



# DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

JULY 2025



Daybreak will be closed Friday July 4

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/daybreakadulthoodservicesfrederick/>

## SPECIAL EVENTS THIS MONTH

July 9: Daybreak Fashion Show

July 17: **Wags for Hope** Dog Visits

July 18: Live Entertainment with **AJs Jazz Band**

July 22: Singing & Dancing with **Dale and Garrey**

## THROUGHOUT THE MONTH



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



Field Trip 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. Reach out to Espy at [activities@daybreakadulthoodservices.org](mailto:activities@daybreakadulthoodservices.org) if you have any questions!



Wednesday July 23  
Mountainview Diner Lunch Trip

# The Director's Corner

Hello and Happy Summer! I hope that you are surviving the heat and finding ways to enjoy this sunny season! We are having a good time at Daybreak. Although courtyard time has been very limited, the AC inside is working just fine!

The newsletter is packed with lots of great information about a variety of upcoming events. We are very excited to be hosting a special Dementia Live event for teens this summer (August 13). If you have a person with dementia and teenagers in your life, please read Mary's article and see the corresponding flyer. If you yourself haven't done Dementia Live, I encourage you to come to one of our regular presentations. The next one is scheduled for July 9. Mary does them monthly in collaboration with Jordan Cox from the Division of Aging and Independence. The teen class is a new endeavor spearheaded by Fiona Collins, a student at Oakdale High School. Dementia Live is a thought provoking simulation experience that helps you better understand the dementia process and how it impacts a person who has it and those around them. I highly recommend it!

We are also very excited to be hosting a fun, no stress Bingo game at the center August 2. This is open to the community and is a fun way to wile away a hot afternoon. A variety of my colleagues from various senior care companies, such as Hospice, rehab facilities, assisted livings, home care agencies, and more, will be here sharing info. They will also be providing snacks and the Bingo prizes! The event is free and open to the public. RSVP is required. See inside for more info! I hope you can join us!

Mary and I will both be hitting the road to participate in two community events this month as well. July 19 is a Veteran's Appreciation event being held at the Frederick Health Village from 10-2 and includes resource displays for veterans of all ages, music, activities, food trucks and more. July 19 is also Asbury United Methodist Church's annual block party in downtown Frederick, with lots of music, resource displays, and food giveaways.

Enjoy what you can of summer...it is going so fast! Please remember to let us know if your loved one will be going away on vacation, or if you are going away and we need alternative contact information. Never hesitate to ask if your loved can come to the center extra days while you are away, entertaining visiting guests, or just because.



Stay cool ~ Christina

# Community News and Notes

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

**DEMENTIA LIVE: Wednesday** July 9. 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:

July 25, Brunswick Senior Center

August 8, Urbana Senior Center

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

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

**Groceries for Seniors.** July 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>

**Medicare Worksops:** Morning Session: **Navigating the Medicare Maze:** enrollment, parts of Medicare, timing, costs, coverage Afternoon Session: **Medigap/Supplemental Insurance vs. Medicare Advantages:** The differences, timing, coverage, pros and cons Free, pre-register (Lunch is included) Middletown Senior Center Tues, July 22, 10:30 a.m.-2:00 p.m. Urbana Senior Center Wed, August 13, 10:30 a.m.-2:00 p.m. Register: [virtualseniorcenter@frederickcountymd.gov](mailto:virtualseniorcenter@frederickcountymd.gov) or call 301-600-1234

Looking for something fun to do on a hot Saturday afternoon? Join us at Daybreak for a fun community Bingo event. **This is low key, easy going bingo** (not Elks Club Bingo!). We have large print cards, repeat numbers, and are here to have a good time. There is no admission fee, everything is free! A number of local senior care companies will be here to share their information and each will be providing a Bingo prize and a snack. Come get some resource information and have some fun with us! Bring a friend, this is open to all! RSVP by calling Daybreak (301-696-0808) or emailing [dbolton@frederick.health](mailto:dbolton@frederick.health).



**SENIOR HEALTH AND  
WELLNESS FAIR**

**SUMMER  
SENIOR  
BINGO**

**AUGUST 2ND  
2PM-4PM**

**FREE BINGO, SNACKS  
AND DRINKS**

**DAYBREAK ADULT DAY SERVICES  
7819 ROCKY SPRINGS RD  
FREDERICK, MD 21702**

**RSVP  
DBOLTON@FREDERICK.HEALTH**

**HOSTED BY DAYBREAK, AUTUMN LAKE AND  
FREDERICK HEALTH HOSPICE**

# NURSES NOTES



## *Summer Tips*

The warm weather is upon us. Enjoying some sunshine improves the mood and helps with sleep. Enjoying time outside is a summertime staple, but the heat can take a toll on our bodies.

Please make sure that the participants are not overdressed when coming to the Center. It is very easy for the elderly to become overheated and dehydrated. It's a good idea to keep a sweater at the center for air conditioning, but not to wear it on the van or outside. Make sure to send in spare spring/summer clothing to replace winter clothing for the participants.

Everyone needs extra fluids in the heat, especially the elderly. We encourage fluids, especially water, throughout the days at Daybreak. Use suntan lotion if you are outdoors.

Wear a hat to prevent sun exposure to the face and head.

Avoid being outside with high pollen counts if you have allergies or the air quality has been reported as poor.

We will be enjoying our beautiful courtyard on days that aren't too hot. We are fortunate to have a large, covered area to enjoy. We will not be going out with very hot temps or if poor air quality is reported. Our patio is a lovely space, and we will use it as much as possible but due to safety risks no participant is allowed to be outside alone. We will try to allow for scheduled time on the patio regularly. Fluids will always be encouraged when participants are outside.

This month I would like to focus on our feet.

**Here are some tips to help keep everyone's feet cool and comfortable this summer.**

**1. Choose Breathable & Light Weight Footwear:** Choose shoes made from breathable materials such as mesh or leather. Avoid plastic or rubber shoes as they can trap heat and moisture, leading to sweaty and uncomfortable feet. Try shoes made of mesh or breathable materials to keep feet cool and dry. Lightweight shoes put less strain on the feet and legs.

**2. Wear Moisture-Wicking Socks:** These socks are designed to pull moisture away from your skin, keeping your feet dry and reducing the risk of blisters and fungal infections.

**3. Apply Sunscreen:** Don't forget to apply sunscreen to your feet, especially if you are wearing sandals or open-toed shoes. Use sunscreen with an SPF of at least 30.

- 4. Stay Hydrated:** Drinking plenty of water helps regulate your body temperature and keeps your skin hydrated.
- 5. Use Foot Powder:** Foot powder can help absorb excess moisture and keep your feet dry. Look for powders that contain antifungal ingredients to prevent infections.
- 6. Elevate Your Feet:** After a long day, elevate your feet to improve blood circulation and reduce swelling. This is especially important if you've been standing or walking a lot.
- 7. Wear Proper shoes & Avoid Walking Barefoot:** Proper Fit: Ensure shoes are the correct size and width, with a roomy toe box to accommodate foot abnormalities. Shoes with built-in arch support is essential for proper foot alignment and pain relief. Choose shoes with firm heel counters and stable outsoles to prevent falls and promote stability. Easy fastening shoes with Velcro straps or elastic laces can be beneficial for those with limited dexterity.\*
- 8. Use Cooling Foot Sprays or Gels:** Cooling foot sprays and gels can provide instant relief from the heat.
- 9. Invest in Quality Insoles:** High-quality insoles can provide extra cushioning and support, reducing the impact on your feet. Gel insoles can help keep your feet cool.
- 10. Keep Your Feet Clean and Dry:** Wash your feet regularly and dry them thoroughly, especially between the toes. This prevents moisture buildup, which can lead to fungal infections. \*
- 11. Always wear shoes** or sandals to protect your feet from hot surfaces and help prevent burns or injuries.

***Please remember proper footwear for Daybreak is closed toe / closed back shoes. Slip on footwear, like clogs and flip flops greatly increase the risk of falls and should not be worn to Daybreak.***

***Please report any wounds or injuries to Daybreak nurses as soon as possible***

Thank you for your assistance in keeping our Daybreak community safe & healthy. Please feel free to call or e-mail if you have questions or concerns.

**Chris Grable RN  
Daybreak Health Director**



\*Foot care tips courtesy of Syracuse Podiatry & Safe Summer Footwear



## HAIR SALON INFO

Our hairdresser, Dennise Gypens, 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)

July 7

August 4

September 1

### IN PERSON+ZOOM (4pm)

July 21

August 18

September 15

The group offers you a safe space to relax, share, and learn with others who understand the challenges that come with being a caregiver. All are welcome (whether you are affiliated with Daybreak or not).

The support, education, and camaraderie that comes from talking with others who “get it” truly can’t be matched! Please call or email if you have questions or would like to be put on the group email list to receive reminders and Zoom links.

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





## Staff News and Notes

### *Anniversaries*

We have two 4 year anniversaries this month! Driver Lisa Hartman and Program Assistant Debbi Taylor-Dickenson were both hired in July of 2021.

Debbi is a full time aide who truly loves our participants and goes out of her way to make them feel good. She does a lot of extras in the center and we appreciate her commitment and compassion.

Lisa is the driver on our Urbana/Ballenger route. Lisa takes wonderful care of her passengers and enjoys being the first Daybreak face they see each morning.

Thank you Debbi and Lisa for all you do!!

### *Welcome*

We are very excited to welcome a new Activity Assistant to the team this month. Ker'en Wright was actually a volunteer from Hood college who spent many hours with us last semester. We are thrilled to have her join us as an official employee! Ker'en will join Espy and Renee in the Activity Department to keep every moving and grooving! Welcome (back) Ker'en!



## *OUR CONDOLENCES*

*To the friends and family of*

*Reba Thomas*

*Ann Pearre*

*They will be missed*



# Activity News



Hello to All!

Live from the Activities Hub, this is Espy Jordan, Activity Director for Daybreak Adult Day Services! 10 months and counting for me here with this fantastic organization, and as the summer rears its head, I am re-learning quickly just how much I miss the fall and winter months. However, as the heat rises, so too do the opportunities to experience each day with the intensity of the summer sun! As my world continues to change seemingly daily, it is comforting to have the constant of knowing I have a career that allows me access to so many incredible stories and experiences with your loved ones.

I have racked my brain for what the next series will be here for these writings, and while I have begun to form some solid ideas, regrettably I must ask you to wait one month more before we dive into another streamlined adventure. Fear not, I have a plan, but want to be sure you are able to have my writing at its best, rather than something frantically pieced together. That would be unfair to you, as well as myself. I pride myself on giving you all my best, and for that to remain the case, our next series must wait one more month.

However, this does not mean that I am leaving you all high and dry this month. I want to briefly touch on an important aspect of our lives that seemingly is overlooked in our profession and daily living: mental health.

Recently, I have thought back to my previous occupation as a Rehabilitation Specialist with Sheppard Pratt Health Systems and realized just how much of those 7 years of working in a mental healthcare field have altered my life. I am finding myself viewing so many things with a level of empathy and understanding that can only come with an intimate knowledge of the field. And while this is a fine way to live, I also am grateful to acknowledge that for what it is: Living with such constant empathy and compassion is exhausting.

Let me be incredibly clear: this is not to say that it is not 100% worth it to care for the wellbeing of others, especially when it involves their mental health. It is imperative, however, to remind ourselves that we as caregivers have a need to maintain our own mental wellbeing. It is far easier for us to project understanding

and patience upon the people we serve than to invert that inwards towards oneself. I know from personal experience how easy it is to abandon ourselves in the pursuit of happiness for others. It is something that, despite my years of experience, is still something I continue to struggle with. Sure, I have taken steps towards changing this. I am grateful to have a very understanding therapist who works with me to unlearn damaging behaviors, I take medication that assists with the chemical imbalances in my brain. I even have daily affirmations that tell me the exact things I am telling you today.

But self care and mental health is hard. Especially when you feel like all your energy is being sent towards the care of someone else.

All this to say, as someone who has received compliments in recent months about the work I do at Daybreak, I thank you for the kindness, but please do not assume that the Staff here are some outliers in the spectrum of care. We, like all caregivers, are humans with our own trials and tribulations. But use this knowledge as a beacon of hope in your own care journeys. We are able to do what we do because we are taking the small steps in the background to maintain ourselves. And while that is not always easy, and sometimes requires encouragement and patience from another, we all need to take our mental health seriously in order to be the best versions of ourselves.

So this is a call to all who share the title of caregiver. Do not be afraid to ask for help. Do not be afraid to acknowledge that you are at your limit and that you need support. Resources like Daybreak are wonderful for reprieves, but remembering that resources are also available for you as well can help stem the tide in a world that seemingly throws endless obstacles in your path. Know you are seen, and know you are loved for the work you do everyday. Just make sure some of that work is on your mind and wellbeing.

For now, I leave you with one of my affirmations that I have been using of late: you cannot fill with an empty cup. Cliche? Possibly. Useful? Perhaps. Important to remember? Always. Until I speak to you all again, please continue to hydrate, hydrate, hydrate and stay cool as we crawl into the bitter heat of true summer!

Be Well! Be Safe! Be Silly!  
Espy Jordan  
Activity Director  
Daybreak Adult Day Services





# From the Social Worker

## **Dementia Education for Teens- Join Us!**

Join us for a special edition of the Dementia Live Simulation just for teenagers. This collaborative program between the Division of Aging and Independence and Daybreak Adult Day Services is a great opportunity for teens who have a loved one living with the disease or just want to be more informed and aware.

Fiona Collins, Oakdale High School rising junior, is coordinating and marketing this inaugural event as part of her leadership project. We are hopeful it will become an annual offering supporting Frederick County's Dementia Friendly Frederick initiative.

The population in Frederick County is aging and as that happens more young people will know, and interact with, people with dementia. By educating young people early we can increase empathy, decrease stigma, expand knowledge of the disease, and its risk factors, and develop communication skills to use in interacting with their loved ones, and community members, living with dementia.

Fiona states "both of my grandfather's had Alzheimer's disease so I think this it's important for young people to get involved. Even finding little ways to help—a smile or kind word. It helps all people feel included and respected and a part of our community. I hope the training will help achieve that."

Research shows simulation experiences are particularly powerful for teens. By temporarily experiencing the physical and cognitive changes some people with dementia may experience it allows learning on a deeper level so they can more fully understand the disease and the challenges people face day to day. This style appeals to a wide range of learning types and takes something from conceptual to temporarily "real." This tends to enhance understanding and helps understand behavior as communication.

Please help spread the word to make this a fantastic event. See the following flyer for details and how to register. Please reach out if you have any questions.

Mary Collins, LMSW  
socialwork@daybreakadultdayservices.org

# DEMENTIA LIVE SIMULATION FOR TEENS



Join us for this unique simulation experience which allows teens to better understand the ways dementia can impact an individual's lived experience. The goal of this program is to develop empathy, improve communication skills, and reduce stigma in the hopes of fostering positive interactions between people with dementia and the community. Each completed simulation moves us towards a Dementia Friendly Frederick!

**AUGUST 13<sup>TH</sup> 2025 10:00AM-12:00PM**

**Advanced registration and release is required.**

**Space is limited. RSVP by August 5**

**DementiaFriendlyFrederick@FrederickCountyMD.gov  
or 301-600-6022**

**LOCATION: Daybreak Adult Services  
7819 Rocky Springs Road  
Frederick, MD 21702**

**301-696-0808**

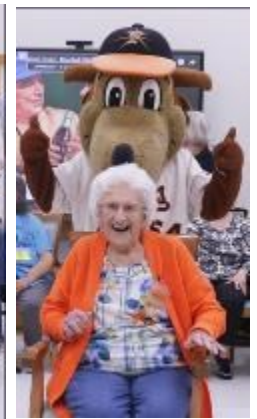


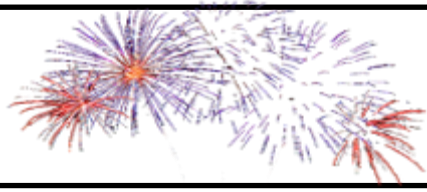
**DEMENTIA Live**

Do you know someone who likes to sew? We have a number of clothing protectors that no longer fasten behind the neck. We would love for someone to take them home and replace the Velcro or add an alternative fastener. Give us a call or email Christina for more details!



Fun with  
Keyote  
from the  
Frederick  
Keys!

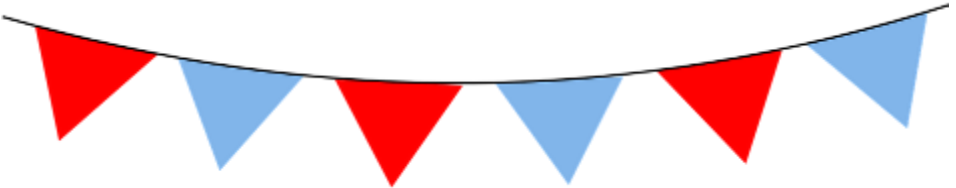




## BIRTHDAYS



- 3 Ken S.
- 4 Randy S.
- 8 Dan M.
- 9 Sherry R.
- 14 Adela R.
- 30 Jane B.
- 31 Judy M. & Bob T.



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

## **Board of Directors**

Dr. Joseph Devadoss, Chairman

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Member

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ber

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