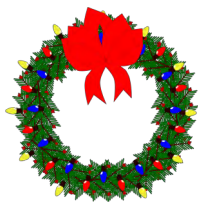


*Wishing you  
a season of gladness,  
a season of cheer,  
and to top it all off -  
a wonderful year.*

Daybreak will be closed  
Monday December 26 and  
Monday January 2

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

Seasons greetings! I can't believe that December is here already. Once again, my promise to be more organized and ahead of tasks this month has already fallen by the wayside! December can be a tough month as we try to cram in a zillion holiday to-dos, eat too much sugar, and suffer the effects of shortened daylight and colder weather. It is important to take care of yourself and prioritize what really needs your attention. Read inside for some great information from our staff to help get you through. I also invite you to watch the video of a caregiver webinar I did last year entitled "Navigating the Holidays". It's a one hour presentation full of ideas to help you get through this busy season with your sanity intact: <https://www.youtube.com/watch?v=GJVlKK2MvPo&t=6s>. You can also read more holiday tips in the blog section on our website. ([www.daybreakadultdayservices.org/blog/](http://www.daybreakadultdayservices.org/blog/)) .

Please take advantage of our services to help reduce your stress level. We have extra spaces for participants everyday and are happy to have your loved one join us for an extra day here and there if it can help you. With so much great stuff going on here, they are sure to benefit too! We also have the hairdresser here a couple of days a week. You can read about her schedule and how to make appointments inside. Of course Mary and I are here to lend an ear or share resource ideas whenever you need that too.

It will be a busy month here with lots of decorating, crafting, holiday music, games and more. We have some entertainers coming in (more welcome...call us if you know anyone who could share an hour of their time and talent!) and some fun holiday events planned.

As much as I hate to think about it, I know that we may also have to deal with weather issues starting this month. Please remember to call the center if we have weather to find out what our status is. We are cautious about putting our buses on the road, and having our participants and drivers walking on icy ground, so delays and closures are possible. Our full weather policy is included inside. With cold weather also comes hats, gloves, and heavy coats. Please help us keep track of outerwear by labeling these items whenever possible. We have a good system here, but every once in a while something gets misplaced. Since our folks don't always remember what they came with, a name inside helps us immensely!

I wish each of you a very joyful and peaceful holiday season.

Fondly, Christina

# Community News and Notes

## 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 December 14 from 1-2pm. The topic is "**Navigating Winter Health**" and is being presented by Se. Randy Culpepper, Medical Director at the Frederick County Health Department. Visit [ESPCFrederick.com](https://www.espcfrederick.com) and click on *Event Calen-*

## Powerful Tools FOR Caregivers

### A Class for Family Caregivers

**Six Consecutive Weeks**

**Mondays, January 23 – February 27, 2023**

**10 AM – 12 PM**

**1440 Taney Avenue**

**Frederick, MD 21702**

**Free, but advanced registration is required**

***Care for yourself to provide better care for your loved one***

Powerful Tools for Caregivers is an evidence-based educational program designed to help family caregivers take care of themselves while caring for a relative or friend. Whether you are helping a parent, spouse, or friend, and regardless of where they live — at home, a nursing home or across the country — you will benefit from this class.

This class will cover: reducing stress, effective communication, self-care, reducing feelings of guilt, anger and depression, making tough decisions, setting goals and problem solving, and more.

**Presenters: Mindy Lohman-Hinz & Jordan Cox**

**Caregiver Program Coordinators**

**Frederick County Senior Services Division**





## Frederick County 2023 Memory Cafes

*Life takes turns. It helps to have friends around every corner.*

Frederick County Senior Services Division and the Alzheimer's Association Memory Cafe offers a fun and relaxed way for people living with memory loss and their care partners to get connected with one another through social events that promote interaction and companionship.

**NOTE:** Pre-registration is required.

*"Meeting other people with the diagnosis helps you feel like you're not alone."*

**SECOND Friday of The Month: 11:30 am—1:00 pm**

**Alternating Sites**

Jan: Urbana Senior Center

May: Urbana Senior Center

Sept: Urbana Senior Center

Feb: Emmitsburg Senior Center

Jun: Emmitsburg Senior Center

Oct.: Emmitsburg Senior Center

Mar: Urbana Senior Center

Jul: Urbana Senior Center

Nov: Urbana Senior Center \* 11/17

Apr.: Emmitsburg Senior Center

Aug: Emmitsburg Senior Center

Dec: Emmitsburg Senior Center

### DETAILS

Urbana Senior Center: 9020 Amelung St, Frederick, MD 21704

Emmitsburg Senior Center: 300 S Seton Ave, Emmitsburg, MD 21727

**TO REGISTER:**

EMAIL [caregiversupport@frederickcountymd.gov](mailto:caregiversupport@frederickcountymd.gov)

OR CALL 301-600-1234

*"Lot's of laughter and compassion, just what I needed..."*

**ALZHEIMER'S<sup>®</sup> ASSOCIATION**

FREDERICK COUNTY  
**Senior Services**  
DIVISION

## 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 Tuesday, Dec. 13, 4:00 p.m. or Thursday Jan. 5 10am. To register email: [DementiaFriendlyFrederick@FrederickCountyMD.gov](mailto:DementiaFriendlyFrederick@FrederickCountyMD.gov). This program is amazing!!



# NURSES NOTES



You winterize your home, your car and even your wardrobe. But what about your skin? Protecting your skin from the harshness of the cold weather is vital and easier than you think.

Because we are constantly switching between the indoor air and the cold winds of the outdoor air, moisture is removed from our skin. While lotions and creams replace some of that moisture, it's better to prevent the moisture loss in the first place.

Skin that is dry, cracked or irritated is vulnerable to infection, and that's why it's important to change your skin routine along with the season to boost your body's natural defenses

Here are a few ways to winterize your skin:

1. Use a humidifier in the bedroom or living room once the humidity drops inside
2. Hot showers or hot baths may sound like heaven, but hot water can wreak havoc on your skin. Instead take lukewarm showers, patting gently afterward with a towel and applying moisturizer within three minutes of stepping out of the shower to lock in moisture.
3. Look for creams with any of the following ingredients: petroleum, mineral oil, linoleic acid, ceramides, dimethicone or glycerin.
4. Keep well hydrated-water keeps the skin moisturized and flushes the toxins out of your body.
5. Use lip balms and lipsticks with moisturizers.
6. Use sun block ,even on a cloudy day UV rays still pene-

7. Brittle nails can be helped by using Vaseline to moisturize, also keep nails short to prevent a fungus from getting in.

All of the above will help maintain healthy skin for the most part. If you have concerns about your skin you should see your doctor or a Dermatologist.

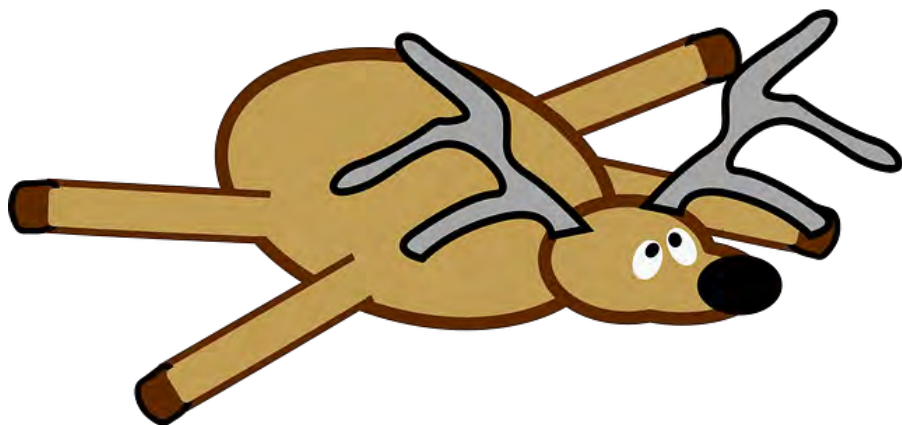
Happy Holidays to you all!

Chris Grable, RN

Daybreak Health Director

[RN@daybreakadultdayservices.org](mailto:RN@daybreakadultdayservices.org)

Information taken from Article written by Jeanine Downie MD., Director of Image Dermatology in Montclair, NJ.



**Please remember to let the nursing staff know if your loved one has a fall, medication changes, hospital visit, a new doctor, or other changes to their normal routine. We can help keep an eye on things and in many cases, are required by the State to document the event and update the care plan. We appreciate your help! You can email: [rn@daybreakadultdayservices.org](mailto:rn@daybreakadultdayservices.org), send a note with the driver, or give us a call.**



# COVID CORNER



## COVID CASES AND EXPOSURES

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 as safe and functional as possible. We very much appreciate your support!!



## FLU SHOTS AND COVID BOOSTERS

Now is the time to get your flu shots. It is a bad flu season already. Please protect yourself and your loved one by getting your shots now. Please let Chris know if your loved one has received theirs. [RN@daybreakadultdayservices.org](mailto:RN@daybreakadultdayservices.org)

Additionally, all adults are eligible for the new bivalent COVID booster shots. 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”. You can find locations for both flu and boosters shots at [vaccines.gov](https://www.vaccines.gov).



## 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.







# HAIR SALON NEWS



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!

MAKE YOUR HOLIDAY APPOINTMENTS NOW!

GIFT CERTIFICATES AVAILABLE!

Call Dennise today!  
**301-800-3200**





# From the Social Worker

Tis the season for resolutions and goal setting

It is hard to believe another month has gone by since we last sent out the newsletter. I hope everyone had a peaceful and restorative Thanksgiving. I always find December an interesting month. It is simultaneously a time of reflection and slowing, and of hurriedness and anticipation. We look back on the year we leave behind and make resolutions for the year ahead.

If you are anything like me, resolutions are great. They help us look at what is working for us, what is not, and what changes we would like to put in place going forward. However, all too often things start off strong only to wane after one little thing goes wrong, something unexpected happens or the goal seems too hard to achieve. Sometimes our goals end up feeling like one more thing we **SHOULD** or **MUST** do. Research shows that to improve the likelihood of keeping our resolutions we need to not only choose something we want to work on, but also instead of setting one large sweeping goal, set a series of smaller goals. Goals that can be measured, and are attainable, are more likely to happen, and that sets us up for success to keep going. And let's face it, we could all use some successes!

With all that said, this year, I vow to set a few small goals that lead to something I want for myself instead of one lofty goal that I think I should work on. That is not to say I won't have a big aspiration in mind- something inspiring and exciting, but rather I commit to taking it one step (and goal) at a time.

So, for example- "I should get healthier" could turn in to - "I want to get healthy, so I have the energy to do everything I want to do" and then a series of small, attainable objectives to help me get there.

Something like:

1. I will schedule a wellness visit in January
2. I will take a walk once a week this month
3. I will go to bed at 9:30 p.m. three nights a week to make sure I get enough sleep

Or "I want to be more organized" which is great but again what would that look like? So maybe your goals could be:

1. I will purchase a large desk calendar and enter all my upcoming appointments on it
2. I will complete my advance directive
3. I will go through one box of old papers a week

It takes some time and practice to start thinking this way, but it makes a difference. Success begets success...and new habits are formed and can be built on. That once-a-week walk may turn into two times a week, or even every day.

Interested in learning more? There are lots of books, online templates, and articles available to help. Additionally, for those of you who may want some in-person practice with goal setting and action plans, check out the local *Powerful Tools for Caregiving* class being held at the Senior Services Division once a week from January 23-February 27, 2023. This class is an evidence-based educational program designed to help family caregivers take care of themselves while caring for a relative or friend.

This class will cover: reducing stress, effective communication, self-care, reducing feelings of guilt, anger and depression, making tough decisions, setting goals and problem solving, and more. A flyer with registration information is in the newsletter or check the Powerful Tools for Caregivers main website for additional dates and locations <https://www.powerfultoolsforcaregivers.org/>.

The program is designed to promote more confident and competent caregivers, because we all know if we are healthier and happier caregivers our loved ones benefit. Win-win!

Wishing you all a happy holiday season,

Mary Collins, LMSW

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



## RESPIRE 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 and the application is EASY. 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 last year you can apply again!**



**Call Mary if you have any questions!**

# Activity News



Happy Holidays! We are in December already! It seems like we just began November, which was a great month for us. We showed our thankfulness to our veteran's by having a wonderful presentation put together by one of our participant's, Charlie, our Social Worker Mary and our intern Kalkidan. A huge thank you to them again. We even had two guest visitor's from Fort Detrick! There were also plenty of craft days. We transformed our Halloween tree into a beautiful Thanksgiving tree with painted leaves, clothes pin turkeys and more, all crafted by participants. We also started a new balance group, with a select number of participants who are able and interested in doing more standing balance exercises. This went well and will continue through the winter months. December will be another month full of craft's, exercise, games, music and dance. We've got our favorite piano/dance duo Dale and Garrey coming, a group of young dancers from Dee Buchanan School of Dance giving us a performance, and Santa himself making an appearance. Of course we are also working on a few other surprises, including an in-house shopping opportunity for participants. Everyone enjoys giving and not all of us can get out to shop, so we thought it would be nice to have a gently used shopping area for our participant's to browse. This is the first time trying it and we are very excited! If you have gently used items that you would like to donate, please let me know. I hope everyone has a very Merry Christmas, Hannukah or other winter holiday that you celebrate! If you have any questions if free to contact me. ~Lisa

## **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@daybreakadultdayservices.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)**

December 5

~~January 2~~

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

December 19

January 16

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](mailto:director@daybreakadulthoodservices.org)

## HOLIDAY GIFT GIVING

As we head into this holiday season, please remember that our staff are prohibited from accepting personal gifts. If you wish to thank a staff member with a gift, please give something that can be shared by all or donated to the Center. Smiles and words of thanks (spoken or written) are always ok!



## Staff News and Notes

One big staff anniversary to celebrate this month: Charles Wars celebrates 15 years as a Daybreak Driver! Charles is our longest tenured employee. We are so incredibly grateful for his many years of service, outstanding work ethic, compassion, kindness and wonderful wit. Thank you Charles!

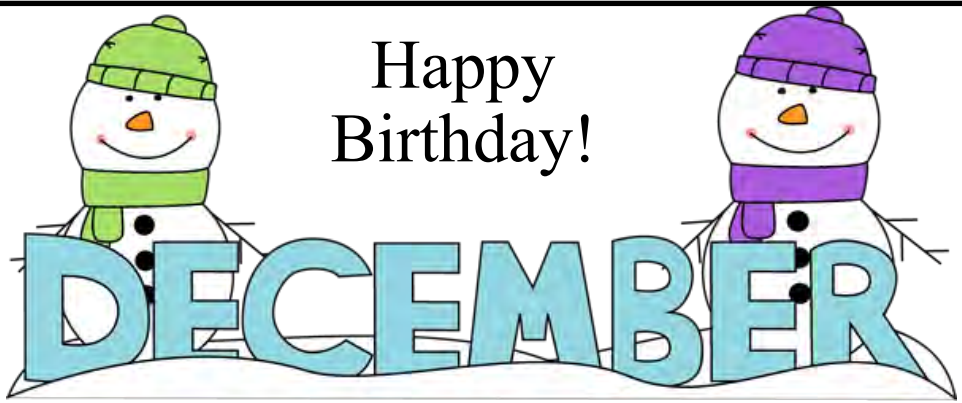


# Celebrating Those Who Served





Happy  
Birthday!



1 Roy S.

16 Teri N.

3 Donna B.

19 BeBe W.

6 Irene C.

20 Maria P.

8 Bernita B.

21 Mark N., Jenny C.

9 Virginia B.

22 Effie F.

11 Kathy C.

31 Benjamin K.

15 Bob R.



Furry Visitors from Whispering  
Meadows Alpaca Breeders!

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.*