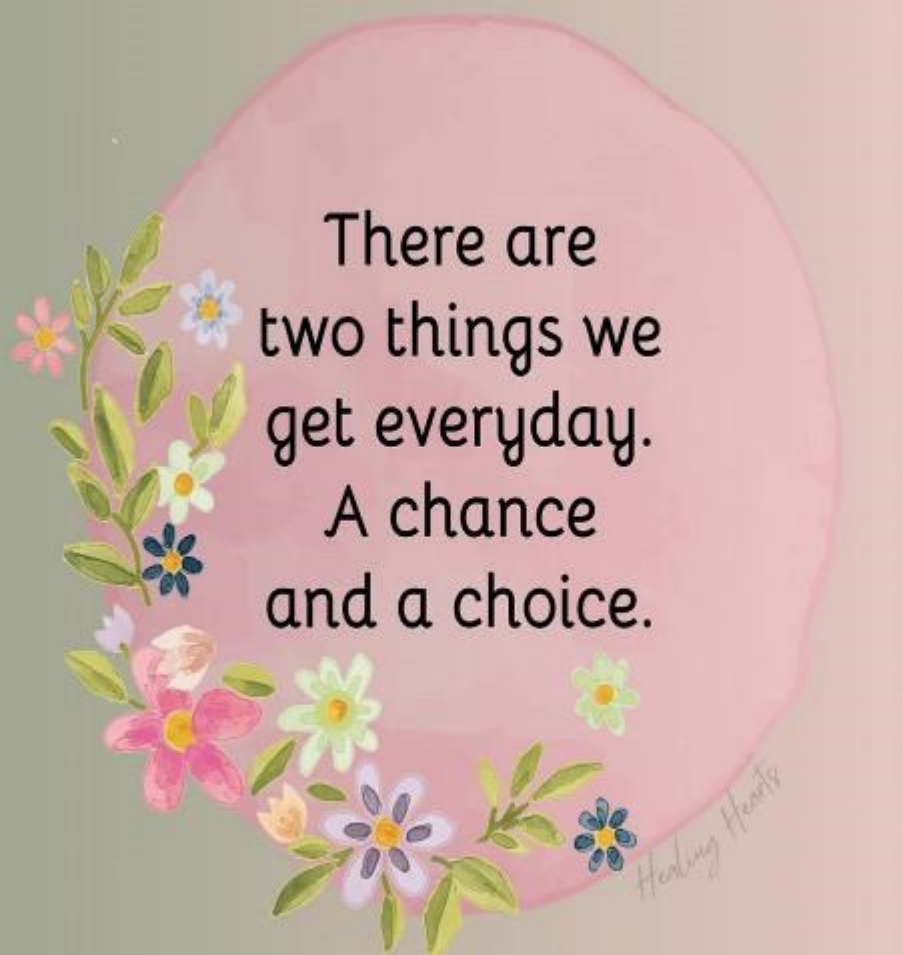




# DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

APRIL 2025



There are  
two things we  
get everyday.  
A chance  
and a choice.

*Healing Hearts*

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**

April 3: Live Music with Amy Andrews

April 8: Broadway Trivia with Charlie

April 17: Wags for Hope Dog Visits

April 18: AJs Jazz Band

April 22: Singing & Dancing with Dale and Garrey

April 30: Live Music with the Take Two Variety Band



## **THROUGHOUT THE MONTH**

Exercise  
Brain Games  
Crafts  
Bingo  
Music  
Reminiscing  
Word Games  
Puzzles  
Dancing



## **SEND US A PICTURE OF YOUR PET!**



The Activity Team is putting together a presentation about pets to be shared on April 11. Please send us photos of your loved one with a favorite pet (or just the pet), past or present. You can simply take a picture of a framed photo with your phone, take a new picture, or send us one you already have. Pics can be emailed to Shawn at [activities@daybreakadultdayservices.org](mailto:activities@daybreakadultdayservices.org) or texted to 240-357-5541. Be sure to include the name of the pet and any family that might be in the picture. Thank you!

# The Director's Corner

Hello and Happy Spring! The warmer temps, sunny days, blooming trees and those happy daffodils have definitely improved my disposition! And the ducks...we have a mom and dad that have decided to make our courtyard their nesting site this season! We had seen the ducks just once but when the crew came to clean and mulch the courtyard they found the nest. Momma has been seen each morning sitting atop. We will keep you posted! You can see some pictures inside.

We are so grateful to our Woodlands of Urbana Garden Crew who are stepping up again to help keep the courtyard beautiful this season. They raised the funds for the mulch crew and are purchasing some new trees to add to the space. They will also be weeding each week to help keep it all looking beautiful! We are so incredibly grateful for their efforts and commitment to helping us and we can't wait to start spending time out here enjoying the space!

Speaking of outside, we are going to start up field trips again. Look for the signup sheet inside. If your participant wants to attend and it is on their regularly scheduled day, please sign and return the form with the required fee (cash only please) as soon as possible. Trips are first come, first serve, with the nurse reserving the right to keep anyone at the center she feels would not be safe to go on that particular day. We are starting slow with one trip this month and then will build up! It will be a normal day at the center so your loved one will have fun whether they go or not. If you have any suggestions for field trip destinations (senior friendly places we can go and return from in 2 hours or less), please share them with me or Shawn!

Make sure you check out all of the great articles inside this month, as well as the community events. There are some great resources for caregivers. Also mark your calendars and save the date for a Senior Resource Fair to be held at FCC Thursday May 29. I will include the flyer in next month's newsletter.

Before I close I want to take a minute to acknowledge my 17 year work anniversary. It is hard to believe that much time has passed since I accepted a very part time social worker position here at Daybreak. 4 years into that job I accepted the position as Director and have never looked back. I have met so many amazing people; each of you included. I am so very blessed to truly love what I do each day! Thank you!

I hope you enjoy the beautiful month of April and the spring holidays that are celebrated this month and as always, feel free to reach out any time.

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





## Staff News and Notes

### *Anniversaries*

One big anniversary this month; Christina celebrates 17 years with Daybreak, 13 of which have been as the Director. "I am so blessed to truly love what I do, and so grateful to the many families, participants, and staff who have enriched this long journey. Thank you!"

### *Welcome New Staff*

We are very happy to welcome a new registered nurse to the team!

Angie Showell will be with us on Tuesdays and Fridays helping Chris in the nursing office. If your loved one comes on those days you are likely to hear from her soon!



## 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.



## OUR CONDOLENCES

*To the friends and family of*

*Loretta Roberts*

*She will be missed*

# RED FOLDER PROGRAM

## WHAT IS THE RED FOLDER?

The Red Folder is a place where you can store important medical information, including your goals of care. The folder is large enough to hold a standard piece of paper and robust enough to withstand years of use. It is bright red in color so that it stands out and has magnets on the back so that it can be easily affixed to the front or side of most refrigerators. The folder is also portable and can accompany you when traveling or during an unplanned evacuation.

First Responders, including Paramedics, Firefighters, and Law Enforcement Officers, are trained to look for important medical information in the Red Folder. When an emergency happens, you can easily direct responders to the location of the folder, where they will be able to find the answers to many of the questions that are commonly asked during the medical care process. And, if you can't speak for yourself, you can rest assured knowing that the responders will have that critical information about your goals of care.

## WHO SHOULD HAVE A RED FOLDER?

The Red Folder is an important tool for the seniors in our community. However, any resident with multiple medical diagnoses, extensive medication lists, or who require more complex levels of care can also benefit from having a Red Folder to help better manage their medical information.

## WHY ARE ADVANCE DIRECTIVES IMPORTANT?

Often referred to as goals of care, an advance directive is your way of communicating your wishes and helping to guide the medical care that you receive. Medical emergencies can be very stressful, but having advance directives in place beforehand can help to alleviate some of the fear and anxiety of others who may be tasked with making decisions about the medical treatment that you want. For additional information on advance directives, please download this [2-page flyer](#) produced by our partners at [Frederick Health](#).



## WHAT SHOULD I PUT IN MY RED FOLDER?

- [Advance Directives](#)
- [Maryland MOLST Form](#)
- [Emergency Information Card](#)
- [A Recent Photo](#)
- [Caregiver Emergency Form](#)

## IS THERE A FEE FOR THE RED FOLDER?

The [Red Folders](#) are free to all residents of Frederick County, Maryland. However, we do request only one folder per household when possible.

## HOW DO I GET A RED FOLDER?

You can scan the QR Code to complete an [online form](#) or contact the Mobile Community Healthcare Program directly by calling 301-600-HELP (4357).



## April Support Group Information

**ALL ZOOM (11am)      IN PERSON+ZOOM (4pm)**

**April 7**

**April 21**

Get together with other caregivers who “get it” and take a breath. All are welcome (whether you are affiliated with Daybreak or not). Please call or email if you have questions or would like to be put on the group email list to receive reminders and Zoom links.

[director@daybreakadulthoodservices.org](mailto:director@daybreakadulthoodservices.org)

# NURSES NOTES



## ***Nursing Notes: Blood Clots***

Blood clots are usually harmless. They form whenever we cut or scrape our skin and get a bruise. However, when blood clots form in a blood vessel they can obstruct blood flow. This is called a thrombosis. This can cause trouble when a clot breaks free and travels through the circulatory system. It can cause blockages affecting the heart, lung or other organs and could potentially shut them down. **This is a true emergency!** As we age, the risk of blood clots increases especially with preexisting conditions. Recently, one of our participants had a life-threatening event related to a blood clot, and if not for the quick action of her caregiver, she might not have made it.

### **Types of Blood clots:**

1. Deep Vein Thrombosis (DVT) occurs when a clot forms in a deep vein or artery, that either partially or completely blocks the flow of blood. These clots can occur in any deep vein or artery like the arms, pelvis, sinuses or brain, though the leg is most common.
2. Pulmonary Embolism (PE) occurs when a blood clot like a DVT breaks off from the vein and travels to the lung. The clot blocks a vessel in the lung interrupting blood flow.
3. Coronary Thrombus is a blockage of an artery in the heart. It can occur when arteries become clogged with fat and cholesterol, making it hard for blood to flow through.

### **Risk Factors**

#### **Non controllable risk factors**

Age older than 60  
Blood clotting disorders  
Cancer  
Chronic inflammatory diseases  
Family history of DVT or PE  
Injury to the veins  
Non weight bearing boots or casts  
Pacemaker of catheter  
Pregnancy  
Surgery

#### **Controllable risk factors**

Birth Control or Hormone or Replacement therapy  
Immobility or stay still too long  
Not taking your medications as ordered  
Obesity  
Smoking

### **Treatments**

Blood Clots can be treated with medications and or surgery depending on the location and type.

Aspirin or anticoagulants may be used.

Heparin injections are often used during hospitalization to prevent clots from forming while you are laid up.

Also leg electronic pumps are often used to increase blood flow during hospital stays or at home.

Surgery may be indicated to remove the clot if it is in a dangerous location.



### **Signs and Symptoms of a DVT:**

- Swelling of a leg or arm
- Leg or arm pain or tenderness
- Skin discoloration can be reddish or blue, in severe cases it can be more white
- Increased warmth to touch
- Decreased or absent pulses in the arm or legs.

### **Signs and Symptoms of a Pulmonary Embolism:**

- Sudden shortness of breath
- Chest Pain- sharp or stabbing can get worse with a deep breath or cough
- Rapid heart rate
- Light headedness or dizziness
- Sweating
- Unexplained cough sometimes with bloody mucus

### **Signs & Symptoms of Coronary Thrombosis:**

- Severe chest pain
- Coughing
- Shortness of breath

***If these signs and symptoms are present, don't waste time calling your doctor. Call 911 immediately and explain you or your loved one may have a blood clot.***

### **Ways to reduce the risk of blood Clots**

Avoid long periods of staying still. If traveling, try to make sure you move around every 1-2 hours.

If you can't move, do heel toe exercises or circle your feet.

Drink a lot of water and wear loose fitting clothes.

If recommended wear compression stockings to help prevent clots.

Take all prescribed medication as directed by your doctor.

Follow any self-care measure to keep heart disease, diabetes and any other health issues as stable as possible.

I hope you find this information helpful.

As always, please contact our nurses if your loved one has any health-related event, fall or medication changes as soon as possible. Our goal is to help keep all our clients as healthy as possible and the more information we have the better off we are to serve them and you.

***Chris Grable RN***

Daybreak Health Director

301-696-0808 ext. 1002

Email: [RN@daybreakadulthoodservices.org](mailto:RN@daybreakadulthoodservices.org)



\*Sources: Yale Medicine & Frederick Foot & Ankle

# Activity News



Hello to All!

Watching the flowers bloom from the Activities Hub, this is Shawn Patrick Jordan, Activity Director for Daybreak Adult Day Services!

It's lucky number 7 (months) for me in terms of lifespan with this wonderful organization! I have no doubt that more amazing adventures await me with your loved ones, but I would be remiss if I didn't look back and appreciate all that has occurred during my starting here. Our participants are amazing and I am nothing short of astounded by their stories and efforts to enrich their lives within our shared space! Please know that with warmer weather will come the slow re-introduction of field trip opportunities, and I will bring about updates on that in the future! Stay tuned!

After a one-month break, I welcome you all back to the sixth 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 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:*

<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>

The sixth wedge comes at a convenient time, as springtime is certainly a boost to all it encompasses: Environmental Wellness. As many of us begin to focus on traditions such as Spring cleaning, finding wellness in your environment, or the space which you occupy, can be critical in supporting the overall wellbeing of an individual. It is very easy as caregivers to become so focused on those that we care for that we sometimes neglect our own spaces. I can speak from personal experience that my office desk often is in a state of disarray simply because I am running back and forth from the floor and my office. However, the art of de-cluttering space is a small, yet effective way to lower stress levels and increase this area of wellness. Our environment in which we



work, live and thrive should be a space in which we are as comfortable as possible.

While it can be said that simply cleaning your space is enough to find environmental wellness, it should be noted that to maintain this wedge effectively, it is important to think on a larger scale. The environment of the world we live in can also greatly affect your wellness. For example, weather and climate can have lasting effects on all areas of wellness, including emotional, physical and even spiritual health. Having awareness of humanity's impact on the world may seem like a daunting task, but small moments of reflection and action can greatly increase the chances that you feel environmentally well. These small actions can range from participation in your area's recycling program, to maintaining access to an outdoor space, to acknowledging the amount of pollution our actions create. While "Save The Planet" may be too overwhelming a mission, "Maintaining Your Space", and "Do What You Can!" are far softer and more manageable missives.

It is sometimes unavoidable to create waste, especially when caring for individuals. However, finding eco friendly alternatives to toiletries tools used in your field is an excellent place to begin. Researching your local climate and paying attention to weather phenomena is another small step towards Environmental Wellness. Simply checking the weather and determining if it is a viable option to enjoy nature and reap the benefits of outdoor spaces can significantly alter your mood. Environmental Wellness has always been and will continue to be a group effort. While the steps above are designed for personal use, community involvement and maintaining public spaces can both enrich your social and emotional and even physical wellness but also set the example and the tone for the next group of individuals tasked with keeping the spaces we live in healthy. Understand your limits but never be afraid to advocate for this beautiful planet we share. For there is no wellness for anyone if there is no Planet Earth.

As nature grows, so too shall we as we hit the downhill stretch on our Wheel of Wellness series. I hope that you continue to take into consideration the wellness of yourself as well as the individual people you serve. It truly is worthwhile to aim for wellness, and I cannot stress enough how proud I am of each one of you for the efforts you have been putting in. Many of you have reached out to speak to me more about the Wheel of Wellness, and I am always happy to assist any way I can. I appreciate your time, and I look forward to speaking with you all soon, dear readers. Until May!

Be Well! Be Safe! Be Silly!

Shawn Patrick Jordan

Activity Director

[activities@daybreakadulthoodservices.org](mailto:activities@daybreakadulthoodservices.org)



## From the Social Worker

### Community Resource Highlight- The Red Folder

The Red Folder is a potentially lifesaving, free service offered through the Frederick County Division of Fire and Rescue Services. While initially designed for older adults and people with multiple, or complicated, health conditions, it is something we can all benefit from.

The Red Folder is a safe place to keep copies of important documents related to medical care, and wishes, that is easily identifiable by first responders in case of emergency. Kept on the side of your refrigerator, or in some other visible place in your house, the folder can hold a variety of documents that may be helpful to first responders, including things like advanced directives, Maryland MOLST form, Emergency Information card and Caregiver Emergency Form, a list of current medications and health information, a photo ID and insurance card etc. A bonus of using the Red Folder is everything is together in one place if you would need to bring the documents with you to doctor's appointments, vacation, or if you travel between homes.

You can request one Red Folder per household in Frederick County by visiting <https://www.frederickcountymd.gov/9081/Red-Folder-Program> or contact the Mobile Community Healthcare Program 1-301-600-HELP (4357). The website above also includes links to the forms that can be included in the folder.

Documents that should be stored in your Red Folder may include, but are not limited to:

- Advanced Directives – This legal document outlines your choices about medical care and intervention in the case that you are not able to communicate those desires. It helps ensure that your wishes are followed. Some parts of Advanced Directives include:
  - Living Will- In this document you can outline what types of care you want, or do not want, usually in end-of-life care in case you are not able to communicate those desires.
  - Medical or Healthcare Power of Attorney- The document used to designate a person(s) who will know of your medical wishes and will help ensure your medical wishes are carried out.
- Maryland MOLST Form – Medical Orders for Life Sustaining Treatment are similar to Advanced Directives but more specific and actionable and are used by healthcare providers immediately in emergency situations. The orders ask specific preferences on situations related to life-sustaining interventions like CPR, artificial nutrition and hydration, ventilation, blood transfusions etc.

- Emergency Information Card, which includes your medical conditions, medication list, allergies, care providers and contact information, emergency contacts etc.
- Caregiver Emergency Form – If you are a caregiver pay specific attention to this form in the Red Folder. It alerts first responders that you are a caregiver for someone who may need assistance. This can be a child or adult who cannot be safely left alone. It provides contact information and instructions to be followed to ensure their care if you are having a medical emergency.
- A Recent Photo

Important Reminder- Be sure to use copies of documents, not originals. This can avoid original documents getting lost.

Any questions, give me a call. Happy to help.

Mary Collins, LMSW  
[socialwork@daybreakadulthoodservices.org](mailto:socialwork@daybreakadulthoodservices.org)



**Want to learn more about MOLST forms? Frederick County Fire and Rescue is partnering with the Division of Aging and Independence for a virtual presentation:**

### **MOLST Presentation**

**Wednesday, April 9 Noon-1:00 p.m.**

The Maryland Medical Orders for Life-Sustaining Treatment (MOLST) form is a portable and enduring form for orders about cardiopulmonary resuscitation and other life-sustaining treatments.

This order form makes your treatment wishes known to health care professionals. It includes many sections, but the only sections that are completed are the ones that identify the decisions you've made regarding your treatment preferences. Learn how to complete one, how Fire and Rescue personnel uses the form, and why it is important for all citizens to have a completed form in addition to advance directives.

**Presenters: Matt Bergan and Calli Guercio, Frederick County Fire and Rescue**

**Attend the presentation at any of the 50+ Community Centers: Virtual, Brunswick, Emmitsburg, Frederick, Middletown, Urbana Free, pre-register by calling your center or emailing [VirtualSeniorCenter@FrederickCountyMD.gov](mailto:VirtualSeniorCenter@FrederickCountyMD.gov)**

# Community News and Notes

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

**DEMENTIA LIVE:** April 23, 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](mailto: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:

April 11, Urbana Senior Center

April 25, Middletown Senior Center

To register: email [caregiversupport@frederickcountymd.gov](mailto:caregiversupport@frederickcountymd.gov) or call 301-600-6022.:

## **Managing Money: A Caregiver's Guide to Finances:**

Wednesday, April 30, 11:00 am. This evidence-based course helps caregivers understand the cost of caregiving and the benefits of early planning, and teaches how to start a conversation about finances, assess financial and legal needs, avoid financial abuse and fraud, and find support when needed. Presenter: Alzheimer's Association representative. Virtual ,Free, pre-register:

[VirtualSeniorCenter@FrederickCountyMD.gov](mailto:VirtualSeniorCenter@FrederickCountyMD.gov)

## **FROM THE DIVISION OF AGING AND INDEPENDENCE**

**Groceries for Seniors.** April 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 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>

# Advanced Medical Directives Prepared at No Cost!

## Law Day

Thursday, May 1, 2025

Schedule a **FREE** appointment with an attorney at one of the following Frederick County 50+ Community Centers:

Brunswick Center	301-834-8115
Emmitsburg Center	301-600-6350
Frederick Center	301-600-3525
Middletown Center	301-600-3613
Urbana Center	301-600-7020

In an advanced directive you can:

- Designate your health care agent(s) in case you cannot make your own health care decisions.
- State your desire to have or withhold life-sustaining procedures in end-of-life conditions.
- Include personal instructions and statements.
- Choose pain relief options to relieve pain and suffering.
- Provide your wishes regarding organ donation, or the donation of your body.
- Designate your preferences regarding funeral, burial, cremation, memorial service, etc.

*This event is sponsored by the  
Maryland Bar Association of Frederick County  
and the Frederick County Division of Aging and Independence.*





# PUZZLE MAKING WITH THE DELAPLAINE



Helping our friends at  
Village Crossing create the  
World's Largest Rock Snake!



Daybreak contributed  
100 painted rocks!







## BIRTHDAYS

- 1 Alicia A.
- 8 Linda B.
- 10 Carlton "Bob" B
- 11 Dottie N. & Jackie S.
- 14 Carol M.
- 15 Bob Boy.
- 17 Michael S.
- 24 Stretch B.
- 26 Elena M. & Edith I.
- 27 Flo D.

## Look what we found in the courtyard!



**We are calling Mom and Dad "Camilla" and "Charles".  
Stay tuned to meet the rest of the royal family!**

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.*