



# DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

MAY 2025



Daybreak will be closed Monday,  
May 26 for the Memorial Day Holiday.

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

May 1: Kentucky Derby Presentation with Charlie

May 5: Cinco de Mayo Celebration

May 12 & 19: Dynamic Exercise with Nanette

May 15: Wags for Hope Dog Visits

May 22: Broadway Music Trivia with Charlie

May 27: Singing & Dancing with Dale and Garrey



## THROUGHOUT THE MONTH



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



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. The trip will be cancelled if we don't have at least 10 people signed up. **IF YOUR LOVED ONE HAD SIGNED UP FOR THE APRIL FIELD TRIP (WHICH WAS POSTPONED), WE HAVE ALREADY PLACED THEM ON THE ROSTER FOR THE MAY MAKEUP TRIP.** Please reach out to Espy at [activities@daybreakadultdayservices.org](mailto:activities@daybreakadultdayservices.org) if you have any questions

Wednesday May 21, 2025  
Lunch at IHOP  
Depart Daybreak at 11:30



# The Director's Corner

May greetings! I hope this edition of Daybreaking News finds you well. What a beautiful spring it has been. We are so happy to finally be outside in the courtyard again! Many many thanks to our gardening angels from the Woodlands of Urbana. These kind and generous folks come on the weekends to weed and have raised money to buy a number of new trees for the courtyard. Have you ever heard of a Zig Zag Red Bud? I hadn't either but I am fascinated by the one they have planted. See the picture below. I can't wait to see it in bloom next spring! I also can't wait for our pond work to begin! After many years of trying to care for the pond ourselves, we are finally having some pros come in to clean and refurbish it. They can't get to us until May 27 but I am optimistic it will be worth the wait!

Speaking of worth the wait, after watching mamma duck sit on her nest in the courtyard for 5 weeks, the eggs finally hatched April 24th; 13 in all! Momma was quick to walk her ducklings to the pond to take their inaugural swim. So darn cute! There are some pictures inside. Sadly, after that first day, Mamma took her gaggle elsewhere and we haven't seen them since. I am putting faith in mother nature and hoping for the best!

And speaking of "hoping for the best", we are doing a lot of that with regard to our subsidy funding for the new fiscal year, which starts July 1. As of this writing, we have confirmed that we are getting most of the funds that we had requested. This is critical as more people than ever are needing assistance to pay for their attendance at Daybreak. Last year, we used \$262,000 in grant dollars to provide 4162 days of subsidized service to 71 unique individuals. We are on track to exceed those numbers this year. I will be reaching out to those of you who have been recipients of subsidy this year for your feedback as I prepare for end of year grant reports. I will also be sending home information and application for subsidy for the new fiscal year later this month.

Enjoy the lovely weather and the sweet sounds of spring. Don't hesitate to reach out if we can be of service!

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



# Community News and Notes

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

**DEMENTIA LIVE:** May 5, 1pm or June 6, 1pm. 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:

May 23, Brunswick Senior Center

May 30, Emmitsburg Senior Center

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

**The 10 Warning Signs of Alzheimer's:** Wednesday, May 14, 11:00 am. This course helps caregivers recognize common signs of the disease in themselves and others, and identify next steps to take, including how to talk to their doctor. Presenter: Alzheimer's Association representative. Virtual, Free, must preregister: [VirtualSeniorCenter@FrederickCountyMD.gov](mailto:VirtualSeniorCenter@FrederickCountyMD.gov)

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

**Resource Fair: May 1 10am-3 pm.** Drop in and learn more about the many programs services offered by the Division.

**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>

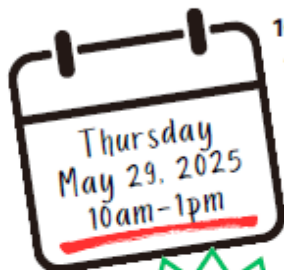
# 4th Annual

# Senior Resource & Education Fair

Presented by SOAR in partnership with Aging Network Alliance & Frederick Community College  
Co-Sponsored by The Frederick News-Post & Frederick County Division of Aging & Independence

In recognition of **Older Americans Month**, we are pleased to host this **FREE** event open to seniors, family members, caregivers and professionals.

This year's theme via Older Americans Month is **"Flip the Script on Aging"**



**10am-11am:** Visit with senior services professionals

**11am:** Keynote speaker

**11:30am:** Lunch will be served

**11:30am-1pm:** Visit with senior services professionals

**No Registration is Required!**

Frederick Community College Athletic Center  
7932 Opossumtown Pike  
Frederick, MD 21702

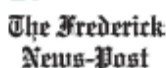
**Door Prizes!**

**Free!**

...with THE HONEY BAKED Ham CO

**FREE** Honey Baked Ham boxed lunches for the **first 200** attendees

Lunch will be served at 11:30am



## Keynote speaker

Dr. Sue Paul, Occupational Therapist/  
Healthy Aging Visionary

**"The Keys to Longevity"**

Visit with 70 professional exhibitors to receive education & resources

- Therapy Services
- Health & Wellness
- Aging at Home Services
- Senior Navigation
- FREE & Low Cost Community Services
- Medicare
- Moving/Downsizing
- Transportation
- Wills, Estates, & Trusts
- Retirement Planning
- Retirement Living Option

**Frederick County Sheriff's Office will be offering information on SCAMS and accepting EXPIRED or UNUSED MEDICATIONS**

For more information or questions, please contact SOAR  
[SeniorFair@soarfrederick.org](mailto:SeniorFair@soarfrederick.org) [www.soarfrederick.org](http://www.soarfrederick.org)

**FROM THE DIVISION OF AGING AND INDEPENDENCE**  
**State Health Insurance Program Overview May 20 10am-11 pm.** Trained SHIP staff help Medicare beneficiaries, family members and caregivers understand Medicare benefits, bills, and Medicare rights. Learn more about how this program may help you . Free, virtual. Preregister :  
[VirtualSeniorCenter@FrederickCountyMD.gov](mailto:VirtualSeniorCenter@FrederickCountyMD.gov)



# Staff News and Notes

## Anniversaries

Some more BIG anniversaries this month.

Our Health Director **Chris Grable** celebrates **14** years with Daybreak! Chris is a wonderful nurse who deftly juggles multiple priorities at once. From hangnails to major medical emergencies, Chris calmly provides exceptional care to each of our medical day participants while at the same time keeping on top of the crazy amount of documentation that our regulations require. Daybreak is very lucky to have had Chris at the nursing helm for all of these years. Thank you Chris for all you do!

Receptionist and so much more, **Gwenda Roberson**, celebrates **12** years at Daybreak. Another master juggler, Gwenda manages all sorts of things at the front desk, from the doors and phone to the calendar, daily bus routes, banking and so much more. Thank you for ALL that you do Gwenda, you are very appreciated!

Social Worker **Mary Collins** celebrates **3** years with the team. Though Mary only works part time, she a trusted resource to not only our participants and families, but the staff as well. Mary is exceptionally compassionate, knowledgeable, and generous in her spirit and time. We are so lucky to have her on the team. Thank you Mary!!

## Farewell

We are very sad to say good by to nursing assistant Mercedes Rodriguez. Mercedes was only with us a short time but quickly learned the ropes and became an integral part of the team. We are going to miss her, but wish her well.

We are also saying “until we see you again” to nursing assistant Jessica Sines who is moving from full time to an “as needed” position. We are going to miss seeing Jessica’s sunny face every day but glad that we will still be able to see her occasionally.

We are actively seeking replacements for both aides and are thrilled that our college students Jailyn and Maddie will be back home from school and will be picking up some shifts through the summer.





# 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.



**We are looking for magazines and coffee table books!** Lots of our folks like thumbing through magazines or books (big pictures, few words) after they have finished a meal or are waiting for activities to start. If you have any to donate, we would love them!

## 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)

May 5

June 2

July 7

### IN PERSON+ZOOM (4pm)

May 12 (note date change)

June 16

July 21

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](mailto:director@daybreakadulthoodservices.org)

# NURSES NOTES



## **Tis the season for sneezing and wheezing: How to beat spring allergies**

While many eagerly await the spring, the budding trees and growing grass can mean a season of sneezing and wheezing for millions of allergy sufferers. Spring allergies, also called seasonal allergic rhinitis, affect as many as 30 percent of adults and up to 40 percent of children. Common symptoms include:

- sneezing
- stuffy or runny nose
- sore throat
- itchy or watery eyes
- fatigue

Avoiding the things that trigger your allergies can also help. Here are some tips:

- Keep windows closed during pollen season, especially during the day.
- Stay inside during mid-day and afternoon hours when pollen counts are highest.
- Take a shower, wash hair and change clothing after working or playing outdoors.
- Wear a mask when doing outdoor chores like mowing the lawn. An allergist can help you find the type of mask that works best.
- Take your prescribed medications as ordered & keep rescue inhalers with you at all times.

**What are allergies?** Allergies are diseases of the immune system that cause an overreaction to substances called allergens. Allergies are grouped by the kind of trigger, time of year or where symptoms appear on the body. People who have allergies can live healthy and active lives.

How can I tell the difference between a cold and an allergy?

You can tell the difference by your symptoms. Not everyone may be able to tell without a doctor's diagnosis. However, here are some clues:

- With an allergy you don't have a fever or muscle aches, but with a cold you might.



- Allergies last weeks or months, while colds last only 7 to 10 days.
- Nasal discharges caused by allergies are usually clear, thick and watery, while a cold starts off clear but changes to thick, yellow/green.
- With allergies you may have itching in the ear, nose and throat. With colds, this itching is rare.
- Sneezing spells are common with allergies and rarely occur with colds.
- Allergies occur during different seasons depending on what you are allergic to. Colds occur mostly in the fall and winter.

**Please update the Daybreak nurse with any changes in medications or health concerns.**

**Chris Grable RN, Health Director**  
**[RN@daybreakadultdayservices.org](mailto:RN@daybreakadultdayservices.org)**

American College of Allergy, Asthma, & Immunology©  
[www.acaai.org](http://www.acaai.org) Asthma & Allergy Foundation of America©  
[www.aaafa-md.org](http://www.aaafa-md.org)



## Daybreak's Ducks!



# Activity News



Hello to All!

Live from the Activities Hub, this is Espy Jordan, Activity Director for Day-break Adult Day Services!

8 months have passed since this journey began for me here with Daybreak. You would think that this would mean that I am now a consummate professional in this field, but the honest truth is that I cannot say such things. Doing so would invalidate the incredible learning opportunities continuing to reveal themselves to me in the work that we do here. I am coming to terms with the knowledge that I cannot prepare for everything, but rather I can learn to be prepared for anything. I am continuing to grow, even now, and I hope you will greet this revelation with patience and understanding. All that I do here is for the betterment and enrichment of those we serve, and I will not rest until the concept of learning is as familiar as the back of my hand.

I now welcome you all back to the seventh (and penultimate) 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>

As we discover the penultimate wedge, Intellectual Wellness, I’d like you to skim back over my introductory paragraph in this version of the newsletter. You may notice a similar theme to this wedge. Intellectual wellness is the sharpening and maintenance of your knowledge and skills. Being well in this field means opening yourself to learning opportunities, as well as challenging yourself to not remain stagnant in your education. Now, when using such a term, I am sure that many of your minds may have immediately returned to your days in college or other higher education area. It is easy for us to attribute the term “intellectual” only to organized educational establishments, but to do so would be a disservice to the concept of learning as a whole.

Consider this: every day in your life has at least 3 consumables. You sustain yourself through the air you breathe, you nourish your body with the meals you consume, and you nourish your *mind* with the knowledge you receive.

Learning is as much a part of the human experience as oxygen and food; there is no way to accomplish avoiding it. These moments of learning do not need to be dramatic, sweeping ideas. It could be a piece of novelty trivia, a discovery about yourself, or a new skill or interest. Your brain, the vessel for this knowledge that *is us*, is in constant need of wellness and maintenance. Just like the other wedges, neglecting your intellectual wellness can have lasting impacts on yourself and those around you. One of the easiest ways to neglect your intellectual wellness?

Complacency.

Abiding by the “ignorance is bliss” rhetoric is not only a detrimental way to handle your personal wellness, but it also puts those we care for at risk. To assume that you know everything you need to survive and thrive in this ever-changing world puts you at a distinct disadvantage towards reaching your goal of being well. However, even if you have found yourself in a state of complacency, you have a golden opportunity laying just outside your peripheral. By allowing yourself to learn, and accept that life is not static, but growing and shifting in its perspectives, you allow yourself to learn again.

There are so many ways you can boost your intellectual wellness, and almost all of them can be a fun and enjoyable experience! Review the skills you already possess, be it a hobby or work, and see if there is any way to improve them. Find a media regarding a topic that interests you, such as books or articles, and take the time to read them. Stimulate your dormant brain with puzzles, or other challenging activities that will only serve to boost your intelligence, such as learning a new language or playing an instrument. It is easy to look at these and scoff at the perceived difficulty of doing this. But progress and wellness do not always equal ease. I can tell you from personal experience that I am still working to break a cycle of complacency in my own life. It is not easy, but the skills I am beginning to refine, such as my own ability to think critically and build a self-image for myself, will make me a better version of me.

Again, nothing regarding any of these wedges needs sweeping changes. Take the seconds your day allows and put them towards your intellectual wellness, and you will find that it becomes easier to face daily challenges when you have a modern understanding of them. I assure you that they will accumulate into results.

All, thank you once again for taking the time to read my deep dive into the areas of wellness. Amazingly, we are down to just one wedge, which means soon your wellness toolkit will have all it needs to truly get started in earnest! Never fear, however, as the end of this series simply means a new adventure is on the horizon! Stay tuned to find out more in the future!

Until June!

Be Well! Be Safe! Be Silly!

Espy Jordan

Activity Director

Daybreak Adult Day Services

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



## From the Social Worker

Sometimes it can feel like everything coming at us is anxiety provoking and doomy and gloomy. So, I think it is time for a little good news update, and today we will focus on what is going on in the field of medicine. As with all things in life, sometimes we just need to look a little harder for the good things happening. Our brains are wired to always find information to support our beliefs. So let's make an effort to seek out news and events that support uplifting news and keep building that positivity!

All of these snippets come from [goodnewsnetwork.org](http://goodnewsnetwork.org). A great place to get all kinds of short, inspiring news. Here is a sampling of some of my favorite articles recently. I have included the links to the articles below so you can read the entire articles if you are interested. Happy reading.

A study coming out of Wales found that older adults who received the shingle vaccine were 20% less likely to develop dementia over the next 7 years. The theory is that nervous system viruses can be a risk factor for developing dementia. This was just the news I needed to put getting a shingles vaccine on my "to-do" list.

A recently published article found that moderate amounts of regular coffee or caffeine have been linked as a protective factor against cardiometabolic diseases like heart disease and stroke.

Researchers recently found a simple, inexpensive blood test that can detect a protein found in heart muscles that indicate heart damage. This damage can indicate cardiovascular disease better than previous markers. This \$10 test can be done along with routine bloodwork to alert people early to risk of cardiovascular disease and be preventative in managing it.

Northwestern University has created the world's smallest pacemaker, smaller than a grain of rice, and able to fit into a syringe to be non-invasively injected into a newborn's body. While the tiny pacemaker can be used for people of all ages, its small size makes it ideal for newborns and young children.

Northwestern has been busy because another device coming from some of their researchers is a "small, flexible implant that relieves pain on demand without the use of drugs."

This discovery could really change the way we manage pain, thereby decreasing the need to use opioids and other addictive medications. The small device is implanted and works by numbing nerves to block pain signals to the brain. An external pump is used to manage the device.

Have any others to add? I'd love to hear about them. Feel free to pass them along.

Take care and wish you all well-  
Mary Collins, LMSW  
socialwork@daybreakadultdayservices.org

Want to read more? Here are the links to the above articles :

<https://www.goodnewsnetwork.org/moderate-coffee-and-caffeine-consumption-is-associated-with-preventing-onset-of-1-killer/>

<https://www.goodnewsnetwork.org/simple-10-blood-test-could-help-prevent-thousands-of-heart-attacks-study-says/>

<https://www.goodnewsnetwork.org/those-who-got-shingles-vaccine-were-20-less-likely-to-get-dementia/>

<https://www.goodnewsnetwork.org/the-size-of-a-rice-grain-worlds-smallest-pacemaker-is-activated-by-light/>

<https://www.goodnewsnetwork.org/northwestern-u-dissolvable-implant-cuts-pain-without-drugs/>



## OUR CONDOLENCES

*To the friends and family of*

*Jay Coley*

*He will be missed*





Enjoying the  
Courtyard!



Dogs, Dancing, and More!







- 1 Mayola B.
- 8 Otto J.
- 13 Betty K.
- 15 Helen M. & Jane M.
- 17 Ana G.
- 22 Regina A.
- 25 Ken N.
- 28 Vicki S.
- 30 Tom C.



## **Make Way for Ducklings!**

We had 13 ducklings hatch on April 24. Here they are on their first swim with Momma the following day!



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.*