



DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

FEBRUARY 2023

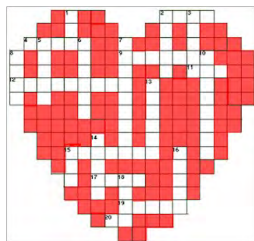
Start each day with
Hope
Smiles
Love
And Enthusiasm.



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!

Happy
Valentine's
Day



THROUGHOUT THE MONTH

Exercise

Brain Games

Crafts

Bingo

Music

Reminiscing

Word Games

Puzzles

Riddles

Kickball

Cards

Dominos

The Director's Corner

Happy February! After the crazy months of December and January, I am ready for something new and a month devoted to love seems like a great way to refresh and reframe! We've got plenty of love here at Daybreak. Our participants inspire me daily with their kindness and compassion, looking out for each other and the staff. No matter what kind of day I am having in my office, a quick walk through the center never fails to bring a smile, a chuckle, and often a hug. Honestly, I am so grateful to have this job!

We have plenty of fun activities planned this month. I am especially excited that our weekly visits from Wags for Hope therapy dogs will resume after a long hiatus (before the pandemic!). We have the alpacas coming back too. One of my favorite activities is singing and dancing with Dale Jarrett and his partner Garrey. Dale plays all the old favorites on the piano for everyone to sing along, and Garrey and the staff get everyone dancing. It is so much fun!

Our Activity Director Lisa has done a great job of getting participants moving everyday. Fitness is one of her passions and she has infused the activity program with movement throughout the day. The participants are really responding, with almost all participating in the daily exercise classes and the active games in some fashion. Lisa is also teaching a specialized balance class with a small group once a week. You can read more about that inside. We also have an amazing volunteer, Nanette, who joins us every Wednesday afternoon for a special hour of exercise and movement. Nanette is a retired professor of Kinesiology and Health Promotion and is passionate about getting seniors moving. She is so dynamic and fun! In January we also hosted the Director of Fitness from Country Meadows Assisted Living for a sample class of their "Think, Move, Improve" program. All the efforts are paying off. Participants have commented that they feel stronger, can walk farther and can get up easier. Even those that aren't moving so well are enjoying the camaraderie and the laughter that is always included in each exercise session! I hope that you are seeing some of these benefits at home.

In addition to Lisa's article about her Otago exercise program inside the newsletter, you will also find some excellent information about wandering in Chris' article, and a thoughtful article about caregiver burnout by Mary. Please know that we are here for each of you, whether it be for information about resources in the community, education about disease specific changes or challenges, or just a caring ear to listen.

I wish all of you much love this February,
Fondly, Christina



Community News and Notes

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. The one time class is free, but you must preregister. Upcoming class options: Tues. Feb 21 1pm, Wed. Mar 15 4pm, Mon. Apr 17 10am, Tues. May 9, 1pm. To register email: DementiaFriendlyFrederick@FrederickCountyMD.gov. This program is amazing!!

FROM THE ALZHEIMER'S ASSOCIATION AND SENIOR SERVICES

Memory Café! Memory Café is a wonderful outing for those with memory loss and their care partners. Includes a meal and activity. Upcoming dates are as follows: Feb 10, Emmitsburg Senior Center, March 10, Urbana Senior Center, April 14, Emmitsburg Senior Center, April 28, Frederick Senior Center. All events are held from 11:30-1. To register: email caregiversupport@frederickcountymd.gov or call 301-600-1234.

FROM SENIOR SERVICES

Powerful Tools for Caregivers: This is an evidence based educational program designed to help family caregivers take better care of themselves while caring for a relative or friend. Class runs for six consecutive Mondays Feb 13-Mar 20 10 am-12 pm . No cost. Do something good for yourself and try it. Feedback from past attendees has been excellent. If your loved one doesn't come to Daybreak on Mondays, think about adding or changing days so you can go! Registration is required, space is limited. To register: email caregiversupport@frederickcountymd.gov or call 301-600-1234.

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. All Frederick County residents age 60+ with an income below \$1600 per month are eligible to participate Please bring a photo ID to register the first time.. Drive-Thru and Walk-up. Delivery may be available. Distribution is held at the Frederick Senior Center 1440 Taney Avenue, Frederick, MD. Call 301-600-1234 or visit www.FrederickCountyMD.gov/SeniorServices for more information.

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 February 8 from 1-2pm. The topic is "**Navigating VA Benefits for Seniors**" and is being presented by Veterans Benefit Specialist Andrew Rutherford from the MD Dept. of Veterans affairs. Registration is free and easy and open to all. Visit [ESPCFrederick.com](https://www.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

No Cost
Registration Required

February 8th

1-2 PM
Via Zoom

Navigating VA Senior Benefits

To Register:

[https://www.espcfrederick.com/
events](https://www.espcfrederick.com/events)



Presenter: Andrew Rutherford, MS,
Veterans Benefit Specialist,
Maryland Dept. of Veterans Affairs

Join us to learn about the VA Aid and Attendance Benefit, the Service connected disability benefit, the Home Health Benefit and more about VA connections to care!

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NURSES NOTES



Dementia causes people to lose their ability to recognize familiar places and faces. It's common for a person living with dementia to wander or become lost or confused about their location. **Nearly six out of ten people living with dementia will wander at least once**; many do so repeatedly. Wandering can be aimless or purposeful roaming that can cause a person to become lost, leave a safe place or enter inappropriate places. It is a frightening experience that can place that person at risk for serious injury.

Common signs a person may be a risk for wandering

- Feel lost in a new or changed environment
- No longer recognizing familiar people, places, or objects.
- Experiences increased confusion at certain times of the day or night.
- Is fearful of unfamiliar sight, sounds or hallucinations.
- Talking about fulfilling former obligations, such as going to work or kids.
- Trying or wanting to "go home" even when at home.
- Becoming restless, pacing, or making repetitive movements.
- Having difficulty locating familiar places, such as the bathroom, bed room, or dining room.
- Asking the whereabouts of past friends and family.
- Looking for ways out of the home.
- Searches for something specific like food, drink, the bathroom or a loved one.

Tips to decrease the risk of wandering

- Structure the day by providing meaningful activities throughout the day.
- Identify the time of day the person is most likely to wander (usually for those "sundowning" that will be the evenings). Plan things to do during this time to help reduce anxiety, agitation, and restlessness, like taking a walk, exercising together, making dinner together, listening to music etc.
- Ensure all basic needs are met including toileting, nutrition, & hydration.
- Involve the person in daily activities, as much as possible, drying or sorting silverware, matching socks, sweeping, or folding laundry.
- Reassure the person if he or she feels lost, abandoned, or disoriented.
- If the person is no longer driving, remove access to car keys. A person with dementia may not just wander by foot, they might forget that they can no longer drive. Have GPS in the car.
- Avoid busy places that are confusing and can cause disorientation, such as shopping malls, large restaurants & movie theatres.
- Do not leave someone with dementia unsupervised because new surroundings this may cause confusion, disorientation, or agitation.

Prepare your home

As the disease progresses the risk of wandering increases. Assess your individual situation and see if any of these safety measures might be helpful in preventing wandering.

- Place deadbolts or safety chains out of the line of sight; either high or low on exterior doors.
- Use night lights throughout your home.
- Cover doorknobs with safety covers.
- Camouflage doors by painting them the same color as the walls.
- Install warning bells above the doorways or use a monitoring device that signals the door is opened.
- Place a pressure sensitive mat in front of the door or at the person's' bedside to alert you to movement.
- Put hedges or a fence around the yard, patio or outside areas.
- Try to create safe indoor and outdoor spaces to be explored.
- Store items that may trigger a person to leave like keys, wallets, coats, hats & purses out of sight.
- Label doors with signs or pictures to explain its purpose (such as toilet).
- Don't leave the person alone in a car.

Prepare A Plan

The stress experienced by families and caregivers when a person living with dementia wanders and becomes lost is significant. Have a plan in place so you know what to do in case of an emergency:

- Consider enrolling the person living with dementia in a wandering response service like: Project Lifesaver, Safe Return or MedAlert.
- Ask neighbors, friends, and family to call if they see the person wandering, lost, or dressed inappropriately.
- Keep a recent, close-up photo of the person on hand to give to police, just in case.
- Know the person's neighborhood. Identify potentially dangerous areas near the home, such as bodies of water, open stairwells, dense foliage, tunnels, bus stops and roadways.
- Create a list of places the person might wander to, such as past jobs, former homes, places of worship or favorite restaurants.

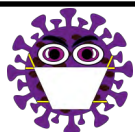
Begin search-and-rescue efforts immediately

- Start search efforts immediately. When looking, consider whether the individual is right- or left-handed — wandering patterns generally follow the direction of the dominant hand.
- Begin by looking in the surrounding vicinity because many individuals who wander are found within 1.5 miles of where they disappeared.
- Check local landscapes, such as ponds, tree lines or fence lines; many individuals are found within brush or wooden areas.
- If applicable, search areas the person has wandered to in the past.
- If the person is not found within 15 minutes, call 911 to file a missing person's report. Inform the authorities that the person has dementia.

I hope this information is helpful. If your loved one starts to wander, please let Daybreak know so we can be on alert to watch for that behavior here and provide you with any extra support or guidance you may need.

Chris Grable RN ; Health Director

**Alzheimer's' Association Action Series*



COVID CORNER



COVID CASES AND EXPOSURES

Please keep us informed if your loved one or anyone else in your home tests positive for COVID! Our recent outbreak experience was a good reality check that the virus is still thriving in our community and it can spread like wildfire. Please keep your loved one home if they are not feeling well or have any COVID related symptoms and let us know immediately if they have been exposed to someone with the virus. We very much appreciate your support and assistance keeping our space, our participants, and our staff safe!!

MASKS

Masks are 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.



HAIR SALON INFO



Daybreak has a licensed salon **on site**. Our hairdresser, Denise Guypens, is generally here on Tuesdays and Fridays but can also make other arrangements if you need a different day. Services include shampoos, cuts, perms, color, beard or brow trims, nails and waxing! 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, she will give you the total cost. Payment is due to her 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!**



OUR CONDOLENCES

To the friends and family of

Michael Franklin

He will be missed.



MEMORIAL DONATIONS



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.

Support Group Information

Daybreak has a wonderful caregivers support group. We offer an all virtual group as well as an in person group (with a virtual option).

ALL ZOOM (11am)

February 2

IN PERSON+ZOOM (4pm)

February 20

The group offers you a safe space to relax, share, and learn with others who understand the challenges that come with being a caregiver. 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



From the Social Worker

Burnout

"Winter collapsed on us that year. It knelt, exhausted, and stayed." — Emily Fridlund

Perhaps after the last month this feels related!?! It has certainly been one filled with some challenges- holidays, Covid, flu, wide weather variations, temporary center closing, power outages for many...

During these times of added stress and challenge it can make every-day activities and responsibilities feel overwhelming. Just getting yourself through the day may feel like a monumental task. Add on top of that caring for another person- child, spouse, older adult...and it may feel like more than you can take. When this happens, we all need to be mindful of burnout. In a nutshell, burnout is physical, emotional, mental and/or spiritual exhaustion that can lead to illness, anxiety, depression, long-term health problems, and more.

So, what leads to burn out? Well, that can be hard to say because it is different for everyone. We could write pages for all the reasons but here are just a few- competing demands, lack of sleep, isolation, personal health concerns, unprepared for role, unrealistic expectations, financial concerns, family conflict, lack of support, fear of the future, etc.

Signs that burnout may be affecting you may include a change in perspective (someone who is usually a glass half full person, to a glass half empty), hopelessness, change in appetite or sleeping habits, neglecting one's own health and wellbeing, irritability and more (for a more complete list visit- <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/caregiver-stress/art-20044784>) .

While we cannot always control the stresses in our life, there are things we can do. A lot is knowing what options are out there. I am including some below. Have others? We would welcome you to share. Just drop me a line.

Find a **support group** or seek **individual counseling**. Even people with amazing support systems and families may need a little extra sometimes. Talking with people who are in similar situations can be very validating. I have always found caregivers to be incredibly creative and offer great ideas and options. It can also be helpful to talk with people removed from the immediate situation sometimes for a

whole different lens on your situation. There are many groups throughout Frederick County and each has their own unique style and feel. Daybreak offers two group options, and if those don't fit your schedule, let us know. We are happy to get you a schedule for other area groups or individual counseling.

Use **respite** early and often. Many of you reading this have loved ones who attend Daybreak and may not even realize that it is respite. Simply defined respite means to take a break. As a caregiver this could mean having a friend or family stay with your loved one for a few hours, in-home care assistance through a private individual or agency, a short term stay at a long term care facility, and of course an adult day program. Need more information, let me know. I am happy to talk about the options and get you connected.

Worried about finances? Again, knowing what is available and you may qualify for is critical. The **Maryland Access Point** through the Senior Services Division is a great place to start if looking for things that you may qualify for including energy assistance, property or renter tax credits, energy saver programs, prescriptions drug assistance, and other subsidy programs. They can be reached at 301-600-1234. Additionally, the **Caregiver Support Program** offers a one-time per year stipend of \$1,000 to help reimburse the cost of respite care. For more information, or to apply, reach out to 301-600-6001 or visit <https://www.frederickcountymd.gov/301/Caregiver-Program>

And of course, don't forget about all those things we have mentioned before- mindfulness, setting small goals, practicing gratitude. Those help too. With the right tools caregiving can be incredibly satisfying and rewarding thereby finding "In the middle of winter, I at last discovered that there was in me an invincible summer." Albert Camus

Mary Collins, LMSW

Daybreak Social Worker

socialwork@daybreakadulthoodservices.org



Did your loved one get new insurance cards this year?
Please send us a copy!

Activity News



Welcoming our month of Love... Hello February! We've got some exciting things planned. We will be having our Alpaca friends visit again AND we are now scheduled for monthly visits from the dogs from Wags for Hope. We will also be welcoming back our favorite singing and dancing duo, Dale and Garrey on February 15. They get everyone to sing along and dance! We've also got lots of fun planned for Valentine's Day and are also planning a 50's theme day. We will also continue our regular games, exercise, crafts, and Otago.

What is Otago, you ask? Otago is an exercise program originally developed in New Zealand that is designed to prevent falls in older adults by strengthening muscles and improving balance. The theory behind the Otago program is that if you improve your balance, muscle strength, flexibility, and reaction time, you can reduce your chance of falling. I am teaching a weekly class to a small group of participants and they are really committed and doing great! Already I can see improved posture, increased walking distances, and increased stamina. They are also reporting that they are having less falls and are finding it easier to get up out of a chair. They are super supportive of each other and we are all enjoying that Otago time together.

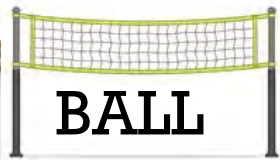
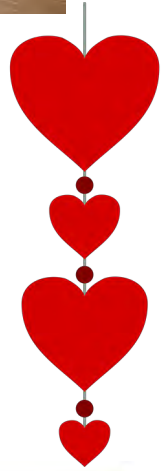
Of course the whole group of participants exercises everyday. We try to keep it fun and get everyone moving within their abilities. In addition to at least a half an hour of that dedicated exercise time each day many of our active games have the added benefit of movement...exercise without realizing you are exercising! Volley Ball has been the top game that everyone loves and plays, regardless of physical or cognitive challenges. We all end up laughing and moving for an hour that goes by so quickly!

As always, I am looking forward to another month of good times at Day Break. If you have any questions always feel free to call, or email me.

Lisa Mould, Activity Director
activities@daybreakadultdayservices.org

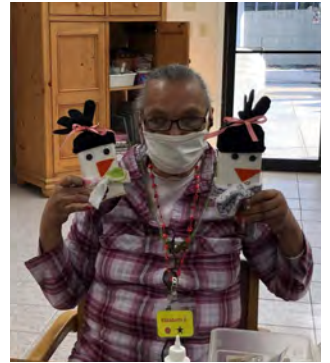


OTAGO





Crafters Corner



DAYBREAK

February Birthdays



4 Leo I.
16 Carl F
18 Fanny M.
22 Theresa A., Hadia D. &
Donnie F.
26 Gary M.



Special Thanks...

To participant Charlie Covell. Charlie is an incredible friend to Daybreak, often helping develop and lead activity programs and special events, like poker games, video presentations, and trivia games with music and video. Charlie went way above last month, reaching out to the Community Foundation after he learned that our oven had broken and was beyond repair. Thanks to Charlie's efforts, a donor stepped in and paid almost \$5000 for a brand new oven! THANK YOU CHARLIE!!!!

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

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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.