



DAYBREAK
ADULT DAY SERVICES

DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

August 2023

Joy is not in
things,
It is in us.



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!

SPECIAL EVENTS THIS MONTH



New on Wednesdays: Red Hats Club

August 11: Piano Music with Linda



August 22: Music and Dancing with Dale and Garrey

Great piano tunes for singing along and dancing!

August 25: Karaoke!



August 31: Wags for Hope Dog Visits



FIELD TRIPS

***Permission slip must be returned with fees as soon as possible.
Spaces are limited. ONLY 10 participants go on a trip.**

August 14: Krispy Kreme

Donuts and Coffee...oh my!



August 20: Airport Airways Restaurant

Enjoy lunch while watching the planes!



Please call the center if you have not yet received a permission slip. They were sent home the last week in July.

The Director's Corner

August greetings from Daybreak. I hope that this newsletter finds each of you well! I am struggling with the reality that August is here already; how did that happen? My to-do list seems to get longer and longer and time seems to move faster and faster. I am sure many of you can relate! I hope you have taken time to enjoy some summer fun, or at least have it on your August to-do list. Please remember to call us if we can help with extra days or schedule changes to make it easier for you.

I am hopeful that August will bring us decent weather so we can enjoy our beautiful courtyard. July was so hot and humid that we didn't get too many days out there. We sure made the most of the days we could get outside. See inside (and visit our [Facebook](#) page) for great pictures from our Beach Day and our Tie Dying Day. They were both so much fun!! Once again I must give a shout out to the Woodlands of Urbana Garden Club. Not only did they do an amazing job of weeding, planting and mulching; our courtyard, they are coming out every week-end to keep the weeds at bay and help with the watering. AND they are doing some fundraising to help with the garden related expenses. What a wonderful blessing!!

Our blessings here are many, as you know. We have had some exceptional volunteers join us recently. We welcomed a large group of teenagers from local churches last week who spent the day with us, playing games and singing karaoke. They were so at ease with our seniors and I think they gained as much as they gave! We also had a great group come and help with Tie Dying. If you have ever done tie dye before you can imagine that process...we made 55 shirts that day! The kids were wonderful helping our participants through the process of folding and banding their shirts and applying the dye. Though they left with very discolored hands, they seemed to have had a great time. Both groups of kids remarked about how lively our crew is here, and how much fun it was to be in our space. I love shaking up expectations like that. Who knows...maybe we will inspire one or two to choose a career path that gives them the chance to work with older adults! I am so grateful to the people I met 30+ years ago who inspired me!!

We are always looking for more volunteers and I encourage you to spread the word if you know anyone looking to give a little time!

Enjoy the newsletter and enjoy the rest of your
As always, don't hesitate to call us if we can be of ser-



summer!
vice.

Fondly, Christina

Community News and Notes



Groceries For Seniors Farmers Market

Beginning in July, Groceries For Seniors patrons will be able to browse the produce and select only the items and quantities they prefer in a Farmers Market style setting.

Beginning in July, you will park your car on the main parking lot at the Frederick Senior Center and visit the Market tents on the side parking lot. Volunteers will assist you as needed!

Look for special activities and treats each month.

Don't forget to bring your reusable shopping bags!

Groceries For Seniors Farmers Market will be available on the 3rd Friday of each month to eligible participants on the following dates, beginning at noon for as long as food is available.

Friday, July 21, 2023

Friday, August 18, 2023

Friday, September 15, 2023

*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.
Call 301.600.1234 for details



Frederick Senior Center | 1440 Taney Avenue | Frederick, MD



HAIR SALON INFO



Our hairdresser, Dennise Guypens, is 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 Dennise a picture so she knows what you want!**



OUR CONDOLENCES

To the friends and family of

*Brian Cooper
Effie Fulmer*

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)

August 8 **

August 21

September 4

September 18

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 questions or would like to be put on the group email list to receive reminders and Zoom links. director@daybreakadulthoodservices.org

****August all Zoom is on Tuesday this month!**



Staff News and Notes

Staff Anniversaries

One wonderful staff anniversary this month...driver Allen Dyson celebrates 1 year with the Daybreak team! Allen drives the Brunswick/Jefferson/Ballenger route and is recognizable to all for his tall height! Allen is super helpful around the center and takes great care of his passengers. We are so very glad he is part of our team!!

Help Wanted

We are currently looking to hire the following positions:

- Full Time, Part Time, and As Needed (PRN) **nursing assistants**. FT Shift is M-F 8:45-3:45. PT and PRN are negotiable. CNA/GNA are NOT required. Dementia and senior care experience preferred.
- A part time **driver**. Monday, Wednesday, Friday (with the ability to flex with our Tues/Thurs driver or fill in as needed). Shift is split: 7:15am -roughly 10:30 am and 2:45-roughly 6:00 pm. This is a great job for a retiree!!

Please spread the word. Anyone with questions or an interest should call Christina asap! Both positions are also listed on Indeed.





ELVIS



NURSES NOTES



Heat Exhaustion and Heat Stroke

The risk of heat exhaustion or heatstroke is very high during this hot summer weather especially with the extreme temperatures we have been experiencing again this year. The risk goes up even higher with exertion and/or exercise. Children, the elderly, and people with long-term health conditions like diabetes, heart problems, respiratory problems & people with a history of dehydration, are more at risk of heat exhaustion or heat stroke.

Tips to help prevent heat exhaustion or heatstroke:

- drink plenty of cold drinks, especially when exercising
- take cool baths or showers
- wear light-colored, loose clothing
- sprinkle water over skin or clothes
- avoid the sun between 11am and 3pm
- avoid excess alcohol
- avoid extreme exercise

*This will also prevent dehydration and help your body keep itself cool.

The signs of heat exhaustion include:

- a headache
- dizziness and confusion
- loss of appetite and feeling sick
- excessive sweating and pale, clammy skin
- cramps in the arms, legs, and stomach
- fast breathing or pulse
- a high temperature of 100.4 F or 38 C or above
- being very thirsty

*The symptoms usually appear the same with adults and children, although children may become floppy and sleepy. If someone is showing signs of heat exhaustion, they need to be cooled down.

If someone has heat exhaustion, follow these 4 steps:

- Move them to a cool place.
- Get them to lie down and raise their feet slightly.
- Get them to drink plenty of water. Sports or rehydration drinks are OK.
- Cool their skin – spray or sponge them with cool water and fan them. Cold packs around the armpits or neck and on their forehead too.

Stay with them until they're better.

They should start to cool down and feel better within 30 minutes.

Immediate action required: Call 911 if:

You or someone else have any signs of heatstroke:

- feeling unwell after 30 minutes of resting in a cool place and drinking plenty of water
- not sweating even while feeling too hot
- a high temperature of 102 F or 39 C or above
- fast breathing or shortness of breath
- feeling confused
- a fit (seizure)
- loss of consciousness
- not responsive

Heatstroke can be very serious if not treated quickly. Put the person in the recovery position (lay them down and turn them to their left side with their right knee bend over their left leg.) if they lose consciousness while you're waiting for help.

I hope you find this information helpful. Please notify Daybreak if this occurs with one of our participants so we can monitor them closely when we go outside in the future. We do plan to utilize our lovely outdoor space, weather permitting, for activities at Daybreak, however, we do take into consideration the weather advisories.

Daybreak is happy to announce we have added a nurse to our staff. Jenn Crabb, RN will be working 3 days a week and is job sharing with Jeanette Oliverio, RN to help provide the best of care to our participants. As always please notify us ASAP of any medication changes, falls or infections.

Chris Grable, RN Health Director
RN@daybreakadulthoodservices.org

*Source: NHS January 2021



From the Social Worker

Hearing and Dementia

Several years ago I lost 60% of my hearing in one ear overnight (temporarily fortunately) as the result of a perforated eardrum. It was excruciating and scary, but most bothersome were the weeks afterward navigating life with those hearing changes. In a crowded room I could not identify where sound was coming from, couldn't focus on what I was supposed to be listening to, I missed portions of conversations and eventually tired of asking people to repeat themselves. I often felt disoriented or confused by what was going on around me, and I found I did not want to socialize much. As the weeks went by and I regained my hearing I tried to hang on to the feelings elicited during that time so I could be more aware and empathetic in communicating with others.

I am happy to say my hearing is near normal now, but I continue to be interested in how hearing changes can affect daily life. So, after listening last week to Dr. Frank Lin, an otolaryngologist Johns Hopkins, present for the Brain Health Academy by USAgainstAlzheimer's about Hearing and Dementia I knew I wanted to share some of the information. Dr. Frank has extensively studied the impact of hearing loss on cognitive decline and is one of the lead investigators on the ACHIEVE study that is looking at the treatment of hearing loss can cut the risk of cognitive decline <https://www.achievestudy.org/>

The results of this study were just released on July 17, 2023 at the Alzheimer's Association International Conference in Amsterdam and are fascinating and I would encourage you to take a look. More study and follow up will be necessary but for now the study is showing that "in older adults at increased risk for cognitive decline, hearing intervention slowed down loss of thinking and memory abilities by 48% over 3 years." (<https://www.achievestudy.org/>)

Increased cognitive load, isolation related to hearing loss (and thereby less social engagement and stimulation which is a preventative factor), and auditory deprivation leading to structural changes in the brain are all things being looked at as the possible link between untreated hearing loss and changes in cognition so more studies are to come.

For now, though, what does this mean? If you have hearing loss, will you develop dementia? Of course not! It is just something else to be aware of to take steps to reduce risks. So what can you do? First prioritize hearing health- safely keep your ears clean (remember the old adage...nothing in your ears smaller than your elbow), maintain regular hearing screens, if you are prescribed hearing aids get them and wear them. With so many options out there now, even some over-the-counter be sure to find the right ones for you, and in general keep engaged and active. It makes a difference! Which brings me right back to this amazing community we have at Daybreak. No better place for engagement, fun and lots of laughs.

For more information check out these additional websites-
<https://www.usagainstalzheimer.org/hearing-and-dementia>

<https://www.health.harvard.edu/blog/want-to-reduce-your-risk-of-dementia-get-your-hearing-checked-today-202302162891>

<https://www.achievestudy.org/>

https://aaic.alz.org/releases_2023/hearing-aids-slow-cognitive-decline.asp

Never hesitate to call if you have a question, suggestion, or just need to talk.

Fondly,

Mary Collins, LMSW

socialwork@daybreakadultdayservices.org





Activity News



Wow! What an exciting and busy month here at Day Break. We started the month off with everyone's favorite: Elvis Presley! A wonderful Elvis impersonator was here live at Daybreak! Oh what an afternoon that was. Let's just say they danced their way to the bus that day!

Tie Dying was a big success. Everyone had so much fun creating their beautiful tee shirts. We had great volunteers, who also did singing and dancing with us. What a treat! We encourage participants to wear their shirts on baseball Mondays.

Beach Day was another huge hit. What fun we had with bubbles, water guns, wading pools, our feet in the sand, and volley ball. We had another great group of volunteers that did an amazing job helping make the day special.

We have been fortunate to get so many young groups in to help and to be involved in the activities. We are always looking for more groups, as well as individual volunteers! If you have a connection at church, scouts, CTC, the high schools, etc, let me know!

Another July highlight was a performance by a Jazz band from Middletown. They were wonderful. As with volunteers, we are always looking for more entertainers! They don't have to be professionals, just folks with a passion and some time. Think church choirs, students, singers, dancers, historians, etc. Please have them call!

The field trips have been working out really well. We are trying to make sure everyone that is able to go on the trips has a chance to go. We have two fun trips scheduled for August: Kristy Kreme for donuts and the Frederick Airport for lunch. You should have already received the August field trip form. Please call Gwenda if you need another one sent home. The trips fill fast so please try and get your forms in soon after you receive them.

We are looking forward to making the most of the month of August before we end the summer with a big party. Time sure flies when you're having fun and that we do! Enjoy your month of August. If you have questions call or email anytime.

Thank you,
Lisa Mould, Activity Director
activites@daybreakadulthoodservices.org



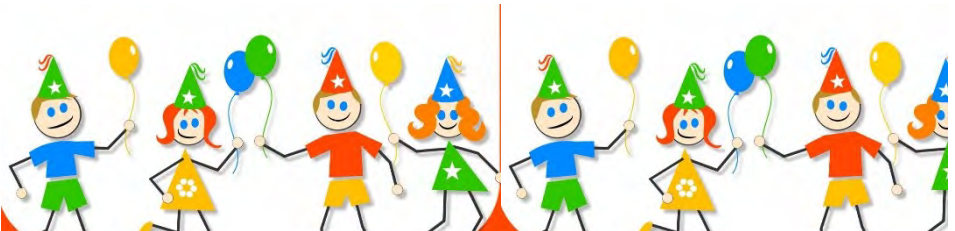
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AUGUST

4	June R.	14	Sally M.
7	Marjorie M.	16	Francis E.
8	Gerald T.	17	Bill P.
10	Tammy F. & Letitia F.	19	Peggy S.
12	Erma S.	23	Marcia Z.
13	Charles J.	26	Gloria W.



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.