



DAYBREAK
ADULT DAY SERVICES

DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

March 2023



Wishing you a pot
o' gold,
And all the joy your
heart can hold.

For each petal on the shamrock,
This brings a wish your way,
Good health, good luck, and
happiness
For today and every day.



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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!

HAPPY ST. PATRICK'S DAY

Word Search

Can you find the following animals?

x t t x h n v i a e
j a k g c a s k k t w
b c a y o o h x k j i
q r y v n r s m q g d
e y f g g a t v b a t m
i f i c c r n g h g b s
a i l i c c r n g h g b s
p y t b n q q o y i f
o e k a n s o y i f
v b g e g t u l i f



THROUGHOUT THE MONTH

Exercise

Brain Games

Crafts

Bingo

Music

Reminiscing

Word Games

Puzzles

Dancing

Kickball

Cards

Dominos

The Director's Corner

Hello and happy almost Spring! I can't believe that March is upon us already. It has been such a weird weather winter. I am as confused as the poor plants are! If things keep up, spring will be in full bloom before long. That makes me hopeful for getting outside! Lisa has big plans for garden planting and is looking for pots or bags of dirt. You can read more inside. We can also use help with weeding/mulching when the time comes. If you have a group looking for service hours, let me know!

We are also looking for entertainers and volunteers. Who makes a good day program entertainer? It doesn't have to be professional or fancy! It doesn't have to be ongoing. A one and done is as welcome as a monthly performance. In the past we have had amateur musicians perform (child, adult, senior), church choirs or specialty groups, paid performers from the nursing home circuit, and others. Other performance volunteers needed are those sharing information about a particular subject, say a hobby/collection or travel experience, dancers of any genre, magicians, etc. We would also like to start up church services again. If you know anyone who may be interested in sharing time and talent, please pass along my information! Our participants love to be entertained and are a wonderfully gracious and grateful group!

As our census climbs, we find ourselves in a position to hire some new staff. We are adding another full time activity assistant and a full time nursing assistant and are also hiring a part time activity person to work on the days that Marilyn isn't here. The new staff along with the volunteers will allow us to expand our offerings each day so that the participants have more choices. I will update as new hires are made. After so many months of challenge as we emerged from the pandemic, it feels good to be growing again!

Some of our goals for spring include the return of our special memory care program (Young at Heart) and the return of field trips. The new staffing will determine how and when these start, but I am excited about the possibilities!

Spring will also be the time that I start collecting income information for a new year of subsidies. You are surely getting these documents now as you prepare for taxes. Please set aside your loved one's proof on income (like social security award letters) so you have them when needed.

I hope the arrival of spring brings you some hope and anticipation, and a little luck. Find joy in the little things, they add up!



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: 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: Emmitsburg Senior Center, March 10, Urbana Senior Center, 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

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.

RESPITE 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.



Happy St. Patrick's Day

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.



BLARNEY STONE

CELEBRATE

CLOVER

COINS

FESTIVAL

HOLIDAY

IRISH

LEPRECHAUN

LUCKY

MARCH

MISCHIEF

PARADE

POT OF GOLD

RAINBOW

SAINT PATRICK

SEVENTEENTH

SHAMROCK

TRADITION





Constipation

My grandmother was ahead of her time. My earliest memory of her is asking me, "Christine, Did you have a bowel movement today? Was it hard, Was it soft? Did it hurt when you went?" I thought she was crazy, but now I know how truly wise she was to realize the importance of our bowel regularity. So, Grandma Lucy, this one is for you.

Constipation is an uncomfortable situation no matter your age. But for older adults, it's a more common condition that can come with serious complications. Constipation is having infrequent bowel movements (three or fewer bowel movements in a week) or difficulty passing stools. It can also describe a situation where you're unable to empty your bowels completely. Many people even consider themselves to be constipated when they need to strain to have a bowel movement. Constipation increases as we age, jumping to over 33 % after age 60. This is because a lot of things in our bodies change as we age. Systems slow down and lose efficiency. Diets change, and living situations shift.

Common Causes

- Reduced mobility
- Multiple chronic illnesses
- Dehydration
- Not eating and drinking enough
- Affects females more than males
- Frail

The risk of various medical conditions and structural changes goes up as we age. This can include things like:

- Colon thickening
- Anus stenosis
- Rectocele, which is when the rectum bulges into the vagina
- Hemorrhoids
- Loss of abdominal strength
- Bowel obstructions or perforations

Preventive Measures

If you have several medical conditions or take a high number of medications, you may think that constipation is inevitable. But there are steps older adults can take to make sure things keep running smoothly, including:

- Drink plenty of fluids especially water
- Stay active
- Get regular exercise
- Schedule times for your toileting efforts for after meals
- Aim for 25 to 30 grams (g) of fiber daily in your diet

Best foods for preventing constipation are high fiber foods including:

- Oatmeal
- Carrots, broccoli & peas
- Berries, oranges, pears & apples with the skin on
- Almonds, peanuts & pecans
- Black beans & soybeans
- Chickpeas
- whole wheat bread & whole grain pasta
- lentils

*Fast foods, fried foods, and processed foods should be avoided, as these contain little or no fiber. High sugar foods and dairy can also increase your risk of becoming constipated.

Ideally, you'll be able to resolve your constipation without the use of medications. The first goal in treating constipation is to reduce symptoms like abdominal pain and bloating. The second goal is to have regular, soft bowel movements that don't require straining, at least three times a week.

Exercise, hydration, and diet changes (especially increased fiber intake) are the first suggestions to reach these goals. If these methods don't work, talk to your medical provider to see if adding an over-the-counter product like: Metamucil, MiraLAX, Senna, Smooth Moves, daily probiotic, fiber supplement or even a stool softener might be appropriate for you or your loved one; or they may have a prescription option they think might be more appropriate.

Be careful not to overuse laxatives or stool softeners- especially with the elderly; because the softer stool can become backed up and trapped above the hard impacted stools that the person is

Constipation *continued*

unable to pass without assistance. This can cause a bowel impaction and may lead to a blockage. In some cases, liquid stool may be leaking around the impaction, concealing the impaction. This is called overflow diarrhea.

If you have impacted stool, resolving this issue must be the first step. This condition is usually treated either with an enema or manual disimpaction. These interventions can be very painful and in a perfect world should be done in a very discreet and private environment, preferably not a public restroom at a daycare center. Please contact your primary care provider or GI specialist if your loved one has recurring issues with constipation; as it is a very uncomfortable problem that if left untreated can become a more serious issue.

Be concerned and seek medical attention if there is persistent abdominal discomfort, no regular bowel movement in 3 days, leaking or constant smearing of stools, a hard tight distended abdomen, decreased appetite, blood in stools, (especially darker blood), nausea or vomiting, increased irritability and/ or mood change. Many elderly and dementia clients can't always tell us what is wrong, but their behaviors can indicate if they aren't feeling right.

I hope you find this information helpful. If you have any questions or concerns as always feel free to contact the nurses at Daybreak.

Chris Grable RN, Health Director
RN@daybreakadultdayservices.org



COVID CORNER



COVID CASES AND EXPOSURES

Please keep us informed if your loved one or anyone else in your home tests positive for COVID! 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.

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.



Staff News and Notes

Happy 1st Anniversary to driver Charles Hite! Charles (also know as Hite) drives the Middletown/Myersville/Golden Mile Route. Retired from many years behind the wheel, he is a safe and careful driver who takes excellent care of his passengers. In short time he has integrated fully in to the team here at Daybreak, helping out wherever he can, always with a smile and a positive attitude. Thank you Hite!



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)

March 6

March 13* (change from regular date)

April 3

April 17

May 1

May 15

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

Importance of Identifying as a Caregiver

I don't think in my many years of working in human services has anyone reached out and said "I woke up today and decided to be a caregiver!" Nope, never...usually it comes on either acutely from a crisis- a new diagnosis, a fall, an injury, or illness, or gradually through caregiver creep*. Mom, dad, sister, brother, husband, wife....family responsibility or obligation....it is just something we do.

As a result, many do not identify with the role of caregiver. According to an [AARP Caregiver Identification study](https://assets.aarp.org/rgcenter/post-import/caregiver.pdf), a mere 19 percent of caregivers in the U.S. self-identify. <https://assets.aarp.org/rgcenter/post-import/caregiver.pdf>.

So why does it matter? It doesn't change what we have to get done on a daily basis, right? Well, no, however there are some compelling reasons to champion the title.

Recognizing the important work we do for our loved ones by identifying with the role can be a gateway to connect with others in a similar role and access programs and services designed to support our efforts.

Identifying with the role helps us look for resources, education and services for support...and keeps you from underestimating the importance of your role and really, only then can you work on avoiding burnout which we discussed last month.

According to multiple studies the benefits of identifying as a caregiver are many, including:

- Increased confidence in the role of caregiver and in interaction with your loved one's health care team

- Decreased isolation and loneliness

- Increased sense of belonging to a larger community of caregivers

- Increased fulfillment and satisfaction with the role of caregiver

- Increased use of community support

- Increased sense of empowerment

*Caregiver Creep: the idea that we start by doing something small for someone (picking up a prescription or groceries) and over time it morphs into a larger, and sometimes, all consuming role. Sometimes even a 24/7 role.

What all of that leads to is better care of ourselves, as caregivers, and the people we serve.

For a little laugh check out the video found here- <https://dailycaring.com/video-jeff-foxworthy-you-might-be-a-caregiver-if/>

This is from an AARP video to raise awareness about caregiving where comedian Jeff Foxworthy, in a spoof of his “You may be a redneck if...” changes it to....”You may be a caregiver if...” I think there will be something relatable in there for most of you...

Mary Collins, LMSW

Daybreak Social Worker

socialwork@daybreakadulthoodservices.org



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 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 consider sending in or texting Denise a picture so she knows what you want!**

Activity News



Spring Forward! Don't forget to move your clocks an hour ahead on March 12. How great it will be to have our evenings with more daylight! We have been very blessed to get through the winter with hardly any snow! Some places had very little and it didn't last long. I know we could still get some snow, but we made it to spring with a mild winter.

Here at Daybreak we have been staying busy with our regular exercises, games, crafts, and our wonderful participant Charlie and his informative presentations. We had a couple of afternoons with dancing, a 50's themed dance as well as our favorite singing and dancing duo Dale and Garrey. Wow can the participants dance! There will be more dancing added to the March calendar for sure. We are thrilled that Dale and Garrey are going to start coming every month (March 28th this month)!

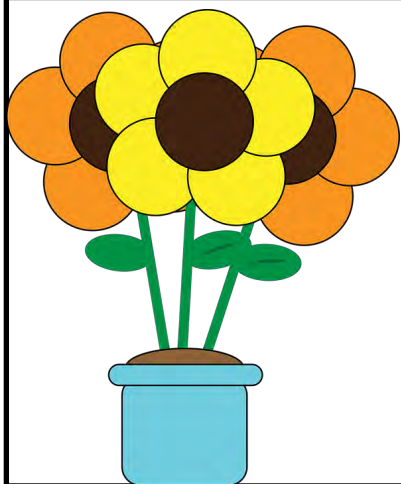
In other exciting news.... we had dogs visit Daybreak for the first time in a very long time. What a good time everyone had, including the dogs. I am going to try to have monthly dog visits. Our alpaca friends will also be returning for a visit.

Our Daybreak Soap Opera involving Hottie Dottie and Wild Bill's marriage will be taking some new turns in March. Stay tuned! This "for fun" wedding that took place in August of last summer has taken on a life of its own. So many participants are involved now...taking on characters, offering plot suggestions, and helping keep the story going. It is so much fun!!!

One more exciting announcement before I close. The participants are sharing the changes that they are seeing and feeling from the Otaga class (our special small group balance class). They are finding that walking has been much easier. Balance has improved. Postures have changed so much. Yeah to all the participants hard work! They are really taking the Otaga class and exercise classes seriously. The results are noticeable and rewarding. I am very proud of them all.

We have an amazing group here at Daybreak!

Lisa Mould, Activity Director
activities@daybreakadultdayservices.org



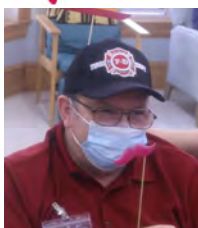
We are going to be heading out doors as the weather warms. If anyone has any flower pots that are not being used you can bring them to Daybreak! We are going to be planting this year in hopes of growing some vegetables and beautiful flowers to decorate the outside area. This will give us extra things to do to enjoy the outdoors. Pots of all sizes are welcome!



It was a

H A P P Y

Valentine's Day



DAYBREAK



March Birthdays



- 6 Emogene M. & Marie B.
- 12 Helga E.
- 14 Mary H.
- 15 Elizabeth P. & Reba T.
- 16 Elena R.
- 17 Ted S. & Jeanne S.
- 20 Rita B.
- 23 Joan H.
- 28 Lillian S.



Don't forget to set your clocks ahead!



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

Board of Directors

Dr. Joseph Devadoss, Chairman

Randy Jones, Vice Chair

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.