



DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

November 2024

THERE IS
Always
SOMETHING
TO BE
Thankful
FOR

DAYLIGHT SAVINGS TIME!!

Don't forget to set your clocks back one hour
Sunday, November 3rd.

The center will close 1 hour early Wednesday November 27
and will be closed Thursday November 28 for Thanksgiving.

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/daybreakadultdayervicesfrederick/>

SPECIAL EVENTS THIS MONTH

Wednesday Nov 6 and 27: Exercise with Nanette

Monday Nov 4: Chair Yoga with Erin

Thursday Nov 7: Live Music: Amy Andrews

Tuesday Nov12: Special Veterans Day Presentation with Charlie

Wednesday Nov 13: Live Music: Take Two

Friday Nov 15: Live Music: AJs Jazz Band

Monday Nov18: Live Performance: Joy Bells Handbell Choir

Tuesday Nov 26: Singing & Dancing with Dale and Garrey



THROUGHOUT THE MONTH



**Exercise
Brain Games
Crafts
Bingo
Music
Reminiscing
Word Games
Puzzles**



FIELD TRIPS

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 November 8: Lunch at Frederick Airport Restaurant

Friday November 15: Tour of Civil War Medicine Museum

Monday November 25: Drinks at Baltimore Coffee and Tea

The Director's Corner

November greetings! I hope this edition of the newsletter finds you well. October was a busy month that seemed to fly by. I have no doubt November will be the same. I can already feel the holiday stress creeping in. I love both Shawn and Mary's articles inside about wellness and self care. I think I need to post some of the quotes Mary shares on my bathroom mirror! Check them out and see if any of them resonate with you.

A few notes as we head in to holiday season....the center will be closed on Thanksgiving Day, Christmas Day, and New Year's Day. We will close a bit early (expect arrival 1 hour earlier than normal) on Thanksgiving Eve, Christmas Eve, and New Year's Eve to get our buses off the road and our staff home with their families. We will be open as normal the day after each of the holidays. Please let us know as soon as possible if your loved one is taking time off or changing their schedules for any of the holidays. Having a good count of who is expected each day allows me to plan for staffing.

As you think about self care, please remember that we are happy to have your loved one join us on extra random days to suite your schedule. Please call Gwenda to get the dates on the calendar.

The November newsletter is the perfect time to say **THANK YOU** to **ALL** who support us throughout the year.

To our participants: **THANK YOU** for making each day at Day-break joyful and fun. For sharing your wisdom, your stories, and yourselves. We are blessed to have you with us each day.

To our families: **THANK YOU** for sharing your loved ones with us. For trusting us to provide good care, and allowing us to walk this journey with you. We are honored.

To our volunteers: **THANK YOU** for all of the time, talent and beautiful spirit that you share with us each week. We are grateful.

To our staff: **THANK YOU** for your enthusiasm, your energy, and your commitment to our participants and our programs. We appreciate you.

To our community partners: **THANK YOU** for your ongoing support and assistance to our program and to our people. Frederick County has a special network of resources for seniors and we are grateful to work with each of you.

I hope you all have a wonderful Thanksgiving.

With a grateful heart,
Christina

director@daybreakadulthoodservices.org



Community News and Notes

FROM THE DIVISION OF AGING AND INDEPENDENCE (DAI)
Medicare Part D (drug coverage) Open Enrollment is now through December 7. It is important that you review your current plan to ensure that the drugs you take will still be covered in the next year. The Division has many resources available on their website, as well as in person and by telephone. Please reach out to their experienced Senior Health Insurance specialists by calling 301-600-1234 or visiting their website <https://www.frederickcountymd.gov/8144/Medicare-Part-D-Open-Enrollment>

FROM THE DIVISION OF AGING AND INDEPENDENCE (DAI)
Groceries for Seniors. November 15. 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 at the Frederick Senior Center 1440 Taney Avenue, Frederick, MD. For more information, call 301-600-1234 or visit <https://www.frederickcountymd.gov/54/Aging-and-Independence>

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:

November 8, Frederick Senior Center

November 22, Brunswick Senior Center

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

FROM DAYBREAK and DAI

DEMENTIA LIVE: Upcoming dates: 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.



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.



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!**

MAKE YOUR HOLIDAY APPOINTMENTS NOW!

GIFT CERTIFICATES AVAILABLE!

Call Dennise today!
301-800-3200





Staff News and Notes

Welcome New Staff

We are excited to welcome new Kitchen Assistant TaShawna Turner to the team. TaShawna comes with both senior care and restaurant experience and is going to be a great help to Angela in the kitchen.

Happy Anniversary

Ellis Stevens, our jack of all trades, celebrates 7 plus years with Daybreak. Ellis has worked here on and off for far longer, but his most recent stint started in November of 2019. Ellis is our official handyman/maintenance person; taking care of problems big and small all the time. He has also been incredibly generous to cover in the kitchen whenever we have needed him, which has been a lot over the last year. Ellis loves helping the participants and goes out of his way to make everyone feel welcome and cared for. We appreciate all that you do Ellis!

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)

November 4

November 18

December 2

December 16

January 6

January 20

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



The Importance of Protein Intake for Seniors

Protein is an important macronutrient to keep in mind when planning and preparing meals, especially for those of us dealing with multiple medical conditions and aging. Eating sufficient protein will help with wound healing, recovery from illness, and maintaining muscle mass. Maintaining muscle mass can help prevent falls. This is particularly important as we age and naturally lose muscle mass.

Protein rich foods include meat, poultry, eggs, fish and seafood, dairy, soy, beans and lentils, and seeds and nuts.

The recommended daily allowance of protein for adults over age 60 is 0.8 g/kg of body weight. This translates to about 5 to 6.5 ounces of protein daily. Individual needs can vary depending on your personal health conditions. Your primary care physician or a dietitian can assist with this. Medicare covers visits to a dietitian if you have diabetes or kidney disease.

When choosing protein foods, try to make choices that are low in saturated fat and sodium. Plant-based proteins have the added benefit of being high in fiber and are lower-cost. Some examples include tofu, lentils, chickpeas, peanuts, peanut butter, almonds, quinoa, potatoes, broccoli, kale, mushrooms, beans and rice,

Tips for caretakers: If your loved one has a small appetite, encourage them to eat the protein foods on their plate first. Prepare protein foods that look and smell appetizing. Choose recipes that trigger positive emotions and memories, like foods from their childhood.

1 serving of protein looks like:

- 1 egg
- 1 ounce of cooked meat or poultry (the size of 1/3 of deck of cards)
- 1 ounce of cheese (the size of 3 dice)
- ¼ cup of cottage cheese or yogurt
- 1 tablespoon of peanut butter
- ¼ cup of beans or lentils
- ½ ounce of nuts

A healthy diet with enough protein becomes more important as we age; because, as we age, we gradually lose muscle mass and strength. This loss accelerates after age 65 for women and after age 70 for men, but can begin in our 30s or 40s. Rates vary but we may lose as much as 8% muscle mass each decade. This can lead to several health issues including:

- *Difficulty walking or climbing stairs
- * Difficulty performing daily activities
- * Poor balance leading to falls & injuries
- * Changes in our body composition
- *Bone density loss (making fractures more likely)
- *Loss of stamina

A healthy protein enriched diet, along with strength training, may prevent, reverse or delay these issues. This would allow us to not only to live longer but thrive.

By Kathleen O. Dazé, RN

Daybreak nurse intern

Sources: myplate.gov, USDA.gov, Alzheimer's foundation



Please remember to let the nursing staff know if your loved one has a fall, medication changes, hospital visit, a new doctor, or other changes to their normal routine. We can help keep an eye on things and in many cases, are required by the State to document the event and update the care plan. We appreciate your help! You can email: rn@daybreakadultdayservices.org, send a note with the driver, or give the nurses a call.

Activity News



Hello, Hello, Hello!

Once again reporting in from the Activity Hub here at Daybreak, I am Shawn Patrick Jordan, Activity Director for our lovely Day Program. I sincerely hope all is well with you all as we wave farewell to the spooky tidings of October, and into the thankful, yet hectic rush of November.

Two months into this wild new adventure of mine, and I am realizing just how outpaced I really am against the fine denizens of our Daybreak crew. I say this in jest, but truly, the energy that I have experienced from our participants is like nothing I have experienced professionally. Each day within this space encourages me to bring my best and provide unto them the engagement and enrichment they so rightly deserve.

Speaking of enrichment, I welcome you all back to the second episode of our “Knowing Our Wellness” series. For those just tuning in, allow me to provide a brief explanation. For those already following, feel free to skip ahead to the following, unitalicized paragraph:

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

The second wedge we will focus on is the area of Emotional Wellness. Emotional Wellness takes a backseat for many caregivers in our field, many times unbeknownst to the caregiver. We spend a large majority of our personal and professional lives providing a positive, safe space for the individuals around us, even in cases where our own happiness and emotional state is compromised. It is easier to assist in someone else’s emotional turmoil than it is to interface with your own.

The most important reminder I have is that it is ok to not be ok. We simply can’t be all the time.

Sure, it is the responsibility of a caregiver to sacrifice their time and energy on behalf of someone who needs it, and that is incredibly admirable. However, it is critical to maintain your own wheels of wellness to maximize the effectiveness of your delivery of emotional support. Emotional Wellness is a bit of a misleading moniker, as wellness implies positivity. Instead, being able to express, work through, and ride the spectrum of emotions, both positive and negative, is where true wellness is found.

So cry, laugh, express anger, sadness, sorrow, joy and pain as they arrive. Knowing that the healthy support of friends, loved ones or just active listeners can be key in processing your emotions and providing clarity when you are unsure of how to proceed. As we creep closer to a notoriously emotionally charged holiday season, be sure to spend time with yourself, checking in and filtering through the day's events in order to regulate your emotional balance.

To be emotionally well is to feel. To feel is to embrace your humanity. To be well is the goal.

All this to say, thank you for spending some time with my words, and I sincerely hope you take them to heart. I will jump into our next "wedge" next month. Until I speak to all again, I hope you all have a fantastic Thanksgiving season!

Be Well!

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



Fuzzy Socks Needed

We need a variety of sizes of fuzzy seasonal socks for some crafting projects coming up next month. If you have some you can donate, we would love it. Kid and adult sizes welcome, new or very gently used. We will be cutting them!

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!





From the Social Worker

I saw an Instagram post the other and it read “You say you’d die for your family. That’s nice, but would you get healthy for them?” (@itscoachgoodman).

Wow, that is quite a thought! I mean we so often we delay our own health and wellbeing in the interest of caring for other people, but what if we flip the script and see taking care of ourselves as a form of caring for others, and ourselves?

All the talk about self-care can sometimes it can feel like a catch phrase and overused but it is undeniably important so I will keep trying to drive the point home.

Because we are all unique beings self-care will not look the same for everyone. Think of it as if we are all different types of flowers. The watering, light needs and soil type for each type of flower to grow is different....so too do each of us need a different type of care to thrive. I am reminded by this frequently when I am on a mad cleaning mission or going for a vigorous hike when I have some spare time....my kids will often tell me to sit down and relax, watch a movie...but that is not my go to. I get filled up by organizing a drawer or feeling my lungs burn a little on a steep ascent. However, today I am not going make suggestions about what to do to take care of yourself. Chances are you know already what brings you joy. Today I hope to inspire you to make the time to do just that!

So here are some quotes I hope may encourage you to change the way you think about taking some time to tend to your own needs. I just don’t think we can hear it enough.

- “If you don’t love yourself, nobody will. Not only that, you won’t be good at loving anyone else. Loving starts with the self.”

—Wayne Dyer

- "Self-care is not a waste of time. Self-care makes your use of time more sustainable."

—

Jackie Viramontez



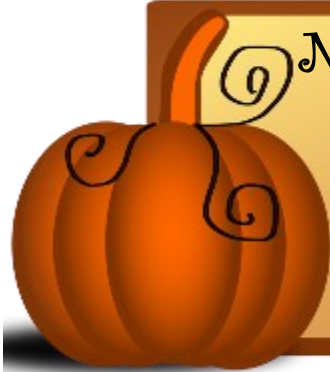
- "Rest and self-care are so important. When you take time to replenish your spirit, it allows you to serve others from the overflow. You cannot serve from an empty vessel."
—Eleanor Brown
- "Self-care means giving yourself permission to pause."
—Cecilia Tran
- "Just when you feel you have no time to relax, know that this is the moment you most need to make time to relax."
—Matt Haig
- "Keep taking time for yourself until you are you again."
—Lalah Delia
- "I have come to believe that caring for myself is not self-indulgent. Caring for myself is an act of survival."
—Audre Lorde
- "Sometimes the most important thing in a whole day is the rest we take between two deep breaths."
—Etty Hillesum
- Almost everything will work again if you unplug it for a few minutes, including you."
—Anne Lamott
- "Self-care equals success. You're going to be more successful if you take care of yourself and you're healthy."
—Beth Behrs
- "As important as it is to have a plan for doing work, it is perhaps more important to have a plan for rest, relaxation, self-care, and sleep."
—Akiroq Brost
- "If you cared for others the way you care for yourself would you be guilty of neglect?"
—Unknown

Fondly,

Mary Collins, LMSW
socialwork@daybreakadulthoodservices.org

Quotes from southernliving.com/culture/self-care-quotes and pinterest





NOVEMBER BIRTHDAYS

3 Dick W. 16 Emily M.
7 Mark F. 18 Joann W.
8 Ginnie Q. 27 Vera S.



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.