



DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

March 2024



It was one
of those
March
days when the sun shines hot
and the
wind blows cold:
when it is summer in the *light,*
and winter in the
shade.

~Charles Dickens



REMEMBER DAYLIGHT SAVINGS TIME

Sunday, March 10th

Set your clocks forward one hour.

7819 Rocky Springs Road, Frederick, MD 21702

301-696-0808 • TTY/HCO 1-800-735-2258

daybreakadultdayservices.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/>

**HAPPY
ST. PATRICK'S
DAY**



Word Search

Can you find the following animals?

a t t x h v i e e
j a k g c a k k e v
b o a y c o h a i l
c r y t y c e m i z
e y v b n r s q q c
l f g g a f v b a t
a l i z a c g h a n
p y t h p c g a e
o s k a d o y n s
v o q e g t u i l l



THROUGHOUT THE MONTH

Exercise

Brain Games

Crafts

Bingo

Music

Reminiscing

Word Games

Puzzles

Dancing

Karaoke

Cards

Dominos

The Director's Corner

Hello and Happy March! I am excited for the weather to start transitioning to spring, for the daylight hours to be longer, and for sun to be higher in the sky. February is certainly ending on a rough note with windy cold weather and a Covid outbreak...I am happy to see it go.

Many thanks to all of you for your diligence and patience as we work thorough this latest surge of Covid. I think I can speak for all of us when I say we have had enough!! Here's hoping spring and the leprechauns brings us good luck *and* good health!

In spite of the challenges we have faced in the last week, there is plenty to be joyful about! As you will read inside, we welcome two wonderful new staff to the activity team. Together with Janese they are already making fabulous changes and raising the energy level for all of us. Many hands make for lighter work and for more opportunities and options for the participants. You will see more small group activities, more choices in each day, and some new programs we haven't done before.

We are also getting new volunteers and entertainers which is also a delight. We are always on the lookout for more of both. Just this week we had a group of employees from BMC Insurance join us for a hearty game of bingo and a dynamic game of volleyball. I think we wore them out! Their company generously gives them the time to volunteer in the community each year and this is the second time they have come to us. They had a blast, as did we. What a win for all. We also have a school group coming later this month. We welcome both groups of volunteers as well as individuals. You can reach out to Janese or I if you know of anyone who may be interested. Same goes for entertainers. Do you know someone who is involved in a singing group, band, dance troupe, magic club? Please ask them to reach out!

Our volunteers are mostly involved with the activity program but this year we are very lucky to be working with an Eagle Scout candidate who is going to be installing a new sign and garden bed out front. Work will start later this month. We are very excited about this project that will help give a little face lift to the front yard and make the entrance a little more visible and welcoming. Stay tuned for updates and photos next month.

I hope things settle down and we can all enjoy this season of renewal and rebirth. As always, please reach out if you have questions, suggestions, comments or concerns.

Fondly,
Christina



Community News and Notes

FROM THE ALZHEIMERS ASSOCIATION

March 6, 12:30 -1:30 - **Understanding Alzheimer's & Dementia** – Online via Zoom – RSVP mewwhite@alz.org

March 28, 12:30-1:30 pm – **Healthy Living for Your Brain & Body** – ONLINE Via Zoom – RSVP mewwhite@alz.org

FROM THE DIVISION OF AGING AND INDEPENDENCE

March 15 Groceries for Seniors at the Frederick Senior Center

A monthly free distribution of seasonal produce, canned goods, shelf stable products 3rd Friday of Every Month; farmers market style (you pick what you want). Noon - until all food is distributed. All Frederick County residents age 60+ with an income below \$1600 per month are eligible to participate Please bring a photo ID to register the first time. Drive-Thru and Walk-up. Delivery may be available. Distribution is held at the Frederick Senior Center 1440 Taney Avenue, Frederick, MD. Call 301-600-1234 or visit <https://www.frederickcountymd.gov/54/Aging-and-Independence> for more information.

FROM THE ALZHEIMERS ASSOCIATION and THE DIVISION OF AGING AND INDEPENDENCE

Memory Café! Memory Café is a wonderful outing for those with memory loss and their care partners. Includes a meal and activity. Upcoming dates are as follows: Frederick Senior Center: March 8; Brunswick Senior Center: March 22; Emmitsburg Senior Center, April 26; Urbana Senior Center, April 12: All events are held from 11:30-1. To register: email caregiversupport@frederickcountymd.gov or call 301-600-1234.

SAVE THE DATE: The next **Dementia Live** training at Day-break is scheduled for April 19, 1pm. Dementia Live® is a 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. These in-person trainings are open to the public. The one time class is free, but you must preregister. To register email: DementiaFriendlyFrederick@FrederickCountyMD.gov.



From the Social Worker

March- Community Spotlight!

Frederick County is rich with community resources, however often-times they may go unnoticed until we need them...like yesterday. As with most things knowing what is available and accessing them proactively can help avoid waiting lists, and crisis-time decisions. So, I thought I would highlight a local community resource periodically to help spread the word!

This month I'd like to introduce you, or re-introduce for some, to Maryland Access Point (MAP). According to Maryland.gov, on a state level, MAP is the "gateway to long term services and supports in Maryland." This includes working with individuals, families, caregivers, and the community to identify what may be available in their county to supports and provide options. There is a MAP for every county in Maryland. MAPs across the state assist individuals 50 years and older, those 18 and over with a disability as well as caregivers, and those in the community.

Locally, my friend Joy Rowe, Maryland Access Point Coordinator with the Frederick County Division of Aging and Independence, describes MAP as being able to "provide you with needed information and assistance in linking to local services within our community. One of MAP's primary offerings are screenings to determine your eligibility for services and possible financial available subsidies. MAP assists in attempting to address current needs and concerns while assisting you with the development of a plan for the future. MAP's goal is to assist you in remaining in the home with the necessary supports." Each person screened by MAP is looked at individually and services are tailored to each person's unique needs and eligibility.

Some other services provided by MAP include keeping the community and care providers (like Daybreak) aware of upcoming programs of interest. And as if that were not enough, they offer monthly presentations through the Virtual Senior Center on local programs and services. Join them in March to learn about Property Tax Credits. Information will be provided about local, and state property tax credits including eligibility requirements, and how to apply. Two sessions offered- March 7 at 6 p.m. and March 26 at 9:30 a.m. To register send an email to virtualseniorcenter@frederickcountymd.gov. Looking for more information locally, visit- <https://frederickcountymd.gov/6832/MAP-Maryland-Access-Point>

Keep an eye out in future months for other community spotlights!

Fondly, Mary Collins, LMSW



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 well, please send in or text Dennise a picture so she knows what you want!**



LAB SERVICES NOW AVAILABLE AT DAYBREAK!

Daybreak is pleased to partner with Delaware Diagnostic Labs to provide routine, non emergency lab services, including blood draws and urine testing, right here in the center!

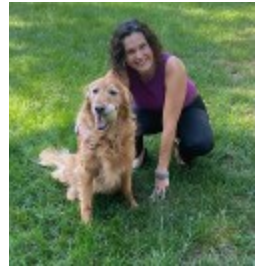
How it works...

1. Contact one of the Daybreak nurses if you have an order for lab work, or have the physician's office contact us directly (nurse fax is 301-696-1164)
2. The first time we are doing lab work 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

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)

March 4

March 18

April 1

April 15

May 6

May 20

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

NURSES NOTES



SEPSIS

In a healthy body, infections are prevented by the immune system. Sometimes the immune system is compromised and stops fighting against the germs and turns on itself, which can lead to sepsis. Sepsis is the body's overwhelming and life-threatening response to **any infection or injury.** **Anyone can get an infection and any infection can lead to sepsis.*** The infection could be viral, bacterial or fungal or may be caused by a parasite. It can start with a small cut or a bug bite, or a larger infection like pneumonia, urinary tract infections, cellulitis or meningitis. Sepsis without timely treatment can lead to severe complications such as tissues damage, organ failure, amputations, and even death. Sepsis affects people of all ages but is more common with very young children, older adults, people with chronic illnesses and or weakened immune systems. Also, people with a recent illness or hospitalizations and sepsis survivors are at an increased risk. It is surprising that sixty three percent of patients over 60 years of age, admitted to the Intensive Care Unit present with sepsis on admission. Eighty percent of sepsis deaths can be prevented with rapid diagnosis and treatment.

Critical facts:

- * Sepsis is the leading cause of death in hospitals.
- * 19 % (19 out of 100) of people hospitalized with sepsis are readmitted within 30 days.
- * As many as 87% (87 out of 100) of sepsis case start in the community.
- * The risk for death from sepsis increases by as much as 8 % for every hour treatment is delayed.

Sepsis is a medical emergency and time matters. So here is acronym to help remember the symptoms: TIME

T: **Temperature** higher or lower than normal

I: Infection. Sepsis occurs when an infection you already have – in your skin, lungs, urinary tract or somewhere else, triggers a chain reaction throughout your body. Signs and symptoms of infection include fever, rapid heart rate, redness, warmth, pain or swelling around a wound or on the skin.

M: Mental Status Change, like becoming more confused, or severely sleepy and or behavioral changes.

E: Extremely ill: Severe pain, discomfort, shortness of breath, just not acting or feeling right.

Sepsis is a medical emergency. **If you have or see any combination of these symptoms, especially if there is a recent history of an illness, cut, surgery, invasive procedure, or infection; Call 911 and say, “I am concerned about sepsis”.** This will fast track the evaluation and treatment.*

Treatment

Typical treatments are board-spectrum antibiotics, which are effective against many of the more common bacteria and are given by IV to get it into the system quickly. IV fluids also help maintain a stable blood pressure which keeps organs functioning and reduces damage from sepsis This is why you should go to the Emergency Room versus a doctor’s office or Urgent Care if you think it might be sepsis and you should go by ambulance. Emergency transport teams are best equipped to help get the necessary measure started prior to getting to the ER.

Sepsis can’t always be prevented but the risk drops when you take steps to prevent or treat infections as quickly as possible.

The best treatment is prevention. *These 4 steps can reduce your risk of sepsis infections.*

1. **Prevent infections** by getting the recommended vaccines and managing chronic conditions.
2. **Practice good hygiene.** Wash hands frequently & keep cuts clean and covered until healed.

Continued on next page

NURSES NOTES continued

SEPSIS (CONT)

3. Know the symptoms: any one or a combination of these:

- * Unusual confusion or disorientation
- * Shortness of breath
- * Rapid heart rate
- * Fever, shivering or feeling very cold
- * Extreme pain or discomfort
- * Clammy or sweaty skin.

4. Act fast. Get medical care immediately if you suspect sepsis or have an infection that's not getting better or is getting worse. Please make sure you notify Daybreak nurses of any wounds, infections, procedures, or surgeries (even outpatient surgeries & procedures) so we can be aware and monitor for any complications.

Chris Grable RN

Daybreak Health Director

301-696-0808 ext. 1002

Email: RN@daybreakadulthoodservices.org

PS

Please remember to inform the nurses about any falls, ER visits, and medication changes. This helps us to better monitor and report any concerns to you or the doctor in a timely matter.





Staff News and Notes

WELCOME NEW STAFF

We are so thrilled to welcome more new staff to the team! Our activity team went from 1 great leader to a real team with the addition of activity assistants Renee Grutzkuhn and Elizabeth Croom. They both come with lots of senior activity experience and join Janese to create a diverse and dynamic trio that have already made a tremendous difference in the activity program. We are so excited to see what the three of them create for the month of March!

We have also hired a new kitchen assistant, Kinesha Bishop-Cross. Kinesha will help Angela in the kitchen 4 days a week, letting Ellis recover and get back to the maintenance department!

We are still actively looking to hire another nursing assistant, both a full timer and an “as needed” aide to fill in for vacations or illness. If you know anyone, have them give me a call.

MARCH



goes in like a LION

& out like a LAMB



DRIVEWAY CLEAN UP



As the weather starts to change, please take a look at the trees and bushes along your driveway and trim back any branches that might be hanging low or sticking out that might be hitting our buses. We appreciate your help keeping the buses in good shape!

Activity News



March Excitement: Welcoming New Faces and Embracing Spring Vibes

As we step into the vibrant month of March, Daybreak is delighted to share some exciting updates and upcoming events with you.

First and foremost, let's extend a warm welcome to the newest members of our Activity Team – Renee and Elizabeth! Their enthusiasm and dedication are already shining through, and we can't wait to see the positive impact they will bring to our community.

Reflecting on the love-filled month of February, we were graced with the soulful melodies of Amy Andrews, a new entertainer whose performance resonated with everyone. The good news is, Amy will be returning monthly, and we're eagerly anticipating her next visit on March 7th.

A heartfelt thank you to Charlie for the wonderful presentations throughout February, covering Valentine's Day, Mardi Gras, Presidents Day, and even sharing captivating Canadian photos with us. Your creativity and engaging presentations truly enhance our community spirit Charlie!

As March unfolds, get ready for an exciting array of activities on the horizon. Prepare to immerse yourself in the joy of a St. Patrick's Day celebration, featuring a special presentation by Charlie. Additionally, we're eagerly ushering in the Spring Equinox with a burst of creativity through fresh and enjoyable spring crafts.

A special highlight this month is Linda, a wonderful volunteer at Daybreak, initiating a Blanket Bliss Workshop. In this intimate setting, she'll be leading a small group in the art of blanket making, providing a delightful opportunity for the ladies at Daybreak to not only enjoy the creative process but also to reminisce about their time spent sewing back in the day. Stay tuned for this engaging and heartwarming activity that March has in store for all of us!

Additionally, our community will be graced by the presence of numerous volunteers this month, so be on the lookout for new friendly faces. Their contributions add a special touch to our activities, and we're grateful for their time and dedication.

March promises to be a month filled with celebration, creativity, and community spirit. We're excited to explore new possibilities and welcome the wonders that spring has in store for all of us.

Janese Johnson, Activity Director



WELCOME WAGS!!





Let's Dance!





March Birthdays

2 Elena R.
12 Helga E.
14 Mary H.
15 Elizabeth P.
Reba T.
16 Collis A.
17 Ted S.
27 Art W.
30 Margie M.



Good friends, good fun!

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

Board of Directors

Dr. Joseph Devadoss, Chairman

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Peter Melcavage, Board Member

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Anita Taulton, Board Member

Marianne Meighen, Board Member

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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.