



DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

October 2024

Don't wait
for things to get better.
Life will always be
complicated.
Learn to be happy right now.
Otherwise you will
run out of time.

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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/>

SPECIAL EVENTS THIS MONTH

Wednesdays all month: Exercise with Nanette is back!
Friday October 4: Oktoberfest!

Monday October 7: Mad Hatter Day...**wear a silly hat**

Thursday October 17: Exercise with Jennifer & Pet Therapy

Monday October 21: Live Chair Yoga with Erin

Tuesday October 22: Singing & Dancing with Dale and Garrey

Wednesday October 30: Amy Andrews sings

Thursday October 31: HALLOWEEN PARTY... **wear a costume!**



THROUGHOUT THE MONTH



Exercise
Brain Games
Crafts
Bingo
Music
Reminiscing
Word Games
Puzzles



FIELD TRIPS RETURN!

We are very excited to resume field trips. Sign up sheets are enclosed in the newsletter. You must send back form with payment as soon as possible if you wish to go. Don't fret if you don't go; it is still a dynamic day here in the center!

Friday October 11: Lunch at McDonalds

Monday October 14: Picnic and Ice Cream at Maugansville Creamery

Thursday October 24: Lunch at Denny's

Monday October 28: Shopping at Gateway Candyland

The Director's Corner

Fall greetings! In spite of the wet weather we have been having, it is hard to miss the subtle changes that are happening each day as the season evolves. While I am sad to see summer go, I do love the fall. There is a lovely tree outside my office window that is slowly changing in to some gorgeous reds and yellows. The temps are a little cooler, the humidity has declined. I made the season's first pot of soup last weekend and am ready to settle in! We will be embracing fall here as well. The fall décor is getting hung, the calendar is full of fallish activities, and the heating system has been cleaned and readied!

There are a few notable dates on the calendar in October: I hope you are planning to attend ESPC's Caregiver Conference and/or the Elder Expo this month, October 2 and 3 respectively. Please read more inside. This annual event is a fantastic way to get LOTS of information in a very short period of time. There will be 67 vendors there representing all sorts of senior care resources. If you attend the Caregiver Conference, you will get to visit those vendors without the crowds of Expo day. You will also be treated to a fabulous presentation by three local experts who will share information about caregiver self care, the hospital and emergency room experience, and legal concerns. Plus you get a free boxed dinner! Registration is required for the Caregiver Conference. You can sign up easily at ESPCFrederick.com or just call me. The next day, Thursday October 3 is the Expo itself. The same vendors will be there, plus 8 speakers presenting throughout the day AND free lunch to the first 600 seniors. See inside for the speaker lineup and plan your visit around what looks interesting to you. There is no registration required for Expo day. Please call us if you want to change your loved one's schedule here so you can go! I promise it will be worth your effort!

On Thursday October 10, Whitesell Pharmacy will be at Daybreak to provide Flu shots and COVID vaccines to those who want them. They will be billing insurance so in most cases, there will be no cost to you. Authorization forms were sent home with drivers and emailed. Please call if you did not receive one! If your loved one gets flu or covid boosters elsewhere, please let our nurses know.

On the activity front, field trips resume this month! See inside for details. Also start planning your Halloween costume for our party on the 31st! It is going to be a great month!

As always, never hesitate to call if you have questions, concerns, or suggestions.

Fondly, Christina
director@daybreakadultdayservices.org



Community News and Notes

FROM THE DIVISION OF AGING AND INDEPENDENCE (DAI)
Groceries for Seniors. October 18. A monthly free distribution of seasonal produce, canned goods, shelf stable products 3rd Friday of Every Month; 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. 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 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. Attend in person at the Frederick Senior Center, or virtually. Preregister by calling 301-788-1075 or emailing VirtualSeniorCetner@FrederickCountyMD.gov.

FROM THE ALZHEIMERS ASSOCIATION and DAI
Memory Café! These are wonderful outings for those with memory loss and their care partners. 11:30-1pm. Includes a meal and activity. Upcoming dates are as follows:

October 11, Urbana Senior Center

October 18, Middletown 55+ Community Center

October 25, Emmitsburg Senior Center

To register: email caregiversupport@frederickcountymd.gov or call 301-600-1234.

FROM DAYBREAK and DAI

DEMENTIA LIVE: Upcoming dates: October 9, 10 am, November 15, 1 pm, December 9, 2pm. 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.

FROM THE ELDER SERVICES PROVIDER COUNCIL Annual Elder Expo and Caregiver Conference.

Frederick Health Village, 1 Frederick Health Way, Frederick, MD 21701

October 2: Caregiver Conference: 4-6 pm visit vendors, 6-8:30 caregiver presentation. Free boxed dinner. **Registration required for the Caregiver Conference only:**

espcfrederick.com/caregiverconference

October 3: Elder Expo; 9-2 visit vendors, free screenings, Covid and flu shots, various speakers throughout the day, door prizes, free lunch to the first 600 attendees. No registration required for Expo Day!

SPEAKER SCHEDULE

Caregiver Conference - Wednesday, October 2nd

- 6:10 pm **Self-Care for The Caregiver**
Julie Cassaday, Life Coach, Tanglewood Life Coaching
- 7:00 pm **Navigating the Emergency Room & Hospital Experience**
Dr. Tamara Kile, Medical Director, Frederick Health Hospital
- 7:45pm **Planning Ahead: Wills, Directives & Power of Attorney**
Cassandra Clemments, Attorney, Maryland Legal Aid

Elder Expo - Thursday, October 3rd

- 10:00 am **The Many Faces of Sepsis** (Conference Room A)
Brooke DeSantis, Founder, Love for Lochlin
Jackie Duda, Septic Shock Survivor/Journalist
- 10:00 am **Medicaid in a Long-Term Care Facility** (Conference Room B)
Nancy Fletcher, Fundamental Administrative Services, Northampton Manor & Julia Manor
- 11:00 am **Service Coordination for Seniors** (Conference Room A)
Carolyn True, Division of Aging & Independence, Frederick County
- 11:00 am **Medicare and You** (Conference Room B)
Mark Trent, Medicare Supplement Services
- 12:00 pm **Home Care vs. Home Health** (Conference Room A)
Lisa Flannery, Home Care Consultant, Visiting Angels
- 12:00 pm **Organizing your Information** (Conference Room B)
Marcy Gouge, Retired Elder Law Attorney & Faculty at FCC ILR
- 1:00 pm **End of Life/Funeral Planning** (Conference Room A)
Courtney Stauffer, Stauffer Funeral Home
- 1:00 pm **Helping You Prepare for Emergencies** (Conference Room B)
Matt Bergan, Emergency Services, Frederick County

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 Jessica Sines to our team as a full time nursing assistant. Jessica is a certified nursing assistant looking to get back in to the field of senior care. She joins Debbi and Mario, providing personal care as our folks need it.

We also welcome a bunch of new volunteers to the team. Mindy Buchanan will be assisting our kitchen staff, setting and clearing tables, Tuesdays, Wednesdays, and Thursdays. What a great help!

We also have three social work students from Hood and a student from FCC who are giving us big chunks of hours each week and helping with activities. Having all of these extra hands is fantastic!

Happy Anniversary

A very happy anniversary to nurse Bobbi Speace who has been providing exceptional care to our participants for 12 years! Bobbi is a wonderful nurse with great compassion. We are so grateful she is part of our team!

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)

October 7

October 21

November 4

November 18

December 2

December 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

NURSES NOTES



Dementia & UTI's

Urinary tract infections (UTIs) are a common bacterial infection that occurs when bacteria enter the urinary tract which includes the bladder, urethra and kidneys. UTI's can cause increased frequency, urgency, burning and pain. They are very inconvenient for anyone; however, for people with dementia UTI's present unique challenges. Often UTI's are detected in people with dementia because of a change in their mood, increased falls, weakness and or increased incontinence.

Signs and Symptoms of a UTI

A strong odor to the urine

A burning sensation

Increased frequently and or having difficulty urinating.

Increased urinary accidents

Dark or cloudy urine which may have blood or sediment

Abdominal, pelvic or lower back pain

Generalized weakness and fatigue

In seniors sometimes the only apparent symptom is a significant rapid change in their mental or physical capacities and/or behavioral changes.

Is there a link between UTIs & Dementia?

*UTIs are common in people with dementia, especially Alzheimer's disease, due to age and increasing difficulty with hygiene

*UTIs can make existing dementia symptoms worse, such as agitation, restlessness, hallucinations, and delusional behavior.

*UTIs can speed up the progression of dementia, so it's important to identify and treat them quickly.

*UTIs can be hard to spot in people with dementia, because they may not be able to communicate how they feel.

*UTIs can lead to emergency room visits. People with dementia are more likely to visit the emergency room, and **UTIs are the most common diagnosis when they are discharged.**

*UTIs can cause delirium in people with dementia. UTIs can cause sudden confusion, with a significant change in behavior otherwise known as delirium.

UTIs and Delirium

UTI's or any infection can lead to Delirium. Delirium is a sudden and severe disturbance in mental abilities that can result in confused thinking and reduced awareness of surroundings. Delirium comes quickly and can be alarming for both the affected individual, their family and or caregivers.

Signs of delirium include:

- **Sudden confusion.** The older person may appear disoriented and have trouble recognizing familiar people or surroundings.

- **Incoherent speech.** Conversations may become disorganized or hard to follow.
- **Hallucinations or delusions.** The older adult may see or hear things that aren't there or hold onto false beliefs.
- **Restlessness or agitation.** The older person may become unusually anxious, fidgety, or even aggressive.
- **Sleep disturbances.** Changes in sleep patterns, such as sleeping during the day and staying awake at night, may occur.
- **Memory problems.** The senior may have difficulty remembering recent events or information.

Delirium is a medical emergency, particularly in seniors with dementia, as it can lead to significant health issues if untreated. It's essential to seek medical evaluation promptly because it often indicates an underlying problem, like a UTI, dehydration, or medication reaction, which requires immediate attention. Seniors may be more likely to fall. Most importantly, if it's not managed quickly, delirium can lead to a prolonged decline in cognitive function, especially in clients who already have dementia.

Preventing and Managing UTIs

To minimize complications, it's important to help an older loved one practice good hygiene and health habits:

- Encourage them to drink **plenty of water** to flush out bacteria.
- Encourage regular bathroom trips to prevent bacterial growth.
- Change pads or depends every time they are soiled
- Proper cleaning after using the restroom is crucial.
- For women, reminding or cueing them to wipe front to back to decrease risk of stool getting into their urinary tract.

If you notice sudden confusion or other unusual symptoms in someone with dementia, consult a health care provider right away.

The Bottom Line:

While UTIs don't cause dementia, they can make symptoms worse or create a confusing overlap, particularly in older adults. Being vigilant about hygiene, recognizing early signs of UTI's or delirium, and seeking medical evaluation promptly can help keep your older loved ones healthier and more comfortable.

If your loved one has any of these symptoms, please seek medical attention as soon as possible with their doctor, urgent care or, if they are seriously ill, take them to the ER.

Please let us know if your loved one is diagnosed with a UTI or any other new health issues promptly. This allows us to update their records & monitor them more closely.

Chris Grable RN Health Director

*Source: Right at Home & The Alzheimer's Association

Activity News



Hello to All!

Reporting in from the Activity Hub at Daybreak Adult Day Services in Frederick, MD, my name is Shawn Patrick Jordan, and I hope this message finds you all well and in good health as we venture into the autumnal season!

As I continue to grow into my Activity Director position here with Daybreak, I am thrilled to see just how receptive the participants are to the vast variety of activities and events we share with them daily. I have mentioned previously that fun is a universal language, and nowhere does that message shine brighter than with our crew of young-at-heart friends! From the arts and music, to high energy recreation, to meaningful conversations, the vision of having a one-stop shop for all to enjoy is quickly becoming a reality.

Today, however, I wanted to share with you a new series I would like to start called “Knowing Your Wellness”. Professionals in this field may be well versed with the concept of the Wellness Wheel, a tool used to encapsulate the overall wellbeing of humanity. The wheel has 8 “wedges”, each ever growing and shrinking as we progress through our daily lives. We always have all eight wedges, but there are times that we use certain wedges far more than others. This could be a sign of an imbalance in your overall wellness, or it could be a testament to one’s ability to compensate when one aspect of their wellness is struggling. It is up to those directly involved in their wellness to decide. These eight areas of wellness include the following:

Physical Wellness	Occupational Wellness
Emotional Wellness	Environmental Wellness
Mental Wellness	Intellectual Wellness
Spiritual Wellness	Social Wellness

To kickstart this series, I would like to speak on the Physical Wellness wedge. In the world of Senior Care, this is a critical wedge to focus on with an open mind. Physical wellness does not have a strict parameter; it is going to change due to age, physical status, ability level, etc. However, this simply means that we as caregivers must be flexible and cognizant of the needs of our clients and be willing to modify our activities to maximize their effectiveness.

Modification, mind you, should not reduce the enjoyment level of an activity. For example, say you engage a person in a dance activity. For some, the dancing will come easy, and their physical wellness wedge will easily be fed. For others, perhaps ones with mobility issues, it would appear on paper that this would not benefit them; this cannot be further from the truth. Engaging them with movements that they can do, meeting them where they are and ensuring that all are participating will give them an energy boost!

Additionally, physical wellness is not always related to exercise. Nutrition and medical care are also key cogs in this machine. Healthy, balanced meals, access to medical care and medications, and access to restful sleep all play a factor in one's physical wellness. Caregivers have their hand in so many of these aspects, and with our active participation in them, we have the ability to bolster the physical wellness of all those we serve!

Finally, a reminder for all:

We must be aware of our own wellness in these spaces. It is so easy for caregivers to focus so heavily on the care of others that we forget to care for ourselves. Sure, the acts we perform with our clients or loved ones definitely lend to the exercise portion of this wedge, but we cannot forget that we also need a balanced diet, restful sleep, and most importantly, self-care. Always remember that you cannot serve others at your best if you are suffering in this area of wellness. Finding a work-life balance is an ever-continuing struggle, but the more we care for ourselves, the better we can care for others.

With all of this in mind, I hope that you can find time to enjoy our entrance into Autumn. Take a walk amongst the changing trees, sip apple cider amongst a pumpkin patch, or enjoy a restful day amongst the rustling of the leaves. Whatever your choice, make it with your wellness in mind. I wish you all nothing but the best until next time, and I appreciate you for the efforts you put in daily for yourself and others!

Happy Fall, and Good Wellness to All!

Shawn Patrick Jordan
Activity Director
Daybreak Adult Day Services
activities@daybreakadulthoodservices.org





From the Social Worker

Building Resiliency

During the Covid shutdown I was taking a walk when I was struck by a little weed pushing its way through the asphalt in the middle of the road. I paused (even though it was on a hill, and I dreaded restarting my walk upward) to take a picture. This delicate little pop of color in a background of blacktop.

Little did I know less than 24 hours later I would test positive for Covid, along with my husband and two of our children. I thought a lot about that little flower during those days of uncertainty—pushing its way through an obstacle and remaining strong and intact. It was resilient. A trait many of us drew on during the pandemic, and continue to, when faced with adversity.

So what is resiliency? Well, the Oxford language dictionary defines it as 1. the capacity to withstand or to recover quickly from difficulties; toughness or 2. the ability of a substance or object to spring back into shape; elasticity.

But it is more than getting back to status quo. Rather, having faced adversity and triumphed, we become a more enlightened and empowered version of ourselves. We gain new perspectives and skills. Recent studies identify resiliency as a protective factor against the harmful effects of stress, and while not immune from challenge, when faced with it, we maneuver it confidently.

Characteristics of highly resilient people

I am sure we have all wondered why two people can face the same challenges and obstacles and one will be unaffected, and another will fall apart? Well, likely there is not one single thing rather an interplay of many. In fact, there are some characteristics common to highly resilient people. Some of which include:

- Feel a sense of control and confidence
- See problems as challenges
- Creative thinking and focusing on the positives
- Engage in regular physical activity
- Have meaningful connections with others and a strong support system
- Able to draw on strengths that have gotten them through previous challenges
- Remain optimistic about the situation and that “this too shall pass”

Resilience as we age- Let’s face it, we are all aging, every moment, every day, and although resiliency in aging is a relatively new area of study, studies are showing that high resilience later in life can help older adults improve their overall quality of life- physical and mental, and experience greater happiness and satisfaction with life. They also better manage the inevitable changes associated with aging (retirement, loss of friends and family members, negative perceptions of aging, changes in health and abilities etc.) and experience more independence, increased longevity, and faster rebound following ailments.

Resiliency in caregiving- Many caregivers are faced with uncertain futures and expectations in their journeys. Often having to quickly adapt to new realities sometimes within a single day. In a United Healthcare article published on May 1, 2024, it stresses that resiliency is a protective factor for some of the stresses caregivers experience and helps them be healthier and happier in their role and help them shift and adapt to their role.

Increasing resiliency- After all of that I hope I don't have to convince anyone of the positives of resiliency. But what can we do to improve it? Well, the good news is resiliency is not fixed. Regardless of where we are in life, resilience can be learned and improved on. Below are a few tips, and if you are looking for more, I attached some links below.

Build relationships- Having a strong support system can help you during times of challenge, and being involved in activities, volunteering or community groups can give you a sense of purpose and pride.

Find meaning and goodness in each day. This can be enhanced by journaling and setting small attainable goals for yourself.

Reflect on challenges you have experienced in the past and how you successfully navigated them. See that skill set as an asset.

Stay hopeful. You can't change the past, but you can always look toward the future. Being open to change makes it easier to adapt and view challenges with less worry.

Take care of yourself. We say this one all the time but be sure to tend to your own needs and feelings. Do activities and hobbies you enjoy. Move your body, and be sure to rest, eat well find a way to manage stress. Make relaxing a priority.

Have a plan and take action. Face challenges head on, make a plan and take action.

Need Help? Developing resiliency can take time and practice. If you need support a mental health professional or life coach may help.

Undeniably resiliency is a life skill that we could all use. It is priceless in navigating a every changing world and helps us face challenges and day to day situations with grace.

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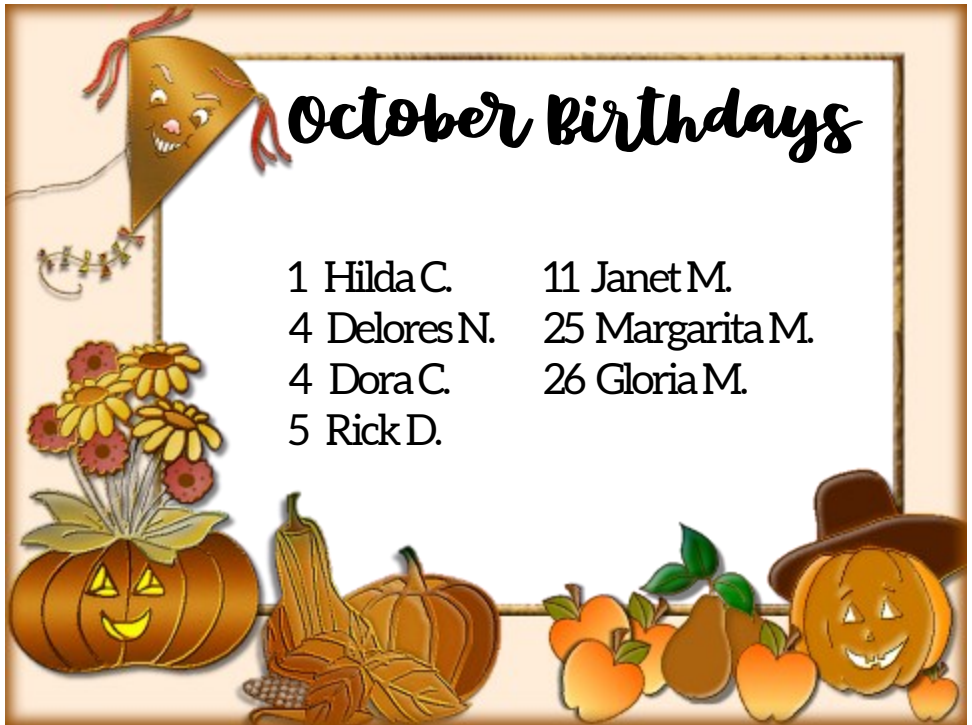


Circling back, for those of you who are visual, here is a little reminder of resiliency.

Fondly, Mary Collins, LMSW
socialwork@daybreakadulthoodservices.org

[Sources-](#) Embracing Resilience: A New Perspective on Aging, Posted January 21, 2024 | [Reviewed by Gary Drevitch, https://positivepsychology.com/what-is-resilience/](https://positivepsychology.com/what-is-resilience/), <https://www.uhc.com/news-articles/healthy-living/caregiving-resilience>, <https://www.mentalhealthandaging.com/how-to-build-resilience-in-older-adults>, <https://meaningandhope.org/developing-resilience-as-a-family-caregiver/>





1 Hilda C. 11 Janet M.
4 Delores N. 25 Margarita M.
4 Dora C. 26 Gloria M.
5 Rick D.

Planning Ahead for Veteran's Day

If your loved one is a veteran and you have not yet talked with social worker Mary, please reach out. We are planning something special.

socialwork@daybreakadulthoodservices.org



As weather changes...



Please label outerwear as best as you can. Though we have a good system for keeping track of each person's belongings, it isn't foolproof! If someone puts something down or leaves it behind on a bus after we have given to them, it can be hard to match it to the right person. Thank you!

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.