



DAYBREAK
ADULT DAY SERVICES

DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

April 2023



let your joy
burst forth...
like flowers in the
spring



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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

Dancing

Volleyball

Cards

Dominos

The Director's Corner

Happy Spring! I am delighted by all of the flowering trees and beautiful daffodils. I hope that you are taking time to take in the beauty...to stop and "smell the roses" so to speak! Read inside for tips from Chris if this spring weather has you sneezing! I am trying to heed Mary's advice from the January newsletter about being more mindful and intentionally taking time to notice what is around me. It is amazing what you can overlook when you are bustling through the day. Take a minute and take a breath. What do you see, what do you smell, what do you hear? Just a minute of being mindful can really help you reset. You can read more wonderful insight from Mary inside. This month she writes about the power of laughter. I can tell you that I see that power everyday here at Daybreak. Nothing makes me smile more than to hear our participants laughing. Often when I do a tour I will ask the prospective participant what they like to do for fun. So often I am met with a blank stare and a reply similar to "it's been so long I can't remember". Though most of our participants can't participate in the activities they may have excelled in before because of physical or memory problems, they can still have fun and they sure can laugh!

March was full of laughter as we made our way through St. Patrick's Day, birthday celebrations, dog visits, and more. Lisa has a good recap and a sneak peak at what April will bring. We continue to seek volunteers and entertainers to improve our offerings each day. If you know anyone with time or talent to share, let us know. We will say goodbye this month to some exceptional student volunteers. Kalkidan, our Hood social work intern will finish up soon. She has been a tremendous asset to the team, and I feel confident that our staff and participants have taught her a great deal through the course of the year. We will also say goodbye to Jory who has faithfully come 3 days a week for the last few months and excels at spending one on one time with the participants. You would be hard pressed to tell him apart from one of the staff. He has fit right in. We will also say goodbye to Sonia who has been with us through 2 semesters at Hood, helping to serve meals and assist in activities. Thank you to all three of you. We have no doubt you will go on to do great things!!

We've got some big staff anniversaries this month and we welcome a new activity assistant. Read more inside. It is so exciting to see our census and our staff expand. It really is starting to feel like the pre COVID days! As things return to more normal all around us, the issue of masking at the center has come up a few times. I would love to hear from you if you have an opinion about whether or not we should continue to require masks.

One of the staff anniversaries is mine...15 years, 10 as Director. I feel so blessed to be here at Daybreak.. Every participant holds a very special place in my heart, as do each of you. So many wonderful people I have met over these years. Here is to many more!

Enjoy the beautiful month of April. Happy Spring Holidays to all. Easter, Passover, and Eid al Fitr. Our census is the most diverse it has ever been! Note that we are not closed any days this month...regular schedule!

~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: 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: April 14, Emmitsburg Senior Center: **April 28, Frederick Senior Center (this one is sponsored by Daybreak!)**. All events are held from 11:30-1. To register: email caregiversupport@frederickcountymd.gov or call 301-600-1234.

FROM SENIOR SERVICES

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, call the Caregiver Support Program at 301-600-6001 or call Daybreak's social worker Mary Collins. . This is a wonderful program to help you with expenses.

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.

FROM THE ALZHEIMER'S ASSOCIATION

In Person Events:

Understanding and Responding to Dementia Related Behaviors

Wednesday April 19 1-2:15 pm Middletown Public Library

Can We Prevent Dementia? Healthy Living for Your Brain and Body

Wednesday May 3 10:30-11:30 am Walkersville Public Library

Virtual Events:

The 10 Warning Signs of Alzheimer's: Learn how to recognize common signs of the disease; how to

approach someone about memory concerns; the importance of early detection and benefits of a diagnosis; possible tests and assessments for the diagnostic process, and Alzheimer's Association resources.

Tuesday, 4/4/2023 10:00-10:30 am | [REGISTER AT bit.ly/ALZ4423](https://bit.ly/ALZ4423)

Effective Communication Strategies: Explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

Tuesday, 04/11/2023 10:00-11:00 am | [REGISTER AT bit.ly/ALZ41123](https://bit.ly/ALZ41123)

Understanding Alzheimer's and Dementia: Learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms; and Alzheimer's Association resources.

Tuesday, 4/18/2023 10:00-10:30 am | [REGISTER AT bit.ly/ALZ041823](https://bit.ly/ALZ041823)

Healthy Living for Your Brain & Body: Learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Tuesday, 4/25/2023 10:00-11:00 am | [REGISTER AT bit.ly/ALZ042523](https://bit.ly/ALZ042523)

NURSES NOTES



Tis the season for sneezing and wheezing: How to beat spring allergies

While many eagerly await the spring, the budding trees and growing grass can mean a season of sneezing and wheezing for millions of allergy sufferers. Spring allergies, also called seasonal allergic rhinitis, affect as many as 30 percent of adults and up to 40 percent of children. Common symptoms include:

- sneezing
- stuffy or runny nose
- sore throat
- itchy or watery eyes
- Fatigue

Avoiding the things that trigger your allergies can also help. Here are some tips:

- Keep windows closed during pollen season, especially during the day.
- Stay inside during mid-day and afternoon hours when pollen counts are highest.
- Take a shower, wash hair and change clothing after working or playing outdoors.
- Wear a mask when doing outdoor chores like mowing the lawn. An allergist can help you find the type of mask that works best
- Take your prescribed medications as ordered & keep rescue inhalers with you at all times.

What are allergies? Allergies are diseases of the immune system that cause an overreaction to substances called allergens. Allergies are grouped by the kind of trigger, time of year or where symptoms appear on the body. People who have allergies can live healthy and active lives.

How can I tell the difference between a cold and an allergy?

You can tell the difference by your symptoms. Not everyone may be able to tell without a doctor's diagnosis. However, here are some clues:

- With an allergy you don't have a fever or muscle aches, but with a cold you might.

- Allergies last weeks or months, while colds last only 7 to 10 days.
- Nasal discharges caused by allergies are usually clear, thick and watery, while a cold starts off clear but changes to thick, yellow/green.
- With allergies you may have itching in the ear, nose and throat. With colds, this itching is rare.
- Sneezing spells are common with allergies and rarely occur with colds.
- Allergies occur during different seasons depending on what you are allergic to. Colds occur mostly in the fall and winter.

Please update the Daybreak nurse with any changes in medications or health concerns.

Chris Grable RN, Health Director
RN@daybreakadultdayservices.org.

American College of Allergy, Asthma, & Immunology©
www.acaai.org Asthma & Allergy Foundation of America©
www.aafa-md.org



COVID CORNER



Do you notice that the COVID CORNER is getting smaller each newsletter? Still a concern, but in general, we are getting closer to the new normal. We absolutely want you to keep us informed of COVID diagnoses and exposures and will still require absence when they happen. Of course we will still keep you informed if there are cases here.

We are getting a lot of questions about masks and are starting to discuss if and when we may eliminate the requirement to wear them. Please let Christina know if you have a strong opinion either way. We will update if the policy changes.





Staff News and Notes

We celebrate a few anniversaries this month.

Program Assistant **Opy Ajisegiri** celebrates **9 years** with Daybreak! Opy does a wonderful job helping our folks on and off the bus each day, in the restroom, and around the center. He is kind and caring with a big heart and hearty spirit. Opy also helps with heavy lifting and other odd jobs around the center, including keeping the website updated. Thank you for ALL that you do Opy!

Ann Fogle, who was our Kitchen Manager for many years, came out of retirement to help in the kitchen a couple of days a week...helping to keep dishes washed and service running smoothly. All together, that is **15 years** of service! We are so glad to have Ann back in the building!

Program Director **Christina Forbes** also marks 15 years with Daybreak this month, starting as a part time social worker in 2008 and rising to Director 10 years ago. What a wonderful blessing to be here each day, in a job that I truly love, Thank you to all of you for making it so worthwhile!!

We also welcome a new staff member to the team. Actually, technically, we welcome her back! **Misty Wantz** was a program assistant many years ago. She went on to work in activities in a variety of places and has now come back to Daybreak to be an activity assistant. She will be in charge of our later stage dementia program, affectionally called Young At Heart, which we hope to reopen this month. Misty has wonderful ideas that we know will keep our folks happy, entertained, and engaged throughout the day. Stay tuned for more info!



OUR CONDOLENCES

To the friends and family of

*Roy Sigler
Naomi Williams (Noni)*

They 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) IN PERSON+ZOOM (4pm)

April 3

April 17

May 1

May 15

June 5

June 19

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

Laughter

In an article several months ago in our newsletter, Christina wrote about a family's comment about the laughter they witnessed at the center. It is true... there is a lot of laughter here. It's amazing. I don't think a day has passed since I have been here that I don't find myself smiling and laughing more than I used to. Which is good news, because laughter is pretty potent "medicine."

It's no secret that as we get older, we tend to laugh less and less. Yup, we lose our sense of humor. I never knew this before but there is an actual term for this phenomenon- the laughter cliff. Many believe this happens as early as age 23 when the number of times we laugh and smile begins to decline. In an article by the New York Times "the average 4-year-old laughs as many as 300 times a day. The average 40-year-old will take two and a half months to log that many chuckles."

The good news is that humor and laughter tends to come back around as we reach retirement age. In between those times though there is research that shows humor and laughter can be practiced and learned and that even faking laughter can be effective.

The benefits of laughter are many. Including:

- Better mental health because of the release of feel good hormones
- Stress reduction
- Building resilience
- Helping others around us feel better
- Bringing more oxygen in to our lungs which is good for overall health
- Reducing heart rate and lowering bloods pressure
- Relaxing our muscles
- Increasing our immune system
- Relieving pain
- Improving our coping skills
- Increasing self-esteem and confidence
- Decreasing anxiety and depression
- Improving quality of life

So how do we infuse our days with more laughter and smiles? Well, humor can be learned, practiced and improved. And, it is free!

- Challenge yourself to notice your facial expressions. Consciously try to smile when you are out. See how it is received.
- Find things that make you laugh- cartoons, videos (who can resist funny pet videos), stories, pictures, TV shows, comedians or podcasts.
- Ever heard of laughter yoga? Look it up- try it.
- Spend time with others who laugh or make you laugh. Laughter is one of the few contagious things you don't mind "catching."
- Read joke books.
- Ask others to share funny stories.

If you are a caregiver, the use of humor as a tool for wellbeing is all that more important. Many times we take our role so seriously that we forget to laugh, or we worry that our loved one may think we are laughing at them, or that it is disrespectful. However, laughter may be just what we need. In fact, as long as we are clear we are laughing about the situation (and let's face it there are some very funny moments) and not the person we are caring for, finding the positives and some silliness can help keep the mood light and thereby less stressful for everyone. Sometimes when things are hard is when we need humor the most.

In fact, one research study "over 75% of recurrent cancer patients and those facing terminal illness said that maintaining a sense of humor was very important. It was right up there with being pain-free." Baeur, Amber 2014, Finding a Reason to Laugh).

Although let's face it, I think all of us can appreciate how amazing it feels to have a good belly laugh, regardless of what the research says. So, bottom line....let's find time and opportunity to laugh...and back to my original story about the laughter and smiles here at the center...thank you to all the participants for helping all of us be a little healthier and happier.

Mary

Here are a few funny quotes to help you get started....

Some call it multitasking. I call it doing something else while I try to remember what I was doing in the first place. – Unknown

When something goes wrong in your life, just yell "plot twist" and move on. - FB/Joy of Dad

"If you think you are too small to make a difference, start sleeping with a mosquito." Dalai Lama

When life shuts a door...open it again. It's a door. That's how they work. – Unknown

"I am not an early bird or a night owl. I am some form of permanently exhausted pigeon." – Unknown For more on laughter and its benefits, here are a couple of sites-

<https://caregiver.com/articles/laughter-medicine/>

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-relief/art-20044456>

<https://dailycaring.com/why-its-good-to-find-humor-in-caregiving/>

<https://nypost.com/2021/03/13/we-start-losing-our-sense-of-humor-at-age-23-and-it-could-wreck-your-career/>

Mary Collins, LMSW

Daybreak Social Worker

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Activity News

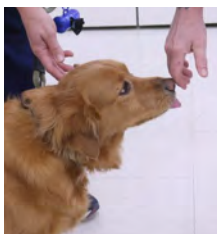
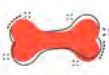


Welcome to a new month! We are very excited watching all the flowers coming up, hearing the birds chirp, and seeing the blooms on all the trees budding. Spring is beautiful! Our month of March was nice but it sure passed by quick. We had friends from Ft. Detrick visit again. We were introduced to new service men and women and enjoyed hearing about their experiences in the Army. Our dog friends came to visit again and brought lots of joy to everyone. We all had a great time dancing and singing with Garrey and Dale our monthly piano duo. Our free thrift store was open for our participants to browse and see if they could use anything. We are going to try to open it every other month. Everyone seems to enjoy shopping. We would also like to welcome Misty Wantz to our activity department. She will be leading the Young at Heart program when we open it. We are excited to be able to have Young at Heart open again. The month of April we are planning to start filling our flower pots to enjoy on the patio. We were blessed to have been donated all the flower pots that we will need and even some extra decor for Day Break ! We are looking forward to having dancers come in from Dee Buchanan's School of Dance in Middletown on April 7. We will also have a group of kids visiting ,hopefully monthly though the summer, from New Life Christian School. We are very excited about that. We are planning lots of games, crafts, and one on one visits with the kids! Our participant Charlie continues to do his monthly presentations about various topics. He is also doing "participant of the month" interviews to share with everyone. We all learn something new with every presentation. Thank you Charlie for all your great work and dedication! Lastly, you may have heard mention of a wedding, and a divorce...last summer, two of our participants and an assortment of others staged a mock wedding and have had fun, in theatrical soap opera fashion, playing it up each week. Things went hysterically awry and ended in a mock divorce trial last week. It is a "to be continued" in June!

If you ever have questions or ideas, please feel free to call or email me. **We are collecting small items for bingo prizes...if you have anything you would like to donate, please send it in!***

Thank you,
Lisa Mould, Activity Director

Gone to the
dogs!



HAIR SALON INFO



Get ready for the spring holidays! Daybreak has a licensed salon **on site**. Our hairdresser, Dennise Guypens, is now available for appointments Tuesday through Fridays! Services include shampoos, cuts, perms, color, beard or brow trims, nails and waxing! Appointments can be made by contacting Denise 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 sending in or text Denise a picture so she knows what you want!** Now is a great time for a new spring do!



St. Patty's Day Fun!



Tossin'
of the
Gold!



DAYBREAK

hello
SPRING

April Birthdays

- 1 Johanna D. & Alicia A.
- 3 Jose M.
- 9 Nick K.
- 11 Dottie N. & Melvin T.
- 12 Patricia S.
- 15 Barbara O.
- 17 Judy A.
- 26 Elena M.
- 27 Flora D.



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

Board of Directors

Dr. Joseph Devadoss, Chairman

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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.