



DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

June 2024

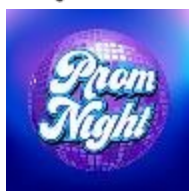


No matter the day,
no matter the
weather,
life is just better
when we are together.

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301-696-0808 • TTY/HCO 1-800-735-2258
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

I sit to write my newsletter piece much earlier in the month than usual. I am gearing up for vacation; a long-awaited trip for my son's wedding; the first such milestone in my family. We are in the midst of a COVID outbreak at the center, I've got staffing issues in the kitchen, and my mother arrives in 7 hours! My stress level is pretty high. My brain is swirling with fears about catching covid before the big event, giving it to my family, ruining the trip, the staff getting sick and my backups needing back up while I am away, ...it goes on and on...my brain won't rest and therefore neither am I...which adds to the fear cycle...not sleeping or eating right messing with my immune system, making more susceptible to COVID...the gears in my head just keep spinning.

I was folding laundry this morning and my eye caught a framed poem that has hung on the wall for years. It was just what I needed in the moment. Friends of Bill will quickly recognize the Serenity Prayer; a mainstay for those seeking and maintaining sobriety. I find it has so many other applications and often share it when doing presentations to caregivers.

God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

Seeing that this morning made me stop and pause; and take a breath. A much-needed breath.

Though my stress today is related to my own personal set of circumstances, I know that each of you experience stress of a similar level based on your own unique circumstances. Caregiving is hard. Raising a family is hard. Keeping a job while doing both is hard. Life is not easy, and it seems sometimes it only gets harder. We all need to stop and take a breath. What can we let go of, what can wait until we have capacity to think about it again. And what isn't going to change regardless of the effort I throw at it...let it go and channel the effort elsewhere.

I hope the Serenity Prayer is something that might speak to you in those moments of stress. You don't need to be religious, the God is whatever spirit brings you strength. Say it out loud, post it where you can see it, and hopefully it brings you a bit of serenity in this moment!

Fondly~ Christina
director@daybreakadultdayservices.org



Community News and Notes

FROM THE DIVISION OF AGING AND INDEPENDENCE

June 21 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: Urbana Senior Center Friday June 14: 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 June 21 at 10 am. 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.

SAVE THE DATE

The dates for the annual ELDER EXPO have been set! There will be a Caregiver Conference with speakers and an opportunity to visit the expo vendors the evening of October 2, with the big EXPO event occurring on October 3. Both events will be at the Frederick Health Village. More info to come!

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@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)

~~June 3~~

June 17

July 1

July 15

` August 1

August 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



OUR CONDOLENCES

To the friends and family of

Alberta "Bert" Hawkins

She 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@daybreakadultdayservices.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 celebrate 4 staff anniversaries this month!

Nurse **Jennifer Crabb** celebrates 1 year with us. Jenn started as a part time nurse, job sharing with Jeanette, but recently changed to an “as needed nurse” filling in here and there. We love having Jenn here and are glad she was able to stay with us!

Our other part time nurse, **Jeanette Oliverio** celebrates 7 years at Daybreak!! Jeanette works 2 days a week with Chris. She is wonderfully calm, incredibly capable, and a great asset to our nursing team. Thanks you for your many years of service Jeanette!

Also celebrating 7 years at Daybreak is driver **Phillip Lee**. Phillip typically does the Thurmont/Woodsboro/Walkersville/North Frederick route, but occasionally fills in on the Mt Airy or Urbana routes. He also helps do our monthly fire system checks at the center. Phillip is an excellent driver and all round great guy and we are incredibly blessed to have him on our team.

And finally, nursing assistant **Jailyn Luna** celebrates 2 years with us. Jailyn started with us right out of high school working full time through the summer then part time as she started nursing school. She wasn’t able to fit us in last semester but is going to return for the summer before she leaves. We love Jailyn’s spirit and calm compassion and are happy we get to summer with her!

Welcome New Staff

We are very happy to welcome a new nurse to the team!

Kathy Tyeryar (sounds like “tire”), RN has joined our wonderful nursing team. Kathy will be working alongside Chris on Mondays and Tuesdays. Jeanette will be working Wednesdays and Thursdays and one of our other nurses (Jenn, Bobbi, or Effie) will be with Chris on Fridays. Kathy comes with MANY years of nursing experience in a variety of settings which make her a great asset to our team. Welcome Kathy!

NURSES NOTES



With the warmer weather upon us, I want to discuss a common concern for our Daybreak population: dehydration. At Daybreak we try to encourage as much fluid intake as possible for our participants, unless it is contraindicated due to their health needs. Dehydration is a major challenge for us all as we age, but especially for people with dementia. Memory problems, along with the decreased sensation of thirst and the fear of having to use the bathroom or have an accident, cause people to drink less. This significantly increases the risk of dehydration and can lead to hospitalization or more serious health risks. It's important for older adults and their loved ones to pay attention to water intake and make an effort to stay hydrated. The average recommended goal is 8 cups of fluids each day and coffee & teas do count.

Causes of dehydration can include inadequate water intake, diarrhea or vomiting, a fever, excessive sweating, loss of blood, diseases such as diabetes, as well as a side effect of many medications like diuretics.

Kendra Benisano, RN, BSN, Director of Home Care and Nursing Services at Seniors At Home says, "It's important to recognize dehydration symptoms as early as possible. If dehydration is not identified and treated, the health effects are significant at any age, but amplified for older adults and can quickly become life-threatening." Kendra explains that there are two main benefits for older adults to stay hydrated—besides to maintain good overall health.

Older adults who get enough water tend to suffer less constipation, use fewer laxatives, and have fewer falls. Less constipation may reduce the risk of colorectal cancer.

Drinking at least five 8-ounce glasses of water daily reduces the risk of fatal coronary heart disease among older adults.

Here are some signs and symptoms to look out for to help you prevent dehydration for yourself or a loved one:

Mild Dehydration Symptoms

Producing only small amounts of dark urine

Headaches

Cramping in limbs

Weakness, overall feeling of being unwell

Sleepiness or irritability

Dryness of mouth; cracked lips, dry tongue with thick saliva

More Serious Dehydration Symptoms (Seek medical attention immediately)

Low blood pressure

Convulsions

Dry and sunken eyes with few or no tears

Severe cramping and muscle contractions in limbs, back and belly

Bloated stomach
Rapid but weak pulse
Wrinkled skin; no elasticity
Breathing faster than normal
Change in level of consciousness or mental status

Tips for Staying Hydrated

It can be a challenge for older adults to stay hydrated when they don't feel thirsty – and this is especially compounded by any additional health challenges or memory loss. To help with fluid intake try these suggestions:

1. Get an nice large 16-32 oz insulated cup with a lid and straw, to keep close thru out the day and night and take sips from it often.
2. Keep this cup by the bedside to sip on during the night and try to finish the rest of the cup in the morning when you wake up and are trying to get ready. This will give you a jump on your daily water intake and increase your energy level.
3. Set a goal for how much to drink by what time and try using hydration reminders (drink on the hour, use timers, or drink during commercials, etc.)
4. Experiment with beverages at different temperatures
5. Try tastier alternatives to water (broth, sparkling water, Ensure, or smoothies, flavored waters or crystal light packs to add to your water).
6. Try adding frozen fruit instead of ice cubes to give the water more flavor
7. Try Jell-O or frozen fruit popsicles
8. Eat more foods with a naturally high water content (melons, cucumbers, apples, lettuce, celery, citrus, berries grapes & other fruits)
9. Make sure you drink at least a ½-1 cup of fluids prior to exercising and a 1 cup afterwards.

A family member of one of our participants told us how they have been able to increased their loved one's fluid intake with "Jelly Drops". These bite size, fruit flavored, sugar free candies contain 95% water and electrolytes and are an easy way to help increase daily water intake in the seniors, who love their sweets. They come in a tray of 24 drops and add about 10 oz of fluid per tray for just under \$10. This participant has advanced dementia and does not like to drink much, but she loves a sweet treat! They report she will take 4-6 of these drops 3-4 times a day giving her some extra fluids and electrolytes to stay more dehydrated.

I hope this information is helpful and as always, if you have any questions, concerns or changes to report; please do not hesitate to contact me by email at RN@daybreakadulthoodservices.org or phone 303-696-0808 ext. 1002.

Chris Grable RN

Sources: Kendra Benisano, RN, BSN, Director of Home Care and Nursing Services at Seniors At Home ; Alyssa Jung, senior Editor for Hearst Lifestyle Group health Newsroom
[Jelly Drops official website](#)



From the Social Worker

Recently I have been to numerous doctor's appointments with a family member. Inevitably after each one on the way home something pops in my mind that we forgot to ask. And let's face it, once we are out of the office, it can be challenging to reach someone to ask a follow up question. It made me think about how we can make the most of doctor's visits so we can leave feeling informed, empowered and without that smack the forehead moment when we remember we forgot to ask the one question that had been keeping us up at night!

There are a ton of articles about this topic on the internet...even some with checklists—I love a good checklist...and many probably have a great system already, so please share any thoughts you may have and I can include them in a follow up newsletter. However, for the rest of us here are some tips to get you started.

Before the appointment

- Jot down all the things you want to ask or share with your doctor. Putting them in order of importance can help if you start to run out of time.

- If you are having symptoms that are new or persisting be sure to jot them down in detail, including location, frequency, duration, and intensity. This includes any changes in diet, activity level, exercise.

- Make a list of all medications, vitamins, supplements, and over-the-counter medications, being sure to include medications that may be prescribed by specialists or other providers. Include dosages and instructions. Don't feel like writing?

- Bring them all along in a bag. Be sure to bring along a list of any side-effects you may be experiencing from your medications, or things you think may be side effects.

- If you have multiple providers involved in your care, make sure you are sharing information with each of them. Things like labs, daily records (blood pressure, pulse ox, blood sugars, etc.) as well as results from any testing that has been done may be relevant to others involved in your care.

At the appointment

- Arrive with plenty of time to fill out any necessary paperwork and bring insurance cards and photo ID. Arriving early can help ensure your appointment is not cut short.

Take your time. It is hard because often doctors are rushed. Having your lists and questions can help stay focused and on task. Be honest. This is hard, but so necessary. Is that medication not working but you don't want to complain or think there is nothing else that can be done? Tell. Have you been told you should not have any alcohol while taking your medicine but really enjoy a glass, or two, of wine on the weekend? Tell. There may be another option. Care providers do their best work when they know what is really going on. Be careful of answering questions in the way you think your provider wants you to. Even if it leaves them scratching their head about the odd assortment of symptoms, it may just yield the accurate results you need.

Take notes. Remember that piece of paper with all your questions and thoughts on it? Bring along a pen and your notes to jot answers (or other questions) as the appointment goes on. Ask questions and ask more if you still don't understand. Bringing along a friend or family member can also help be a second set of ears if you feel it is necessary. Some doctors may be comfortable with you recording the conversation on your phone which is a great way to be able to go back and listen and share with caregivers and family.

Other things to ask:

If medication, testing, labs or treatment is ordered- find out why? Are there options if they don't work? How long should I give a treatment or medication to work? Are there any adverse side effects or risks? What behavioral changes can you make that may help? Is there a handout or a website that may help understand the process or medicine?

Before you leave review your list and notes for anything you don't understand and before you leave the office make any follow up appointments. Once you get home life can get in the way and there is less chance of making doing it.

Don't be afraid to say "Wait, I would like to make sure I understand...." or "can you repeat that?" Or even reiterate what the provider said to make sure it is correct and that you understand.

Something that has become helpful for me to ask when sick or not feeling well is, "what are the red flags I should be looking?"

That way I have a sense of what may be the normal course of the illness and what may be cause for concern.

Make sure you leave with any documentation, prescriptions, or referrals you may need.



From the Social Worker continued

After the appointment

If you have a pressing question, or are experiencing new or worsening symptoms, call your doctor's office right away. Have a question that can wait? Those patient portals that can drive us crazy (It cannot just be me, right?) do have an upside. A question that pops in your head in the middle of the night that can wait a bit to be answered can be sent via portal.

Be sure to set time aside to follow up, set appointments, plan lab trips etc.

Feeling like your physician is being dismissive, not giving you the time, or the treatment, after many options, are not to your liking? It is ok to get a second opinion. Sometimes someone looking at things through a different lens can be helpful. Sometimes even a different provider within the same practice has a different take on things that are going on.

For more tips check out the myriad of options on the internet or I am happy to send you information. Hoping something here will speak to you and help make those appointments a little smoother.

Take care,
Mary Collins, LMSW
Socialwork@daybreakadulthooddayservices.org

LAB SERVICES AT DAYBREAK



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 Delaware Labs 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 too.

Activity News



Welcome to June, everyone! Can you believe it? May was a whirlwind of activities here at Daybreak. From Charlie's captivating presentation on the Kentucky Derby to our lively Cinco De Mayo pinata party with a visit from New Life Christian School, and not forgetting our heartfelt celebration of Mother's Day, May kept us on our toes. The highlight, however, was undoubtedly our Daybreak Fashion Show! Participants strutted their stuff on the red carpet, showcasing their stunning outfits while Jay, our fantastic MC, provided lively commentary on each ensemble. The show was a hit, followed by a delightful dance party that had us all moving and grooving. And let's not forget Angela and our amazing drivers, who treated us to a scrumptious Memorial Day Cookout filled with all our favorite classic dishes.

As we step into June, get ready for more excitement as we resume our outings! Our first stop will be at the charming Little Red Barn Ice Cream Café on June 12th, followed by a visit to Red Robin on June 27th. We couldn't be more thrilled to hit the road again! Remember to fill out forms and submit cash promptly to secure your spot for these outings.

Mark your calendars for June 20th because we're bringing back the Senior Prom! By popular demand, Elvis Presley will be gracing us with his presence to serenade us with his timeless tunes. Get ready to dance the night away just like in the good old high school days. It's sure to be an unforgettable evening of music, laughter, and maybe even a few twists and twirls on the dance floor!

And that's not all! Charlie will be treating us to not one, but two enlightening PowerPoint presentations this month: one on Animals in the Wild and another on Broadway Music. Get ready for an engaging and educational experience!

Let's gear up for a jam-packed month as we embrace the warmth of summer and all the adventures it holds for us. Get ready to make more memories and have a blast together at Daybreak!

Warmest regards,
Activities Team
activities@daybreakadulldayservices.org



Daybreak Fashion Show

The
Red
Carpet



High Fashion
Models



Happy Birthday

JUNE

- 3 Ben S. & Graham Mc.
- 5 Nancy J.
- 6 Catherine W.
- 8 Janet D.
- 16 Charlie C., Barbara M. & Marian T.
- 18 Yonna P.
- 21 Jane F.
- 25 Ron L.
- 29 Luz F. & Jay C.



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

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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.