



DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

February 2024



**Love doesn't
make the world go
'round. Love is
what makes the ride
worthwhile.**



FRANKLIN P. JONES

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**



SPECIAL EVENTS

Feb 9 Red Hat Society returns

Feb 13, 14, 19 & 28: Presentations by Charlie

Feb 13 & 15 Therapy Dog visits

Feb 14 Valentine's Day Fun

Feb 16 AJs Jazz Band

Feb 20 Chair Yoga with Jill

Feb 21 Musical Duo "Two of a Kind"

Feb 27 Singing and Dancing

with Dale & Garrey



The Director's Corner

February Greetings! I hope this edition of Daybreaking News finds you well. Things are busy at the center with some new staff and some new services coming on board! You will read more inside about our most recent hires: a new cook and a new nursing assistant. We are close to hiring 2 new activity staff as well. I hesitate to get too excited for fear the proverbial “other shoe” will drop but it would be fantastic to have a full compliment of staff!!

I am also really excited about our 2 new services. Last month I mentioned clinical social worker Marci Drimer-Jaffe who is providing on site counseling services here at the center. A physician’s order isn’t required for counseling, only an openness to engage and do the work. Marci tries to make that easy with her therapy dog Bella who helps break down barriers and puts people at ease. Marci’s services are covered by Medicare and most secondary insurances. If you are interested in learning more, give our social worker Mary a call. And please read Mary’s article inside about depression and dementia.

Our other new relationship is with Delaware Diagnostic Labs. They are a mobile lab service who will be coming to Daybreak! They can draw blood for most typical lab tests and can pick up urine samples for testing. You DO need doctors’ orders for lab work. See the flyer inside for step by step instructions. We hope that having the lab here will make things a little easier for you (and your loved one). Please call if you have any questions.

The other new flyer inside is for a fun community Bingo event that we are hosting here at the center. Together with some of my senior care colleagues, we are planning a low stress, fun bingo event for area seniors. This will not be hard core Bingo. We are using our large print bingo cards and will call loudly and at a comfortable pace. Prizes as well as snacks and drinks will be provided by local senior care providers. Many of them will be here that day with information about their services as well. There is no cost, but you do have to RSVP to secure a spot. You can see the flyer inside for a QR code or email to RSVP. This event is open to the community so feel free to share or bring a guest!

I hope you find some time for a little love this Valentine’s month! We can get so busy with our day to day obligations, chores, and tasks that we forget to take a little time to ourselves, or to enjoy non-caregiving moments with loved ones. Make it a point to do something you love or grab a treat and take the time to really enjoy it (gulping a Starbucks in the car doesn’t count!).

Sending lots of love to you from all of us ~ Christina





Free Bingo for Seniors

February 10, 2024

2-4 pm

Doors open at 1:30

Daybreak Adult Services

7819 Rocky Springs Rd

Frederick MD 21702

-RSVP-

FREE but must RSVP



DBolton@Frederick.Health

Hosted by Autumn Lake Healthcare

Daybreak Adult Day Services

Frederick Health Hospice



**SNACKS, DRINKS AND
PRIZES PROVIDED BY
LOCAL SENIOR
PROFESSIONALS**

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. February 12 at 1pm To register email: DementiaFriendlyFrederick@FrederickCountyMD.gov. This program is amazing!!



LAB SERVICES NOW AVAILABLE AT DAYBREAK!

Daybreak is pleased to partner with Delaware Diagnostic Labs to provide routine, non emergency lab services right here in the center!

How it works...

1. Contact one of the Daybreak nurses if you have an order for labwork, or have the physician's office contact us directly (nurse fax is 301-696-1164)
2. The first time we are doing labwork for your loved one, there is a one time consent form that we will send you to complete
3. We will send the lab the doctor's order (lab slip) along with the consent, copies of your loved one's insurance cards, and their scheduled days in the center
4. The lab will confirm coverage and then schedule a phlebotomist to come out to the center within 3 business days
5. The lab will process the specimen and send the results to the physician



Staff News and Notes

WELCOME NEW STAFF

We are so thrilled to welcome some new staff to the team! Last month we onboarded a new Program Assistant: **Divina Byrd**. Divina is a certified nursing assistant and has worked in long term care for many years. She joins our other full time nursing assistants Debbi and Faith supporting our participants and helping them with personal care needs. We are thrilled to have Divina on the team!!

We also welcome a new cook to the center. **Angela Frazier** is our new Kitchen Manager. Angela has been cooking in health care settings for many many years and is excited to head her own kitchen here at Day-break. We are excited to see what she cooks up! It is smelling good!

Angela is replacing our former cook Beth. As you may recall, Beth went out on medical leave back in November and unfortunately, is not able to return. We wish Beth all the best as she focuses on getting well.

We are incredibly grateful to former cook Ann who filled in for far longer than anyone anticipated. Ann and kitchen assistant Ellis did whatever we needed to keep the kitchen running smoothly. We are so grateful for both of them. They will both go back to their part time positions as dishwashers once Angela is up and running as cook.

Also out on leave and not returning is Activity Assistant Marilyn Bishop. Like Beth, we wish her all the best as she continues healing. Janese has been interviewing for the activity assistant position and we hope to have **two** assistants on boarded very soon!

One more on leave that we ARE planning to return is driver Allen. We don't have a date yet but remain optimistic that he will back on his feet and behind the wheel soon! Many many thanks to part time driver Bob who has done a wonderful job filling in for Allen!

We are so blessed to have the amazing team that we do!





OUR CONDOLENCES

To the friends and family of

Peggy Smith

She 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**

GIFT CERTIFICATES AVAILABLE!

Call Dennise today!
301-800-3200



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!

NURSES NOTES



February is American Heart month. We all have the power to protect ourselves against heart disease or to decrease our risk factors. Small actions like adding more movement or eating healthier foods (like decreasing sweets, fried and fatty foods) can have a positive effect on our hearts. 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 down ward?

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!

These are serious and urgent symptoms and require an immediate call to 911. **DO NOT DELAY.** Paramedics are trained to evaluate and begin treatment quickly which can have a significant impact on the outcome.

Please notify us after the crisis is under control to let us know what is happening.

Chris Grable RN, Daybreak Health Director





From the Social Worker

Depression and Dementia- What is the link? What is out there to help?

It is undeniable that untreated mental health issues of any kind can significantly disrupt one's quality of life. However, at times it can be challenging to differentiate memory loss and cognitive changes from depression. With that said, I think awareness is one of the best ways to ensure our loved ones, and ourselves, get the best care possible.

The relationship between depression and dementia is multi-pronged. Not only can depression be a risk factor for developing dementia (people with depression in middle age are twice as likely to develop dementia, but the good news is that preliminary studies show that treatment can reduce this risk), but it can also be a *symptom* of dementia. In fact, some articles say that between 9-68% of people with dementia experience depression, and others say 40%. The wide range really demonstrates how tricky it can be to tease out which is which. While most people have a picture in their mind of what depression looks like, I want to include a list of some of the symptoms to be aware of and to watch for:

- Apathy

- Loss of interest in activities and hobbies

- Social withdraw and isolation

- Trouble concentrating

- Impaired thinking

- Irritability, restlessness, and frustration

- Changes in eating or sleeping patterns

- Anxiety and agitation- yes, anxiety can be a symptom of depression

For a more complete list and information about age associated differences in symptomatology, visit

<https://www.nimh.nih.gov/health/topics/depression>

According to the Alzheimer's Association, it is important to remember that depression in someone with dementia can look a little different. Symptoms may be less severe, come and go, and because of changes in abilities to communicate they may not be able to articulate how they are feeling.

What is important is that anything unusual should be evaluated by a doctor with a complete medical history, and mental and physical exam. There are even dementia specific depression assessments that can be used focusing more on behaviors like irritability and isolation and less on verbal markers. Treatment is available. This can include counseling, medication, and engagement, but most often a combination of

the three. Ignoring depression, or depressive symptoms in anyone, with or without a memory impairment, can be dangerous and unnecessarily cause strife. However, support and intervention can go a long way to improve quality of life.

We are really fortunate to have some great supports here in Frederick County so I wanted to share them with you. I have also included national supports as well. Have more questions, let us know and we are happy to get you to the answers you need. Be well.

Resources

In our community-

Frederick County Mental Health Association- Main website <https://fcmha.org/how-we-help/adults/> and number 301-663-011

24/7 Helpline- for information, referral or crisis intervention- Either call 211 or 866-411-6803 or 301-662-2255- <https://fcmha.org/how-we-help/24-hour-mha-call-center/>

Walk in or virtual walk in counseling services- <https://fcmha.org/how-we-help/behavioral-health/> This invaluable service is available free of charge to individuals of all ages either as a walk in or virtual counseling for people facing anxiety, depression, emotional or mental crisis with the goal of resolving concerns and connecting with resources and support. Follow up is provided via phone call following the walk in or virtual visit. These services are now available 24/7 at 340 Montevue Lane.

Mobile Crisis- 240-566-1967- Run by Sheppard Pratt this is another 24/7 service available for in-person assessment and evaluation when someone is experiencing a mental health crisis. Mental health professionals can come to you in your home or community to assist in resolution of the current situation. More information can be found here- <https://www.sheppardpratt.org/care-finder/frederick-county-children-s-mobile-crisis/>

Nationally-

The National Suicide Prevention Line- now you can call 988 or 800-273- TALK
Alzheimer's Association- <https://www.alz.org/help-support/caregiving/stages-behaviors/depression>

Substance Abuse and Mental Health Association- <https://www.samhsa.gov/find-help/national-helpline>

National Institute for Mental Health- <https://www.nimh.nih.gov/health/find-help>

At Daybreak-

We are thrilled to have licensed social worker Marci Drimer Jaffe at Daybreak weekly to provide counseling for those who could benefit. Marci's services are typically covered by Medicare and some Medicaid plans. Please call me for more information or to make a referral.

~Mary

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!

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)

February 5

March 4

April 1

February 19

March 18

April 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

Activity News



Welcome to the exciting month of February at Daybreak, where we celebrate love in all its forms! This month is brimming with a fantastic lineup of activities and events to make our participants' experiences truly special. With Mardi Gras, Valentine's Day, President's Day, and Black History Month all converging, we're thrilled to introduce some new and dynamic programs.

Firstly, let's extend a warm welcome to Tamra, our intern who will be part of the activity department until April. Tamra is in school and studying marriage and family studies at Brigham Young University – Idaho. We're delighted to have her on board, so be sure to give her a friendly welcome when you see her!

In February, we're introducing some exciting additions to our calendar. **Join Jill for Chair Yoga on Tuesday February 20th at 11 am, offering an opportunity to exercise our bodies while nurturing our minds and spirits.** The talented Amy Andrews will be performing for us on February 7th at 1 pm, bringing her expertise as a guitarist and vocalist to entertain us monthly. Additionally, mark your calendars for entertainment from AJ's Jazz Band on Feb, 16th, Two of a Kind Band on Feb, 21st, and a special performance by Dale on Feb, 27th.

Stay tuned for Charlie's creative PowerPoint presentations this month, covering Mardi Gras, Valentine's, President's Day, and an engaging Canadian photo presentation that he will share with us.

In honor of Black History Month, each week will feature a trivia game focusing on Black History topics, encouraging discussion and shared knowledge.

The Red Hat Group returns on February 9th at 11 am, where participants can gather to coordinate and plan future meetings. Going forward, Red Hat Group will meet every 2nd and 4th Friday at 11 am.

To conclude the month, we'll take a leap into 2024 with a discussion on the history of leap years and famous leap year birthdays. The festivities will continue with a leapfrog bean bag toss, adding a playful touch to our leap into the remainder of the year.

As we embark on the month of February, let's embrace the beauty of love, cherish every heartwarming moment, and enjoy the laughter we share. Here's to a month filled with joy, togetherness, and the sweet symphony of love. May February be a canvas painted with delightful memories that linger long after the calendar page turns. Cheers to making this month as delightful as the smiles we share!

Janese Johnson, Activity Director



BASKET BALL



February Birthdays

3 Kimmie S.

4 Leo I.

18 Fannie M.

22 Hadia D.

Friendship



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

Board of Directors

Dr. Joseph Devadoss, Chairman

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Anita Taulton, Board Member

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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.