



DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

December 2023



May this
beautiful holiday
season fill your heart with love,
your home with joy and
your life with laughter.
Happy Holidays!
Wishing you and yours
Love, peace,
and joy!

Daybreak will be closed Monday,
December 25 and Monday, January 1.

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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/>

THROUGHOUT THE MONTH



Exercise
Brain Games
Holiday Crafts
Bingo
Music
Reminiscing
Word Games
Puzzles
Dancing
Volleyball
Cards
Dominos



The Director's Corner

Seasons Greetings! I can't believe that December is here already. Once again, my promise to be more organized and ahead of tasks this month has already fallen by the wayside! December can be a tough month as we try to cram in a zillion holiday to-dos, eat too much sugar, and suffer the effects of shortened daylight and colder weather. It is important to take care of yourself and prioritize what really needs your attention. Read Chris and Mary's articles inside for some great suggestions to help get you through this potentially stressful season. I also invite you to attend our caregiver support group this month (Monday December 18 from 4-5pm) to decompress, learn and share with other caregivers.

I also encourage you to take advantage of our services at Daybreak to help reduce your stress level. We have extra spaces for participants every day and are happy to have your loved one join us for an extra day here and there if it can help you. With so much great stuff going on here, they are sure to benefit too! It will be a busy month with lots of decorating, crafting, holiday music, games and more. Just call Gwenda to get your loved one on the calendar.

As much as I hate to think about it, I know that we may have to deal with weather issues starting this month. Please call the center on questionable weather days to find out what our status is. I generally make that decision and change the voice mail by 7 am. I will also update our [Facebook](#) page with closure or delay information. We are cautious about putting our buses on the road, and having our participants and drivers walking on icy ground, so delays and closures are possible. Our full weather policy is included inside.

With cold weather also comes hats, gloves, and heavy coats. Please help us keep track of outerwear by labeling these items whenever possible. We have a good system here, but every once in a while something gets misplaced. Since our folks don't always remember what they came with, a name inside helps us immensely!

I hope that you will find some time for joy this season. The little moments can add up so smile, sing, and laugh out loud when the spirit moves you. You may move someone else in the process!!



I wish each of you a very joyful and peaceful holiday season.

Fondly, Christina





Staff News and Notes

WELCOME NEW STAFF!

We are excited to welcome part time activity assistant Andrea Archila to the team. Andrea will be working Wednesdays, Thursday, and Fridays. Andrea comes with many years of senior activity experience and has jumped right in. We are extra grateful that she is bilingual and will bring an added level of engagement for our Spanish speakers.

Welcome Andrea!

HAPPY ANNIVERSARY

We have a big anniversary this month. Our longest tenured employee, driver Charles Wars, celebrates **16** years with Daybreak!!! Charles has been driving on the Mt. Airy/New Market route for as long as I can remember and is appreciated and beloved by his passengers. Charles is calm and steady and a trusted member of our team. He just returned from a leave and we are thrilled to have him back. Thanks for all that you do Charles! We are glad to have you back on the road!

CANT WAIT TIL YOU RETURN

We have four staff out on leave right now. Nursing Assistant Shawnya Fisher had a beautiful baby girl in November and will return after the New Year. Activity Assistant Marilyn Bishop, Driver Allen Dyson, and Cook Beth Pente also remain out on leave. We are sending them all good wishes for a speedy return and are grateful to the other members of the team who are pitching in in their absence!!

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 a part time activity 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

Norman Abrecht

He will be missed.



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**

MAKE YOUR HOLIDAY APPOINTMENTS NOW!

GIFT CERTIFICATES AVAILABLE!

Call Dennise today!
301-800-3200



Please label outdoor wear, including hats, scarves, and gloves. We try to keep things organized but if a participant lays something down after we have given it to them it can be hard to get it back to the right person!

NURSES NOTES



Helping Our Loved Ones Through the Holidays Blues

The holiday season is a time of celebration and happiness, however for many seniors and other adults, it can be a difficult time to remain positive. Our Daybreak clients may find the holiday season less than joyous for several reasons, but here are a few to consider.

1. Limited mobility
2. Loneliness and depression
3. Financial burdens
4. Memories

To help combat the isolation, lack of activity, and depression; it's important to stay proactive. Here are some Do & Don'ts to help you navigate this holiday season with your loved ones.

1. **DO:** Include your family member in event and/or meal planning.
2. **DO:** Make some of their favorite meals or treats.
3. **DO:** Help them primp.
4. **DO:** Look at family photo albums together and reminisce in positive ways. The holidays are the ideal time to remember traditions and friends that have come through your life, reflect on things that have changed, and **appreciate things that haven't**. Try using the holiday season to create a new photo album or scrapbook full of your favorite memories.
5. **DO: Revive old family traditions.** Sometimes all you need is a little cheer to get in the spirit of the holidays. Bake cookies or pies, watch your favorite holiday movies, make crafts, and hum along to your favorite holiday songs. All these things help remind us of our favorite holiday memories and traditions, putting us in the right frame of mind to celebrate and enjoy this season. Participating in holiday activities, as tolerated, can help get your loved ones & you in the spirit while reconnecting and creating new memories.
6. **DO: Keep your loved one involved and connected.** Some seniors have a difficult time connecting with the people they love. Providing love and support to help them feel connect to their friends and family can help get them through difficult holidays. **Technology provides a great way to stay connected** with the loved ones who don't live nearby. Set up conference or Zoom calls for your loved ones if appropriate.
7. **DO: Help take control of the finances.** Remind them the holidays are not supposed to be about spending a lot of money on gifts, but about appreciating the gifts we have been given and celebrating with the ones we love. Minimize expenses for them by suggesting a token gift or a sentimental gift, rather than a costly one they can't afford. Or avoid gift exchanges if possible, making life easier for all of you.
8. **DO: Enjoy the moment.** Enjoy the small stuff, a service, caroling at home, making cookies, decorating the tree, drive them around the neighbor to look at the lights, or any other activity you can enjoy together.

You want your parent or family member to have a holiday that is full of connection and love. Many professionals urge family caregivers to make sure proposed activities are in line with what your loved one wants. Here are a few things caregivers can avoid to help reduce holiday stress.

1. DON'T: Make decisions for them. "Your elders may not want to come to your house for a holiday meal or a family gathering," says Suzanne Asaff Blankenship, author of "How to Take Care of Old People Without Losing Your Marbles." "They may not want to ride around looking at lights. They may not want to go shopping for presents. That's OK." Instead of directing their days or having specific expectations of your loved one, she recommends you "take the holiday at their pace." As a bonus, it allows you to relieve any pressure that you may have put on yourself.

2. DON'T: Expect only happy emotions. The holidays can be an emotional time for seniors. The loss of their spouse, close friends, siblings, separation from family, poor health and or memory challenges can lead to feelings of sadness. It's okay for loved ones to be sad, to grieve or need space during the holidays. Let them reminisce about loved ones they are missing and share their stories. Don't be dismissive, so that you can celebrate the positive aspects of their memories and connections together.

3. DON'T: Quiz them or expect them to remember everything. Avoid quizzing them on specific dates, people's names, or events, as this is very stressful and anxiety producing especially if other members of the family are around. Don't ask if they remember someone you're introducing them to or what they remember about a specific event or date. Instead, use music, smells, or touch to create a more relaxed and positive environment.

4. DON'T: Force things. Abigale Johnson, a licensed social worker who practices in New York and New Jersey, asks that family caregivers aim to be patient. "The holidays can be a very difficult time of year for our older loved ones, especially if they have lost their partner or other family members," she says. "Some of our aging loved ones may appear more irritable, depressed, apathetic, fatigued, or isolated. It's important to be patient, meet them where they are at, which means not forcing them into large family gatherings or busy holiday plans if they are not interested." Try to adjust your expectations and let go of how things used to be. Although easier said than done, look for ways to appreciate who your loved one is now and create moments of gratitude." The holidays are also a time to reconnect and enjoy each other's company, so make sure you aren't putting too much pressure on yourself or them. Tracey Lawrence, author of the book "Dementia Sucks," says it best: "While the holidays can be a very tough time, they can also be magical. It all depends on how you view them."

I hope you find some of these tips helping in navigating this hectic but magical time of year. Happy Holidays to each of you and your loved ones and may the New Year be filled with many blessings.

Sincerely,

Chris Grable RN, Daybreak Health Director and your Daybreak nurses: Jenn, Jeanette, Bobbie & Effie

Sources:

Caring Senior Services, "5 Ways to stay cheerful during this difficult holiday season" by Michelle Cemental

<https://www.care.com>: "How to support older family member during the holidays" by Lorretta

Halloween Fun



Activity News



Stepping into the enchanting embrace of December, our hearts are aglow with warmth and joy. As we find ourselves amidst the melodious strains of holiday tunes and the twinkling dance of festive lights illuminating the night, it's hard to believe we've arrived at this magical time of the year.

Reflecting on the lively happenings in November, I've had the pleasure of immersing myself in the vibrant Daybreak community. The month brought a delightful array of volunteer visits, with the Edenton Retirement Community hosting an engaging arts and crafts program, the American Legion delivering a touching Veterans Day tribute, Go Team Dog Therapy sharing the joy of furry companionship, and the harmonious melodies of the Two of Kind duo. It was truly heartwarming to witness and be a part of such enjoyable and meaningful programs.

Now, as we usher in December, get ready for a festive lineup that promises to infuse the holiday spirit throughout the month. Mark your calendars for AJ's Jazz Band performance on December 12th, a special visit from Santa and his elf armed with their nice and naughty list on December 21st, and Dale spreading holiday cheer on December 27th. Plus, embrace your creative side with DIY programs featuring tomato cage Christmas trees and a crock pot hot cocoa extravaganza in celebration of National Cocoa Day.

As I look forward to my favorite month and the most wonderful time of the year here at Daybreak, I can't help but express my gratitude for the warm welcome I've received since joining the team a little over a month ago. The joy derived from planning and executing programs that bring delight to each of you has been incredibly rewarding. I eagerly anticipate the upcoming months and the opportunities they hold.

Wishing you all the joy, warmth, and magic this holiday season has to offer.

Kindest regards,

Janese Johnson, Activity Director



From the Social Worker

Facing the Winter and Holiday Season

How is it possible that Thanksgiving has passed, and we are right into the holiday season? Whether you celebrate Christmas, Hannukah, Boxing Day, Kwanzaa, Omisoka, something else, or none-of-the above, this time of year can bring some added stress. Days are shorter, sunlight is minimal, colds, flus and dreaded Covid are more prevalent, stores are crowded, traffic is congested and there are holiday parties, and, and, and....well, whew! Add to that managing your own health and wellbeing, or caring for another, and it can be a recipe for overload!

Of course, many of us know those people who thrive on the busyness, but for many it can feel like too much! Modifying traditions and celebrations is hard but can make a big difference in your enjoyment of the winter and holiday season. Many find that once they find one thing they can let go, it is worth the payoff.

For me it was the Christmas card. *Gasp* I know, I know...but I was not doing it with a happy heart anymore. I stopped enjoying the process, it seemed to take so much time that I did not have and felt like a chore. So, I very reluctantly took it off my "to do" list. And guess what? The world did not stop spinning and my friends and family are still talking to me. On Christmas day I send a little note, usually via text, to family and friends with something specific I appreciate about them. My list is shorter and yes, it is a text, but it allows me to do it in a time where I can be reflective, not in the crush of the lead up to the holiday. That small but not insignificant task lightened the load (and freed up time to bake Grandma Mickelson's molasses cookies).

Anyone else find scaling back has made a difference? If so, what has worked for you? I'd love to hear. One of our participants told me this year she would be making just one dish from scratch and focusing on making it perfectly. The rest can be store bought. I love that!

In the meantime, here are some tips that can help manage the holidays. Maybe there is just one that will speak to you and make things go a little more smoothly. Some are my own and some came from AARP and Family Caregiver Alliance website- there are tons of resources out there.

If they ask- Tell. If someone asks you what you need tell them. Be specific. Respite, a meal, a regular check in, restaurant gift card, or

maybe those colorful fuzzy slippers or new best-selling novel. Someone to hang a shelf or clean the house, a massage.

Keep it simple- Maybe there was a time when decorating meant spending the entire weekend hanging lights, changing all the linens to the “holiday” set, cooking for days on end, shopping at the crack of dawn etc. but now that seems overwhelming. Prioritize activities and decide what can go? Can’t let go of anything? Scale it back. Maybe lights will just go around your door, a table-top, store-bought tree will replace the cut-your-own trip?

Consider an update- Attending a gathering with people you don’t see often? Consider a phone call, email or text, updating them about your current situation. While it can be hard to talk about your, or your loved ones needs, giving people that information up front can help the day go more smoothly.

And remember it can be hard at the holidays to look around at people who you may feel have not been as helpful as they could or as you would like them to. Resentment can loom large. There is no one size fits all to manage this, but think about how it could look- do it before the gathering, practice sharing your concerns in a non-judgmental way, or decide to just enjoy the day and address it another time.

Focus on quality not quantity. This can mean a lot of things....it could be how much you decorate, cook, what celebrations you will take part in or even how much time you will spend at an event, or who you choose to see. Surround yourself with people who fill you up.

Use technology- If there was anything positive that came out of Covid, it may have been the way technology can help us connect. Cannot celebrate the Menorah or Kinara lighting in-person with the grandkids every night? Consider “attending” virtually. Midnight mass was always your favorite Christmas Eve tradition, but your loved one goes to bed at 7? Light a candle and tune in to a live streamed service. Again, it is not the same, but accepting a modification can feel better than not doing it at all.

Cannot give up hosting? Being a host or hostess of an event can bring people joy. So, if it is something that is important to you, but unsure how you can fit it all in? Consider making some small changes - make it a potluck, set an event end time, use disposable plates instead of the fine dinnerware (if concerned about the waste there are compostable options). Evenings hard for your loved one? Host a brunch or daytime event.

Make new traditions- Does your loved one like to watch TV, maybe a seasonal movie marathon. Not decorating this year? Pull out a few ornaments that hold special meaning and talk about them. Host a hot chocolate bar or dessert open house instead of a big dinner. Celebrate New Years with New Zealand, Australia or London so there is excitement without the late night.

Caring for someone? Know their limits too. Plan events and visits during their best times of the day. Be sure they have a space that is just theirs if they start to feel tired or overwhelmed. Consider having a list of activities they like, or ideas of ways visitors can interact with the person (looking at photo albums, puzzles, tactile items, reading books of faith, ball toss, manicures etc.). If your loved one has some memory impairment remember new environments, lots of new people and loud environments may cause increased confusion and different behaviors. Make sure you take a moment to orient the person to a new space where the bathroom is, the kitchen, a quiet space, etc.) and check in regularly with them about their needs.

Shopping- Let's face it...it is time and money consuming, and many times we are all so busy trying to get all the things that we forget the meaning behind the gift. Try scaling back...one meaningful or hand-made gift per person and wrapping it beautifully. Shop online. Gift cards can feel impersonal but pair it with a handwritten note.

Don't forget about self-care- Yes, I know it is such a buzzword, but it is true. Get enough sleep, hydrate, stick to routines as much as possible, exercise and be aware of what you are eating and drinking, reach out if you need support. Allow time for grief...holidays can bring up past hurts and losses and be a reminder of all the changes we may be experiencing now. It is ok to pause and feel sad.

Focus on the meaning- Regardless of the holiday you celebrate this time of year there are common threads of community, kindness, faith and unity. Keeping these values in mind can ground us in the meaning of the season and focused on the present. When we do that we are more mindful. For those of you who have been reading Daybreak newsletters for some time will know the mindfulness does great things for us as individuals and as caregivers (missed the article? Check out January 2023).

To everyone I wish a very happy, healthy, and peaceful holiday and winter season. Be sure to send along your tips and suggestions. Would love to pass them along.

Fondly, Mary Collins LMSW
socialwork@daybreakadultdayservices.org

Community News and Notes

Dementia Live Training: Dementia Live® is a high impact, dementia simulation experience that immerses participants into life with dementia, resulting in a deeper understanding of what it's like to live with cognitive impairment and sensory change. Caregivers, professionals, and individuals will better understand the hardships and confusion that occurs for a person with dementia. These in-person trainings are open to the public and are being held at Daybreak. Free, but must preregister. January 10 at 10 am or February 12 at 1pm To register email: DementiaFriendlyFrederick@FrederickCountyMD.gov. This program is amazing!!



HOLIDAY GIFT GIVING

As we head into this holiday season, please remember that our staff are prohibited from accepting personal gifts. If you wish to thank a staff member with a gift, please give something that can be shared by all or donated to the Center. Smiles and words of thanks (spoken or written) are always ok!

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)

December 4

December 18

~~January 1~~

January 15

February 5

February 19

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



B O W L I N G



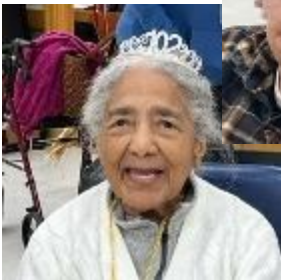
H O N O R I N G O U R V E T E R A N S



DECEMBER

Birthdays!

- 3 Donna B.
- 5 Mitch M.
- 6 Irene C.
- 8 Bernita B.
- 9 Bonnie W.
- 11 Kathy C.
- 12 Regina D.
- 15 Bob R.
- 16 Teri N.
- 17 Karen S.
- 18 Agneta K.
- 19 Bebe W.
- 20 Maria P. & Ann P.
- 21 Mark N. & Jennifer C.



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.