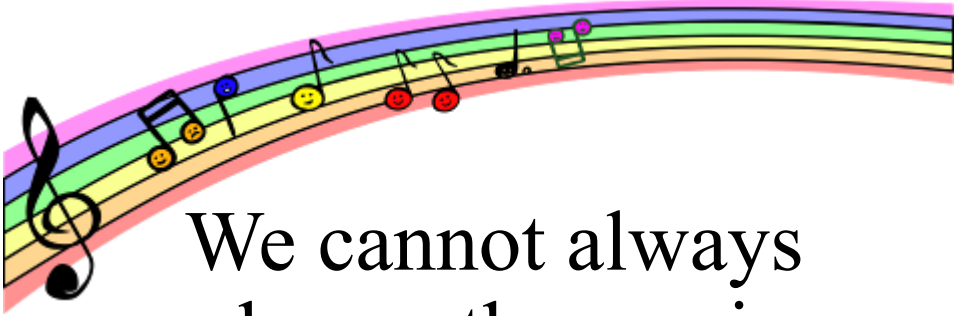




DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

August 2024



We cannot always
choose the music
life plays, but we
can choose how we
dance to it.



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

August greetings! I hope this edition of our newsletter finds you well! It has been a hot dry summer so far; I hope August gives us a little relief, though I know that is probably unlikely. I must once again give praise for our amazing garden angels from the Woodlands of Urbana Garden Club. Club members have come every weekend to water and weed and keep our courtyard looking spectacular in spite of the weather. We are so grateful for their ongoing support and generous donations of their time and expertise. Amazing!

Amazing is a word I use around here often. Amazing staff who jump in and get the job done regardless of the circumstances. Amazing participants who rally around one another, support the staff, and bring such enthusiasm and energy to our program. Amazing community partners who support us in such a wide variety of ways. Amazing family members who are gracious and forgiving. Those same family members are amazing caregivers, changing their lives to support the ones they love.

The latter is no small feat and can not really be understood by anyone who has never been a caregiver. The stressors are many, the time is never enough, and the sacrifices (and resentment) can pile up. That said, the rewards can be plentiful; though you can't always see them when you are in the thick of it. If you are feeling those stressors, I urge you to consider attending a caregiver support group (mine or one of the many in the community or on-line) or making the time for caregiver education programs that may be available. Little bits of knowledge can help make your job a little easier and knowing others are facing challenges similar to yours can be reassuring. The more tools that you have in your tool box, and the more comfortable you are trying them out, the better your experience is going to be. The Division of Aging and Independence periodically offers the evidence based caregiver training class, "Powerful Tools for Caregivers" and has a new 6 week session starting August 16. Give them a call to learn more: 301-600-6022!

As always, if we can support you in any way, please reach out. Chris, Mary and I have many years of experience behind us and are happy to offer suggestions, help problem solve, or just listen.

I hope that you are able to carve out some time to enjoy this last month of summer. If you need to alter your schedule here at all please let us know. We can generally accommodate changed days and extra days with ease.

Fondly~ Christina
director@daybreakadultdayservices.org



Community News and Notes

FROM THE DIVISION OF AGING AND INDEPENDENCE

Seniors Farmers Market and Nutrition Program; August 1 (2pm), August 16 (12pm) kick off events. Receive a \$50 card to be used toward fresh produce at the market. Frederick County residents age 60+ with an income below \$2322 (single person) or \$3152 (for a couple) per month are eligible to participate. Must bring proof of age and residency. Call 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 August 9. Emmitsburg Senior Center August 23, 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 August 14, 10am. 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@daybreakadultdayservices.org



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LAB SERVICES 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 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.

Please call if you have any questions!



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 wish a Happy 2 Year Anniversary to driver Allen Dyson. Allen drives the Brunswick/Jefferson/Ballenger route and so much more.

Allen is quick to volunteer for things around the center and is a wonderful all around help. Thanks for ALL you do Allen!

Changes

Our wonderful part time program assistant Shelby Bowen, who worked T, W, Th is changing her position to “as needed”. We hope we will get her back in here regularly to cover shifts when others are out. We are thrilled that Program Assistant Faith Kuhn, who left us in June when she had a baby, is going to take over Shelby’s shifts.

Welcome

We are happy to welcome Megan Chase to the team! Megan is our new Kitchen Assistant and will be working with Angela to help keep the dining room and kitchen running well. Welcome Megan. Many thanks to Ellis Stevens, Maintenance Man and More, for filling in!

Farewell

We say good bye this month to Program Assistant Jailyn Luna. Jailyn started working with us right out of high school. We are so proud of her as she leaves to attend nursing school full time.

We wish her much success!



NURSES NOTES



Tips for Dealing with Dementia

Things you SHOULD do with People with dementia:

1. Always call them by name.
2. Approach them from the front and look them in the eye as much as possible.
3. Allow enough time for them to give an answer.
4. Always speak to them as if they do understand, give them the benefit of the doubt, as much as possible.
5. Always try to talk in a slower, soothing lower pitched voice.
6. Be flexible and treat as an adult.
7. Agree (enter their reality) accept their version of a story whenever possible.
8. Be flexible and use your sense of humor, joke, or kid with them when appropriate
9. Reassure or coax
10. Reminisce with the person.
11. Make instructions simple, give one direction at a time. Model the behavior you would like them to do.
12. Be sensitive to the environment – Is it calm? Quiet? Comfortable? Are there enough visual cues? Is the temperature comfortable? Is the lighting too dark or too bright?

Things you SHOULD NOT do with people with dementia

(I realize this is easier said than done; we are all only human after all).

1. Don't approach them suddenly.
2. Don't talk too fast.
3. Don't argue with them, no one wins. Instead, try to agree, divert, or distract.
4. Don't be afraid to touch or hug them.
5. Don't try to rush a person to do something faster than they can.
6. Don't upset a daily routine unless necessary.
7. Don't say "Don't you remember I told you?" because they probably don't.
8. Don't try to reason with them.
9. Don't condescend, force or demand.
10. Don't ever give up.

6 ways to help toilet someone with dementia:

1. Approach in a calm manner, speak slowly with a lower pitched voice.
2. Use short familiar words or phrases (“it’s time to pee”)
3. Explain all actions, one step at a time.
4. Provide a private environment.
5. Have all needed supplies like wipes, extra clothes or an extra pad or depends set up and ready prior to entering the bathroom.
6. Please remember to treat them with dignity and respect as they are adults.

10 ways to improve dining:

1. Remove distractions.
2. Eliminate anxiety regarding cost or dress code.
3. Offer simple choices visually.
4. Provide a pleasant, comfortable, and social environment.
5. Use contrasting colored plates to help foods to stand out more.
6. Make eye contact and introduce yourself, be sure to call them by name.
7. Use a friendly, supportive, and respectful manner throughout the meal.
8. Provide set up, cut up foods and place a utensil in their hands as needed.
9. Assure that food and drinks are within 14-18 inches of eye level.
10. Provide simple, polite occasional cues to remind them to eat or drink.

Please try to remember dementia takes so much away from the people we love; so, let’s not take any more away any sooner. Help them remain as independent and functional as possible. It may be quicker to do something for them but whenever possible allow them to do as much as they can for themselves if it is safe. Concentrate on what they can do and not what they can’t do and praise them when they can. Establish a familiar daily routine and try to maintain it as this provides them with structure and stability. Also please remember you are not alone, and it is okay to ask for help. The staff here at Daybreak is here to help you as much as we can and to refer you to available resources as needed.

Chris Grable RN
Health Director Daybreak Adult Day Services
RN@daybreakadulthoodservices.org





From the Social Worker

Connection

One of my favorite things I have the honor to do here at Daybreak is completing a social history on each participant. This is something I do with every participant within the first thirty days of admission. It gives me a chance to sit down with people and find out who they are, who they have been, things that shaped them, what their strengths are etc. It also gives a me a chance to start to develop rapport and know them outside of some of their current needs. At Daybreak we care for the whole person not just physical or medical needs, illness, or capacity.

We know that each participant has had a lifetime of experience behind them and is so much more than the chapter we walked in on. Having this information helps us connect participants with similar interests and abilities, gives staff a point to connect, and in some cases can help us understand where behavior is coming from—and how to help manage that—especially if the person has trouble articulating.

I try to complete as much as possible with the person themselves, but sometimes details can get a bit fuzzy so I may need to fill in gaps with information from families, friends or caregivers. So don't be surprised if you get a call, and if you think there is something relevant for us to know, feel free to give me a call.

I have talked with retired physicians, published authors, scuba instructors, developers of some of the most cutting-edge technologies, veterans who have served multiple tours of duty, farmers who worked sunup to sundown, people who have raised multiple children and managed busy households, war veterans, and sports coaches. Our participants have shared countless accomplishments and crushing losses, hysterical misadventures and harrowing close calls, deeply felt trauma and inspirational accomplishments. It is a true joy to hear, and regardless of how exciting or mundane each person may feel their story is it is those past experiences that have shaped their worldview. There are no two stories alike, and yet so often there is a thread that connects people, and those connections have so many benefits on our physical and mental health.

In fact, social connection can lead to an improved quality of life—better mood and self-esteem, decreased anxiety and depression, and more empathy—but can also add years to our life, as research shows “that the benefits of social contact can outweigh the harmful

effects of other risk factors and boost life expectancy.” (<https://executive.berkeley.edu/>). Connection with others can build resiliency, and even increase productivity. From what I can tell there is no real downside.

When we take the time to learn a little about those around us, and focus on our similarities instead of differences, we all benefit. We become more compassionate and understanding. It helps us see each other for more than just what we are right now in this moment and a reminder of the journey that got each of us to this place. That can lead to a deeper appreciation of each person around us and a respect for the resiliency of the human spirit. And that is something we can all do to make this world a little bit better for all.

Fondly,

Mary Collins, LMSW
socialwork@daybreakadultdayservices.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)

August 5

~~September 2~~

October 7

August 19

September 16

October 21

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@daybreakadultdayservices.org

DAYBREAK WISH LIST

If you happen to be a tag saler or are cleaning out the house or visiting the Dollar Store, there a few things we can always use...



BINGO PRIZES: think costume jewelry, small decorative items, playing cards, puzzle books, new health and beauty items like lotions, combs, etc.

MAGAZINES and COFFEE TABLE BOOKS: lots of our folks like thumbing through magazines or books (big pictures, few words) after they have finished a meal or are waiting for activities to start.



COLORING SUPPLIES: we have a number of folks who enjoy coloring and they go through the pencils and books pretty quickly. We can always use more!

CRAFT PAINT: We had a large donation of wooden craft items recently and anticipate a lot of painting activities on the calendar. If you've got extra bottles or see a good sale, keep us in mind.



PLAYING CARDS: In addition to bingo prizes, we have a number of card sharks here. A new clean deck of cards is always fun to open!

PLASTIC GROCERY BAGS: we go through lots of these in the rest room. They are getting harder to come by, but if you have some you would like to get rid of, we will take them!



Activity News



We are gearing for August, the hottest month of the year. We hope you have a chance to spend some of these bright sunny days by the pool or at the beach before fall arrives. To kick off the month with a smile, we'd like to share a joke:

“August may be hot, but at least it's not a cold shoulder”

Last month, we had fun celebrating Christmas in July with holiday decorations and Charlie's wonderful Christmas carol presentation. National Popscicle Day was a hit with everyone enjoying a variety a frozen treats . Independence Day and the Summer Olympics were fun activity themes and we ended July on a high note with a fantastic performance by AJ Jazz's Band.

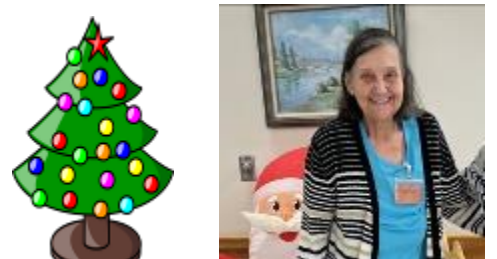
This August, we have an exciting lineup of activities. Entertainers Amy Adams, AJ's Jazz Band, and Dale and Garrey will return to sing, dance and play. Participant Charlie will be back with video presentations for Dog Day and Beach Music presentations. We are planning a Tie-Dye Day August 8 with the help of Social Worker Mary and an amazing team of teens. We will also be celebrating Hawaii through a number of activities, culminating in a luau on Wednesday the 28th. We will also celebrate National Beach Day with more beach themed fun on the 30th. Get your Hawaiian shirts ready!

Warmest regards,
The Activities Team
activities@daybreakadulthoodservices.org

TIE DYE DAY: THURSDAY AUGUST 8

Please bring in a clean, washed, white item if you wish to tie dye. Could be a tshirt, pillow case, scarf, socks, etc. We also suggest not wearing your best clothes that day. The kids will help with the dirty work, but tie dying is inherently messy!

Christmas in July



Birthdays in august



- 2 Tom W.
- 7 Marjorie M.
- 8 Jerry T.
- 10 Letitia F.
- 14 Sally M.
- 16 Marc M.
- 18 Jane W.
- 23 Marcia Z.
- 26 Gloria W. &
Christine L.
- 27 Wayne H.

Sing Along with Dale



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

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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.