



# DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

May 2024



# Life Blooms In Color



Daybreak will be closed Monday May 27 for  
the Memorial Day Holiday

7819 Rocky Springs Road, Frederick, MD 21702  
301-696-0808 • TTY/HCO 1-800-735-2258  
[daybreakadulldayservices.org](http://daybreakadulldayservices.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

Happy May! I hope this edition of Daybreaking News finds you well. We are excited for the warmth of spring after what felt like a cold and rainy month of April. Our gardening friends from the Woodlands of Urbana have done a great job cleaning up the courtyard. They will be back this month to add some annuals and new plants to the garden and we will get the waterfall running again. It is such a glorious space out there. We are so happy for the garden club's partnership with us and we are excited for lots of outdoor activities this season.

Speaking of activities, we anticipate resuming field trips this month. With a whole new activity team, we will start slow with a couple of easy trips and go from there. We will be sending the particulars home later this week including information on how to sign up.

In addition to planning trips we have also been busy planning new menus. You will start seeing some new items on the lunch menu starting this month. We are excited for a little change. We welcome participant feedback and it will surely be a topic at participant council. You will also notice a flyer in the newsletter about our participation in the Federal Adult and Child Nutrition program. We have been participating in this program for many years but I was recently reminded that we must advertise that participation regularly.

An auditor from the food program was here recently to make sure we are following all of the (many) rules that the food program requires. They found a few things that we need to do differently, including making better effort to offer milk at lunchtime, which have not been hard to implement. We also had a surprise visit from the Maryland Department of Health, Office of Healthcare Quality this month for our unannounced biennial survey. OHCQ is the agency that licenses us as a an Adult Medical Day Care Center. From the temperature of the water to the condition of the buses, to the items in the first aid kits and the training of the staff as well as the nursing care and *all* of the required documentation...they look at *everything!* Overall it was an excellent survey, with the surveyor noting that she could see that our participants and staff enjoy being her and are getting great care. Of course she found some things that need to be fixed, but they are minor and are either fixed already or in progress. I am happy to share specifics if you are interested.

I hope that you are able to enjoy the month of May and I wish all of the mothers out there a Happy Mother's Day.

Fondly~ Christina  
[director@daybreakadultdayservices.org](mailto:director@daybreakadultdayservices.org)



# Community News and Notes

## **FROM THE DIVISION OF AGING AND INDEPENDENCE**

**May 17 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: Frederick Senior Center, May 10; Brunswick Senior Center, May 24: All events are held from 11:30-1. To register: email [caregiversupport@frederickcountymd.gov](mailto:caregiversupport@frederickcountymd.gov) or call 301-600-1234.

## **FROM THE DIVISION OF AGING AND INDEPENDENCE and DAYBREAK**

**DEMENTIA LIVE May 20** 2 pm. 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](mailto:DementiaFriendlyFrederick@FrederickCountyMD.gov).

## **SENIOR RESOURCE FAIR, Thursday May 23 10-2 at FCC.**

See the flyer for more details. This is a great way to get a lot of information in one place. Be sure to stop by the Daybreak table and say hello!

# 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

No registration is required.  
Free lunch for the first 200 attendees.

## Keynote Speaker

Elly Williams, Aging & Independence

Topic: Medicare

## Health Screening

Fall Risk Assessment, Blood Pressure Check

Offered by HomeCall of Frederick

In recognition of OLDER AMERICANS MONTH, we are pleased to host this FREE event open to seniors, family members, caregivers, and professionals

Visit with 70 professional exhibitors to receive education and resources.

- Medicare
- Moving/Downsizing
- Transportation
- Wills, Estates & Trusts
- Retirement Planning
- Therapy Services
- Health & Wellness
- Recreation
- Aging at Home Services
- Free and Low Cost Community Services



SeniorFair@SoarFrederick.org • 240-575-9665

## Schedule or Transportation Changes?

The best way to let us know about any schedule or transportation changes is to call the center (301-696-0808) and tell us or leave a message. The messages are checked every morning before the drivers head out. Messages on cell phones or emails may not be seen in a timely fashion. If you are communicating about future dates, you can email Gwenda at [admin@daybreakadultdayservices.org](mailto:admin@daybreakadultdayservices.org)



## OUR CONDOLENCES

*To the friends and family of*

*Charles "Chuck" Johnson*

*He will be missed.*



## MEMORIAL DONATIONS



Families who have benefited from the services of Daybreak may be looking for opportunities to keep the memory of their loved one alive. One way to do so is to give a memorial donation to Daybreak in your loved one's name, or to designate that memorial donations from family and friends be sent to Daybreak. Daybreak is a non-profit 501c3 and donations are tax deductible. If you are interested in making a memorial gift or want to learn more about these tax-deductible contributions, please contact Christina at [director@daybreakadulthoodservices.org](mailto:director@daybreakadulthoodservices.org).



## 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!**





# Staff News and Notes

## *Anniversaries*

We have three staff anniversaries this month!

**Mary Collins**, our social worker, celebrates 2 years with Daybreak this month! Mary is a wonderful asset to our team. Not only is she knowledgeable about community resources, she is incredibly compassionate, intuitive, kind, and thoughtful. We are so lucky to have her on our team.

**Gwenda Roberson**, receptionist and so much more, celebrates 12 years with Daybreak! Gwenda helps keep things running smoothly, handling the doors, the phones, and an endless amount of paperwork. She is often the first person a prospective family talks to and she really sets the tone for a wonderful experience at Daybreak. Thank you for all you do Gwenda!

**Chris Grable**, Health Director, celebrates 13 years at Daybreak!! Chris is a talented nurse who cares deeply for our participants. From hangnails and hugs to major medical crisis, she takes wonderful care of our participants AND manages all of the paperwork and logistics that our regulations require. We are very lucky to have Chris at Daybreak!

Thank you to each of you for ALL that you do to make Daybreak the special place that it is!

## *Welcome New Staff*

Mario Castro is our newest hire and we couldn't be happier! Mario is full time program assistant; working Monday through Friday helping participants with personal care needs and getting around the center. Mario comes with dementia experience, a kind heart, AND he speaks Spanish! He has quickly learned the routine and is getting to know all of the participants. We are thrilled to have him here.

## *Til We See You Again...*

Mario's arrival comes just as our full time aide Faith, takes maternity leave. We are happy to share that Baby Roman was born April 28 weighing in at 7 lbs 8 oz! Mom and baby are doing well!



# NURSES NOTES



## 10 STEPS FOR SUCCESS IN MANAGING MEDICINES

- 1. Know the medications you and your loved one take.**  
Know the name, reason for use and possible side effects of each medication you take. Ask your doctor or pharmacist if you have any questions about what you are taking, what it is for, and what side effects to watch for.
- 2. Take your medications exactly as directed.**  
Make sure you understand the directions and ask for clarification when needed
- 3. Continue taking all your medicines until the doctor says to stop.**  
Even if you are feeling better, you should complete the full course of medication as prescribed unless the doctor tells you otherwise.
- 4. Keep your list of medicines current.**  
Keep an updated list of all your medications, sample medicines, over the counter medicines, vitamins and dietary/herbal supplements. Take an updated list of medications from ALL providers to every doctors appointment.
- 5. Do not use old or expired medications.**  
Be sure to dispose of them properly and promptly.
- 6. Store medicines in a cool and dry place and keep in one location**  
Do not store medicines in the heat (e.g. near a stove), direct sunlight (on windowsill) or in a wet and damp place (bathroom). Keep all medicines in one place unless they need to be stored in the refrigerator.
- 7. Use only one pharmacy.**  
Use only one pharmacy or one pharmacy chain (e.g. CVS, Giant etc.) for all prescription medicines. This makes it possible for a pharmacist to identify potential drug interactions or contraindications.
- 8. Ask your doctor or pharmacist before taking over the counter medicines.**  
Sometimes these over the counter supplements or medications can interact with prescribed medications and cause complications or alter their effectiveness.
- 9. Recognize changes in medication needs**  
If you have changes in your health status or medication needs talk



with your doctor. The way your body metabolizes medication can change with age, weight changes, activity levels, and more. You may need a dose adjustment or a different medication altogether.

**10. Read all your medicine labels and written instructions before taking each medicine, especially new ones.**

Ask your pharmacist or doctor if you have ANY questions.

**Please send an updated list of medicines to Daybreak whenever there are any medication changes. This is so we are aware of the change, reason for the change and can monitor for possible side effects. This is the only way we can provide the best possible care for each of our participants.**

**Don't hesitate to call or email if you have any questions!**

Thank you all,  
Chris Grable RN  
Health Director Daybreak Adult Day Services  
RN@daybreakadulldayservices.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

## Walking for Health and Wellbeing

For many years I was a runner. I would never go so far as to say I loved running, but I always loved the feeling when it was over. I felt relaxed, empowered and the pounding of my feet on pavement always helped lower my anxiety. Unfortunately, as a result of some health issues this past year I had to stop running, and guess what? I found I really missed it. I was quite convinced I would no longer have my “go-to, feel good” natural, stress reliever.

However, in the past few months I have come to find the joy of walking. I know that sounds silly, right? I mean we walk all the time, but I am referring to the purposeful getting out of the house to just walk. A time and space to just “be.” And while not the same thumping, high intensity workout I was used to I have found so many benefits. So thought I would take a deeper dive into the health benefits of walking.

There are many articles that can demonstrate the physical benefits of walking, including: better sleep and endurance, increased energy, and stamina, decreased muscle tension, and increased heart rate which increases serotonin (a chemical that can increase our feelings of wellbeing). It is also good for our cardiovascular health and can maintain or decrease weight.

Other research shows that walking has profound impacts on our mental health too. It can distract us from the things we are anxious about and slow down our thoughts and lead to more clear and creative problem solving.

The rhythmic movement walking creates is “proven to stimulate the connection between the right and left hemispheres of the brain and, in turn, facilitates emotional processing.” (Andrea Mikonowicz, February 2, 2019, <https://www.andreatherapy.com>). This flow also leads to “optic flow.” Optic flow is achieved when your eyes continuously adjust to your environment as you walk to keep you oriented. This flow can slow down your fight or flight mode and thinking. A 2021 anonymous article in [hikeformentalhealth.org](https://hikeformentalhealth.org) it relates this “optic flow” to Eye Movement Desensitization and Reprocessing (EMDR) one of the most popular treatments of Post Traumatic Stress Disorder and anxiety by pairing a relaxed state with an upsetting memory to “desensitize” the memory and help reduce its psychological impact.”

If that is not enough to convince you to get out and take a walk, there is a lot more to read about the benefits of walking out there. Slow or fast, short or long, lots of advantages. There really is something to be said for taking a walk to clear your head!

Of course, walking may not be for everyone, in which case finding what works best for your own health and wellbeing is paramount. There are also times when walking may not be enough to bring you calm and so reaching out to a professional for guidance would be warranted.

As always, please reach out if I can be of service.

Fondly,

Mary Collins, LMSW  
Socialwork@daybreakadulthoodservices.org



## 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)**

May 6

May 20

June 3

June 17

July 1

July 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](mailto:director@daybreakadulthoodservices.org)

# Activity News



As we welcome the warmth of May, we find ourselves reminiscing about the joyous moments that filled our hearts in April, eagerly looking ahead to the exciting happenings awaiting us at Daybreak Adult Daycare this month. April was a month of delightful experiences, highlighted by a spirited visit from New Life Christian School, where we bonded over a lively game of beach ball volleyball, fostering connections and laughter. The return of our cherished Red Hat group brought an additional layer of camaraderie, accompanied by wonderful live entertainment and enlightening presentations from Charlie, which enriched our days with knowledge and entertainment.

As we step into May, we're gearing up for warmer weather and the exciting array of activities awaiting us in our beloved courtyard. This month is marked by significant observances, including Cinco De Mayo, Mother's Day, and Memorial Day. Our Memorial Day Cookout, scheduled for May 24th, promises delicious food prepared by our beloved chef Angela, accompanied by the warmth of companionship as we honor and remember those who have served. Additionally, we invite you to mark your calendars for May 23rd, when we'll host the much-anticipated Daybreak Fashion Show, a dazzling display of style and creativity that promises to be an unforgettable event.

Charlie continues to delight us with his captivating presentations, this month he will be covering a range of engaging topics such as The Kentucky Derby, Country Music Classics, and a special appreciation presentation for our Employee of the Month. These sessions promise to be both informative and enjoyable, adding depth and entertainment to our days.

In more exciting news, outings are making a return this month! Be sure to stay tuned for updates on programs and outings as activities will provide details and necessary information needed.

With the sun shining and temperatures rising, we're looking forward to spending more time outdoors in our courtyard, basking in the beauty of nature and enjoying each other's company. Let's embrace the warmth of May, cherish the moments shared, and create cherished memories together at Daybreak.

Warmest regards,  
Activities Team  
[activities@daybreakadulthoodservices.org](mailto:activities@daybreakadulthoodservices.org)

Good nutrition today means a stronger tomorrow!

# Building for the Future with CACFP

This day care receives support from the Child and Adult Care Food Program to serve healthy meals to our participants.



**Meals served here must meet USDA's nutrition standards.**

## Questions? Concerns?

*Please contact Daybreak Program Director Christina Forbes 301-696-0808*

Learn more about CACFP at USDA's website:

<https://www.fns.usda.gov/>

USDA is an equal opportunity provider, employer and lender.

United States Department of Agriculture  
Food and Nutrition Service FNS-317  
November 2019

HAPPY MOTHER'S DAY





Singing and  
Dancing with  
Dale & Garrey!  
Always a good  
time!







# HAPPY MAY BIRTHDAYS

- 8 Otto J.
- 13 Betty K.
- 15 Helen M. & Jane M.
- 18 Charles S.
- 25 Bert H.
- 28 Vicki S.
- 30 Tom C.





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.*