



# DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

July 2023

The Center will be closed on July 4th to celebrate the holiday. We will be **open** on Monday, 7/3 and reopen on Wednesday, 7/5.



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

### July 11: ELVIS will be in the house!

Don't miss this one! Limited space available for extras. Please call Gwenda.



### July 13: Tie Dye Fun



\*\*We will be tie dying tshirts with the help of some wonderful teens. We would love it if participants here that day could send in a plain white tshirt for dying.

### July 14: Beach Day!



We are bringing in some sand and water and planning a fun day "at the beach". Please wear your best (full coverage) beach attire and be ready for some fun! You might get wet!

### July 25: Music and Dancing with Dale and Garrey

Great piano tunes for singing along and dancing!

## FIELD TRIPS

\*Please see permission slip coming home with newsletter. Sign up and return the slip with the required fee as soon as possible. Spaces are limited. ONLY 10 participants go on a trip.

### July 12: South Mountain Creamery

We will get a tour of the barns, see the cows and enjoy some fresh ice cream on the farm!



### July 27: Cracker Barrel

Who can resist the good old fashioned food at Cracker Barrel!

# The Director's Corner

Can you believe it is July already? The older I get, the faster the time seems to fly. They say "time flies when you are having fun". That must be it!

Much much fun at Daybreak this month. We have brought in some wonderful new entertainers and welcomed back our regular favorites, resumed field trips, added some great new staff, and got a remake of the courtyard. We are so incredibly grateful to the garden club at the Woodlands of Urbana for all off the time and effort they put in to making our courtyard beautiful. Though the weather didn't always cooperate this month, we got out as often as we could. Some new favorite outdoor activities include nerf baseball and volleyball. Our new journaling group is also enjoying introspective time on the patio and Farmer Tom is even starting to harvest some vegetables! I squeezed as many pictures in the newsletter as I could. You can find more on our [Facebook page](#).

July 1 marks the start of our new fiscal year and with it comes new subsidy funding and new rates for many. We are so grateful to have received three sizable grants that we will use for the subsidy program this year. Two are from Frederick County and the third is from the State. Though it seems like a lot of money, it is never enough. As we return to pre-COVID census numbers, I will need to be more judicious with allocation than I have been in the last couple of years, which I know will have an impact on some of you. I will continue to seek other funding sources and donations to help expand the fund so we can continue our intention to not turn anyone away for inability to pay. I am always open to leaning about new funding streams, potential donors, or fundraising ideas. Please reach out if you have any connections!

Speaking of connections...a big thank you to those of you that spread the word about Daybreak to your friends, doctors, and even strangers. Word of mouth is our best referral source. Last month we admitted someone whose daughter heard about us from one of you as you chatted at the checkout of a local retailer. You never know where you might run in to someone who could benefit from what we provide, and a personal reference is so much more impactful than an ad in a magazine. Thank you for sharing your stories. It makes a difference!

Enjoy what you can of summer...it is going so fast! Please remember to let us know if your loved one will be going away on vacation, or if you are going away and we need alternative contact information. Never hesitate to ask if your loved one can come to the center extra days while you are away, entertaining visiting guests, or just because.

Fondly, Christina



# Community News and Notes



## Summertime Chill & Thrive

early stage social engagement program

*join us for ice cream, meditation, brain games, and more!*



Saturday, July 8th  
1-3pm

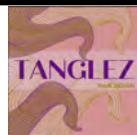


Urbana Regional Library  
9020 Amelung St, Frederick, MD 21704

Scan to RSVP or Call Megeen  
White at (240) 549-5086



## 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 Denise a picture so she knows what you want!**

**PLEASE BE WARE THAT DENISE IS  
ON VACATION JULY 17-JULY 21**



## OUR CONDOLENCES

*To the friends and family of  
Casilda Baez  
Carl Moss  
Fred Schrotz*

*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](mailto: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)**

~~July 3~~

July 17

August 7

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 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)



# Staff News and Notes

## Staff Anniversaries

We have a number of anniversaries to celebrate this month!

Congratulations and Thank You to driver **Lisa Hartman** for 2 years of service. Lisa drives the Urbana route, also getting folks in the Ballenger Creek area. Lisa is very kind and caring and has the wellbeing of each participant in mind at all times.

Also celebrating 2 years is Program Assistant **Debbi Taylor-Dickinson**. Debbi is wonderfully kind and fun and keeps our participants safe and well. She is an integral part of the floor staff!

Celebrating 1 year with us is our Kitchen Manager **Beth Pente**. Beth has added lots of new elements to the menu and is wonderful at keeping many diet needs straight. She is a great cook with a big heart and we are very lucky to have her!

## New Staff

We are very excited to welcome two new staff to the team! **Selam Daba** joins us as full time program assistant. We had the pleasure of meeting Selam when she was here as private aide to one of our participants. She quickly came to enjoy the spirit of Daybreak and we quickly came to enjoy her and her many gifts. When her private duty job ended, we quickly hired her on as one of us!

We also welcome **Jennifer Crabb**. Jenn is our new part time registered nurse. Jenn will be sharing the second nurse position with Jeanette, working alongside Chris 3 days a week. You will surely hear from her as she gets to know the participants and gets involved in their care. Jenn comes from a long tenure in the urgent care world and is going to be a great asset to our team!

Welcome Selam and Jenn!!

## Farewell

We do have one good bye this month. We are sad to say farewell to longtime program assistant Opy. Opy has moved on to new adventures and we wish him nothing but the best.





“You don't stop laughing because you grow old. You grow old because you stop laughing.”



# NURSES NOTES



## Staying Hydrated

Dehydration is one of the leading causes for many of our clients' emergency room visits. Dehydration happens when the body loses more water than is taken in. Dehydration can happen for many other reasons as well, including as a side effect of prescribed medication like diuretics, diarrhea, excessive sweating, loss of blood and diseases such as diabetes. Aging itself makes people less aware of thirst and also gradually lowers the body's ability to regulate its fluid balance. Also many elderly people try not to drink "too much" because they don't want to have to keep getting up to use the bathroom.

How is dehydration caused? Fluids are continuously lost through normal body functions such as sweating, breathing and urination.

Mild Symptoms of Dehydration:

- Increased thirst
- Weakness
- Dizziness
- Fatigue

Moderate Symptoms of Dehydration:

- Dry mouth; dry tongue with thick saliva
- Unable to urinate or pass only small amounts of urine; dark or deep yellow urine
- Weakness, sluggishness, general feeling of being unwell
- Rapid heartbeat
- Headaches
- Sleepiness or irritability
- Cramping in limbs
- Constipation
- Low blood pressure

Severe Symptoms of Dehydration (**Is a life-threatening medical emergency**)

- Extreme thirst
- No urine
- Rapid breathing



- Altered mental state, may even include hallucinations, delusions & unresponsiveness.
- Cold and clammy skin

Tips to prevent dehydration:

- Encourage fluid intake at meals and snacks
- Drink fluids throughout the day rather than drinking large amounts all at once
- Make sure you keep your favorite beverage near by
- Eat foods high in water such as fresh fruits and vegetable

Try to avoid coffee, alcohol, sodas and high-protein drinks, especially in large quantities, because they have a diuretic effect. This leads to a greater loss of body water, which can cause or worsen dehydration.

Fear of incontinence can decrease a person's urge to drink voluntarily. Therefore make sure to drink more during the day and limit drinking before bed. Additionally, drinking small amounts of water throughout the day may help. We try to encourage fluids with each meal and snack here at Daybreak and recommend you do the same at home.

Adults should be drinking at least 8 glasses of fluids a day.

Chris Grable RN

Daybreak Health Director



“Two of a Kind”



# From the Social Worker

## Wandering

Many years ago, our family had a terrifying experience when my father, who had early onset Alzheimer's disease, wandered from our home. He had no history of wandering, and while we knew that it was a symptom of his disease, certainly did not think it would happen under the close watch of our family and the precautions we had put in place. Fortunately, he was wearing identifying jewelry and was quickly returned home by a neighbor. None-the-less it was frightening, and we quickly realized that despite our best efforts to minimize risk, it can still happen.

According to the Alzheimer's Association six **in ten people living with dementia will wander at least once** and many repeatedly ([www.alz.org](http://www.alz.org)). There are a lot of theories as to why people wander...maybe they do not recognize their environment anymore, maybe they are trying to fulfill a former obligation like work or school, maybe they are looking for the bathroom or kitchen in their own home and walk out the front door, maybe it is boredom, or a situation that is too overwhelming or any number of other reasons.

Since I have been here at Daybreak, I have talked with many families about this topic so thought it would be helpful to share information to a larger audience. While there is a never a guarantee wandering will not happen, and no foolproof way to determine who may be most at risk, awareness and education can prepare us if it does happen. While this is by no means an exhaustive list of tips and techniques, I included some links to additional information at the end of this article.

### Who wanders?

While there's no way to determine exactly who will wander, there are some behavior patterns that you may want to keep an eye out for.

- People who have a history of getting lost in, or unable to find, areas previously well known.

- Someone who often thinks they need to be somewhere e.g., needs to go to work, meet someone, or pick someone up.

- Talking about wanting "to go home" even though they are in their current home.

- Getting "lost" in one's own home- unable to find certain rooms or do not recognize rooms in their own home.

- People who exhibit restlessness, agitation, or the need to move.

- Any exit seeking behavior- trying doorknobs, opening windows, fidgeting with locks on gates etc.

- Anxiety in certain environments- areas that may be too loud, busy, or stimulating.

- Be especially vigilant if the person has wandered previously and do not leave them unattended.

### Reducing the Risk

With all of that said, it's important to tune in to your loved one's own patterns and triggers. Take note of the time of day your loved one may be more

restless, or agitated...is there a certain place you notice they seem less settled...do certain activities or environments trigger fleeing behavior? Other tips for reducing chances of wandering include:

Make sure the person is getting enough exercise, has outdoor time and activities they enjoy every day. Having a predictable routine can help. (Let me know if you would like a list of activities that can be done at home)

Consider a toileting schedule if your loved one wanders in the house to find the bathroom. e.g., walking them to the bathroom every two hours and labeling the bathroom door.

If you notice your loved one is not sleeping or is heading toward day-night reversal, talk to their medical professional.

Make sure that the person eats and drinks regularly, so they are less likely to go looking for food or drink.

Keep car keys out of sight. Wandering does not just happen on foot.

Be vigilant in new situations or environments as it can exacerbate confusion and wandering. This is especially important to keep in mind when vacationing, visiting friends/ family etc.

### **Other considerations**

- To prevent a loved one from leaving the home or entering rooms that are off limits try placing signs on door like STOP, CLOSED, DO NOT ENTER. Some families use gates, screens, curtains or streamers as well. When a caregiver is present (for safety) you may consider placing a cloth over a door-knob or use safety covers. Painting doors the same color as walls can be effective too.

- Alarms or cameras can be placed on doors and windows. Locks can be changed or moved out of sight, however again lock doors only when caregiver is present. Ensure outside space is secure with a fence and gate.

- Items the person may associate with leaving the home should be out of sight. Things like shoes, hat, jacket, umbrella, keys etc.

- A throw rug in a dark color or even black tape on the ground in front of a door may be a deterrent to leaving the home. It is just enough contrast to keep the person from passing it.

- Consider a pressure sensitive alarm mat next to the bed so you know if your loved one gets out of bed.

Even if the person has not driven in a long time be sure not to leave your loved one alone in a car, especially with the keys in the ignition.

- Consider letting neighbors, local police, store owners, bus drivers know etc. know that you have a loved one with dementia who is at risk for wandering. Ask them to let you know if they are seen alone.

- Think about areas near the home that could be hazards if they do wander (rivers, lakes, quarries, busy roads etc.) and think about some of their favorite places to go. These may be places to focus on if wandering occurs.

- For identification purposes have recent picture, or video, hand. It may also be helpful to have a worn, unlaundered piece of clothing set aside if a



# From the Social Worker Cont.

- scent dog is used in a search.
- Make sure the person always has some identification on them whether it is identifying jewelry, wallet card, registration in a local or nationwide identification service (Medic Alert/Wanderers Alert, Project Lifesaver etc.) You may want to consider labels in clothing and shoes as well. Some people have had success with Air tags, Smart Tags or even tiles attached to jackets or place on shoes. Tracking apps on smartphones can be helpful as well if the person uses a phone.

## What if it happens?

Again, preparedness for a potential wandering event is key. Here are a few things you can do to reduce stress and save time if an event does happen.

Don't wait! Start looking immediately. Statistics show many people who wander are found within 1.5 miles from their home. Another interesting statistic is that most people go in the direction of their dominant hand. Start in the home and be thorough, even looking in unusual or hidden areas.

Take the same approach outside. People with dementia may not follow "logical" walking paths or roads and are often found in overgrown areas, bushes etc.

If the person has wandered in the past, check that area.

Either right away or within 15 minutes, call 911 to file a missing person's report and inform emergency services that the person has dementia. A Silver Alert may be initiated.

Really look! Calling out to a person may not be enough. An individual with dementia may not respond to their name or be fearful.

Remember sirens, lights (like a flashlight or flashing lights from first responders) may be alarming to the person.

**For more information give me a call or check out the following websites-**

Alzheimer's Association- <https://www.alz.org/help-support/caregiving/stages-behaviors/wandering>

UCLA- <https://www.uclahealth.org/medical-services/geriatrics/dementia/caregiver-education/caregiver-training-videos/wandering>

NIH- <https://www.nia.nih.gov/health/wandering-and-alzheimers-disease>  
Safe Return Wanderer's Alert- <https://www.alz.org/help-support/caregiving/safety/medical-alert-with-24-7-wandering-support>

Project Lifesaver- <https://www.frederickcosheriff.com/community-services>

Please call if you any questions or suggestions that may be helpful for others.

Mary Collins, LMSW

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

# Activity News



Welcome to the warm month of July! How fast June passed by! We didn't get as many days outdoors as we had planned between air quality issues and rain. We did get two nice field trips in. We had a group go to The Little Red Barn in Jefferson for ice cream. The participants had a great time enjoying their ice cream at the tables outside and socializing with each other. The weather was great that day for our trip. We had another good trip to the Grotto in Emmitsburg. The trip went perfect. The participants enjoyed the statues and guided tour and had a nice time socializing in the private area that we had our picnic lunch in. Here at the center, we have started a journaling group that is really going well. The group goes outside to socialize and write in their journals with some prompts by the leader. Our participant Charlie had some extra fun music trivia presentations that we really enjoyed. Debbie from Country Meadows brought Bingo and prizes for a fun afternoon in June, Our friends Garrey and Dale joined us for a fun hour of dancing and singing. We welcomed new musical group *Two of a Kind* who wowed us with the saxophone, keyboard, electric guitar and even drums! We also enjoyed our monthly dog visits, which is always a happy time.

There are some exciting things planned for July. We have Elvis Presley coming to sing on the 12<sup>th</sup> which we are really looking forward to. July 13 will be a Tie Dye party, and the 14th is Beach Day. We have lots of beachy games and surprises to get everyone in the summer spirit. If you come on Fridays, please get in the spirit with your favorite beachy attire (no flip flops though!). We also have two more field trips planned and are hoping to get more outside time in for July. Field trip forms are included with the newsletter. Trips fill fast so please get your form back asap if you are interested in going.

Happy Summer and if you have any questions always feel free to call or email me.

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





# Country Meadows Bingo!







9 Sherry R.  
14 Adela R.  
29 Devra S.  
30 Jane B.  
31 Judy M. & Bob T.



THANK YOU WOODLANDS OF  
URBANA GARDEN CLUB FOR  
MAKING OUR GARDEN SO  
BEAUTIFUL!!



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.*