



DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

February 2025

The Best Things in Life
Are the people
we LOVE, the places
we've BEEN
And the MEMORIES
We've made
along the way.



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

- February 10 and 24: Dynamic Exercise with Nanette
- February 14: Valentine's Day Dance
- February 14 and 27: Trivia with Charlie
- February 20: Potomac Playmakers Performance
- February 20: Wags for Hope Dog Visits
- February 21: AJs Jazz Band
- February 25: Singing & Dancing with Dale and Garrey

THROUGHOUT THE MONTH



Exercise
Brain Games
Crafts
Bingo
Music
Reminiscing
Word Games
Puzzles
Dancing
Cards



The Director's Corner

February Greetings! I hope this edition of Daybreaking News finds you well. I, for one, am grateful to see the cold dark days of January behind us. Of course we are still in the thick of winter, but at least, today, the temps are not frigid and the sun is gracing us for a few more minutes more each day. Spring can't be too far, right?

In spite of the cold temperatures, we stayed warm and cozy here at the center. Lots of good music, good food, and good fun! And what fun we had with our January Fashion Show. Regardless of what people were wearing, everyone had fun strutting down the red carpet while the rest cheered them on. It was such a good time! Check out some of the pictures inside.

February is sure to bring more good times, along with lots of valentines and love. We've got great entertainment lined up, including a performance by the Potomac Playmakers, a local theatre group featuring our very own nurse/actress Chris Grable!

We are thrilled to debut a new bus this month. This bus, like all of our others, was a grant award through the Maryland Transit Administration 5310 grant program. The grant was approved almost two years ago but we just got delivery a few weeks ago. It is now registered, insured, and DOT inspected will hit the road with driver Allen behind the wheel the first of the month. I have just submitted a new grant application for another bus as well as a small minivan that, if awarded, we could see in another year or so. This grant program really helps us to keep the fleet up to date and in good working order!

Speaking of good working order, we are thrilled to welcome a nursing assistant intern to the team. CC is a high school senior who is completing the CNA program at the Frederick County Public School Career and Technology Center. She is working with us 15 hours a week through the spring semester to get real life experience working in the field. CC has jumped right in and is getting a great education from our staff and our participants! Welcome CC.

As I wind down, I want to send lots of Valentine wishes your way. I hope you find some time for a little love this month! We can get so busy with our day to day obligations, chores, and tasks that we forget to take a little time to ourselves, or to enjoy non-caregiving moments with loved ones. Make it a point to do something you love or grab a treat and take the time to really enjoy it (gulping a Starbucks in the car doesn't count!).



Sending lots of love to all of you from all of us ~ Christina

DEMENTIA LIVE TRAINING



Dementia Live® is a simulation experience that immerses participants into life with dementia, resulting in a deeper understanding of what it's like to live with cognitive impairment & sensory change. Caregivers, professionals, & individuals will better understand the hardships & confusion that occurs for a person with dementia.

FREE MONTHLY TRAININGS

WEDNESDAY, JANUARY 10 @10AM

THURSDAY, MARCH 21 @10AM

MONDAY, FEBRUARY 12 @1PM

FRIDAY, APRIL 19 @1PM

Location: Daybreak Adult Day Services, 7819 Rocky Springs Rd, Frederick, MD 21702

Email DementiaFriendlyFrederick@FrederickCountyMD.gov to register

Facilitated by Frederick County Division of Aging & Independence and Daybreak Adult Day Services



DEMENTIA Live®



We have a number of participants who enjoy looking through magazines and “coffee table” type books in between activities. If you have any you would like to recycle, please consider sending them in to us!



OUR CONDOLENCES

To the friends and family of

Melvin Tucker

Richard Waterman

Margaret Liston

Beth Pente

They will be missed.



Staff News and Notes

Anniversaries

Our activity assistants, Renee Grutzkuhn and Elizabeth Croom both celebrate 1 year with us this month. Elizabeth and Renee, along with Activity Director Shawn, help keep our participants active and happy throughout the day. They are creative and energetic and we are grateful to have them on our team. Thank you both!



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 can 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.



Respiratory infections

Respiratory infections are very common, especially in the winter months. They are among the leading causes of death worldwide, especially in people over the age of 65. Due to the natural aging process, weaker natural immunity, and pre-existing health problems, elderly patients require special care and consideration when dealing with upper respiratory infections. They may experience more severe symptoms, take substantially longer to recover, and may even need to be hospitalized to recover.

Common Respiratory Infections

Respiratory infections such as colds and the flu (influenza) are common. These infections are often caused by viruses. They may share some symptoms, but not all respiratory infections are the same. Some make you sicker than others. Upper respiratory infections, such as laryngitis, the common cold, or sinusitis, impact millions of Americans annually. While most of these viral or bacterial infections resolve on their own, some need treatment with a primary care physician – particularly when the patient is a senior. Let us explore more about these potentially harmful ailments and what seniors should do to get healthy and stay that way for the long term.

Cold Symptoms

- Symptoms may include runny or stuffy nose, coughing and sneezing, and sore throat. **Cold symptoms tend to be milder than flu symptoms.**
- Symptoms tend to come on slowly. They last for a few days to about 1 week.
- With a cold, you may still feel able to do most of the things you normally do.
- Colds can spread from person to person.

Flu Symptoms

- Symptoms may include fever, chills, headache, extreme tiredness (fatigue), cough, sore throat, runny or stuffy nose, and muscle aches. Most adults will not experience nausea, vomiting and diarrhea with the flu but children often do.
- Symptoms tend to come on quickly. Some, like fatigue and cough, can last a few weeks.
- With the flu, you may feel worn out and not able to do normal activities.
- The flu can spread from person to person.

continued

It's most likely not the flu if an adult has vomiting or diarrhea for 1 or 2 days. This so-called "stomach flu" is probably a gastrointestinal infection.

Without proper care, a respiratory infection can get worse. It can lead to serious complications and death. If you aren't getting better within a few days or if your symptoms are getting worse, call your healthcare provider. Complications can include Bronchitis or Pneumonia.

Is it Bronchitis or Pneumonia?

Sometimes it is difficult to tell.

Bronchitis is when your bronchial tubes, which carry air to your lungs become infected and swollen. There are two kinds:

- **Acute bronchitis.** This lasts a few weeks and usually goes away on its own.
- **Chronic bronchitis.** It's more serious, and you're more likely to get it if you smoke and have an underlying condition like COPD.

Bronchitis symptoms include shortness of breath, wheezing, and coughing up thick yellow or green mucus.

Pneumonia is another infection in your lungs, however instead of the bronchial tubes, you get it in tiny air sacs in your lungs. It can be serious, especially for the very young, or adults 65 or older, and people with weaker immune systems. Symptoms may include rapid breathing and or heart rate, productive cough, congestion, fever with chills, generalized weakness, body aches, fatigue, low oxygen levels, loss of appetite, chest heaviness or pain when breathing, Chronic conditions such as heart failure, chronic lung disease, asthma, or diabetes may make you more vulnerable to this illness.

Respiratory Syncytial Virus, (RSV), is a common virus that affects the lungs and breathing passages and can lead to bronchitis or pneumonia. RSV is becoming more and more prevalent. This very contagious illness most commonly affects very young children and adults aged 65 and older with severe respiratory symptoms.

Caring For and Preventing Upper Respiratory Infections in the Elderly

When it comes to caring for elderly loved ones with an upper respiratory infection, the most important thing is to seek medical attention promptly. This is especially true if the senior has underlying health conditions or is experiencing severe symptoms such as difficulty breathing, chest pain, cyanosis (poor oxygen levels which turn the lips blue), mental confusion or high fever.

In addition to seeking medical care, there are also preventive steps you can take to stave off upper respiratory infections in seniors.

continued

These include the following common-sense strategies:

- Encourage frequent hand washing and avoid close contact with noticeably sick individuals.
- Disinfect commonly touched surfaces such as doorknobs, light switches, countertops, bathroom surfaces, phones, and TV remotes.
- Encourage a healthy diet rich in nutrients to help boost the immune system & stay hydrated.
- Keep the home environment very clean and free of irritants or pollutants which can worsen respiratory symptoms, such as strong-smelling fragrances or fireplace smoke.
- Stay out of crowds at the movies, shopping centers, and other venues with large number of people packed into limited space.
- Receive vaccinations as recommended by the primary care physician, including the flu shot and pneumonia vaccine. RSV vaccines are recommended for seniors 75 and older or adults 60 or older with an underlying condition like asthma, COPD, CHF. Ask your doctor for more information.

Avoid all cigarette smoking and exposure to secondhand smoke.

If you or another senior are experiencing severe upper respiratory symptoms, do not hesitate to seek medical assistance from your primary care physician, urgent care, or the local hospital emergency room. The sooner an older person gets needed treatment, the better the chances are for a full recovery.

Please don't send your loved one to the center if they have a productive cough, fever, any respiratory distress or breathing problems. It takes longer to recover from these types of illness as we age; so if diagnosed with an upper respiratory infection, bronchitis, RSV or pneumonia, please keep your loved one home and allow them time to recover. They need rest, fluids and, if ordered, medications to help them recover fully before resuming their regular activities. We also don't want to risk exposing another participant to what they have.

Please notify us of any illnesses or medication changes.

Thank you and stay healthy.

Chris Grable RN
Daybreak Health Director



Activity News



Hello to All!

Sipping warm coffee and thinking warm thoughts from the Activity Hub here at Daybreak, I am Shawn Patrick Jordan, Activity Director for our wonderful Day Program. I hope this message greets you with the same passion I have for the cold weather, although it is fair to say I may be in the minority here!

I can now officially use my whole hand when counting how long I have been with this fantastic organization. 5 months seems like both 5 minutes, and 5 years! This just lends to the notion that even when you finally find a sense of comfort within your space, you should always be ready to learn something new! With every lesson I learn, I grow more and more capable and confident that your loved ones are receiving the best care and experience I can provide! I thank all of you for your patience with me, and I once again reaffirm my commitment to making every day a great day here at Daybreak!

As 2025 continues into its second month, I welcome you all back to the fifth installment 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 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:

<i>Physical Wellness</i>	<i>Occupational Wellness</i>
<i>Emotional Wellness</i>	<i>Environmental Wellness</i>
<i>Mental Wellness</i>	<i>Intellectual Wellness</i>
<i>Spiritual Wellness</i>	<i>Social Wellness</i>

Perhaps the most relevant to the readers of this newsletter, Occupational Wellness is an oft overlooked wedge in the Wellness Wheel. Sometimes switched out with Financial Wellness in some models, Occupational Wellness applies itself to the concept of wellness within the work you do. In the model we are using, I use Occupational Wellness as the umbrella for Financial Wellness, as many times your job is deeply connected to your ability to manage your funds. I prefer to use Occupational Wellness for its broader sweeping coverage and connections to the

other wedges. However, there is no right or wrong in these models, simply alternative approaches to the same basic information!

Let's briefly pay homage to the "invisible" wedge within Occupational Wellness: Financial Wellness. As you can guess by its title, it is the handling of money and your literacy regarding budgeting. In this day and age, it can easily be overwhelming to even consider financial stability. Often, we as caregivers are martyrs in our own financial lives, giving more for the sake of others, ensuring that those we care for are not for want. While wanting to give the best to our loved ones is honorable, it is crucial to be sure that we can meet our own needs, especially regarding finances. Having a foundation of literacy when it comes to money and bills can be key to reducing the overall stress in your life. There is no way to completely absolve one of financial stressors; things will inevitably arise that cause financial strain. But knowing that you have comfortable savings, or a contingency plan can help mitigate that stress. Of course, becoming financially well is a tall task, especially as we see prices for goods and services soar. However, even the slightest effort to do so will pay dividends towards your overall wellness. I assure you the pun was intended.

Now to the wedge we have in our wheel: Occupational Wellness. This wedge encapsulates Financial Wellness because most often our finances are intrinsically linked to our occupation, but it can also refer to anywhere where work is done. To put it plainly: it is the wellness within both your professional and academic work.

There are two major points I typically like to discuss with Occupational Wellness. The first is regarding a popular adage that is floating around the sphere of workplaces and their influences: "If you love what you do, you'll never work a day in your life." While the sentiment is well received, the truth is that this statement is inherently false and misleading. Before continuing, please do not misconstrue my statement here; for the sake of your wellness, you should absolutely be setting goals and aiming to enjoy the work you are doing. Finding enjoyment in your work can be one of the most enriching aspects of one's daily life. However, this quote incorrectly minimizes the truth that work is, well, work. There is effort that is involved in everything we do, and the journey we take to reach our ideal occupation is forged through trials and tribulations. Yes, there will be a lower level of stress if you are excited to do the work you do but failing to acknowledge our occupations for what they are: work and a means of financial stability, can lead to unhealthy habits regarding how one handles their job. Always aim to enjoy the work you do but respect yourself in knowing that is what it is.

This leads me to the second, and most widely discussed point with Occupational Wellness: the "Work-Life Balance". *continued*

This phrase can be a polarizing but it deserves serious consideration. Some believe that work should be a primary focus in one's adult life. This attitude towards work has evolved over time, and the call for a resetting of the scales has become louder and louder, though there remains much debate.

My philosophy is that there can be a proper blending of the two. You can provide your full efforts and attention to your occupation while you are on the clock, with an understanding that there are sometimes that you will be required to take on "other duties as assigned". However, to successfully manage your wellness, it is good to acknowledge your limits and boundaries and communicate them with your teams at work. Sacrifice in an occupation like caretaking is commonplace but so is healing. Having a separation of work and leisure allows you to fulfill other aspects of wellness without the added pressure and stressors of your job. One of the best ways to start the process of finding this work-life balance is practicing time management. If there is a task that needs to be completed first, prioritize that. If something is not urgent and can be completed after a well-deserved rest, use the skills to designate time to rest and recuperate, while not endangering the timeline of your daily tasks.

Gone are the days of working yourself to the bone. Especially in occupations with high turnover rates, such as human services, it is critical that we practice a healthy level of self-care. Failing to do so places not only yourself, but the occupation in jeopardy. It is better to acknowledge when you are bending and knowing when to step back before you break. Balance is the key word: if you can manage your time and energy, you will have a higher chance of achieving both your occupational and personal goals. The other key word is patience. Businesses are sometimes slow to embrace ideas such as this. However, with the proper amount of communication, as well as firm boundaries, we can find our occupational center and establish a world in which we give the proper amount of energy to both our professional and personal lives and thrive because of it.

Thanks for sticking around for what essentially became a double-scoop of wellness education. As always, take into consideration how these statements and words affect you personally. While you may not always agree with my sentiments, I hope they at least give you pause and allow you to either re-evaluate or strengthen your resolve. Enjoy the shortest month of the year and remember that in the month encapsulated by the notion of love, to give a little love and grace to yourself.

Be Well! Be Safe! Be Silly!

Shawn Patrick Jordan, Activity Director
activities@daybreakadulthoodservices.org





From the Social Worker

Let's Talk: Dementia 101

When many people think of the word dementia, they think it's a diagnosis and it is easy to understand why. Often the word dementia is used interchangeably with Alzheimer's disease. However, there is a big difference. Sound confusing? It is.

What is dementia?

In a nutshell dementia is a cluster of symptoms. This can include symptoms affecting memory, language, thinking, executive functioning, emotional regulation, problem solving, confusion, and even changes in mood or personality. The symptoms must be severe enough to affect daily living.

While there are some similarities, dementia looks different in every person...depending on what area of the brain is affected, the type of dementia, as well as environmental factors, personality, comorbidities, life experience and temperament.

Usually, doctors can determine if someone has dementia symptoms, however finding out the cause can be a little more challenging. And that is understandable, as there are more than 100 different diseases that can cause dementia symptoms. These could be:

reversible causes like infection, medication interactions, metabolic disorders, or even brain tumors

irreversible, but not necessarily progressive causes, like head injuries, stroke, or alcohol induced dementia

or may be **progressive and irreversible** diagnoses like Alzheimer's disease, Lewy Body dementia, Frontotemporal, Huntington's disease and many others

Alzheimer's disease is the most common cause of dementia symptoms, followed by vascular and Lewy Body dementia.

What is the diagnosis procedure?

Usually this will start with a visit to your primary care doctor and include a medical history review, full physical exam, medication review and blood and urine tests. If warranted, you may then see a neurologist for a complete workup and brain imaging as well as a battery of cognitive testing. Often a depression screen will be completed as well, because depression can affect cognition too.

For more detailed information, visit- https://www.alz.org/alzheimers-dementia/diagnosis/medical_tests

Treatment

While there is no cure for our many types of dementia, there are some treatments that can help with symptom management.

Medications- There are several medications that can help slow the progression of the disease and manage dementia symptoms, and behaviors attributed to the disease.

Non medication intervention- There are a host of alternative therapies that some people employ as a part of their journey, as well as other non- medical techniques. Things like staying organized, learning to enhance communication, coordinating a team (including family, friends, caregivers, doctor, neurologists, care managers, occupational, speech and physical therapists, social workers) to manage care, and seeking a therapist to help process changes one may be experiencing. As things progress utilizing social programs, in home care and adult day programs can help provide structure, engagement and socialization.

For more information on treatment options visit <https://www.mayoclinic.org/diseases-conditions/dementia/diagnosis-treatment/drc-20352019> for more information.

Family and Caregivers- As a care partner to someone with dementia resilience is the number one predictor of success, but other things are important as well, including social support, access to resources and coping skills. Below are some places that can help with that.

Supports and Resources

The Alzheimer's Association- A leading nonprofit focused on research and education, they offer a 24/7 hotline for individuals living with the disease, families, caregivers and interested community members. This can be accessed by calling 1-800-272-3900. Calls are answered by dementia experts and can help troubleshoot behaviors, provide information, support and referral. More information, articles and programs offered by them can be found here- <https://www.alz.org/>

Dementia Live- This immersive program is offered once a month at Daybreak in partnership with the Division of Aging and Independence. See flyer in this newsletter for more information.

Caregiver Support Program, Division of Aging and Independence- The Caregiver Support Program offers several educational and support programs as well as social engagement activities for caregivers and the people they care for. Find out more here <https://frederickcountymd.gov/301/Caregiver-Program> or call 301-600-6001.

Have additional questions or need more information? Give me a call. Always happy to talk.

Mary Collins, LMSW
socialwork@daybreakadulthoodservices.org



Fashion Show!





February

- 2 Janis D.
- 3 Kimmie S.
- 6 Carol B.
- 18 Fanny M.
- 22 Hadia D.
- 28 Barbara D.



Looking great ladies!

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.