



DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

July 2024



Daybreak will be closed
Thursday, July 4th to celebrate
Independence Day.

7819 Rocky Springs Road, Frederick, MD 21702
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

July....how did that happen? Time is moving far faster than I can. It is hard to keep up! Summer is in full swing. We have been lucky to squeeze in some courtyard time in spite of the crazy heat. Everything is in bloom and it looks spectacular. Again, I extend my great thanks to the Woodlands of Urbana Garden Club for maintaining it. These amazing folks (who have no personal ties to Daybreak) have been such a blessing! In addition to planting new trees, shrubs, and flowers (which they raised the money for!), they also come each weekend to weed and water to keep everything looking great. The courtyard hasn't looked this good in years. The participants and staff love it.

In addition to being the start of summer, July also marks the start of our new fiscal year. This year came with a rate increase and adjustments to financial aid. While there is never enough money to cover the need, we were once again very successful with the grant applications that fund our subsidy program. This fiscal year, we will receive more than \$320,000 from the following: Frederick County Community Partnership Grant, Frederick County Division of Aging and Independence, The Community Foundation of Frederick County and the Maryland Office of Health Services and we will supplement that with donation dollars to help cover the need. While that sounds like a lot of money (and it is), it goes fast. This past year, we used \$275,000 to provide more than 4000 days of subsidized service to 70 unique participants. At any given time, more than 60% of our folks are getting some type of financial aid, though no one but the business office and I know who. We are so proud and grateful that we have these funds to help the people in our community who can benefit from our care. I am always looking for additional resources, so if you hear of any opportunities, let me know!

As you will read inside, we gear up again for some staff changes. Activity Director Janese Johnson is leaving us. We are in the midst of seeking her replacement. Thankfully, our two amazing activity assistants Renee and Elizabeth are still here and are working extra hard to keep things going. Although the participants will surely miss Janese, they shouldn't notice much of a change in the activity calendar in her absence. The one thing we will do, however, is halt field trips again. I am sorry, I know we just got them restarted, but we really need that extra set of hands to do them safely. I am hopeful that we will be back on track very soon.

I hope that you are able to take some time for some summer fun this season. Please reach out if we can help you with schedule changes or extra days.

Fondly~ Christina

director@daybreakadulthoodservices.org

Community News and Notes

FROM THE DIVISION OF AGING AND INDEPENDENCE

July 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: Frederick Senior Center Friday July 12; Brunswick Senior Center July 26. 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 July 22, 4pm. 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)

July 1

July 15

August 1

August 15

September 2

September 16

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

DRIVEWAY CLEANUP



Now that we are in the growing season, 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!



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

Driver **Lisa Hartman** celebrates 3 years with us this month! Lisa drives the Urbana/Adamstown route, one of our lengthiest routes. Lisa is incredibly kind and compassionate and goes out of her way to make sure her riders are happy and comfortable. Thank you for your service Lisa!

Program Assistant **Debbi Taylor-Dickenson** also celebrates 3 years with us! Debbi helps make sure that the participants personal care needs are met and they are safe and happy throughout the day. Debbi is our early morning aide and also helps with table and seating arrangements each day. Thank you for all that you do Debbi!

thank you!

Farewell

We say good bye this month to Activity Director **Janese Johnson**, who is taking some time off to recalibrate. Janese has been a wonderful addition to our staff and we are going to miss her greatly. We wish her the best. We are actively seeking her replacement. In the meantime, our fabulous activity assistants Renee and Elizabeth will keep the party going!

We also say goodbye to our newest nurse **Kathy Tyerar** who had to make an unexpected change for personal reasons. We wish Kathy the very best.

NURSES NOTES



Heat Exhaustion and Heat Stroke

The risk of heat exhaustion or heatstroke is very high during this hot summer weather especially with the extreme temperatures we have been experiencing again this year. The risk goes up even higher with exertion and/or exercise. Children, the elderly, and people with long-term health conditions like diabetes, heart problems, respiratory problems & people with a history of dehydration, are more at risk of heat exhaustion or heat stroke.

Tips to help prevent heat exhaustion or heatstroke:

- drink plenty of cold drinks, especially when exercising
- take cool baths or showers
- wear light-colored, loose clothing
- sprinkle water over skin or clothes
- avoid the sun between 11am and 3pm
- avoid excess alcohol
- avoid extreme exercise

*This will also prevent dehydration and help your body keep itself cool.

The signs of heat exhaustion include:

- a headache
- dizziness and confusion
- loss of appetite and feeling sick
- excessive sweating and pale, clammy skin
- cramps in the arms, legs, and stomach
- fast breathing or pulse
- a high temperature of 100.4 F or 38 C or above
- being very thirsty

*The symptoms usually appear the same with adults and children, although children may become floppy and sleepy. If someone is showing signs of heat exhaustion, they need to be cooled down.

If someone has heat exhaustion, follow these 4 steps:

- Move them to a cool place.
- Get them to lie down and raise their feet slightly.
- Get them to drink plenty of water. Sports or rehydration drinks are OK.
- Cool their skin – spray or sponge them with cool water and fan them. Cold packs around the armpits or neck and on their forehead too.

Stay with them until they're better.

They should start to cool down and feel better within 30 minutes.

Immediate action required: Call 911 if:

You or someone else have any signs of heatstroke:

- feeling unwell after 30 minutes of resting in a cool place and drinking plenty of water
- not sweating even while feeling too hot
- a high temperature of 102 F or 39 C or above
- fast breathing or shortness of breath
- feeling confused
- a fit (seizure)
- loss of consciousness
- not responsive

Heatstroke can be very serious if not treated quickly. Put the person in the recovery position (lay them down and turn them to their left side with their right knee bend over their left leg.) if they lose consciousness while you're waiting for help.

I hope you find this information helpful. Please notify Daybreak if this occurs with one of our participants so we can monitor them closely when we go outside in the future. We do plan to utilize our lovely outdoor space, weather permitting, for activities at Daybreak, however, we do take into consideration the weather advisories.

As always please notify us ASAP of any medication changes, falls or infections.

Chris Grable, RN Health Director
RN@daybreakadultdayservices.org

*Source: NHS January 2021



From the Social Worker

International Self Care Day

If you read that and thought “I didn’t know there was an international self-care day” you are not alone. I didn’t either. And while, yes, probably every day should be self-care day I think we know all too well how hard prioritizing ourselves can be.

I know I have brought up self-care in past articles but considering my newfound knowledge I want to bring focus to it again. International Self-Care Day is Wednesday, July 24 so you have plenty of time to start planning. Notice anything about the date 7/24? It is purposeful. The date is a nod to 24 hours a day, seven days a week and how individualized self-care will benefit each of those hours.

The day was initiated in 2011 by the International Self-Care Foundation, a UK based organization that believes “a healthy society starts when each individual first takes care of themselves” and in 2014 the US Senate designated July 24 International Self-Care Day.

The International Self-Care Foundation sees self-care as a public health issue and as an integral part of life throughout all sectors of community and across the lifespan. It is truly holistic. They suggest a Seven Pillars of Self-Care framework that includes knowledge and health literacy, mental wellbeing, physical activity, healthy eating, risk avoidance, good hygiene and rational use of products and services. They feel that with self-care in place you will see results including- optimal performance in all aspects of your life, improved self-esteem and confidence, resiliency, increased energy and decreased anxiety and depression.

The good news is that despite products and services sold to promote self-care, they are not necessary (of course if you like those, and they are available to you, great!). However, self-care does not have to be a grand gesture to be effective. If something makes you feel good and reduces your stress that is what you are aiming for. Even if it can be done in minutes like staring into space for

five minutes, taking a bath, painting your nails, preparing your favorite food, taking a few deep breaths....Not sure what you can do to infuse some self-care in your life? The internet is full of ideas... Some are instantaneous, and others set you up for good health and wellness- both are important.

I encourage you to check out the International Self Care Foundation website for more information and - <https://isfglobal.org/>. And please share how you practice self-care.

Fondly, Mary

socialwork@daybreakadultdayservices.org

Resources

www.isfglobal.org

www.goodgoodgood.com



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.

DAYBREAK WISH LIST

If you happen to be a tag saler or are cleaning out the house or visiting the Dollar Store, there are 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 GRACERY 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!

THANK YOU!



ALWAYS A GOOD TIME AT THE
LITTLE RED BARN!

Activity News



We're stepping into July and my, how time has flown by. July has always been the month for me that truly says summer! As we welcome this beautiful month, we can't help but feel excited about the warm, sunny days ahead. With the changing weather, it's the perfect time to embrace new adventures and experiences.

Last month, we had our senior prom where Elvis Presley and Patsy Cline gave a fantastic performance! We also enjoyed a Broadway and animal presentation from our friend Charlie and honored our fathers on Father's Day with live entertainment from AJ's Jazz Band. We rang in the summer solstice with unforgettable experiences.

This month, we have presentations from Charlie featuring Independence Day and Summer Olympics. We also have a new program hosted by Renee called Destination Discussion where we will focus on Paris, France and discuss the history and traditions of the city. July will have live entertainment performances from Amy Andrews, AJ's Jazz Band, Take Two, and Dale. Get ready for a lively month filled with smiles and wonderful experiences to share.

As I reminisce about my time here at Daybreak, I am filled with immense gratitude for the pleasure I've had in implementing and facilitating various programs. It is with much sadness that I have decided to move forward and will be leaving Daybreak at the beginning of July. I want to thank everyone for their support and encouragement throughout my time here. The changes I made were met with ample support and love from my fellow participants and coworkers, which kept me motivated to bring even more new and exciting programs to Daybreak.

As I bid farewell, I am confident that Daybreak will continue to thrive and bring joy to all its members. The memories we've made together will always hold a special place in my heart. Here's to a bright and sunny July filled with new adventures and cherished moments!

Warmest regards,
Activities Team
activities@daybreakadulthoodservices.org



Artists at Work



BOWLING



JULY BIRTHDAYS

8 Ted M

9 Sherry R.

10 Don N.

14 Adela R.

27 Larry S.

29 Devra S.

30 Jane B.

31 Judy M. & Bob T.

ELVIS WAS IN
THE HOUSE!



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.