



# DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

## October 2023



Autumn embraces change,  
even as she is  
falling to pieces.

Angie Weiland-Crosby

7819 Rocky Springs Road, Frederick, MD 21702

301-696-0808 • TTY/HCO 1-800-735-2258

[daybreakadulthoodservices.org](http://daybreakadulthoodservices.org)

Please visit our website for a digital version of the newsletter with live links and color photos.. Also check us out of [Facebook](https://www.facebook.com/daybreakadultdayservicesfrederick/):  
<https://www.facebook.com/daybreakadultdayservicesfrederick/>

## SPECIAL EVENTS THIS MONTH



Thursday October 5  
We are having a **Hoe Down!**  
Dust off your favorite country duds!

Thursday October 12 is **Oktoberfest**  
at Daybreak! Enjoy some Oktoberfest  
history, games and food!



We are very excited to welcome  
the **Joy Bell Hand Choir to Daybreak** for a performance on Monday October 30!

**Halloween** at Daybreak is always fun! Start planning your costume for our party on Tuesday October 31! Make sure you can dance in it (or bring a change) because our favorite piano player Dale will be here that day too!



**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!



# The Director's Corner

October greetings! Once again the new month has snuck up on me! We had a busy September at the center with a fabulous comedy fashion show, a staff talent show, and much more. Our participants and staff never fail to amaze me with their enthusiasm and spirit!! If you haven't seen the fashion show videos on [Facebook](#) I encourage you to check them out. They are hysterical.

I am thrilled to share that the Community Foundation has approved our grant application for subsidy funding and awarded us just shy of \$50,000 for the next year and a half. We will add these funds to our other subsidy grant money from Frederick County and the State of Maryland. We are so proud that we are able to offer financial aid to assist those who are challenged to pay for our services and are incredibly grateful to those community partners for supporting us!

We also learned that we have been awarded a new bus through the Maryland Transit Administration's 5310 Grant program. It will be some time before we actually see the bus, but we are thrilled to know it is coming. It will replace the oldest bus in the fleet and hopefully give our passengers a smoother ride and help us reduce repair costs.

We also got some great donations this month, both from private donors as well as local benefactor The William Cross Foundation, who donated \$5000! It is always a surprise and delight to see an envelope in the mail from that organization. They have supported us for many years and we are so grateful! We are updating and refreshing some of the spaces in the center and that will be a big help.

We were happy to host a group of graduate students from University System of Maryland for an experiential program in geriatric assessment. In addition to learning more about the value of adult medical day care, the experience allowed them to interact directly with seniors, practice working in an interdisciplinary group and to put textbook concepts into practice. Some of our family caregivers participated in a panel discussion to share their experiences with the medical world and the students interviewed some of our participants. It was an eye opening day for the students and hopefully they will be inspired to work with seniors in their chosen health careers. I think we all can agree the world needs more medical professionals who are passionate AND compassionate when it comes to serving the elderly!

You will find no shortage of passion for working with seniors at this year's Elder EXPO! See inside for more details. It is Thursday October 5 from 9-2. Please call us if you want to change your loved one's day here so you can attend!

I wish you all a happy fall. As always, never hesitate to reach out if we can be of service. Fondly ~ Christina



# Staff News and Notes

## *Anniversaries*

We are happy to celebrate three staff anniversaries this month!

Activity Assistant **Marilyn Bishop** celebrates **1 year** with us, as does Nursing Assistant **Shawnya Fisher**. Marilyn does a wonderful job keeping our participants engaged with great programs on our big screen and wonderful crafts. She is kind and thoughtful and cares deeply about everyone. Shawnya is an incredibly hard worker who never seems to stop. She makes sure the participants have what they need and are feeling good. We are so happy to have them both on our team! PRN Nurse **Bobbie Speace** celebrates **11 years** with Daybreak!! Bobbie is a wonderful backup nurse, filling when one of the regulars is out sick or on vacation. Bobbie has so many years of experience; she is calm and caring and always a delight to have in the center!

THANK YOU ALL!



## MISSING ITEMS



**We are losing plates, cups and silverware at an alarming rate. If any pieces make their way home, please 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*

*Johanna Dewees*

*She 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)**

October 2

October 16

November 6

November 20

December 4

December 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](mailto:director@daybreakadulthoodservices.org)

# NURSES NOTES



## FLU vs RSV vs COVID

The 2023-24 fall/ winter season poses a unique “triple threat” of respiratory health challenges for those over the age of 60, and especially for those with one or more underlying or chronic health conditions. The leading healthcare authorities, the Centers for Disease Control and Prevention, the National Institutes of Health and the World Health Organization emphasize that families and patients have increased awareness in prevention, knowledge of the risks, and how/ when to seek proper treatment should they contract one or more of three highly contagious respiratory viruses listed below:

Flu (influenza),  
RSV (rhino syncytial virus) and  
COVID-19 (SARS-CoV-2)

**FLU:** Flu is a contagious illness caused by influenza virus. You may be contagious one day before symptoms develop and up to five to seven days after becoming sick. Flu can cause mild to severe illness, which can lead to death. Most symptoms go away in 4 to 7 days, but the cough and tired feeling may last for weeks. The 2 types of flu include Type A (usually worse) and Type B.

**RSV:** RSV is a very common virus causing mild, cold-like symptoms with a wet cough. You are contagious for 3 to 8 days and may become contagious a day or two before they start showing signs of illness. Most people recover in a week or two, but severe RSV may lead to hospitalization for pneumonia and respiratory failure.

**COVID-19:** COVID-19 causes mild to moderate respiratory illness in most people needing little treatment. However, people with moderate and severe cases often become seriously ill and require more specialized medical interventions or hospitalization. COVID’s unpredictable course means that anyone is at increased risk for becoming seriously ill or dying regardless of age.

### Signs and symptoms for Flu, RSV and COVID-19

Often the signs and symptoms of respiratory viral illness are very similar and it may be hard to tell which virus you have. Although rare, it is also possible to be ill with more than one virus at the same time. This table should provide a symptoms review to help guide you in determining which virus you likely have been infected with.



# Symptoms of COVID-19, RSV and Flu

	COVID-19	RSV	Influenza
Onset of symptoms	Gradual	Gradual	Sudden
Cough	Common	Common	Common
Diarrhea	Sometimes	Rare	Sometimes*
Fatigue or tiredness	Common	Sometimes	Common
Fever	Common	Common	Common
Headache	Sometimes	Common	Common
Loss of taste and smell	Common	Rare	Rare
Muscle or body aches	Sometimes	Rare	Common
Runny or congested nose	Common	Common	Common
Shortness of breath or difficulty breathing	Common	Sometimes	Rare
Sneezing	Common	Common	Common
Sore throat	Common	Common	Common
Vomiting	Sometimes	Rare	Sometimes*
Wheezing	Rare	Sometimes*	Rare

*Experts say the only way to confirm a diagnosis is with testing. No matter the symptoms, people should stay home when sick and seek medical help if they experience any trouble breathing.*

\*MORE COMMON IN CHILDREN

SOURCE: CDC, MAYO CLINIC

NEWS

## TIPS IN PROTECTION AGAINST INFECTION FROM THESE RESPIRATORY VIRUSES

### GET VACCINATED FOR ALL 3 VIRUSES!!!

Wash your hands often with soap and water or use alcohol-based hand sanitizer.

Cover all coughs and sneezes

Avoid touching your eyes, nose and mouth

Stay home if you feel ill and avoid others who are or suspected to be ill

Optimize your distance and minimize close contact with others during flu/cold season and wear a mask when close contact is required

Maintain good nutrition

Minimize stress, get adequate rest, and maintain good sleep patterns

Optimize good ventilation-open windows for fresh air as weather permits

When in doubt, get tested

**ACTIONS TO TAKE SHOULD YOU ARE ILL FROM ONE OF THESE RESPIRATORY VIRUSES:** Unfortunately despite all precautions, you may fall ill with one of these viruses. If you test **POSITIVE** and have contacted your doctor, general home measures to implement include:

Rest, decrease your activity levels

Take in plenty of fluids, reduce the risk of dehydration

Consider pain relievers: Use Tylenol or ibuprofen or Aleve to combat the fever, headache or achiness as appropriate

# NURSES NOTES cont.



Your healthcare provider may prescribe antiviral medication(s) specific for each virus: **DON'T DELAY:** Treatment must be started as soon as diagnosed/ within days of when you first develop symptoms to be effective.

## **WHEN TO SEEK EMERGENCY CARE- When in doubt-CALL!**

Emergency symptoms requiring immediate medical care include:

- Difficulty breathing, cannot speak in full sentences, rapid breathing or shortness of breath
- Chest pain or pressure
- New or worsening dizziness
- New onset irritability
- Seizures
- New or worsening confusion
- Inability to stay awake, fainting
- Worsening of existing medical conditions
- Severe weakness or muscle pain
- Pale, gray or blue skin lips or nail beds (depending on skin tone)
- Dehydration
- Inability to control vomiting or excessive loose stool
- Profuse or new onset perspiring/sweating (visibly soaking)

These are just some of the emergency symptoms. If you are uncertain about **any** symptom, contact a healthcare professional **OR** call 911 and get care right away. Be sure to have an updated medication list and doctor contact information as well as a brief medical history ready for the receiving provider.

As always please let us know if your loved one is diagnosed with any of these illnesses or prescribed any new medications to treat them. What they have and how they feel will determine how long they need to stay out of the center. Please also let us know if they receive a flu or COVID vaccine.

Effie Nomicos, RN  
Daybreak Nursing Team  
RN@daybreakadulthoodservices.org





# Activity News



It's the end of summer and, while we're sad to see it go, we're excited about all that fall has to offer. From cool weather to pumpkin spice everything, there's a lot to love about this time of year.

September brought some very special guests. Project Linus staff spoke with our Red Hat ladies, showing them how to properly make the blankets we will be donating to shelters, hospitals, foster cares, and many more donation spots. We welcome donations of clean fleece (1 or 2 yard cuts) for the project!

Musical duo Two of a Kind visited bringing a lot of entertainment. Our participants love to get up from their chairs and dance! With our visit from piano player Dale ( Garrey still out recovering) the participants sang their hearts out with so much joy. We had lots of cuddles and wet nose kisses by our lovely dog visits. Always a big hit! We had a surprise guest, a gentleman named Kyle and his eight year old son Jace with their guitars and lovely voices. They shared beautiful hymns along with some music the two had written themselves. The participants were entranced. There was not an empty chair in the room.

It's not a surprise to say, the Red Hats Comedy Fashion Show was a success. Families came out to see their loved ones perform a comical act on the runway. Our ladies are true stars and they really showed it. They room filled with much laughter and even brought tears to some. Our participants here at Daybreak are already asking "When is the next Fashion Show?"

We've got lots of good things planned for October, including an Oktoberfest themed day. It will be a special day celebrating German foods, games, and the wonderful history of Germany. Also this month, we will have special visits from Joy Bells Choir, Piano with Linda, Sing along with Dale, and our lovely dog visits. Of course, we can't skip over our Halloween Party! Can't wait to see the wonderful costumes our participants and staff come up with. So much fun ahead!

Don't hesitate to contact me if you have any ideas, suggestions, or questions!

Lisa Mould  
Activity Director





## From the Social Worker

“There is nothing wrong with me.” “I don’t need any help.” “I am just getting older. It’s normal to forget things.” “My memory is fine.” “I have been driving for 50 years I can drive better than any of you!” “So I forgot to pay a few bills, it’s fine. Everyone does that.”

And, yes, let’s face it, all those things can be true, but other times may be cause for concern. Comments like these can arise when we are trying to convince a loved one that more support is needed, or that they are no longer safe in their current condition. It can be frustrating to worry about a loved one and only want what is best for them and they cannot see it.

Disagreement, and grief, about changes, or a decline in abilities, is common. In fact, there is often a period of denial or disbelief as a person comes to terms with their new reality. However, usually with time, compassion, and support people can learn to accept things as they are. And yet, other times it can be more than that—it can be a symptom of one’s disease.

Some of you may have heard of the “A’s of Dementia.” These are symptoms we commonly see in people with dementia that can be attributed to the part of the brain is being affected by their disease process. There is some debate as to how many “A’s” there are—some say five, some say seven or even more...amnesia, agnosia, absence of executive functioning, apraxia, aphasia, anomia, and even apathy, altered perception and attentional deficits. (Over the next few months, I will work on addressing more of these.)

But today I want to talk about one I had not heard about until recently—anosognosia. This is when people lack the insight into their own disease process. And while according to an Aging Care article up to 60% of people with Mild Cognitive Impairment and 81% of people with Alzheimer’s disease experience anosognosia, it is **not** just associated with dementia. People living with a history of stroke, brain injury and mental illness, and other conditions, can also experience anosognosia. In fact, according to the Cleveland Clinic, up to 98% of people with schizophrenia, 40% with bipolar and “between 10 and 18% of people who have one-sided paralysis after a stroke” experience anosognosia.

A person with anosognosia may not be aware of their limitations. As a result, they may think that their family is concerned for no reason, they are overbearing or controlling, or that their doctor is making up the diagnosis. As a result, they may think they do not need

intervention, or help, or to follow medical advice. Some people living with dementia and experiencing anosognosia may refuse to give up driving even though they have had several small accidents or gotten lost when driving. They may deny the need for help in the home or with personal care or cooking despite others recognizing the challenges their loved one is experiencing. Safety for the individual, and peace of mind for the caregiver, can be affected.

When that is true it can be hard, and scary, but important to remember that these behaviors come from a lack of ability to recognize the changes they are experiencing. Not just your loved one trying to be difficult. Trying to convince the person they are changing or are “sick” will probably be met with even more suspicion and resistance. So what is there to do?

It's a good question, and one in which there is no one concrete answer. There is no pill or supplement to make it go away. Since a person with anosognosia truly does not see that there is anything wrong with them, having people constantly nagging about their need for safety and intervention can feel scary and intrusive. Being patient, building trust and a lot of compassion can go a long way, as can depersonalizing the refusal of help is critical and recognizing it as a condition.

As a family member it may be helpful to listen and be empathetic, set small goals and figure out how you can agree on care going forward. Try focusing on the benefits of changes, instead of the losses. That is not to say don't acknowledge the loss but help identify positives as well.

Additionally, keeping regular medical appointments and developing a strong, trusting relationship with health care providers can help your loved one understand the importance of following provider's advice. Bottom line seeking professional help for both the person with anosognosia, and yourself can be a lifeline.

As always, don't hesitate to reach out if I can support you in any way!

Fondly,

Mary Collins, LMSW  
Social Worker



Resources

<https://my.clevelandclinic.org/health/diseases/22832-anosognosia>

# Community News and Notes

## 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!

EXPO Speaker Schedule (in Theatres 6 and 7)

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

1:00PM Dementia OR Senior Scams

Be sure to stop by the Daybreak table and say hello!

A promotional poster for the 28th Annual Elder Expo. The top left features the ESPC logo (a colorful circular icon with four segments) and the text "ESPC SENIOR SERVICES PROVIDER COUNCIL". Below this, it says "28TH ANNUAL" and "ELDER EXPO" in large, bold, purple letters. The background of the poster shows a blurred image of people at the expo. On the right side, a purple curved banner contains the text "New Location!", "63 Senior Care Vendors", "Education Sessions", "Free Boxed Lunch", "No registration required", and "Easy Parking". At the bottom left, there is a calendar icon next to "OCTOBER 5 2023", a clock icon next to "9:00AM - 2:00 PM", and a location pin icon next to "WAREHOUSE CINEMA 3301 W PATRICK STREET, FREDERICK MD 21702 BETWEEN BOSCOV'S AND HOME DEPOT ON THE GOLDEN MILE". A yellow starburst icon with the word "NEW" is next to the address. At the bottom right, a purple button says "MORE INFORMATION" and a globe icon is next to the website "WWW.ESPCFREDERICK.COM/ELDEREXPO".

**ESPC**  
SENIOR SERVICES PROVIDER COUNCIL

28TH ANNUAL

# ELDER EXPO

**New Location!**  
63 Senior Care Vendors  
Education Sessions  
Free Boxed Lunch  
No registration required  
Easy Parking

**OCTOBER 5 2023**  
**9:00AM - 2:00 PM**  
**WAREHOUSE CINEMA**  
3301 W PATRICK STREET, FREDERICK MD 21702  
BETWEEN BOSCOV'S AND HOME DEPOT ON THE GOLDEN MILE

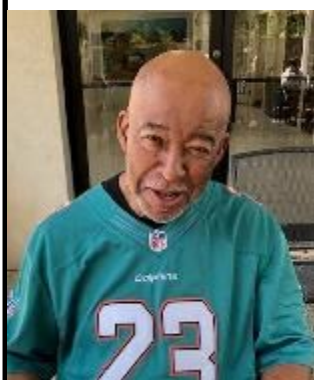
**NEW LOCATION**

**MORE INFORMATION**  
[WWW.ESPCFREDERICK.COM/ELDEREXPO](http://WWW.ESPCFREDERICK.COM/ELDEREXPO)

PUPPY  
LOVE!



TEAM  
PRIDE!





# Red hat Comedy Fashion Show



LADY IN RED



EYECATCHING  
DRESS



BELL BOTTOMS



TEA DRESS



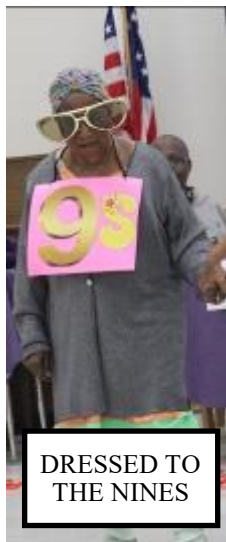
BRIEFCASE



OH MY!



14 CARAT !



DRESSED TO  
THE NINES



COWBOY



COCKTAIL  
DRESS



ROCK & ROLL



# Happy Birthday!

1 Hilda C  
3 Ben S.  
4 Delores N. & Dora C.  
5 Rick D.  
8 Meca S.  
9 Dick W.  
11 Janet M.  
25 Margarita M.  
26 Gloria M.



The RED  
HAT ladies  
back stage!  
Well done  
ladies!



DJ Jay and  
Producer  
Charlie!  
Excellent  
job guys!



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

**Board of Directors**

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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.*