



DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

March 2025

An Old Irish Blessing

May love and laughter light your days,
and warm your heart and home.
May good and faithful friends be yours,
wherever you may roam.
May peace and plenty bless your world
with joy that long endures.
May all life's passing seasons
bring the best to you and yours!

REMEMBER DAYLIGHT SAVINGS TIME

Sunday, March 9th
Set your clocks forward one hour.

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

- March 4 & 17: Presentations by Charlie
- March 24 & 31: Dynamic Exercise with Nanette
- March 17: St. Patty's Day Fun
- March 20: Wags for Hope Dog Visits
- March 21: AJs Jazz Band
- March 25: Singing & Dancing with Dale and Garrey
- March 27: Live Music with Elly Cooke

THROUGHOUT THE MONTH



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



The Director's Corner

Almost-Spring greetings from Daybreak. The sunshine and temps above 32 degrees have me feeling a wee bit hopeful! I hope it is giving you the same feeling. We are looking forward to the month of March with lots of things to celebrate like Mardi Gras, St. Patrick's Day, Women's History Month and more. Regardless of the occasion, every day is a celebration here in the center!

We are certainly celebrating the addition of 3 new staffers to the team. You can read inside for more details. We also celebrated the final retirement of nurse Bobbie who started with us 12 years ago after retiring the first time from a full time career in nursing. Again, more to read inside. We have also onboarded a number of Hood College students who are fulfilling service learning hour requirements for various classes this semester. They bring a great energy and extra hands which is of great help to all of us! New volunteers are always welcome so if you know someone with time or a talent to share, or hours to fulfill, please send them our way!

With Tax Day looming in the future, I wanted to remind everyone that I will be collecting financial information in April to determine the subsidized rates for the new fiscal year. Please hang on to your end of year pension statements, social security award letters, etc. and keep the copy of your 2024 taxes handy. We do this every spring, as the subsidy funds are all dependent on various grants that typically only last a year at a time. Our new grant applications have all been submitted and now we wait to find out if we were awarded and how much we will get come July. Once I get those numbers, then we look at everyone who needs subsidy and try our best to allocate what we have fairly. More information to come next month. Just put your forms and taxes where you can find them as you will need them soon if you are planning on requesting subsidy!

A quick correction: I erroneously included the flyer for *last year's* Dementia Live spring dates in last month's newsletter. Thanks to those who caught the discrepancy. The next Dementia Live date is Wednesday March 19 and more info is included in the Community News section inside.

Wishing you many blessings this month,

~Christina

director@daybreakadulthoodservices.org





Staff News and Notes

Anniversaries

Driver **Bob Roberson** celebrates **7 years** with Daybreak this month! Bob works part time (Tuesdays and Thursday) but fills in frequently when another driver is off. We are so grateful for his flexibility and availability, as well as his good nature and great driving record.

Thanks for all you do to keep us rolling Bob!

Another driver, **Charles Hite**, celebrates **3 years** with Daybreak this month. Charles (we also call him Hite or “the younger Charles”) drives the Middletown/Myersville route. He can also be found helping out in the kitchen on occasion. Charles goes out of his way to make his passengers, as well as the other participants and staff, smile each day.

Thanks for all you do Hite!

Happy Retirement

We said farewell and “happy retirement” to nurse **Bobbie Speace** at the end of February. Bobbie has been a nurse for more than 60 years! We have been blessed to have her on our team here at Daybreak for the last 12 years, (after she retired the first time!) first as a part time nurse and then as a fill-in nurse. We wish her well in retirement and she promises that we will see her as a volunteer soon!

Welcome New Staff

We are **THRILLED** to welcome 3 new staffers to the team!!

Mercedes Rodrigues joins us as a full time program assistant. Mercedes comes from a home care background and is very quickly learning the Daybreak routine. She is working with our other aides Debbi, Jessica, and Gabby to make sure the personal care needs of our participants are well taken care of! **AND** she speaks Spanish!! We are thrilled to have her on the team!

Sheba Ambush also joins the team as our kitchen assistant. Sheba has jumped right in to learn the kitchen routine and get to know our participants. She has even covered for the cook already! Sheba comes from a very long career in kitchen management and is going to be a great addition to our team. Welcome Sheba!

Lori Adams, RN has joined us as a fill-in nurse. Lori has worked in the medical day care field before so knows the job well. She is learning our folks and our routine and will be a great asset to help cover when another nurse is out! Welcome to Daybreak Lori!



OUR CONDOLENCES

To the friends and family of

Tammy Fossett

Ted Strachan

They will be missed

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)

March 3

March 17

April 7

April 21

May 5

May 19

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



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.

NURSES NOTES



HEART HEALTH

Heart health is a part of everyday living for all of us (caregivers and recipients both!) and can be enhanced by lowering high blood pressure and high cholesterol. How can this be accomplished? There are a few easy heart tips from the American Heart Association that we can all follow:

- Reduce saturated fat in meat and poultry
 - Choose cuts of meat with the least visible fat
 - Choose poultry that has not been injected with fats or broths
 - Minimize consumption of processed meat like deli slices, bacon, sausage, etc.
 - Trim visible fat before cooking
 - Broil rather than pan fry
 - Choose white meat when eating poultry
 - Remove skin from chicken or turkey before cooking
- Eat more fish; strive for at least 8 ounces per week and make it baked, broiled or grilled (not fried!)
- Eat less meat; incorporate meatless meals in to your weekly menu
- Cook fresh vegetables in a heart healthy way
- Try baking or roasting or steaming
- Use liquid vegetable oils in place of solid fats ie liquid vegetable , canola, olive soy bean oil instead of butter , shortening or lard
- Use pureed vegetables and fruits as a substitute for fat in baking, good subs are applesauce, mashed ripe banana, and pumpkin puree
- Lower dairy fats: use low fat or skim milk and low fat versions of cheeses such as mozzarella and cottage cheese
- Remove fat after cooking by letting the liquid cool and skimming off the fat layer

- Increase fiber and whole grains
 - Use whole grain bread products,
 - Eat whole fruit instead of juices,
 - Use brown rice instead of white,
 - Try whole grain pastas or pasta made from lentils or chick peas;
 - Incorporate more vegetables to your meals
- Limit salt intake
- Limit foods with added sugars, including sugar sweetened beverages
- Read labels!
- Eat a well balanced diet
- Limit alcohol consumption
- Enjoy regular physical activity; try and be active 5 hours per week. This isn't all at once, make small changes each day to move more; park a little further away from a store entrance, take the stairs if you can, dance while you are doing chores, get up and move during commercials, etc.
- Manage stress
- Reach and maintain a healthy weight
- Quit smoking
- Take your medications as directed
- Work with your health care professional

Remember to always make sure to have regular checkups with your doctor. For more information, please visit www.heart.org

Don't forget to let the nursing staff know if your loved one has any medication changes, health issues, or changes doctors!

In good health,

Chris Grable RN
Health Director
RN@daybreakadultdayservices.org



Activity News



Hello to All!

Live from the Activity Hub, ordering Claritin preemptively to combat spring allergies, this is Shawn Patrick Jordan, your faithful Activity Director here at Daybreak Adult Day Services!

I can hardly fathom that I have now spent 6 months of my professional career in this wonderful institution. There is so much I have learned; from how to be a leader, to how to better serve our participants. And yet, despite all I have learned, I crave more. I keep looking towards the future and seeing the shaping of this program on the horizon, and I am filled with such hope and excitement. My resolve remains, and my enthusiasm unflappable, as Daybreak brings you another phenomenal month of enrichment and fun!

My dear readers, I know many of you have been happily following along with our “Know Your Wellness” series, and I assure you that I have enjoyed writing it just as much. However, considering some recent events, I would like to step away from our regularly scheduled programming to touch on a different, but no less important, topic: Grief.

To provide some context, I just recently received word that a friend of mine suddenly, tragically passed away. She was just 31 years old, and to have the concept of mortality strike like a snake in the grass was jarring, to say the least. It was the swell of so many emotions at once that pushed me into a state of emotional and mental distress, and while I am using my mental toolkit now, I realized in that moment how little we know as humans about handling death. Sure, grief counselling exists, and there have been countless studies of how to appropriately handle death and mourning. But the uniqueness of each individual’s situation makes the concept of grief seemingly impossible to quantify.

We as caregivers are no strangers to grief. It is ingrained in the very fiber of the work. But not always is grief connected to death. We meet with grief and mourning in the processes of care; we mourn the loss of personalities, mobility, or wellbeing of the people we serve. While that grief may not be as poignant as that of loss of life, it still elicits the grief response. To be subjected to that weight for so long can cripple the wellbeing of a caregiver. For so many who have spent extensive time working with certain clients, be it family or professionally, watching a steady decline in quality-of-life hurts. It hurts to perceive suffering. It hurts knowing that despite your best efforts, time will march on. It cuts deep into our empathetic and sympathetic parts of ourselves to have to continually acknowledge the fragility of life, the growing specter of mortality.

The passing of my loved one was sudden and without warning. It would be easy to explain away my response to that factor. But as someone who has spent the past 8 years working in mental healthcare or human services, I felt such a pang of guilt and embarrassment that I was not more prepared. But as I have taken the time to process my emotions, I am reminded of one critical message: It is ok not to be ok. I use this phrase so often when speaking to others. I preach the concept of accepting that everyone feels in different ways, and that there will never be a truly identical situation for anyone. Yet, here I was, lamenting my way of grieving as something that should not have been. I was speaking these words to all that would listen but was not taking the time to listen myself. With that revelation, I resolved to give myself some grace in this moment of grieving and mourning. I allowed myself to ride the wave of my own emotional journey, and while I can say with certainty that the grieving process is not complete by any means, I do feel a sense of comfort knowing I am allowing myself to experience all that I am feeling.

So now, I want to turn this message unto you, dear readers. There is a difference between being surrounded by grief and being consumed by it. There is no definitive method that can ensure your journey through the stages of grief and mourning are smooth. There will always be unique challenges as we continue to care for our loved ones and learn how to lose them at the same time. We are amongst the strongest willed individuals humanity has to offer, simply because we face the onslaught of mortality with a smile on our face in direct defiance of time and its rigors. I encourage each of you to feel this weight and to start your journey of processing it. And while this is one of the hardest things we will ever have to do, what is harder is ensuring that this level of grief never diminishes our efforts or the quality care we provide for those we serve.

Please remember that there are support groups and plenty of resources that can assist you in times of grief. While they cannot give you all the answers, I can assure you from personal experience that it helps to either hear similar stories, or to just have a soundboard for your feelings. Please know that while I am processing my own grieving, I am still dedicated to providing the best possible care to every participant in my care. I promise that we will return to our regularly scheduled “Know Your Wellness” programming next month. Thank you all for everything you do to enrich the lives of our participants. Take time for self-care, and I will speak to you all in a month!

Be Well! Be Safe! Be Self Compassionate!

Shawn Patrick Jordan activities@daybreakadulthoodservices.org



From the Social Worker

Last month I wrote about dementia, and while looking into resources for the article, I came across an amazingly helpful handout from Alzheimer's San Diego. With their permission I wanted to include the information here for everyone to see. The handout is called "Compassionate Communication with the Memory Impaired," but I think these tips and techniques can be helpful reminders for most of us to set a positive environment for interacting. I hope you find it as helpful as I did. ~Mary

Examples

Don't reason

"What doctor's appointment? There's nothing wrong with me."

Don't: (reason) "You've been seeing the doctor every three months for the last two years. It's written on the calendar and I told you about it yesterday and this morning."

DO: (short explanation) "It's just a regular checkup."
(accept blame) "I'm sorry if I forgot to tell you."

Don't argue

"I didn't write this check for \$500. Someone at the bank is forging my signature."

Don't: (argue) "What? Don't be silly! The bank wouldn't be forging your signature."

DO: (respond to feelings) "That's a scary thought."
(reassure) "I'll make sure they don't do that."
(distract) "Would you help me fold the towels?"

Don't confront

"Nobody's going to make decisions for me. You can go now...and don't come back!"

Don't: (confront) "I'm not going anywhere and you can't remember enough to make your own decisions."

DO: (accept blame or respond to feelings) "I'm sorry this is a tough time."
(reassure) "I love you and we're going to get through this together."
(distract) "You know what? Don has a new job. He's really excited about it."

Don't remind them that they forget

"Joe hasn't called for a long time. I hope he's o.k."

Don't: (remind) "Joe called yesterday and you talked with him for 15 minutes."

DO: (reassure) "You really like talking with him don't you?"
(distract) "Let's call him when we get back from our walk."

Don't take it personally

"Who are you? Where's my husband?"

Don't: (take it personally) "What do you mean - who's your husband? I am!"

DO: (go with the flow, reassure) "He'll be here for dinner."
(distract) "How about some milk and cookies?... Would you like chocolate chip or oatmeal?"

Don't question recent memory

"Hello, Mary. I see you've brought a friend with you."

Don't: (question memory) "Hi Mom. You remember Eric, don't you? What did you do today?"

DO: (short explanation) "Hi Mom. You look wonderful! This is Eric. We work together."

Do Stay Positive

"I don't want to eat this! I hate chicken."

Don't: (respond negatively) "You just told me you wanted chicken. I'm not making you anything else, so you better eat it!"

DO: (accept blame) "I'm so sorry, I forgot. I was in such a rush that it slipped my mind."
(respond positively) Let me see what else we have available."
Leave the room and try again.

Do repeat exactly

"I'm going to the store for a newspaper."

Don't: (repeat differently) "Please put your shoes on....You'll need to put your shoes on."

DO: (repeat exactly) "Please put your shoes on...."
"Please put your shoes on."

Adapted from Alzheimer's Orange County, 02/18/2017

Compassionate Communication with the Memory Impaired

DO

- Give short, one sentence explanations.
- Allow plenty of time for comprehension, and then triple it.
- Repeat instructions or sentences exactly the same way.
- Avoid insistence. Try again later.
- Agree with them or distract them to a different subject or activity.
- Accept the blame when something's wrong (even if it's fantasy).
- Leave the room, if necessary, to avoid confrontations.
- Respond to the feelings rather than the words.
- Be patient and cheerful and reassuring. Do go with the flow.
- Practice 100% forgiveness. Memory loss progresses daily.

Don't

- Don't reason.
- Don't argue.
- Don't confront.
- Don't remind them they forget.
- Don't question recent memory.
- Don't take it personally.

Remember

You can't control memory loss, only your reaction to it. They are not crazy or lazy. They say normal things, and do normal things, for a memory impaired, dementia individual. If they were deliberately trying to exasperate you, they would have a different diagnosis. **Forgive them...always.** For example: **they don't hide things; they protect them in safe places...and then forget.** **Don't take accusations personally. It's the "disease talking."**

Their disability is memory loss. Asking them to remember is like asking a blind person to read. ("Did you take your pills?" "What did you do today?") A loss of this magnitude reduces the capacity to reason. Expecting them to be reasonable or to accept your conclusion is unrealistic. ("You need a shower." "Day care will be fun." "You can't live alone.") **Give a one sentence explanation or search for creative solutions. Don't correct, contradict, blame or insist.**

Reminders are rarely kind. They tell a person how disabled they are—over and over again. Reminders of the recent past imply, "I remember, I'm okay; you don't, you're not." If they're hungry, don't inform them they ate an hour ago, offer a snack or set a time to eat soon. They may ask the same question repeatedly, believing each time is the first. Graciously respond as if it's the first time. Some days they seem normal, but understand that they live in a different reality. Reminders won't bring them into yours.

Ethical dilemmas may occur. If, for instance, the patient thinks a dead spouse is alive, and truthful reminders will create sadness, what should you do? To avoid distress, try these ways of kindness: 1) **validate their emotion and then distract to another topic**, or 2) **start a fun activity**, or 3) **reminisce** about their spouse, "I was just thinking about ____, How did you meet?" or you might try, "He went to the store, he'll be back later. Let's take our walk while we wait."

Open ended questions ("Where shall we go?" "What do you want to eat/wear/do?") are surprisingly complex and create anxiety. **Give them a simple choice between two items or direct their choice**, "You look great in the red blouse."

Community News and Notes

FROM DAYBREAK and THE FREDERICK COUNTY DIVISION OF AGING AND INDEPENDENCE (DAI)

DEMENTIA LIVE: March 19, 10 am. 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, held at Daybreak, are open to the public. The one time class is free, but you must preregister. To register, call 301-600-6022 or email:

DementiaFriendlyFrederick@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:

March 14, Frederick Senior Center

March 28, Brunswick Senior Center

To register: email caregiversupport@frederickcountymd.gov or call 301-600-6022.

FROM THE DIVISION OF AGING AND INDEPENDENCE

Groceries for Seniors. March 21. 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>

Property Tax Credit Programs Wednesday, March 12, 10:00-11:00 a.m. Tuesday, March 18, 6:00-7:00 p.m.

There are various property tax credits offered by state, county, and municipal governments. To obtain information on eligibility requirements and the application process, you are encouraged to attend a Frederick County Government Tax Credit Seminar.

Virtual Free, pre-register call 301-600-1234 or email

VirtualSeniorCenter@FrederickCountyMD.gov



Happy St. Patrick's Day

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.



BLARNEY STONE

CELEBRATE

CLOVER

COINS

FESTIVAL

HOLIDAY

IRISH

LEPRECHAUN

LUCKY

MARCH

MISCHIEF

PARADE

POT OF GOLD

RAINBOW

SAINT PATRICK

SEVENTEENTH

SHAMROCK

TRADITION



Shooting Stars!



Crafters Corner



March

BIRTHDAYS



- 2 Elena R.
- 12 Helga E.
- 15 Elizabeth P. & Reba T.
- 16 Collis A.



Line dancing with Garrey!



A beautiful quilted wall hanging sewn and donated by a family member reminding us to "greet each day with a grateful heart". We hung it proudly in the front lobby!

Wishing Nurse Bobbie a wonderful retirement!



Daybreak Adult Day Services, Inc.
7819 Rocky Springs Rd.
Frederick, MD 21702

Board of Directors

Dr. Joseph Devadoss, Chairman

Randy Jones, Vice Chair

Kenneth Brown, Board Member

Anita Taulton, Board Member

Marianne Meighen, Board
Member

Rev. Tonny Harris, Board Mem-
ber

Daybreak Adult Day Services exists for the sole purpose of providing a safe, structured environment and a flexible therapeutic program of services and activities with individual plans of care designed to permit older adults of Frederick County to remain in their homes and communities, living as independently as possible, with dignity and a renewed sense of purpose and hope.