

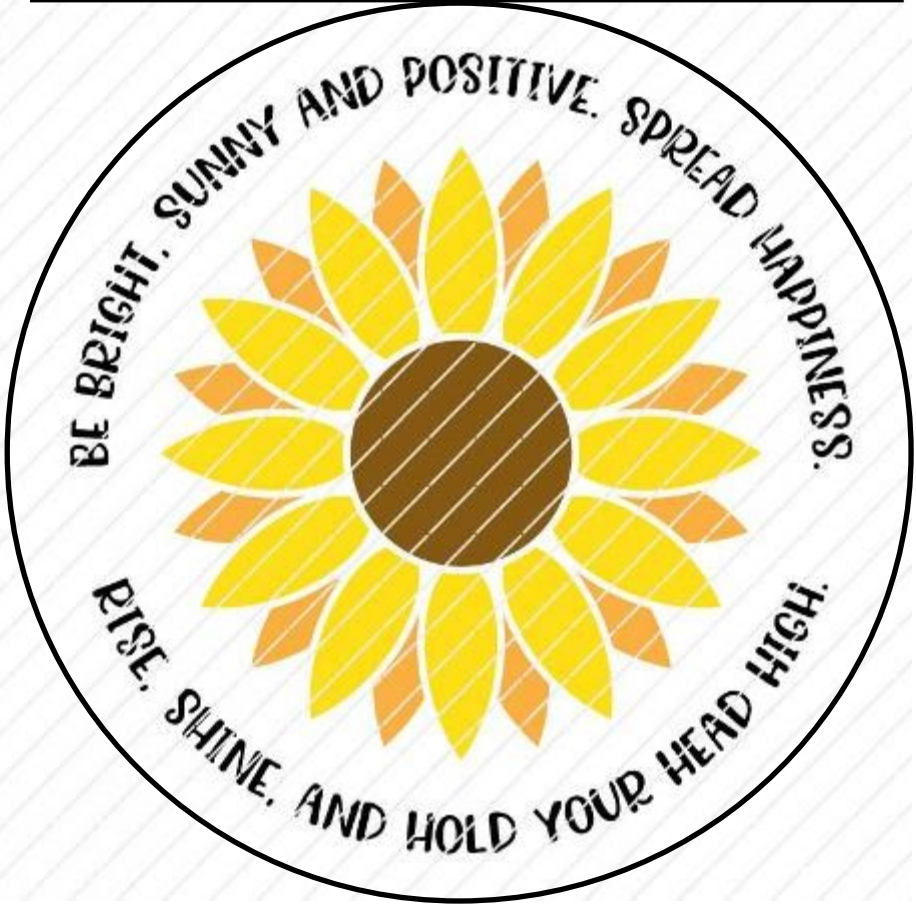


# DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

September 2024

DAYBREAK WILL BE CLOSED MONDAY  
SEPTEMBER 2 FOR LABOR DAY



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

Hello and Happy September. How is it that summer is over? I am feeling a bit melancholy about the change of seasons. Time seems to be moving so fast!

That said, the months ahead have much to look forward to. I am so excited to welcome a new Activity Director to our staff. You will read more about Shawn in his newsletter article. Not only does he bring a great new energy to the team, but he is full of ideas and ready for fun. You won't see a lot of changes on the printed September calendar, as we had that ready to go before he started, but there will be new additions and changes as the month goes on and by October, you will see them in print.

As always seems to be the case with staffing, we take one step forward and one step back. We are actively seeking nursing assistants. If you know anyone, please have them call me! Kudos to our full time aides Mario and Debbi for all the hard work they do every day, and great thanks to our fill in aide Shelby who has been filling in a lot! This is one amazing staff here at Daybreak, with the entire team pitching in every day to make sure our participants have the best day possible.

It is great timing that we welcome some new volunteers from Hood College. We have two social work majors who will be giving us 4-6 hours a week each through the fall semester. They will be helping the activity department and learning about seniors and the work that we do. We always have room for more volunteers. If you know a student who needs to complete service learning hours or course requirements, please have them reach out to Shawn.

Speaking of volunteers, I must give a shout out to the Collins clan and friends who came last month for a day of tie dying. They did a great job of helping the participants create some really beautiful shirts and bags. Special thanks to Mary for coordinating everything and for taking all of the items home to wash before giving them to the participants!

Enjoy these last days of summer and don't ever hesitate to reach out if we can be of service.

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

# Community News and Notes

## **FROM THE DIVISION OF AGING AND INDEPENDENCE (DAI)**

**Navigating Grief;** A presentation by Shirlene Roberts, Life Coach and Facilitator with Whole Heart Center. Friday October 4, 10-12pm. You can attend in person at the Frederick Senior Center, 1440 Taney Ave, Frederick, MD 21702, or virtually. Please preregister by calling 301-788-1075 or emailing [VirtualSeniorCenter@FrederickCountyMD.gov](mailto:VirtualSeniorCenter@FrederickCountyMD.gov).

## **FROM THE ALZHEIMERS ASSOCIATION and DAI**

**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:

September 13 Frederick Senior Center

September 27, Brunswick Senior Center

October 18, Middletown Senior Center

October 25, Emmitsburg Senior Center

All events are held from 11:30-1. To register: email [caregiver-support@frederickcountymd.gov](mailto:caregiver-support@frederickcountymd.gov) or call 301-600-1234.

## **FROM DAYBREAK and DAI**

**DEMENTIA LIVE** September 6, 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](mailto: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 details coming soon.

# Tie Dye Fun



# 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

### *Welcome New Staff*

We are so excited to welcome Shawn Jordan to our team as the new Activity Director! Please read more about Shawn in his news-letter article.

### *Farewell*

Unfortunately aide Faith Kuhn who had planned to return to us part time after having her baby has decided to stay at home full time. We are going to miss her, but wish her and her growing family well!

### *Help Wanted*

We are actively seeking at least 1 full time nursing assistant. CNA/ GNA is **not** required. Shift is M-F 8:45-3:45. Dementia and senior care experience preferred. Please spread the word. Anyone with questions or an interest should call Christina asap! The position is also listed on Indeed.com.

## 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)**

~~September 2~~

September 16

October 7

October 21

November 4

November 18

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)

# NURSES NOTES



## COMMUNICATION

Communication is an essential skill needed to effectively interact with others. The ability to communicate clearly, confidently, and concisely with others in a manner that all parties understand is critical. Sometimes, I find that communication regarding our participants is not always shared in a timely manner, so I thought it might be good to write an article on better communication. I did some research to help me open the lines of communication. Here is some of what I learned.

### Strategies for effective verbal communication

- Focus on the issue, not the person.
- Be genuine rather than manipulative.
- Empathize rather than remain detached.
- Be flexible towards others.
- Value yourself and your own experiences.
- Use affirming responses

***Please communicate to the Daybreak nurses any change in medical or mental health status, including falls, medication changes, illness, infections, ER visits, hospitalizations, behavioral changes, or any pertinent information. You can call, send an email, or send a note with the driver. This helps us to provide more comprehensive and effective care. In turn, we will communicate any changes, falls, incidences or concerns we note at Daybreak as soon as possible, usually the same day.***

Since I am focusing on communication, I thought I would share some tips for communicating with someone who has dementia because this can become very challenging. A person with dementia may have difficulty understanding you, and you may have a hard time understanding what he or she is trying to communicate. There's potential for misunderstanding, confusion, or frustration in both directions, often making communication even more difficult. You'll need patience, good listening skills and new strategies to help ease your frustration and to improve understanding. Remember that a person with dementia may have difficulty remembering words or communicating clearly. He or she may have some of these problems:

- Having trouble with finding the right word
- Substituting words
- Describing an object rather than naming it



- Repeating words, stories, or questions
- Mixing unrelated ideas or phrases together
- Losing a train of thought
- Speaking less often
- Reverting to a native language

**Tips for better communication from the Mayo Clinic:**

- **Speak slowly and clearly and maintain good eye contact.**
- **Be patient & offer reassurance.** Take time to listen and allow time for the person with dementia to talk without interruption. Give them plenty of time to respond. Try to engage in one-to-one conversations in a quiet place with minimal distractions.
- **Learn to interpret.** Try to understand what is being using context. If the person is struggling to get an idea out, offer a guess.
- **Be connected.** Make eye contact while communicating and call the person by name. Hold hands while talking, if appropriate.
- **Be aware of your nonverbal cues.** Speak calmly. Keep your body language relaxed. They can pick up on tension and frustration.
- **Offer comfort.** If a person with dementia is having trouble communicating, let him or her know it's OK and provide gentle encouragement.
- **Show respect.** Avoid baby talk and diminutive phrases. *Don't talk about the person as if he or she weren't there.*
- **Avoid distractions.** Limit visual distractions and background noise, such as a TV or radio, that can make it difficult to hear, listen attentively or concentrate.
- **Keep it simple.** Use short sentences. As the disease progresses, ask questions that require a yes or no answer. Ask only one question at a time. Break down requests into single steps.
- **Offer choices.** Offer choices when making a request for something a person might resist. For example, if someone is reluctant to shower, you might say, "Would you like to take a shower before dinner or after dinner?"
- **Use visual cues.** Sometimes gestures or other visual cues promote better understanding than words alone. Rather than asking if the person needs to use the bathroom, for example, "Say come with me" & take him or her to the bathroom.
- **Avoid criticizing, correcting, and arguing.** Don't correct mistakes. Avoid arguing when the person says something you disagree with.
- **Take breaks.** If you're frustrated, take a timeout. *continued*

# NURSES NOTES *continued*

The challenges of communication evolve as the disease progresses. You may find that nonverbal communication, such as touch, a smile, or the tone of your voice is comforting and meaningful.

I hope you found this information helpful and as always, I look forward to our next opportunity to communicate.

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



## **Schedule or Transportation Changes?**



The best way to let us know  
about any

schedule or transportation changes is to call the center 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@daybreakadulldayservices.org](mailto:admin@daybreakadulldayservices.org)

## *OUR CONDOLENCES*

*To the friends and family of*

*Mamie Buttz*

*June Routzhan*

*They will be missed.*



# Activity News



Hello to all! My name is Shawn Patrick Jordan, and I am proud to introduce myself as the new Activity Director for Daybreak Adult Day Services! It is an honor to be a part of this organization, and I am greatly looking forward to creating a community filled with fun and enriching activities alongside my new team.

A little about myself: I am a 2015 graduate of Shepherd University with a degree in Recreation and Leisure Studies. Prior to joining Daybreak, I have had incredible experiences working for the Shepherd Rams Football program, the Frederick Keys baseball club, as well as many years with Sheppard Pratt Health Systems. I am a lifetime resident of Maryland, though half of my family hails from Chicago, IL. Conveniently, this is why my favorite food will always be a Chicago-Style Hot Dog! I am lucky enough to have Breianne, my beautiful wife who supports me, as well as four cats, Leia, Ahsoka, Hera and Jyn, who utilize both of us as their “Emotional Support Humans”. Finally, please note that I follow three simple rules in my life:

Everyone deserves love and respect and safety.

Fun is a universal language.

Ketchup does **NOT** belong on a Hot Dog.

Jokes aside, I cannot express how excited I am to bring my own brand of energy and passion to Daybreak, and I will be working hard to create the smoothest transition possible for all staff and clients involved. I plan to work closely with my crew to introduce new experiences, retain old classics, and provide the ultimate daily experience for everyone who enters these hallowed halls.

Should you see me, please do not hesitate to say hello! The more we connect, the stronger our support systems become!

Warmest Regards,  
Shawn Patrick Jordan  
Activity Director, Daybreak Adult Day Services



# From the Social Worker

## **Know the Facts about Medicare Advantage Plans**

Most of us have received at least one phone call, or seen a television ad, for Medicare Advantage plans. And while the services and programs can often sound irresistible, it is important to gather all the facts to know what plan is best for you. It can be challenging to know everything there is to know, but I am hopeful this article will help you gain some information about questions to ask, and things to be aware of. So, a big thank you to Elly Williams, Service Navigator, at Frederick County Division of Aging and Independence, for sharing the following information. Elly, and other Service Navigators, provides a wealth of information to the Frederick community and can be reached at **301-600-1234** if you would like free assistance navigating this often confusing, and incredibly important decision. More information about the services of the Medicare and State Health Insurance Program at Division of Aging and Independence can be found here at their website: <https://www.frederickcountymd.gov/304/Medicare-SHIP>

## **The most important details about Medicare Advantage Plans**

### **Networks**

On Original Medicare, you can see any doctor nationwide who accepts Medicare. Medicare Advantage plans, however, have provider networks. In most cases, you'll have a higher cost sharing when you see an out-of-network doctor. You may not be covered at all if you go out of network.

You also need to be sure all your providers participate with your specific plan if you need regular treatment from a specialist. Medicare Advantage plans generally don't provide out-of-state coverage, so you may not have coverage if you travel, other than emergencies as determined by your plan.

### **Higher out-of-pocket costs**

Unlike Original Medicare, Medicare Advantage plans do have out-of-pocket maximums. This protects you from astronomical medical costs in a year, if you are in need more (or expensive) healthcare services. Out-of-pocket costs with Medigap/Supplemental are significantly lower.

For example, Medicare Advantage plans have a maximum out-of-pocket ranging from \$5200-\$11,300. There's a Medigap plan that has no out of pocket costs, a plan with only a \$240 (part B deductible) out of pocket cost, and there are plans

## **Referrals & Prior Authorizations**

Medicare Advantage plans can require plan holders to get prior authorization before receiving a service. If the service is not approved, then the plan won't cover it. Original Medicare is Fee for Service healthcare that does not have provider networks. Prior authorizations (may be need for Part D) and referrals are not required, which makes it easier for Medicare beneficiaries to get the care they need.

Most Medicare Advantage plans require prior authorization for at least one covered service, such as Part B drugs, inpatient hospital stays. Some plans enrollees even need to get prior authorization for preventative services. With prior authorization on the rise beneficiaries should investigate a Medicare Advantage plan's rule around prior authorization before enrolling.

## **Marketing**

One of the worst things about Medicare Advantage isn't the plans themselves, but the advertising practices used to promote them. Many commercials talk about all of the benefits available, misleading beneficiaries into believing they can get all of these benefits with one plan. Medicare Advantage advertisements and mailings are often made to appear they're coming from the government.

Medicare Advantage plans which have no monthly premium are also often misleading or misunderstood. These plans are not free, although that's often how it sounds. The Medicare Part B premium still must be paid and there will be cost sharing for covered services.

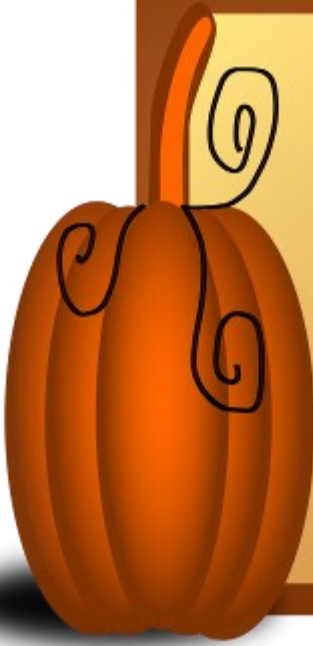
## **Important details that are often not communicated**

If a Medicare beneficiary has retiree benefits and enrolls in a Medicare Advantage plan, they will most likely not be able to access the retiree benefits and may possibly lose the retiree benefits and never get them back

A Medigap/Supplemental policy holder can "try out" an Advantage Plan for up to 12 months, if at any time during that 12 months they can go back to original Medicare, their original Medigap/Supplemental plan, and a stand-alone drug plan with no questions asked. After the 12 months they will have to pass medical underwriting to get the same plan or even get another plan.

There is so much to think about and understand before making a change! I hope this helps and I encourage you to call a Frederick County Service Navigator with any questions.





## September Birthdays

- 1 Ashley Y.
- 4 Erline W.
- 7 Jim M.
- 8 Cathy R.
- 10 Jonathan L.
- 14 Maryann W.
- 15 Allan P.
- 27 Michael S.



## *Jewelry Makers*



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

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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.*