



# DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

November 2023



**"Let us be grateful  
to the people who  
make us happy;  
they are the charming  
gardeners who make  
our souls blossom."**

## **DAYLIGHT SAVINGS TIME!!**

Don't forget to set your clocks back one hour  
Sunday, November 5th.

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 on [Facebook](https://www.facebook.com/daybreakadultdayservicesfrederick/):  
<https://www.facebook.com/daybreakadultdayservicesfrederick/>

## SPECIAL EVENTS THIS MONTH

### Some Fun Theme Days

November 7: Nacho Day



November 13: World Kindness Day



November 16: National Fast Food Day



November 28: French Toast Day



### Special Event

November 9 and 10

Veteran's Day Celebrations honoring our participant veterans. The American Legion will be joining us on the 9th.

### Entertainers



November 20: Musical Duo "Two of Kind"

November 28: Sing along with Dale Allen Jarrett



### Something New

November 10

Catholic Communion in English and Spanish



# The Director's Corner

November greetings! What a month we had in October! With two staff out on medical leave, the sudden and unexpected departure of three others left all of us a bit shocked and overwhelmed, but it didn't take long for the troops to regroup and rally. I am so incredibly grateful for my amazing staff who truly rose up to make sure that our participants received the same level of service that they have come to expect. Our drivers gave us extra help with loading and unloading, our cook Beth extended her day to help us with bus loading and one on one time with some of our wanderers. Gwenda masterfully managed the front of the house while I was busy doing activities. Our nurses added extra shifts so they could help the aides with toileting and safely moving people, and the aides we had worked extra hard to meet everyone's personal care needs. Social worker Mary doubled her hours to help wherever needed and Ellis, our jack of all trades, jumped in to help with serving meals, managing plumbing issues, and spending time on the floor with participants. We welcomed back two former staff, Connie; a wonderful nursing assistant who had recently retuned just part time but gave us 5 long days a week to help out, and LeAnn, a former activity assistant who jumped right back in to help us give the participants a fun and active experience each day. Special thanks also go to our amazing participants. While those who recognized that key staff had left were confused and saddened, they jumped right in to rally behind the rest of us. Charlie helped out with wonderful activity presentations, Jay became a masterful bingo caller and all around help, Maryann kept the silverware wrapped and ready for each meal, Jane and Vicki helped us get the tables ready for the day, and so many more. As I reflect on the many things and people for whom I am grateful, the entire group of our participants rises to the top. The love and support they show to each other, and to each of the staff, is truly incredible. They help one another, they watch out for each other, they let us know when something is amiss, they give each other and us encouragement, and make us laugh everyday. No matter how stressful the backside of the business is, the energy and spirit in the center always carries me through!

It seems fitting that this is our Thanksgiving edition because I am so very thankful to all who work to make Daybreak the very special place that it is. Of course that includes the staff and participants, but I also extend my thanks to each of our families, for trusting us and showing us grace, to our community partners who support us at every turn, and to our generous donors who help us fulfill our mission each day. My heart is full of both gratitude and love for all of you.

Happy Thanksgiving ~ Christina



# Staff News and Notes

## **WELCOME NEW STAFF!**

We are so excited to welcome new Activity Director Janese Johnson to the team! Janese has many years of activity experience. She is a certified Activity Director as well as a certified Dementia Practitioner. She is also an artist. We are so excited to have her join us!

We also welcome new full time nursing assistant Faith Kuhn to the team. Faith has a kind and caring spirit and experience as a nursing assistant in long term care.

Both Janese and Faith have jumped right in and are wonderful new additions to our team.

## **HAPPY ANNIVERSARY**

We celebrate the work anniversary of Ellis Stevens this month. Ellis has worked for Daybreak on and off for close to 20 years, but his most recent stint is 4 years this month. Ellis is our maintenance man and SO much more. He started helping in the kitchen when we came back from COVID and just didn't stop. He can be found doing all sorts of things, from major repairs and plumbing to washing the dishes, but always making the participants laugh. He has the biggest heart of anyone we know and we are incredibly grateful that he is on our team.

## **CANT WAIT TIL YOU RETURN**

We have three staff who have been out on leave and we look forward to seeing them back soon: Shawnya Fisher (baby due any day now!), Driver Charles Wars, and Activity Assistant Marilyn Bishop. We are sending them all good wishes for speedy return!

## **NOW HIRING**

- We are still looking for a part time driver (maybe 2). One will be 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!! We also need a Monday through Friday driver to cover an extended leave.
- We are also looking for part time activity assistants or an experience full time assistant and a full time nursing assistant (CNA not required).

Please spread the word. Anyone with questions or an interest should call Christina asap! All 3 positions are also posted on Indeed.



## OUR CONDOLENCES

*To the friends and family of  
BJ Jones*

*Erma Stanley*

*Theresa Ambush*

*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).



## 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**

# NURSES NOTES



## Maintaining a Healthy Diet

We all know proper nutrition is important to overall good health. It's especially important to keep a few simple rules in mind when it comes to a person with dementia.

1. Keep mealtime calm and comfortable. Avoid noise and distractions such as television. Bring out only utensils needed for the meal being served.
2. Offer only one food at a time.
3. Try different or new foods.
4. Beware of foods that can cause choking. Avoid foods that are difficult to chew.
5. Use straws or cups with lids.
6. Try finger foods. Using bowls instead of plates may also help.
7. Offer a healthy snack.
8. Allow enough time for meals. A person with dementia may need about 1 hour to properly finish a meal. Don't rush or force him/her to eat. You may consider several smaller meals throughout the day rather than 3 big meals.
9. Encourage him/her to feed himself/herself. You may need to get him/her started by lifting your own spoon to your mouth or placing your hand over his/hers and raising it to his/her mouth.
10. Keep close tabs on his/her weight. Weight loss could mean several things, including inadequate food intake, an illness, or the side effects of medication. If weight loss continues, talk to his/her doctor.
11. Push fluids. Lack of fluids can cause dehydration, bladder infections, and constipation. Keeping hydrated is especially important for seniors.

Hoping everyone has a wonderful Holiday season with family and friends!

Chris Grable, RN





# Hard at work making blankets for Project Linus



# Courtyard Cornhole!





# Activity News



I wanted to take a moment to introduce myself and express my excitement about joining this fantastic team as your new Activity Director. My name is Janese and I come to this role with a deep passion for creating meaningful and enjoyable experiences for our participants.

In my 13 years of experience in the field, I've had the privilege of working in adult day centers, long term care, and senior living facilities which has given me valuable insights into the importance of quality activities in enhancing the lives of our participants. I'm genuinely thrilled to be here and contribute to the wonderful team at Daybreak.

I firmly believe that the activities we provide play a vital role in the overall well-being and happiness of our participants. As we move forward together, my vision for the role as an Activity Director is to foster a creative and inclusive environment where our collective efforts result in activities that cater to diverse interests, abilities, and needs of all participants.

I want to express my gratitude for the exceptional work that Daybreak team has already been doing. I look forward to building upon the solid foundation that has already been created. I cannot wait to learn more about everyone and provide meaningful activity programs for you all.

I am honored to be a part of this team and I'm excited about the journey ahead.

Please feel free to reach out anytime.

Janese Johnson

[activities@daybreakadulldayservices.org](mailto:activities@daybreakadulldayservices.org)





## From the Social Worker

Tis the Season....

...well, not quite the big holiday season, but an important one nonetheless—the Medicare D Open Enrollment Season.

Medicare D is the prescription portion of Medicare that helps cover the cost of prescription drugs. It is a voluntary benefit and offers prescription assistance through government approved private insurance companies.

Every year from October 15-December 7, you can, and should, review your prescription plan and make sure it is still the best, and most cost effective, plan for your current prescription drug needs. Plans change every year, so it is important to confirm that what was covered one year, is still covered, and if the premiums and copays have changed. Additionally, other factors to consider include variations of drug prices from pharmacy to pharmacy and a program that may work for one person may not be the best for another—even within families. prescriptions cost can vary between pharmacies so that is another important factor to consider.

Sounds like a lot, right? Well, good news. There is no-cost help available. There are several ways to get support reviewing your Medicare D plan right here in our community. I would encourage everyone to look at the Division of Aging and Independence State Health Insurance Assistance Program's (SHIP) website for a host of resources- <https://frederickcountymd.gov/8391/Medicare-Part-D-Open-Enrollment-Disclaim> . There you will find information about seminars to help you conduct your own plan comparison, including virtual seminars, PowerPoint presentations, and more. SHIP also offers local in-person do-it-yourself workshops. Again, more information and FAQ sheets can be found on their website.

If you would prefer a one-on-one appointment with a SHIP representative, that can be arranged as well. Just send an email or give me a call ([socialwork@daybreakadulthoodservices.org](mailto:socialwork@daybreakadulthoodservices.org) or 301-696-0808) and I will get you the intake paperwork to be completed before scheduling an appointment. Be sure to mark your calendar though. For this option paperwork needs to be returned to the Division of Aging and Independence by Friday, November 17. If you would like to contact them directly, call 301-600-1234.

For those who would prefer to go it alone or have done a plan review for themselves in the past, you can visit <https://www.medicare.gov/> to run your own plan review. Before any of the options be sure to have your Medicare card and list of prescriptions handy, including the name, dosages and frequency.

If you have more questions, drop me a line, or a call, and I am happy to help. Definitely worth a little bit of time each year to ensure this important benefit is serving you the best way possible.

Additional Resources

<https://www.medicare.gov/basics/get-started-with-medicare/get-more-coverage/joining-a-plan>

<https://aging.maryland.gov/Pages/MedicareOpenEnrollment.aspx>

<https://www.frederickcountymd.gov/304/Medicare-SHIP>

Mary Collins, LMSW

[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)**

November 6

November 20

December 4

December 18

January 1

January 15

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)

[director@daybreakadulthoodservices.org](mailto:director@daybreakadulthoodservices.org)

# Community News and Notes

**Frederick County Division of Aging and Independence**  
Call 301-600-1234 for more information or to register

## **New to Medicare Workshops**

Are you new to Medicare, or will be soon? Join them for an overview of Medicare. These are 90 minute workshops. Virtual Free, pre-register Tuesday, Oct. 3, 1:00-2:30 p.m. Monday, Nov. 6, 10:00-11:30 a.m. Wednesday, Dec. 13, 10:00-11:30 a.m.

## **Medigap/Supplemental vs Advantage Plans**

Come learn more about these different types of Medicare programs to help determine which type of program may be the best for you. These are 90 minute workshops. Virtual Free, pre-register Monday, Oct. 9, 10:00-11:30 a.m. Thursday, Nov. 16, 2:00-3:30 p.m. Monday, Dec. 18, 1:00-2:30 p.m.

## **Medicare Part D Open Enrollment**

Questions about your Medicare Part D plan? Need to find a new Medicare Part D plan? Attend this do-it-yourself workshop! Virtual Free, pre-register Thursday, Oct. 19, 1:00-2:30 p.m. Monday, Oct. 23, 10:00-11:30 a.m. Tuesday, Oct. 24, 5:00-6:30 p.m. Saturday, Nov. 4, 11:00-12:30 p.m. Wednesday, Nov. 22, 10:00-11:30 a.m. Tuesday, Nov. 28, 2:00-3:30 p.m. Tuesday, Dec. 5, 1:00-2:30 p.m.

## **Division of Rehabilitation Services (DORS)**

The DORS presentation will cover the Vocational Rehabilitation Program in Office for Blindness and Vision Services (OBVS) that helps individuals who are blind or visually impaired gain the independent living skills to become independent and find competitive integrated employment. The DORS-OBVS Independent Living Older Blind Program helps non-working blind/visually impaired individuals 55 and older remain independent in their home and community. Presenters: Korri Sanchez, Vocational Rehabilitation Specialist and Marilyn Ward-Thuszcz, Vision Rehabilitation Specialist Virtual Free, pre-register Wednesday, Nov. 15, 10:00-11:00 a.m.

## **Groceries for Seniors**

Free produce from MarylandFood Bank. Friday Nov 17. 12 noon  
1440 Taney Ave. Bring a bag!

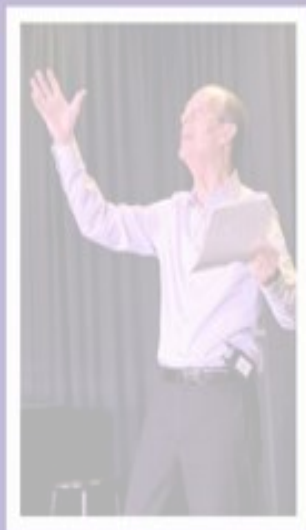
# DEMENTIA MAN

## AN EXISTENTIAL JOURNEY

Written and Performed by Samuel A. Simon

Directed by Thadd McQuade

Dramaturgy by Gabrielle Maisels



*Dementia Man, An Existential Journey* is the autobiographical story of a man who faces his diagnosis of Alzheimer's disease, by actor and playwright Samuel A. Simon. It is a peek into the head and heart of the struggle with a broken medical system and a personal and family tragedy. Is it possible to believe in a meaningful future with neurocognitive disease?

**FRIDAY, NOVEMBER 3 AT 1:00 PM**

**HOSTED AT FREDERICK COMMUNITY COLLEGE**

*The performance will be followed by a facilitated talk-back.*

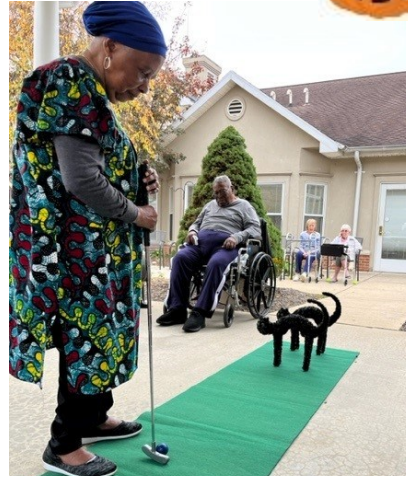
*FREE; no registration required. For questions, contact:*

*301-600-1234 or [dai@FrederickCountyMD.gov](mailto:dai@FrederickCountyMD.gov)*





# Halloween Mini Golf!





## Birthdays!

- 2 Gary H
- 3 Dick W.  
Elsida R.
- 6 Emily M.
- 7 Mark F.
- 18 JoAnn W.



## Thanksgiving Closing

Daybreak will be closed Thursday, November 23rd for Thanksgiving. At this time we will be open/regular schedule the Friday after Thanksgiving. Please let us know as soon as you can if your loved one will be out that Friday.

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

**Board of Directors**

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ber

*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.*