



DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

September 2023



**DAYBREAK WILL BE CLOSED MONDAY
SEPTEMBER 4 FOR LABOR DAY**

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 with live links and color photos.

SPECIAL EVENTS THIS MONTH

September 4: Labor Day, Daybreak is Closed

Wednesday September 6: Representatives from [Project Linus](#) meet with the Red Hat Club about a service project

Monday September 11: Musical Duo “Two of Kind” here to perform.

Tuesday September 12: for our caregivers and interested participants: Learn more about Medicare and Medicare Advantage from 3-4 with Elly Williams from the Division of Aging and Independence. Read more inside.

Wednesday September 20: Red Hat Comedy Fashion Show AND a Staff Talent Show!

Thursday September 21 and 28: Visits from the Dogs

Tuesday September 26: our favorite piano player Dale Allen Jarrett joins us for some singing and dancing!

Ongoing:

Wednesdays: Nanette Tummers is back for our weekly exercise class!

Thursdays: Fall themed canvas painting classes every Thursday this month!

Field Trips:**

Monday September 18: Ice Cream at The Little Red Barn

Thursday September 28: Tour of Saint Seton Shrine and Picnic in Emmitsburg

****Please see enclosed field trip form. Return with a signature and required fee as soon as possible.**

The Director's Corner

September greetings from the front office! I hope that this newsletter finds you well. Though the temps are still summer like, you can tell that fall is in the air! Trees around my house are starting to lose their leaves, the school buses are on the road, and the farmers market vendors are starting to sell apples and winter squash. Though I love the fall, I always feel a little sad to see summer go. We will try and squeeze as much out of it as we can!

One of the best parts of the weather change will be the ability to be outside again without the extreme heat and humidity. We were limited in the number of days we could get in to the courtyard and are looking forward to some better weather for outdoor activities! Our great gardening volunteers have done a wonderful job keeping things weeded and watered. It is beautiful. They will be adding mums soon which will help keep it beautiful through fall.

One of my biggest concerns as the weather changes is COVID. I am definitely getting more calls about exposures and positive cases. I ask all of you to be mindful when you are out and about and to please contact me promptly if you or your loved becomes ill. We are being extra mindful about cleaning and sanitation and watching all closely for symptoms that could be attributed to the virus. Masks are not required but we certainly respect those who choose to wear them. Please do what is right for you. As always, I will keep all of you informed if we have cases that put anyone here at risk. My procedure is to call the family of all participants who were at a dining table, on the bus or otherwise in close contact with anyone who has tested positive. I then email ALL center families to make them aware of the case. Anyone testing positive will need to be out of the center for a full 10 days. We will make decisions about exposure related absences based on each situation. Never hesitate to reach out if you have questions or concerns about our COVID procedures and protocols (or anything else for that matter).

I must take a moment to say thank you to all of you who were patient and helpful during our unexpected transportation challenges this past month. With 2 drivers out, we had to make many adjustments. I know that for many of you it meant late pickups or early drop offs, or even you doing the driving. I am so grateful for your patience and understanding as we made it through. Kudos to the 4 drivers who crisscrossed the county to get everyone here and home safely!! And welcome back to the other 2 drivers, one who was vacationing and the other who was ill. Our transportation team is amazing!!

Best wishes for a wonderful month.

Fondly, Christina





Staff News and Notes

Help Wanted

We are still 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.



MISSING ITEMS



We are losing plates, cups and silverware at an alarming rate. If any pieces make their way home, please kindly send them back in with a driver!



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

Clyde Grove

He 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)

September 4

September 18

October 2

October 16

November 6

November 20

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

Community News and Notes

Lots of great events happening around town this month!

HERE AT DAYBREAK

MEDICARE AND MEDICARE ADVANTAGE PLANS

Tuesday September 12, 3-4pm

You are surely being bombarded with advertising and sales calls about Medicare Advantage Plans. PLEASE come and get the facts before making any changes to your plan; they are NOT all that they advertise! We are excited to welcome Elly Williams, the State Health Insurance and Senior Medicare Patrol Program Coordinator from Frederick County Division of Aging and Independence. Elly will give a short presentation about Medicare, Medicare Advantage and Open Enrollment and will then answer your questions. You can join us here in the center or join in via Zoom. Please RSVP to Mary at social-work@daybreakadultdayervices.org or 301-696-0808.

AT THE DIVISION OF AGING AND INDEPENDENCE

(formerly the Division of Senior Services)

POWERFUL TOOLS FOR CAREGIVERS

October 9-November 13 (consecutive Mondays) 9:30-11:30am
Worthwhile program that teaches caregivers how to take care of themselves. A number of Daybreak families have attended these classes with rave reviews. Call 301-600-6022 to register. We can change Daybreak days if you need coverage for your loved one!

SENIOR LISTENING SESSSIONS with the Senior Services Advisory Board. Share your concerns about successful aging in this community with representatives for the County Executive/County Council. Your Voice Matters!

Tues 9/12 6:30 Mt. Pleasant Ruritan Club

Fri Sept 15 1:30 pm Emmitsburg Senior Center

Fri Sept 22 1:30 PM Frederick Senior Center

Wed Sept 27 1:30 Urbana Senior Center

Thurs Sept 28 4:00pm Virtual

Call 301-600-1234 for details or link to virtual event.

FROM THE ALZHEIMERS ASSOCIATION

September 12: 6-7pm **Healthy Living for Your Brain and Body**

September 21: 10:30-11:30 **Is it Alzheimer's or Something Else? The 10 Warning Signs**

September 28: **Managing Difficult Conversations**

Call 800-272-3900 to register. All programs are via Zoom.

IN THE COMMUNITY

ELDER EXPO

Frederick County's annual **Elder Expo** is back after a 3 year hiatus! This year's EXPO will be held at Warehouse Cinemas on the Golden Mile (Between Boscovs and Home Depot) on **Thursday October 5 from 9-2 pm**. EXPO is a great opportunity to get a lot of useful information in a short period of time. There will be 63 vendors there from all types of senior care agencies: home care, attorneys, assisted livings, nursing homes, rehab companies, insurance reps, medical providers, movers, and more. In addition to visiting their booths, you can take advantage of 12 different speaker sessions that will be held in 2 of the theaters throughout the day (schedule is below) . A free boxed lunch is also provided to senior attendees. *If you need to change your Daybreak day so that you can attend, please call us!

We are looking for a few folks who might want to help staff the Daybreak booth. Who better to tell a caregiver about our services than someone who uses our services! If you are interested, please contact Christina. The EXPO committee is also looking for a few more volunteers to help with the event as a whole (handing out lunches, helping direct attendees, helping at the registration tables, etc). If you are interested, call or email Christina and she will put you in touch with the right person.

EXPO Speaker Schedule

9:15 am Medicare 101 OR Veteran Services

10:00am Healthy Bodies, Healthy Brains OR Downsizing and Moving

11:00am FC DIV. Aging and Independence OR EMS: What to Know

12:00 PM Volunteer Opportunities OR Medical Marijuana Dementia

1:00PM Dementia OR Senior Scams

NURSES NOTES



Hello Daybreak participants and families! My name is Jenn Crabb. I am the new part time nurse at Daybreak. I'm absolutely thrilled to join this amazing team and to get to know each and every one of you. I come with many years of urgent care experience. I'd like to take this opportunity to provide you with some information on urgent care. Sometimes it's tricky to determine the best place to seek care for your symptoms. Urgent care is for minor symptoms when your Primary Care Provider is not available to see you. Many times urgent care is appealing because you may be seen faster than in the emergency room. Emergency room care is for life or limb, time critical conditions. Below are examples of when to consider seeking urgent care verses going to the emergency room.

URGENT CARE

*Dehydration *Vomiting *Diarrhea *Fever *Wheezing-
Asthma *Rashes *Vaccines *Cough
*Congestion *Sprains *Strains *Small Lacerations
*Mild Allergic Reactions *Flu *Sore Throat
*Ear Infection *Clogged Ears *Insect Bites *Covid Test
*Urinary Tract Infection

EMERGENCY ROOM

*Chest Pain *Difficulty Breathing *Weakness/Numbness
One Side of Body *Slurred Speech
*Worst Headache of your Life *Change in Mental Status
*Serious Burn *Concussion *Seizure
*Uncontrolled Bleeding *Facial Laceration *Large Lacerations
*Wild Animal Bites *Abdominal Pain

When in doubt, call 911 and seek help! Always carry your photo ID and medication/allergy lists.

Below is a list of local urgent cares:

MEDSTAR HEALTH URGENT CARE, 855-910-3278

201 Shorebird Street, Frederick, 21701

Hours: Monday-Sunday 8am to 8pm

FREDERICK HEALTH URGENT CARE, 301-698-8374

501 W 7th St Suite 104, Frederick, 21701

Hours: Monday-Friday 8am to 8pm, Saturday-Sunday 8am to 6pm

WINDING CROSS URGENT CARE FREDERICK, 240-379-

7776, 5930 Frederick Crossing Lane, Frederick, 21704

Hours: Monday-Sunday 8am to 8pm

U.N.I. URGENT CARE CENTER, 301-228-3600

1305 W 7th St #28, Frederick, 21702

Hours: Monday-Friday 8am to 8:30pm, Saturday-Sunday 8am to 6pm

TRUCARE URGENT CARE, 301-682-8888

5100 Buckeystown Pike #186, Frederick, 21701

Hours: Monday-Friday 8am to 8pm, Saturday-Sunday 8am to 6pm

FREDERICK HEALTH URGENT CARE URBANA, 240-566-7300

3430 Worthington Blvd #101, Frederick, 21704

Hours: Monday-Friday 8am to 8pm, Saturday-Sunday 8am to 6pm

EXPRESS CARE URGENT CARE CENTER, 301-703-5452,

504 E Ridgeville Blvd Suite 102, Mt Airy, 21771

Hours: Monday-Sunday 9am to 9pm

Please remember to let us know if your loved one visits an urgent care or the emergency room so that we can stay aware of their medical concerns and can help you monitor their wellbeing.

Any questions...come visit me in the health room!

Jenn Crabb RN





From the Social Worker

“Education is the most powerful weapon which you can use to change the world.”

Nelson Mandela

Did you know....

Daybreak is not only home to the most vibrant, joyous, and engaging communities I have ever been a part of (OK I may be a little biased), but did you know we also have lots of great information in our library for participants, families, and caregivers? Sure, we have lots of books for pleasure reading, however our little library has great informational publications and community resource information as well.

As I have said before, being a caregiver can feel like you are trying to hit a moving target- things are always changing and evolving. So having a full toolbox can help! Increasing your knowledge about disease process, expectations, resources, and stress management can be a lifeline for caregivers. Knowledge and support can help caregivers feel more in control and prepared for their role, provides problem solving strategies and tips for proactive planning. The result of all of this is an improved relationship between caregiver and care recipient, and more confident and competent caregivers.

So next time you are at the center, take a moment to check out our little library and spend a minute perusing the wide range of options available.

Some of the newest publications in our library, courtesy of NIH, include:

Fact Sheet on Tips for Managing Agitation, Aggression and Sundowning- in English and Spanish.

Frontotemporal Dementia- Information for Patients, Families, and Caregivers

Lewy Body Dementia- Information for Patients, Families, and Caregivers

Caring for a Person with Alzheimer’s Disease- Your Easy-to-Use Guide from the National Institute on Aging

Give us a call or email if you would like a copy of one of the above. We will be happy to send it home for you.

Below are some other upcoming educational opportunities coming up. More information can be found on the flyers in this newsletter.

Join us at Daybreak as we welcome Elly Williams, Service Navigator and SHIP and SMP Program Coordinator, with the Frederick County Division of Aging and Independence, as she shares

extensive knowledge about **Medicare Open Enrollment and Advantage Plans**. Tuesday, September 12, 2023- 3-4 p.m. In-person and virtual option available.

Alzheimer's Association- The Alzheimer's Association, Greater Maryland Chapter, offers monthly educational programs accessible online. This month join them for conversations on **Healthy Living for Your Brain and Body, Is it Alzheimer's or Something Else? The Ten Warning Signs, Managing Difficult Conversations- When your loved one is showing signs how do you talk about it?**

Division of Aging and Independence, Caregiver Support Program is offering **Powerful Tools for Caregivers** class starting Monday, October 9 from 9:30- 11:30 a.m. and runs six consecutive weeks. This evidence-based class is designed to give caregivers the tools they need to better take care of themselves.

As always, please call or email if you have questions, needs, or suggestions!

Fondly,

Mary Collins, LMSW
socialwork@daybreakadulthoodservices.org



SAVE THE DATE!!!!!!



28TH ANNUAL

ELDER EXPO

 **OCTOBER 5 2023**

 **9:00AM - 2:00 PM**

 **WAREHOUSE CINEMA**
1301 W PATRICK STREET, FREDERICK MD 21702
BETWEEN BOSCOV'S AND HOME DEPOT ON THE GOLDEN HILL

 **NEW LOCATION**

 WWW.ESPCFREDERICK.COM/ELDEREXPO

See reverse for more details!

New Location!

- 63 Senior Care Vendors
- Education Sessions
- Free Boxed Lunch
- No registration required
- Easy Parking

Our new Red Hat group is growing and we need more red hats. If you happen to have an unused fun red hat, please consider donating!

RED HATS



Activity News



Welcome to September; our month of change! The leaves changing, the mornings and evenings are cooler and the outdoor sounds are changing with Fall in sight. Our month of August flew as all the other months did. We did not get as much time as we would have liked outdoors this month, but still had some nice days to enjoy. We were lucky to hold weight classes outdoors, which was a real treat. We had a lot of singing and dancing this month, which is a huge hit here at Daybreak. We got to enjoy a couple of different groups of teenagers that had us out on the floor dancing and singing, feeling our youth again! There are two different groups of dogs that visit now, so that gives an added day of visits! We had our piano friend in for an hour of singing. The Red Hats group got started this month. The participants are very excited to be part of this group and have great ideas that will be announced monthly! The field trips are going well. It would be nice to have everyone get the trips they want every time, but we have a lot of interested participants, so it could take a while for everyone to get a turn. Our hopes for September are more outdoor time and to continue with our regular dancing and singing days. We are hoping to get our Red Hats Group out and about in the community to do some volunteering and lunches out! They are very excited to get started. The Journal Group is growing each week! They are really having a great time in the group. There are plans to start a Chorus group, so that will be another exciting group starting here at Daybreak! If you have any questions give me a call anytime. Enjoy your September!

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



WANTED: Bingo Prizes. We are always in need of small prizes for bingo. Things like lotion, small seasonal decorations, costume jewelry, playing cards, etc. New or gently used is just fine!





CRAFTERS CORNER



Happy Birthday!

SEPTEMBER

8	Cathy R.
11	Elizabeth D.
14	Maryann W.
17	David G.
18	Rhonda O.



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.