



# DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

May 2023



Monday, May 29th, is MEMORIAL DAY! Daybreak will be closed. Wishes for everyone to have a happy and safe holiday!



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!

## **SPECIAL EVENTS THIS MONTH**

**May 16: Magic Show featuring Robert Twine**

**May 19: Senior Prom**

**May 26: Piano Sing Along featuring Sandra Leach**

**May 23: Music and Dancing with Dale and Garrey**

**May 30: Field Trip to National Shrine Grotto**

## **RECURRING VOUNTEER ACTIVITIES**

**Every Tuesday: Bible Study with Greg Zimmerman**

**Every Wednesday: Exercise with Nanette Tummers**

**Periodic: Video presentations by Charlie Covell**



## **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) as well as a volunteer fluent in sign language. Call or email Lisa [activities@daybreakadultdayservices.org](mailto:activities@daybreakadultdayservices.org)

# The Director's Corner

Hello and Happy May! I hope this newsletter finds you well. Lots of exciting things happening at Daybreak. We officially opened the courtyard season at the center with the early spring warm up. The participants and staff enjoyed getting outside and we look forward to many more opportunities as the season continues.

We are super excited to have been “adopted” by the Garden Club of The Woodlands (a beautiful over 55 community in Urbana). A group of gardeners will be helping to beautify our outdoor space with new and re-arranged plantings, including herbs and a butterfly garden. They will be starting May 1 and we will share photos when things are completed. We are so grateful for their time and talents. We are also excited that a group of men from the Hood College Basketball team will be helping us to clean out and fix up our pond. I can’t wait to get the waterfall going again. These improvements will go such a long way to making our outdoor space a true sensory experience for our participants. Stay tuned for updates!

Also evolving is the opening of our program for those with more advanced memory impairments. This program, affectionally known as Young at Heart, will allow us to provide more individualized attention and more appropriate activities to those who are challenged with the large group activities. Our coordinator Misty has been working to get the space ready and is planning lots of wonderful activities. We will have more to share soon.

We are also busy planning for our Senior Prom! This activity, suggested by the participants, is shaping up to be a really fun afternoon. We will be dressing up in our best for an afternoon of music, dancing, and memories. See the flyer inside for details!

You can also read inside about updates to our COVID policies and procedures, including ending the daily temperatures and making masks optional. We will monitor things closely and adjust as needed. I am hopeful we can make things a little more comfortable, and easier, for the participants while still keeping them safe.

A couple of thanks yours before I close: we were so grateful to welcome students from New Life Christian School for an afternoon of shared activities. The kids brought great energy, and I think were surprised by the energy of our seniors! They had a fun noodle soccer match, made jewelry and crafted. The kids served snack and gave out handmade bookmarks they created. We are very excited to reestablish our relationship with the school after a long COVID induced hiatus.

I must also say thank you to Frederick County. We have been awarded two grants from them that will replenish our subsidy fund for the new fiscal year. You should have received a letter from me in the mail about the subsidy program. If it applies, please get the subsidy documents back to me as soon as possible.

As always, I am available for questions, comments, and suggestions! Never hesitate to call, email, or stop in.

~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. May 9, Thurs June 1 at 1pm, Tues July 11 at 10am, and Monday August 14 at 4pm. To register email: [DementiaFriendlyFrederick@FrederickCountyMD.gov](mailto: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. Next Café is May 12 at the Urbana Senior Center from 11:30-1. You must pre-register by emailing [caregiversupport@frederickcountymd.gov](mailto:caregiversupport@frederickcountymd.gov) or calling 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](http://www.FrederickCountyMD.gov/SeniorServices) for more information.

**Senior Resource Fair:** May 25 9:30-2:30 at FCC. Registration is required. See flyer below or visit <https://soarfrederick.org/senior-resource-education-fair/>



240-575-9885 • [SENIORFAIR@SOARFREDERICK.ORG](mailto:SENIORFAIR@SOARFREDERICK.ORG)

**SOAR in partnership with the Aging Network Alliance  
& Frederick Community College, present our FREE  
2nd annual Senior Resource & Education Fair!**



The event is FREE, however, REGISTRATION is required.

If you choose to stay for lunch there is a \$10.00 fee.

Learn about Medicare, Fitness, Home Safety, Brain Health, Assisted Living, Therapy service, In-home services, Learning in retirement, Register of Wills, Veteran's Benefits, Senior Recreation Council, YMCA Active Adult Programs and much more!

**THURSDAY MAY 25, 2023  
9:30AM – 2:30PM**

**Frederick Community College  
7932 Opossumtown Pike  
Frederick, MD 21702  
Athletic Center**

**SCHEDULE**

**9:30am  
Check-In**

**10:00am – 12:00am  
Visit with Professionals**

**12:00pm  
Lunch**

**12:30pm  
Panel Discussion & Audience Q&A**

**1:15pm  
Bingo**

**2:15pm  
Closing remarks**

**Register Online at:** [soarfrederick.org/senior-resource-education-fair](https://soarfrederick.org/senior-resource-education-fair)



# NURSES NOTES



## Communication

Communication is an essential skill needed to effectively interact with others. It is the ability to convey information clearly, confidently, and concisely with others in a manner that all parties understand. Sometimes, I find that communication regarding our participants is not always shared in a timely manner so I thought it might be good to write an article on better communication. I did some research to help me open the lines of communication. Here is some of what I learned.

### **Strategies for effective verbal communication (with anyone)**

- Focus on the issue, not the person.
- Be genuine rather than manipulative.
- Empathize rather than remain detached.
- Be flexible towards others.
- Value yourself and your own experiences.
- Use affirming responses.

**Communicating with someone who has dementia** can be extra challenging. A person with dementia may have difficulty understanding you, and you may have a hard time understanding what he or she is trying to communicate. There's potential for misunderstanding, confusion, and/or frustration in both directions, often making communication even more difficult. You'll need patience, good listening skills and new strategies to help ease your frustration and to improve understanding.

A person with dementia may have difficulty remembering words or communicating clearly. He or she may have some of these problems:

- Having trouble with finding the right word
- Substituting words
- Describing an object rather than naming it
- Repeating words, stories, or questions
- Mixing unrelated ideas or phrases together
- Losing a train of thought
- Speaking less often
- Reverting to a first language

### **Tips for better communication with a person with dementia\***

- **Speak slowly and clearly and maintain good eye contact.**
- **Be patient & offer reassurance.** Take time to listen and allow time for the person with dementia to talk without interruption. Give them plenty of time to respond. Try to engage in one-to-one conversations in a quiet place with minimal distractions.



- **Learn to interpret.** Try to understand what is being said based on the context. If the person is struggling to get an idea out, offer a guess.
- **Be connected.** Make eye contact while communicating and call the person by name. Hold hands while talking, if appropriate.
- **Be aware of your nonverbal cues.** Speak calmly. Keep your body language relaxed. They can pick up on tension and frustration.
- **Offer comfort.** If a person with dementia is having trouble communicating, let him or her know it's OK and provide gentle encouragement.
- **Show respect.** Avoid baby talk and diminutive phrases. *Don't talk about the person as if he or she weren't there.*
- **Avoid distractions.** Limit visual distractions and background noise, such as a TV or radio, that can make it difficult to hear, listen attentively or concentrate.
- **Keep it simple.** Use short sentences. As the disease progresses, ask questions that require a yes or no answer. Ask only one question at a time. Break down requests into single steps.
- **Offer choices.** Offer choices when making a request for something a person might resist. For example, if someone is reluctant to shower, you might say, "Would you like to take a shower before dinner or after dinner?"
- **Use visual cues.** Sometimes gestures or other visual cues promote better understanding than words alone. Rather than asking if the person needs to use the bathroom, for example, "Say come with me" & take him or her to the bathroom.
- **Avoid criticizing, correcting, and arguing.** Don't correct mistakes. Avoid arguing when the person says something you disagree with.
- **Take breaks.** If you're frustrated, take a timeout.

The challenges of communication evolve as the disease progresses. You may find that nonverbal communication, such as touch, a smile, or the tone of your voice is comforting and meaningful.

## Tips for communicating with us at Daybreak

**Please communicate to the Daybreak nurses any change in medical or mental health status noted including falls, medication changes, illness, infections, ER visits, hospitalizations, behavioral changes, or other pertinent information. You can call, send an email, or send a note with the driver. This helps us to provide more comprehensive and effective care. In turn, we will communicate any changes, falls, incidences or concerns we note at Daybreak as soon as possible, usually the same day.**

Chris Grable RN

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

301-696-0808 Ext 1002

\* source: The Mayo Clinic



## Staff News and Notes

We celebrate 3 special anniversaries this month:

**Mary Collins**, our social worker, celebrates 1 year with Daybreak this month! Mary brings a wealth of knowledge and a special compassion for our participants *and* our caregivers. We are so happy to have Mary on our team.

**Gwenda Roberson**, receptionist and so much more, celebrates 11 years with Daybreak! Gwenda was on leave for quite a while and has just now returned to being at the desk full time. It is great to have her back!

**Chris Grable**, Health Director, celebrates 12 years at Daybreak!! Chris takes wonderful care of the participants, treating all kinds of ailments with skill and compassion, catching little things before they become big, and offering an ear whenever needed. We are so grateful for her loving care.

Thank you to each of you for ALL that you do to make Daybreak the special place that it is!



## **HAIR SALON INFO**



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 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 send in or text Denise a picture so she knows what you want!** Now is a great time for a new spring do!





# COVID CORNER



We are learning how to live with this disease that it seems, will be with us forever. We have learned a lot over the last three years and, after consultation with other day care providers, feel the time is right to make some adjustments to our procedures. We will monitor the effects of the changes closely and adjust as we need to. We want our participants, staff, and visitors to be comfortable AND healthy.

Beginning Monday May 1:

- We will no longer be taking temperatures before people enter the building or bus. In 3 years and thousands of temperatures later, that measure has not once been a predictor of disease. Of course, if your loved one looks unwell at the center the nurse will check their temperature, and you should do the same at home.

Beginning Monday May 8:

- We are going to try “mask optional” for participants and staff. If you send your loved one in wearing a mask, we will do our best to keep it on them. **If you feel strongly that they must wear it, please communicate that directly to Christina or Nurse Chris so all staff can be made aware and support the effort.**

Ongoing

- Please keep your loved one home if they are not feeling well and communicate with us if they test positive for Covid, Flu, or other contagious illnesses. We require the same of our staff.
- We will continue to use hand sanitizer and sanitize surfaces throughout the day.
- We will keep the HVAC units on settings to promote maximum air exchange and will have windows open to improve ventilations.
- We will alert you and the Health Department if there are Covid cases in the center.
- We will monitor the rates of Covid transmission in the community and will make adjustments to our policies as needed.



# From the Social Worker

## The Power of Good News

Over the past few months, I have written about several small changes we can make to improve our quality of life and reduce stress—something that helps improve health and wellness for all—especially caregivers, those living with chronic disease, pain, or other health issues. In keeping with that practice I'd like to offer “the power of good news.”

A couple of years ago I stopped reading the news. That is not to say I avoid what is going on in the world, rather I stay on top of the highlights, while staying away from a deep dive into everything going on in the world, or as some say “doomscrolling.” That may seem like a strange confession, but I was finding that the news made me feel heavy, cynical, and always expecting the worst.

It turns out that what I was experiencing is a real thing. When we hear bad news, or read too much about tragedy and gloom, our bodies release stress hormones like cortisol and adrenaline. These hormones then can cause anxiety and depression, effects on our immune systems, digestion problems and more.

However, I did miss reading some news, so I did a little web search for “good news.” Little did I know there is quite a market for it. In fact, sites like *The Good News Network*, *The Daily Optimist*, *Sunny Skyz*, *Happy News*, *The Good News Movement*, and more, focus solely on uplifting and positive news.

Exposing ourselves to good news decreases our likelihood of seeing the world pessimistically and as a dangerous, threatening place, and increases an overall better outlook on life. Not only that, but it can make us feel hopeful and motivated—and studies show it is “contagious.” Not only can it make you feel better but when you share that news it helps make others around you feel good. And while reading the “regular” news may be something you just cannot live without, maybe try balancing it with some uplifting stories.

In an effort to share some positive effects of good news here are a few links to some of my favorite recent stories. Enjoy!

Have good news of your own? Or a favorite good news story? Let us know!

- Those Who Think More Positively About Aging Are More Likely to Regain Memory, Landmark Study Shows- <https://www.goodnewsnetwork.org/those-who-think-positively-about-aging-more-likely-to-regain-memory-study/>
- Vitamin D Supplements May be Fending off People's Dementia, New Large Study Shows- Especially in Females- <https://www.goodnewsnetwork.org/exeter-and-calgary-large-study-on-vitamin-d-and-dementia/>
- How to Feel Optimistic About the World- <https://www.positive.news/society/how-to-feel-optimistic-about-the-world-according-to-you/>
- How to Live Well: Five Ideas for Better Wellbeing- <https://www.positive.news/lifestyle/health/how-to-live-well-five-bright-ideas-for-better-wellbeing/>
- New Studies Suggest "Nature Prescriptions" Improve Both Physical and Mental Health- <https://www.sunnyskyz.com/good-news/5006/New-Study-Suggests-039-Nature-Prescriptions-039-Improve-Both-Physical-And-Mental-Health>
- Caregiver Wins TedX Award for Helping Others With Ill Relatives- <https://www.goodnewsnetwork.org/caregiver-wins-tedx-award-helping-others-sick-family-members/>

Mary Collins, LMSW  
 Daybreak Social Worker  
[socialwork@daybreakadulthoodservices.org](mailto:socialwork@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)**

May 1

May 15

June 5

June 19

July 3

July 17

The group offers you a safe space to relax, share, and learn with others who understand the challenges that come with being a caregiver. All are welcome (whether you are affiliated with Daybreak or not). 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)

# Activity News



Greetings from the Activity Department!

We are excited to be welcoming the beautiful month of May. The weather staying warmer means spending more time outdoors! We were lucky to get some outside time in early April before things got cold again: soccer noodle ball and volley ball games on the patio! Words do not adequately describe the fun we have with these games. There is lots of hooting and hollering, cheering and movement! You really have to see it to believe it! Even our less active folks joined us outside for some coloring and drawing in the gazebo area, watching the fish in the pond and enjoying the warmth of the sun shining down. It was definitely a time of gratitude. One of our participants even planted a few seeds. We are anxiously waiting to plant some more to watch them grow and take care of them.

Also in April, our participant Charlie had very interesting presentations on zoo animals and some trivia music. The New Life middle school kids came to visit, playing games, doing crafts, and talking with us, Dale and Garrey came for singing and dancing, and the Wags for Hope dogs made a visit.

As we look toward May, we have some new entertainers coming to perform. Field trips and outings are going to start up again. We will be sending home sign up slips soon! Typically only 10 folks will go out, so please get your slips in soon if you are interested. We will rotate participants interested in the outings and make sure everyone gets a turn. We welcome trip suggestions and volunteers.

We are also very excited for our Senior Prom! Planned for May 19, we will have a DJ spinning tunes from the day while we dance away in our party clothes! Dust off your suitcoats and dresses! We are even planning a second chance "shopping" opportunity for those who may need some accessories and a pre-prom beauty session to help everyone gussy up! Volunteers and dance partners are welcome!!

We will continue to make the very best of everyday here at Daybreak. Enjoy the month of May!

Thank you,  
Lisa Mould, Activity Director  
[activities@daybreakadultdayservices.org](mailto:activities@daybreakadultdayservices.org)

# CRAFTING



# DANCING





# Having Fun with Students and Staff from New Life Christian School







# DAYBREAK

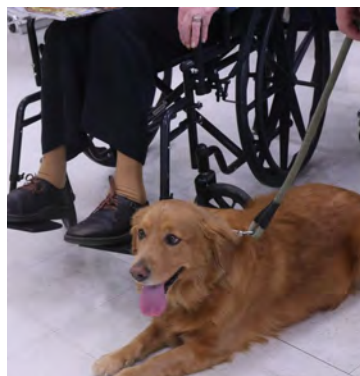


## May Birthdays

3 Emory M.  
15 Helen M. &  
Jane M.  
18 Charles S.  
25 Bert H.  
30 Thomas C.



Always a  
treat when  
the dogs  
from Wags  
for Hope  
Visit!



K  
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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.*