



DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

January 2024



Advice from a SNOWMAN™

Be a jolly, happy soul
Spend time outdoors
Stay cool
It's OK to be a little bottom heavy
Avoid meltdowns
Be well-rounded
Live well, life is short!



Daybreak will be closed Monday, January 1.

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.. Also check us out of [Facebook](https://www.facebook.com/daybreakadultdayservicesfrederick/):
<https://www.facebook.com/daybreakadultdayservicesfrederick/>

THROUGHOUT THE MONTH



Exercise
Brain Games
Crafts
Bingo
Music
Reminiscing
Word Games
Puzzles
Dancing
Volleyball
Cards
Men's Group
Red Hats



SPECIAL EVENTS

Tuesday January 9th: Entertainment with
Two of a Kind



Friday January 12: National Hot Tea Day

Friday January 19: Entertainment with
AJ's Jazz Band



Wednesday January 31: Coca Cola Day



The Director's Corner

Happy New Year! I can't believe that 2024 is upon us already. There are plenty of things I will be happy to say farewell too...namely COVID and all the stressors that have come with it, but I am not real optimistic that we will be doing that yet. COVID, flu, and RSV are on the rise statewide. We all need to be cautious and protect ourselves and each other. I thank you for all of your support as we have navigated our latest outbreaks. Together we will get through it again!

As if that isn't enough stress, I anticipate we will be dealing with weather issues before long. Please read inside for our weather policy and familiarize yourself with our procedures for closing the center or delaying our opening. Those are always hard decisions to make, especially in the dark of early morning. I make the best decision I can with the information that I have at the time. Even if I think it is safe for the center to open, you can always make a different decision for your loved one and choose to keep them home. Please call me if you have any questions and remember to call the center whenever you wonder about our status or are making an attendance change.

Hopefully weather doesn't derail any days this month as we have a lot of great stuff planned. We have some great entertainers coming this month, some fun new activities and some special days to celebrate. One of those days is Dolly Parton's birthday. She is quoted as saying "If you want the rainbow, you have to put up with the rain". I am going to keep reminding myself of that!

I am thrilled to welcome mental health counselor Marci Drimer Jaffe to Daybreak. Marci is a social worker with many years of counseling experience with seniors. She is available for 1:1 therapy sessions, which are covered by Medicare, right here at Daybreak. In addition to working with seniors, she is able to work with caregivers or families as well. Marci comes with her beautiful dog Bella, who is a great ice breaker and source of comfort. Having a non-biased professional ear can really be a benefit to anyone who is struggling with the many changes that ageing and caregiving bring, or who is dealing with years worth of unresolved pain, conflict, or grief. Please reach out to our social worker Mary Collins if you would like more information or if you would like to set up an appointment.

I wish all of you a HEALTHY and HAPPY New Year. Please reach out to any of us if we can be of service to you or support you in any way.

Fondly,
Christina





INCLEMENT WEATHER PROCEDURES

This notice is to provide information and to clarify our procedures for opening Daybreak during inclement weather. **We will make every effort to open the center but will only do so if we feel we can safely transport our participants.** We will be operating the center **based upon the best information we have available** at the time of the decision.

- Daybreak **DOES NOT FOLLOW THE FREDERICK COUNTY SCHOOL SYSTEM SCHEDULE.** This includes both inclement weather closings and holiday closings.
- We will make a decision about our status for the day by 7 am. Our outgoing message will be changed to reflect our status (closed or delayed opening). **Please call the center voicemail at 301-696-0808 to get the status update after 7.** In situations of severe and obvious weather, the voice mail may be changed earlier. **Calling the center to hear the message is the most reliable way to determine our status.** In certain situations, our drivers may call riders, but this is not guaranteed. **PLEASE CALL THE CENTER VOICEMAIL.**
- We will contact WFRE (99.9FM) and KEY 103 (103.1FM) with our status change. You may find information about our status on the radio or their website.
- We will also post our status on our Facebook page.
- We will make every effort to open the Center on time. We may choose to delay our buses by an hour if we feel travel will improve with a small wait. You can choose to come to the center by car, or you can wait for the bus. If you choose to come by car, please call us as soon as possible so that we can reroute the bus.
- If you know your driveway or road is not accessible - please contact us and leave a voice mail message if no one is available. We do ask for your assistance in maintaining sidewalks, driveways, porches and steps so that we are able to **safely** pick up our participants.
- If the driver feels it is not safe to get to your home and to pick up you/your family member, we will call you to let you know.
- In the event that we need to close early, we will call each family member so you are aware that your loved one is coming home early. Please be sure that we have current contact information, including up to date cell phone numbers.
- Thank you for your patience and understanding as we get through another winter season. Should you have any questions or concerns, please feel free to call the center at 301-696-0808.

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!!



We have a number of participants who enjoy looking through magazines and “coffee table” type books in between activities. If you have any you would like to recycle, please consider sending them in to us!

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)

~~January 1~~

February 5

March 4

January 15

February 19

March 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@daybreakadultdayservices.org



Staff News and Notes

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.

We are thrilled to offer a new service at Daybreak:

Geriatric Mental Health Therapy

**No Out of Pocket Cost.
Services paid by Medicare**



“I partner with my therapy dog Bella to bring comfort and compassion to the entire family. I have 30 years of experience as a social worker with all stages of life. I understand intimately the journey of life. There are challenges, but within them are gifts to be found. I am very passionate about the power of healing families. Caring for a loved one can be difficult and overwhelming at times. It is a brave and loving choice to provide care, yet it requires daily dedication. I am available to support your loved ones, but I am also here to support you. Let Bella and I partner with you to improve the quality of life for your loved one and you.”

Marci Drimer-Jaffe, LCSW
Design For Your Soul LLC

Services are provided on site at Daybreak. Please contact Daybreak Social Worker Mary Collins if you would like to set up an appointment or learn more!



OUR CONDOLENCES

To the friends and family of

Rich Worley

Walter Plesniak



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**

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



Happy New Year to everyone. I hope you all had a nice holiday and this New Year is a bright and healthier one for us all.

I am sharing with you some warning signs of heart attacks and strokes to help you manage, in case you or your loved one is experiencing any of these signs or symptoms.

Heart Attack Warning Signs

- Chest pain
- Chest pressure or tightness
- Shortness of breath
- Left shoulder or left arm pain
- Sudden unexplained sweating
- Abdominal pain , nausea or vomiting
- Some people also experience jaw pain and or back pain.

Heart attack symptoms may start slowly and maybe intermittent until they become constant and severe. The longer you wait before seeking treatment the more damage is done to your heart. It is very important you seek treatment as soon as possible.

If you believe you or your loved one is having a heart attack **call 911.** Do not drive yourself to the hospital or try to go to an urgent care center or your doctor's office. EMS providers are highly trained medical professionals who can begin the necessary medical care prior to arrival at the hospital and reduce the damage to the heart.

Stroke Warning Signs- Don't delay if you or your loved one have any of these warning signs- CALL 911!

- *Sudden numbness or weakness of the face, arm, leg, especially on one side of the body.
- *Sudden confusion, trouble speaking or understanding you.
- * Sudden trouble seeing out of one or both eyes.
- * Sudden trouble walking, dizziness , loss of balance or coordination.
- *Sudden severe headache with no known cause

Act fast call 911!

Do this simple test

F= Face. Ask the person to smile. Does one side of their face droop?

A= Arm. Ask the person to lift both arms. Does one arm drift downward?

S = Speech. Ask the person to repeat a simple phrase. Is their speech slurred?

T= Time. If any of the above symptoms are positive, call 911!

Please do not send your loved one to Daybreak if they are experiencing these signs and symptoms, call 911 immediately!. Please notify us after they are receiving medical treatment and the crisis is under control to let us know the status of your loved one.

Thank you and God bless you all.

Chris Grable RN

Daybreak health Director



Please remember to let the nursing staff know if your loved one has a fall, medication changes, hospital visit, a new doctor, or other changes to their normal routine. We can help keep an eye on things and in many cases, are required by the State to document the event and update the care plan. We appreciate your help! You can email: rn@daybreakadulthoodservices.org, send a note



From the Social Worker

Finding Fun in the Frosty New Year

When most of us think of New Year's it is all about resolutions, new beginnings, or transformation. However, there are a number of people who see it as the coldest and darkest month (although technically we do start gaining some daylight...so that is good) and struggle with what to do when the weather outside is frightful. This month I wanted to offer some ideas for indoor activities for you. Have a favorite?

Write a letter- Yes, imagine the excitement of receiving a handwritten note. Spend an afternoon writing a letter, or letters, to your favorite people. Maybe just a short note to say "hello," a note of appreciation or catching someone up on what is going on in your life. Consider dropping a note to a serviceperson overseas or local nursing home residents.

Explore handicrafts- This could be the time to pick up an old favorite, or try something new- knitting, crocheting, sewing, embroidery, clay, string art, coloring, whittling...anything.

Try a book club- either on person or virtual. Reading a challenge? Audiobooks are a great option.

Plan a "catch up" night. Set aside an evening to call, face time or Zoom people you have not talked with in a long time to check in and catch up.

Plan a self-care spa day complete with a foot soak, face, hand, and hair masks, put on relaxing music, and grab your favorite beverage or fruit infused water. Dim the lights and indulge. Someone with you, maybe exchange a hand or foot massage?

Play in the kitchen! Have a cupcake decorating contest, choose ingredients for a cook off. Be creative and have fun. Other cooking ideas include trying a new recipe or pick a recipe from a cuisine you don't usually try. Create a three, four or five-course meal.

Pick a night of the week to have movie night. Make popcorn, lower the lights and grab a snuggly blanket.

Have a game or puzzle night. Board games, charades, name that tune, or if you live alone and want to connect with someone afar try Game Pigeon or Words with Friends on your phone.

Consider listening to a Ted talk, or a podcast, and spend time talking about it afterward (or if the moment strikes in the middle of the podcast, or you may not remember at the end, pause and discuss before moving on).

Many of us enjoy holiday decorating but dread the "undecorating." Consider making it an event. Prepare some snacks, put on your

favorite music, and make it festive.

Tune into your family. Create a book just about your family history. There are lots of resources about how to do this with questions that can be filled out or consider making a family tree and explore your genealogy.

Finally organize your photos—whether they are on your phone or printed out. Lots of photos online? Consider picking your favorites and printing them to put in an album.

Have a theme night where all the food and drink (and maybe even decorations and clothing) match a show, movie or armchair travel documentary.

Who wants to spend time inside when spring weather starts to warm up...so get a jump start on spring cleaning? Living with someone with limited abilities? There are lots of tasks that can be broken down into small steps or done from sitting.

Exercise- walk, dance, balloon ball, tai chi, yoga, stretching, meditation. Anything that speaks to you. There are a lot of options available online so you can choose something new to try.

Tap into your artistic self and find a drawing or painting tutorial online and learn to draw or follow along an old Bob Ross show. Our family did this a few years ago and it was so fun to see how all the different paintings turned out.

Bake something- a pie, a cake, cookies. Consider making two at a time- one to share and one to enjoy!

Have a snow day. If that white stuff does make an appearance, try to embrace it. Stay in and make hot chocolate and watch the snow fall. Maybe open a window for a minute to listen to the “silence” of the snow or put a ruler outside and guess how much snow we will get. You can also put a bowl outside to collect snow for snow cream (<https://www.gimmesomeoven.com/how-to-make-snow-ice-cream-recipe/>). Able to get outside safely? Tap into your inner child and throw a snowball or make a snowman.

Another great idea for multi-sensory involvement is indoor gardening. An herb garden can be done in pots and you get the benefit of hands-on activity, the scent and the taste of delicious herbs!

Caring for someone with dementia? The Alzheimer’s Association has a great website with a ton of ideas to share with him/her. Find that here- <https://www.alz.org/help-support/resources/kids-teens/50-activities> or try <https://adventuresofacaregiver.com/75-stimulating-activities-for-alzheimers-dementia-patients/>

Hope these sparked some ideas of things to do while the chill of winter carries us through to the longer, warmer days of spring. Have a favorite? I’d love to know. ~Mary Collins LMSW

Activity News



"Cheers to a New Year of Fun and Fellowship!"

Happy New Year! As we bid farewell to December's festivities and welcome the crisp embrace of January, I can't help but reflect on the wonderful holiday memories we created together. From festive games that brought laughter to the halls to the heartwarming visit from Santa and his cheerful elf on December 21st, our Daybreak community truly radiated holiday cheer.

As we embark on a brand new year, our community is buzzing with anticipation for the exciting activities January has in store for us. The Red Hat Group, a beloved favorite, is making its return and will be held every other Wednesday starting January 3rd. It's a fantastic opportunity to don those vibrant red hats and share in the joy of camaraderie.

In addition to the Red Hat Group, I'm thrilled to announce a new initiative led by our wonderful activity assistant, Andrea. The Men's Group will kick off on January 4th, occurring every other Thursday. It's a chance for the gentlemen of Daybreak to gather, share stories, and engage in "guy stuff" while enjoying some refreshing treats.

As we commemorate Martin Luther King Day, Charlie will be treating us to an enlightening PowerPoint presentation that explores the legacy of this influential figure. It promises to be an educational and inspiring session that brings us together as a community.

Finally, let's wrap up January with a sweet celebration! On January 31st, we'll be marking Coca Cola's trademark day by indulging in delicious Coca Cola floats. It's a delightful way to cap off the month and savor the simple joys of life.

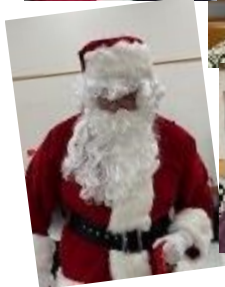
The new year is a time for reflection, gratitude, and envisioning the months ahead. I feel privileged to usher in this new chapter with each and every one of you. May January be filled with light, love, and the joy of shared moments.

Peace and Blessings to you all, Janese Johnson, Activity Director



C H R I S T M A S C O R N H O L E





January Birthdays

3

Cliff M.

13

Liz A. & Pat C.

20

Loretta R.

23

Eva O.

24

Farida V. & Shirley S.

26

Norma G.



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

Marianne Meighen, Board
Member

Rev. Tonny Harris, Board Mem-
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.