



DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

JANUARY 2023

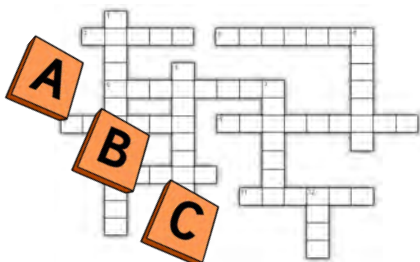
Here's to 2023



**May the New Year
bring you Prosperity,
Love and Blessings.**

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

Where to begin? What a month! I am ready to put 2022 in the rear view mirror. As you know all too well, the big news of December was our COVID outbreak. So disappointing after so many months with hardly any cases, and at such a terrible time of year. I know that it wasn't just the participants affected, but the caregivers as well, who had to do the caring, or were sick themselves. I am praying that the New Year brings everyone good health (and immunity!). I appreciate everyone's vigilance and support. We head into 2023 with high hopes and lots of sanitizer!

In spite of the trials of the last few weeks, I have much to appreciate as I start the new year. I will give my amazing staff a huge shout out for all they do, everyday, to keep things going smoothly. It is an amazing team we have, with everyone working together to not only provide the best experience possible for our participants, but to create a supportive work experience for one another. I was embarrassed, and so surprised, when the staff and participants ambushed me with a surprise appreciation party last month. They brought in former staff, and even my husband, for a beautiful celebration and video display, capped off by pizza and an amazing cake for everyone after. I don't like to take individual credit, but I very much appreciate the honor. I am very blessed to work in such a special place!

Speaking of special...we have a fabulous outing opportunity for you. We are very excited to welcome actors from the Memory Lane Play Back Theatre to the center for a family event on Saturday January 21 at 2pm. This event is specially designed for people with dementia, with the actors gleaning bits of memory from the audience and then acting the memories out. My friends at the Alzheimer's Association saw them perform in Hagerstown last month and said it was a really wonderful event. We will be providing refreshments to enjoy before and after the performance and really hope you will be able to attend. This is a safe space where we understand that folks with dementia don't always act the way they used to when out in public. That is no problem for this event. Just come and have some fun together! This event is open to the public so feel free to bring other family members or guests. We have plenty of space to spread out. Masks will be required. Please RSVP by January 18. Flyer inside.

I wish all of you good things in the new year. Please don't ever hesitate to call with questions, suggestions, or complaints. AND please, if you have NOT been getting my emails about COVID, let me know. Email is the best way for me to get you information in a timely way. Be well, Christina

Community News and Notes

Resource Directory: Frederick County 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: <https://www.frederickcountymd.gov/4651/Resource-Directory-Blue-Book>. We also have hard copies we can send home, just ask Christina or Mary.



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

OR CALL 301-600-1234

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

ALZHEIMER'S[®] 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. Thursday Jan. 5 10am. To register email: DementiaFriendlyFrederick@FrederickCountyMD.gov. This program is amazing!!

NURSES NOTES



Happy New Year to everyone. I hope you all had a nice holiday and this New Year is a bright and healthier one for us all.

I am sharing with you some warning signs of heart attacks and strokes to help you manage, in case you or your loved one is experiencing any of these signs or symptoms.

Heart Attack Warning Signs

- Chest pain
- Chest pressure or tightness
- Shortness of breath
- Left shoulder or left arm pain
- Sudden unexplained sweating
- Abdominal pain , nausea or vomiting
- Some people also experience jaw pain and or back pain.

Heart attack symptoms may start slowly and maybe intermittent until they become constant and severe. The longer you wait before seeking treatment the more damage is done to your heart. It is very important you seek treatment as soon as possible.

If you believe you or your loved one is having a heart attack **call 911**. Do not drive yourself to the hospital or try to go to an urgent care center or your doctor's office. EMS providers are highly trained medical professionals who can begin the necessary medical care prior to arrival at the hospital and reduce the damage to the heart.

Stroke Warning Signs- Don't delay if you or your loved one have any of these warning signs- CALL 911!

- *Sudden numbness or weakness of the face, arm, leg, especially on one side of the body.
- *Sudden confusion, trouble speaking or understanding you.
- * Sudden trouble seeing out of one or both eyes.
- * Sudden trouble walking, dizziness , loss of balance or coordination.
- *Sudden severe headache with no known cause

Act fast call 911!

Do this simple test

F= Face. Ask the person to smile. Does one side of their face droop?
A= Arm. Ask the person to lift both arms. Does one arm drift downward?

S = Speech. Ask the person to repeat a simple phrase. Is their speech slurred?

T= Time. If any of the above symptoms are positive, call 911!

Please do not send your loved one to Daybreak if they are experiencing these signs and symptoms, call 911 immediately!. Please notify us after they are receiving medical treatment and the crisis is under control to let us know the status of your loved one.

Thank you and God bless you all.

Chris Grable RN

Daybreak health Director

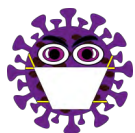
Please remember to let the nursing staff know if your loved one has a fall, medication changes, hospital visit, a new doctor, or other changes to their normal routine. We can help keep an eye on things and in many cases, are required by the State to document the event and update the care plan. We appreciate your help!

You can email:

**rn@daybreakadultdayservices.org,
send a note with the driver, or give
the nurses a call.**



Please label outerwear as best as you can. Though we have a good system for keeping track of each person's belongings, it isn't foolproof! If someone puts something down or leaves it behind on a bus after we have given to them, it can be hard to match it to the right person.

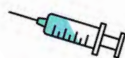


COVID CORNER



COVID CASES AND EXPOSURES

Please keep us informed if your loved one or anyone else in your home tests positive for COVID! Although I am hopeful we are coming out of our “outbreak” , the 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!!



FLU SHOTS AND COVID BOOSTERS

If you haven't gotten a flu shot or a COVID booster, now is the time to do it! It is a bad flu season already, and we all know how rampant COVID is. 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 Remember that 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 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 NEWS



Services include shampoos, cuts, perms, color, beard or brow trims, nails and waxing! Right here at Daybreak. Appointments can be made by contacting hairdresser Dennise Guypens 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 to book!

Support Group News

Make trying our caregivers support group one of your New Year's resolutions. 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) IN PERSON+ZOOM (4pm)

~~January 2~~

January 16

February 2

February 20

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@daybreakadultdayservices.org



From the Social Worker

Happy New Year! Hoping you, and your family and friends, had a peaceful, relaxing, and healthy New Year.

Back in October, we talked about the protective factors of gratitude. This month I want to talk about another important concept for caregivers- Mindfulness. Mindfulness is the state of mind of being fully in the present or concentrating on solely what you are doing in the moment. It is the opposite of what so many of us do all the time- multitasking! It involves all our senses to focus on exactly what we are doing in an effort to slow down and find joy in the present. For example, if you are eating an ice cream cone (one of my favorite activities by the way) you would enjoy the sensation of the cold, the taste of the sweetness, the texture, the smell, and the look of the tiny crystals of ice on the cone or the smoothness after you've had a couple licks. Fully immersing yourself in the experience.

If you are anything like me, you are probably arching a skeptical eyebrow. Sounds too simple, right? Well, yes and no. Yes, because let's face it we are all busy...exercising while thinking about what to make for dinner, cooking dinner while thinking about making a grocery list, or ruminating over a conversation you had with your loved one earlier. "Did I say the right thing? Did I hurt their feelings?" Not to mention we live in a community where multitasking is often rewarded and praised. So, yes it can be hard to move away from this way of being. But also no, because you don't have to do it everyday, all day. Just a few minutes a day can make an impact, and the impact can be huge.

Not convinced? Evidence is not just anecdotal, science is backing mindfulness indicating it can reduce anxiety, stress, and insomnia. It can also help us slow down and pay attention to what we are doing, which helps with follow through and avoid mistakes, and it can decrease unnecessary worry or regret because when we are focusing on the moment, we cannot think of unchangeable things in the past or worry about unforeseeable things in the future. Instead, you are "right here, right now." Another bonus- reduced levels of our own stress can be felt by those around us, including the person you care for.

So, next time you are waiting in line at the grocery store, resist the temptation to scroll through your phone or think about how you feet press into the floor. Find a mantra that can keep you from

will be late for work, and stand still and breath, or feel the way your worrying or thinking too much “Right now, all is well.” Make a cup of tea and set a timer for 5 minutes and do nothing during that time but enjoy the tea. Mind wandering...no worries, just bring yourself back to the moment.

Anyone have other mindfulness tips? I'd love to hear them and pass them along. Email me at socialwork@daybreakadultdayservices.org or give me a call.

Of course it does take time- it is a practice- not a task. Some days will be easier than others, but over time this can help teach our minds to be still, to rest.

Want more information, visit <https://www.mindful.org/what-is-mindfulness/>

Fondly, Mary Collins, LMSW

socialwork@daybreakadultdayservices.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 started in the fall...even if you got the funding last year you can apply again!**

Call Mary if you have any questions!

Activity News



Wow, the magic of Christmas! Here and gone just like that. December started off with so many wonderful things. We had surprise celebration for Christina to show her how much she is appreciated. Our participant, Charlie, who is very good with the computer, did all the fabulous slides outlining Christina's life. What a fun celebration! We were fortunate to have entertaining favorites Garrey and Dale visit us again with fun Christmas songs and a whole hour of dancing. Everyone made it to the dance floor. A great time! We also had another visit from our Army friends from Fort Detrick. Charlie did a couple of fascinating presentations on Christmas around the world and Christmas music trivia, which was a lot of fun. There were a lot of Christmas crafts made to hang on our tree. It is always nice to have the participants involved with the decorations. The Otago class is off the a great start. Our leg weights came in. We are excited to add them to our class. Wednesdays are enjoyed with exercises with Nanette. She has everyone up and moving to her great music. We were blessed to have all this fun before Day Break had to close. We are grateful to be open and starting to feel well again. We are looking forward to continuing our crafts, exercises, presentations, and try to have some more music and dancing days in January! I hope that all of your stay well and have a very Happy New Year.

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



PLEASE JOIN US!

We are so excited to partner with the Alzheimer's Association and the Memory Lane Playback Theatre for this very dementia friendly activity for the whole family. Playback theatre is a form of improvisational theatre where audience or troupe members share moments from their lives and watch them enacted on the spot by trained actors using music, movement and dialogue that embodies the heart of the story. See this unique art form live and get ready to laugh, listen, share, and remember. I hope you can join us! Please RSVP today.



AT:

Daybreak Adult Day Services

7819 Rocky Springs Rd., Frederick, MD 21702

Join us for an afternoon of celebration & fun
as YOUR WINTER stories come to life!

Light Snacks & Beverages Served

To RSVP: Send an email to
mewwhite@alz.org or call 240-549-5086
Or call Daybreak at 301-696-0808



A **FREE** Early Stage Social Engagement Program
brought to you by:



DAYBREAK
ADULT DAY SERVICES

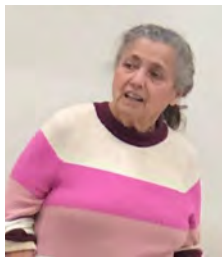
&

ALZHEIMER'S[®]
ASSOCIATION

Greater Maryland Chapter



KARAOKE & DANCING





DAYBREAK

BIRTHDAYS THIS MONTH

2 Peggy H. 10 Roy F

5 Diana J. 13 Liz A.

24 Farida V.



Smiling is infectious
You catch it like the flu

When someone smiled at me today
I started smiling too

I walked around the corner
And someone saw me grin



When he smiled I realised
I had passed it on to him



I thought about the smile
And then realised its worth

A single smile like mine
Could travel round the earth



So if you feel a smile begin
Don't leave it undetected



Start an epidemic
And get the world infected.



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

Board of Directors

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Randy Jones, Vice Chair

Jackie Dinterman, Board
Member

Peter Melcavage, Board
Member

Kenneth Brown, Board Member

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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.