

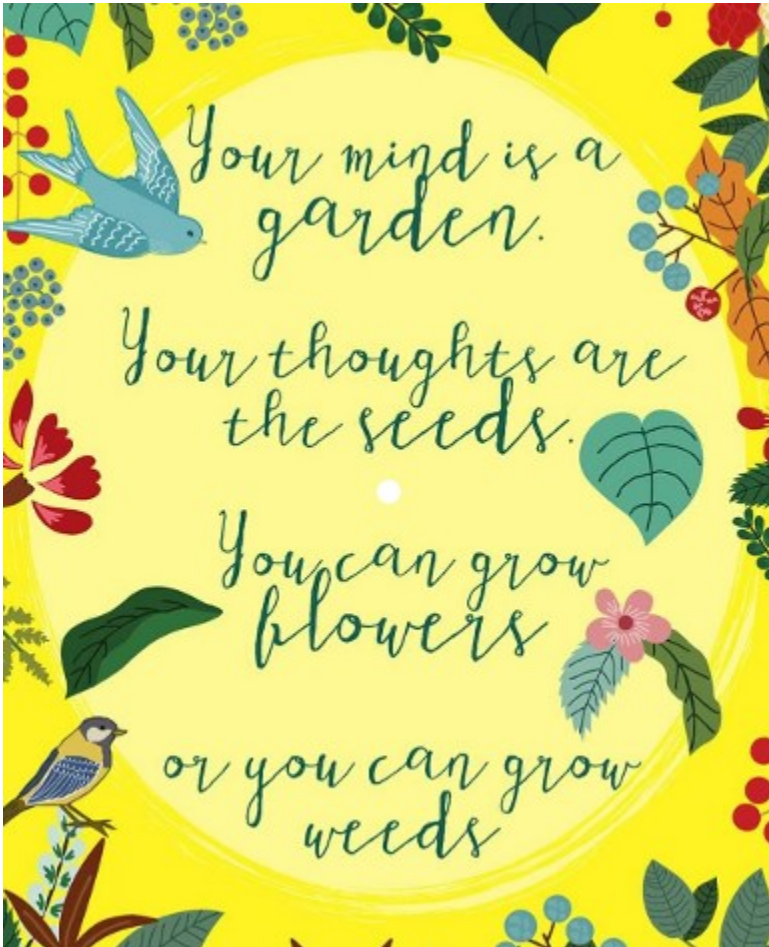


DAYBREAK
ADULT DAY SERVICES

DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

April 2024



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 our Facebook page

<https://www.facebook.com/daybreakadultdayservicesfrederick/>



THROUGHOUT THE MONTH

Exercise

Brain Games

Crafts

Bingo

Music

Reminiscing

Word Games

Puzzles

Dancing

Karaoke

Cards

Dominos

The Director's Corner

Spring greetings! Though it still feels like winter temperature wise, the trees and spring flowers have been putting on quite a show! I know warm days are coming soon and I for one can't wait! The garden volunteers came out for a visit to plan the courtyard cleanup (April 13!) and some new plantings. They did a fundraiser on our behalf last year and were incredibly successful raising money to help our garden flourish. I can't wait to see their plan come to life!

Another plan that has been a joy to watch unfold is that of local Eagle Scout candidate Dexter Shaerdel. For his Eagle Scout project Dexter put together a plan for a new sign and garden bed in the front of the building. He purchased materials, got donations, and along with some scout friends and parents, did all of the work. They have created a beautiful raised bed that surrounds a new sign and even installed a pretty new mailbox for us. We are so appreciative! Congratulations on a job well done Dexter!

Speaking of a job well done, we say farewell to some fantastic volunteers this month. We have been so blessed to have intern Tamra with us 3 days a week. Tamra has been working alongside Janese and the activity team and fits in (and works) like one of the staff. We are really going to miss her but wish her well as she continues her studies at Brigham Young University. We also say goodbye to Sidney, a Hood intern who has helped in activities. We say "until next time" to nursing intern Sue who had such a good time with us that she is going to stay on as a PRN nurse! We really appreciate our volunteers and are glad that we can help provide students from a variety of disciplines real work experience through internships. If you know anyone in need of an internship experience (nursing, social work, recreation), or a student who needs to complete volunteer hours, please have them reach out!

We've got lots of great information inside about services that we offer, community events, new staff, and more. Please take some time to look through the newsletter and as always, please reach out if we can answer questions or be of service. I wish you a beautiful start to the Spring season and a Happy Easter, Passover, or Eid if you celebrate.

Fondly, Christina



Community News and Notes

FROM THE DIVISION OF AGING AND INDEPENDENCE

April 19 Groceries for Seniors 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: 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.

FROM THE DIVISION OF AGING AND INDEPENDENCE and DAYBREAK

DEMENTIA LIVE 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.

SENIOR LAW DAY, Wednesday May 1. Advanced Medical Directives prepared at no cost. Appointments available at each of the Frederick County Senior Centers. Call to reserve your spot now. Frederick 301-600-3525, Brunswick: 301-834-8115; Emmitsburg: 301-600-6350 or Urbana: 301-600-7020.

Tales from The In-Between:

Why Are We Afraid to Talk About Death?

Lecture & Book Signing



Wednesday
April 10, 2024
6:00-7:30 p.m.

(Doors open at 5:30 p.m.)
Jack B. Kussmaul Theater
Frederick Community College
7932 Opossumtown Pike, Frederick, MD
(North Entrance)

Space is limited. RSVP today for this free event.
Email HospiceEvents@frederick.health or call
240-566-4055. Walk ins welcome.

Interpreters are available by advance request. Please call 240-566-4370 no
later than Wednesday, April 3 to request an interpreter. ATENCIÓN: si habla
español, tiene a su disposición servicios gratuitos de asistencia lingüística.
Ullame al 240-566-4370. ATTENTION: si vous parlez français, des services
d'aide linguistique vous sont proposés gratuitement. Appelez le 240-566-
4370.

As Seen on The Kelly
Clarkson Show and Good
Morning America

Join us for a special night featuring
Hadley Vlahos, R.N., a hospice
registered nurse and TikTok star
("Nurse Hadley") for a conversation
on death and dying. Followed
immediately by a book signing.

In her deeply personal memoir, *The
In-Between*, and intimate talks, Vlahos
gives resonant and surprising insights
on how caring for others transforms us,
and what we gain from talking about
death and advance care planning.

Presented in Partnership with:

Monique C. and George L. Braude
Memorial Foundation





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!**



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)

April 1

April 15

May 6

May 20

June 3

June 17

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



Staff News and Notes

WELCOME NEW STAFF

We are excited to welcome a new member to the team: **Shelby Bowen** joins us as a part time program assistant working with Faith and Debbi to take great care of our participants. Shelby comes with decades of senior care experience and has jumped right in. Shelby will be here on Tuesdays, Wednesdays, and Thursdays! Welcome Shelby!

We are also thrilled to welcome driver **Allen Dyson** back!! Allen has been out on leave since November and his riders are very happy to see him back behind the wheel! Very special thanks to part time driver Bob who has filled in for him for the last three months! We appreciate you Bob!!

ANNIVERSARIES

We missed two March anniversaries: Driver **Charles Hite** who does the Middletown route celebrates 2 years at Daybreak and Driver **Bob Roberson** who goes wherever we send him celebrates 6 years! Both of these guys are amazing team players who go out of their way to make their riders happy and to help the rest of our team. We are grateful for both of them.

April has one big anniversary, Director Christina Forbes celebrates 16 years at Daybreak. "I can't imagine being anywhere else! What a blessing to love what you do, do what you love, and be able to do it for so long. Thank you!"

SAVE THE DATE!

3rd Annual

SENIOR RESOURCE & EDUCATION FAIR

Presented by SOAR in partnership with Aging Network Alliance and Frederick Community College

Thursday, May 23, 2024

10 am - 2 pm

Frederick Community College

Athletic Center • 7932 Opossumtown Pike • Frederick MD 21702

NURSES NOTES



Hello Daybreak community,

We are happy to announce that Delaware Diagnostic Labs is now providing lab services for Daybreak participants. We hope this service will help eliminate your need to arrange time to go to a lab for blood work or the predictably long waits while you are there. If your physician orders non-urgent bloodwork or urine tests, you now have the opportunity to have it done while your loved one is here. Once we have an order, the Daybreak nurse will schedule the lab tech to come out to draw labs on a day your loved one is attending. The lab technician can do blood draws and take urine samples. They usually arrive between 10:30-11:00 am; so, if the doctor requires fasting lab work, then we need that noted on the lab order. Also please make sure the ordering doctor is aware of the later time frame this lab can accommodate.

It is important you loved one is hydrated to have a successful lab draw. Please make sure they have some water the night before and with their morning medications. If the labs are not fasting, they can drink as much as desired before coming to Daybreak and at Daybreak.

Requirements

1. A lab order from the medical provider detailing the labs that are needed. The order must also include the doctor's **NPI number**. The doctor can fax that here or you can in the hard copy.
2. A signed financial consent form allowing Delaware Diagnostic Labs to obtain the labs. This must be signed by someone who is legally competent and *only needs to be done before the first lab draw*. A copy of this form is on our website or can be emailed or sent home for you to sign. You are welcome to sign it anytime so we have it on file.
3. A copy of your loved one's current insurance cards.

We must have all three items before we can schedule any lab work.

Please let us know if there is a date these labs are required by.

Lab work is usually faxed back to Daybreak within 2-3 business days.

What Daybreak's nurses will do:

We will collect all lab orders and other required documents.

We will schedule appointments to have your loved ones' lab work done on a day they are scheduled to attend and notify you of the date prior to the lab draw. We will make sure the lab work is done on the scheduled day if your loved one is agreeable. We can't force someone to have blood work drawn, but we will make every attempt to gently convince them.

We will fax a copy to the ordering doctor or medical provider.

We will make sure you are given a copy for your records.

We hope you find this service to be helpful. Please feel free to contact me if you have any questions.

Chris Grable RN, Daybreak Health Director

Phone #: 301-696-0808 ext. 1002

Email: RN@daybreakadultdayservices.org



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 and to Daybreak. The nurse will send you a copy as well



From the Social Worker

Another option for self-care- Mental Health Matters

Remember that your mental health is a priority, your inner peace is essential and your self-care is a necessity. – Unknown

I am a social worker, so it is no wonder I believe in the positive effects of support groups, counseling, and therapy. It is not just my opinion, however, according to the American Psychological Association, 75% of people who have participated in therapy report positive outcomes. Pretty good odds.

And yet still, many people don't consider it an option for themselves. Perhaps they think it is for "other people," or they are not sure where to start, don't know how it could help them, feel stigmatized, or are concerned about the cost and availability of services. So, I am hoping with this article I can help clear up some of that and we can get to the point where managing our mental health is simply part of our overall wellness.

There are many types of mental health services available from support groups, individual and group therapy, counseling, life coaching, and more...all aiming to improve overall emotional and mental health. While the goal for each person will be unique to them some of the things that may be addressed include: emotional support, managing unresolved issues from the past, developing skills for coping/communication/ problem solving/conflict resolution, learning to set boundaries and goals, validation (sometimes we all need to know it is ok to feel whatever we are feeling....angry, sad, overwhelmed, overjoyed), managing grief, ambiguous grief, anxiety and depression, building resilience and confidence for navigating life in general and much, much more. I don't know many people who could not benefit from at least one of those things! Just like other health care modalities there are a myriad of approaches and methods so researching options is very important and be sure that if the first provider is not a good fit, try another. The single best predictor of a positive outcome for mental health care is a strong relationship with the provider. Also, like changes in our physical health, results can take time. Occasionally there is that one "a-ha" moment but usually it is a gradual change over time. This can be helpful to keep in mind as you set realistic expectations.

Resources

There are multiple resources available for mental health services, including talking with your primary care provider, but I want to mention a few others to get you started. A wonderful local resource is the the Frederick County Mental Health Association. They offer a wide range of services to our community, including free walk-in clinic hours every day and a mobile crisis unit. Check out their website at <https://fcmha.org/> or you can call them at 211 or 301-663-0011. They can provide one time mental health support as well as help you find more long term providers.

The internet can help identify private counselors who will take your insurance, or you can access this information by contacting your insurance company. Psychologytoday.com has a great therapist finder on their website that allows you to search for a provider based on a variety of parameters (location, gender, area of specialty, etc). Virtual mental health services seem to be gaining a lot of traction now too with a variety of websites dedicated to private pay virtual therapy sessions (Betterhelp.com is just one example).

Unfortunately Daybreak no longer has a therapist that is coming to the center but we are here to help you find a mental health resource if you need it.

And don't forget support groups as an option. Daybreak offers two caregiver support groups a month—a zoom option and an in-person-zoom hybrid option. More information in this newsletter. If the Daybreak support groups don't work for you, there are many other options in the community and on-line, whether focused on caregivers, specific diseases, grief, and more. Let me know and I am happy to get you a comprehensive list of groups.

Resources- Mental Health America, American Psychological Association

Fondly, Mary Collins LMSW

socialwork@daybreakadultdayservices.org



MISSING ITEMS

We are losing plates, cups and silverware at an alarming rate. If any pieces make their way home, please send them back in with a driver!

Activity News



Dear Daybreak Family,

Spring has gracefully arrived, bringing with it vibrant hues that paint our days with brighter colors and warmer weather, signaling a season of renewal and rebirth. As we step into this promising month, we're excited to reflect on the joyous moments that March brought us and to unveil the exhilarating plans we have for April. March was a celebration packed with joy, recognition, and community spirit, beginning with a heartfelt tribute to the remarkable women of Daybreak on International Women's Day. Their unparalleled strength, wisdom, and compassion have been a beacon of light in our community. The festivity continued with St. Patrick's Day, where lucky games and word riddles captivated everyone, and Charlie's delightful presentation added an extra layer of enjoyment. With the conclusion of March, we eagerly welcomed Spring and all the beauty and opportunities for new beginnings it brings, setting a refreshing tone for the month ahead.

April promises a delightful mix of laughter, creativity, and appreciation for our beautiful world, starting with our April Fools Social and Food Program. These events are designed to fill our days with laughter and whimsy, embodying the spirit of silliness and smiles. Additionally, we're looking forward to the Participant Council Meeting on April 2nd at 10:45 am, a vital opportunity for everyone to share their ideas and suggest new activities that will keep our community vibrant and full of life. Charlie is set to captivate us once again with an engaging presentation on the sweet and soulful journey through the history of candy and Motown music, promising an entertaining and informative experience.

The return of the Red Hat Group this month marks a continuation of our journey of enjoyment and friendship, celebrated on the 1st and 3rd Friday at 11 am. Don't forget to wear your red hat! Moreover, we're dedicating time this month to appreciate the beauty of our planet through various activities, celebrating Earth Day and Arbor Day with a renewed sense of responsibility and gratitude towards our world.

As we embark on this month of new beginnings, let's cherish every moment of joy and come together to make a positive impact in our community and beyond. We're excited for you to experience all the fun and engaging programs we have planned, promising a wonderful April filled with laughter, learning, and lasting memories.

Warm regards,

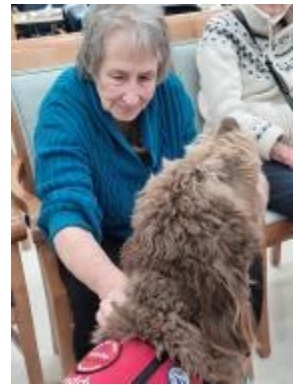
The Daybreak Activity Team

Here's to a month filled with laughter, learning, and lots of love!



**Crafts,
cards,
music,
dance,
we
love
it all!**





We love the
GO TEAM
pups!



HAPPY APRIL BIRTHDAYS

1 Alicia A. & Rosalie M.
11 Dottie N., Melvin T. & Jackie S.
14 Carol M.
15 Barbara O.
17 Michael S.
26 Elena M. & Edith I.
27 Flo D.
28 Paul W.
30 Cynthia H.



Thank you
Eagle Scout
Candidate
Dexter
Schaerdel and
team for our
beautiful new
sign and mail-
box!



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.