



DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

AUGUST 2025



Daybreak will be closed Monday
September 1 for the Labor Day Holiday

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301-696-0808 • TTY/HCO 1-800-735-2258
daybreakadulldayservices.org

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

August 7: Musical Entertainment with Amy Andrews

August 7, 12, 28: Video Presentations with Charlie

August 15: AJ's Jazz Band

August 21: Wags for Hope Dog Visits

August 29: End of Summer Luau



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. Questions? Reach out to Espy at activities@daybreakadultdayservices.org



Thursday August 14 & Friday August 22
Little Red Barn Ice Cream

*Please only sign up for one date!



The Director's Corner

Happy August. I hope that you are finding ways to survive the crazy heat that we have been experiencing! We had a great time celebrating Water Park day with a "Douse the Activity Director" activity in the courtyard. Winning trivia answers gave participants the opportunity to douse Espy with water. If the laughter (and his soaking clothes) were any indication, it was a big hit. Unfortunately, our courtyard time has been limited because of the heat, but the wonderful Woodlands volunteers have been troopers coming in the early weekend hours to weed. They even paid for a tree trimmer to come and thin the birch trees. What a glorious space we have. We are so blessed. Now if Mother Nature would give us a break in the temperatures, we can get out there and enjoy it!

Speaking of which, if you haven't already, I encourage you to check out the new Senior Park that just opened in Frederick. My colleague Sue Paul who has been an occupational therapist specializing in seniors and dementia for many many years started advocating and designing this park more than 10 years ago. I'm so excited to see it finally come to fruition! The park itself is beautiful; it is located within Monocacy Village Park ([409 Delaware Rd Frederick](#), off of East Street). It has multiple stations designed to help seniors build strength, stability, and balance. There are wide flat walking paths, fitness equipment, a balance track, and a putting green, with additional stations to come. It is loosely fenced in, there is shade, benches and picnic tables, and there is a handicap accessible porta potty right within the space. I believe that there are real bathrooms located within the larger park just a short distance away. This is a great place for adults of all abilities to come and enjoy the outdoors. I hope you'll take an opportunity to go and check it out! Here is the link from the City website: [Senior Park | The City of Frederick, MD - Official Website](#). I just sent Sue some pictures that one of you shared with me of one of our participants enjoying the park; she loved seeing her dream take life. Send me your pics or feedback and I will share them!

I hope that you enjoy the last few weeks of summer. Don't hesitate to reach out if you need to make schedule changes to accommodate some summer fun (like an extra Daybreak day so you can do something for you!).

Fondly, Christina
director@daybreakadultdayservices.org



Community News and Notes

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

DEMENTIA LIVE for Teens: Wednesday August 13. 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. This training is specifically designed for teens. Class is free, but you must preregister; 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:

August 8, Urbana Senior Center

August 22, Middletown Senior Center

August 29, Emmitsburg

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

FROM THE FREDERICK COUNTY DIVISION OF AGING AND INDEPENDENCE (DAI) 301-600-1234

Getting Your Documents in Order & Renter's Rights

The first half-hour will be a presentation on wills/advance directives/POAs, followed by a half-hour renter's rights housing presentation.

Presenter: Maryland Legal Aid Free, pre-registration encouraged

Brunswick Wed, Sept. 17, 9:00-10:00 a.m.

Emmitsburg Wed, Aug. 20, 9:00-10:00 a.m.

Urbana Mon, Aug 11, 1:00-2:00 p.m.

Intake Clinic with Legal Aid

Do you have legal questions? Legal Aid can help with an array of civil legal issues. Drop-in during the scheduled clinic hours to complete an intake. Follow-up will be provided at a later date as needed. Maryland Legal Aid and the Frederick County Division of Aging and Independence are partnering to offer this service. Free, drop-in

Brunswick Wed, Sept. 17, 10:00 a.m.-Noon

Emmitsburg Wed, Aug. 20, 10:00 a.m.-Noon

Frederick Mon, Sept. 22, 1:00-4:00 p.m.

Urbana Mon, Aug. 11, 2:00-4:00 p.m.



LOOKING
GOOD AT
THE DAY-
BREAK
FASHION
SHOW!

NURSES NOTES



Heat exhaustion & heat stroke

The risk of heat exhaustion or heatstroke is very high during this hot summer weather especially with the extreme temperatures we have been experiencing this year. The risk goes up even higher with exertion and/or exercise. Children, the elderly, and people with long-term health conditions like diabetes, heart problems, respiratory problems & people with a history of dehydration, are more at risk of heat exhaustion or heat stroke.

Tips to help prevent heat exhaustion or heatstroke:

- drink plenty of cold drinks, especially when exercising
- take cool baths or showers
- wear light-colored, loose clothing
- sprinkle water over skin or clothes
- avoid the sun between 11 am and 3 pm
- avoid excess alcohol
- avoid extreme exercise

*This will also prevent dehydration and help your body keep itself cool.

The signs of heat exhaustion include:

- a headache
- dizziness and confusion
- loss of appetite and feeling sick
- excessive sweating and pale, clammy skin
- cramps in the arms, legs, and stomach
- fast breathing or pulse
- a high temperature of 100.4 F or 38 C or above
- being very thirsty

*The symptoms usually appear the same with adults and children, although children may become floppy and sleepy. If someone is showing signs of heat exhaustion, they need to be cooled down.

If someone has heat exhaustion, follow these 4 steps:

1. Move them to a cool place.
2. Get them to lie down and raise their feet slightly.
3. Get them to drink plenty of water. Sports or rehydration drinks are OK.

4. Cool their skin – spray or sponge them with cool water and fan them. Cold packs around the armpits or neck and on their forehead too.

Stay with them until they're better.

They should start to cool down and feel better within 30 minutes.

Immediate action required: Call 911 if:

You or someone else have any signs of **heatstroke**:

- feeling unwell after 30 minutes of resting in a cool place and drinking plenty of water
- not sweating even while feeling too hot
- a high temperature of 102 F or 39 C or above
- fast breathing or shortness of breath
- feeling confused
- a fit (seizure)
- loss of consciousness
- not responsive

Heatstroke can be very serious if not treated quickly.

Put the person in the [recovery position](#) (lay them down and turn them to their left side with their right knee bend over their left leg.) if they lose consciousness while you're waiting for help.

I hope you find this information helpful. Please notify Daybreak if this occurs with one of our participants so we can monitor them closely when we go outside in the future. We do plan to utilize our lovely outdoor space, weather permitting for activities at Daybreak, however, we do take into consideration the weather advisories.

Please enjoy the rest of your summer and stay as cool as you can. Remember fruit popsicles, sherbets, ice creams, Italian ice, smoothies and sorbets are all fluids; so if able, enjoy them to help keep you and your loved ones hydrated and cooler. Lower sugar alternatives maybe available for some of these items for diabetics.

As always, please notify us ASAP of any medication changes, falls, infections, illness, ER visits or hospitalizations ASAP.

Chris Grable RN Health Director
RN@daybreakadulthoodservices.org



*Source: NHS January 2021



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) IN PERSON+ZOOM (4pm)

August 4

August 18

~~September 1~~

September 15

October 6

October 20

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



Staff News and Notes

Anniversaries

We celebrate 2 anniversaries this month. Driver Allen Dyson has been with us for 3 years now! Allen drives the Brunswick/Jefferson/Ballenger route. Allen takes great care of his passengers! He also helps out with a variety of tasks around the center. Thank you for your service and your spirit Allen!

We also celebrate the 1 year anniversary of Activity Director Espy Jordan. Espy has quickly become an integral member of our team and does a wonderful job of not only entertaining our participants, but coordinating our staff as well. Thanks Espy!

Farewell

It is that time of year that we say Farewell, or “Until we see you again” to all of our wonderful college students. We were so lucky this summer to have the help of Jailyn, Maddie, Kayden; nursing students who worked as nursing assistants, and Ker’en in our Activity Department. They will all be heading back to classes this month. We hope we will see them periodically when their schedules allow!

Welcome

We have been busy interviewing replacements for all of our students. Stay tuned for introductions in the next newsletter!



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!



OUR CONDOLENCES

To the friends and family of

Hadia Diallo

She is missed

Activity News



Hello to All!

Live from the Activities Hub, melting like ice in the Mojave, this is Espy Jordan, Activity Director for Daybreak Adult Day Services! 11 months, a career to go for me with the outstanding Daybreak team. I am beginning to appreciate each sore muscle, gray hair, and chaotic moment that comes with the high energy, high impact world of human services. To be able to do acknowledge them in a positive light has shown me that this is where I feel like I belong: a place in which I am rewarded with fascinating stories, incredible personalities, and a group of sensational human beings who are always so willing to match my own flavor of crazy! To all who read this, be sure to celebrate our entire team for their efforts. I am truly inspired by them each day.

Well, my dear readers, we return to our regularly scheduled programming this month with a brand new series for all of you to enjoy and consider: The Alphabet of Wellness. In our prior series, we gave a breakdown of the various types of wellness using the Wellness Wheel, and while this has hopefully shed a light on just how complex human wellness can be, it is more of an overview, rather than a true deep dive. As such, please review the following paragraph for a brief explanation:

The Alphabet of Wellness series is designed to provide a variety of words of affirmation and/or vocabulary to remember in regards to personal wellness. Each month, a new word will be revealed and its relevance to wellness explained. Readers are encouraged to review the writings and develop their own personal relationship to the concepts provided. Remember, we are all at different stages of our wellness journey, and while these keywords are designed to engage you in contemplation, not all of them will impact individuals the same way.

Our inaugural first word for this new series is:

A is for **Acceptance**.

Starting off with a doozy here, in no small part because I can say with certainty that this an incredible challenge for me in my personal wellness journey. Acceptance, as a whole, is challenging for anybody to grasp as a concept. We try so hard to accept others for who they are that sometimes we forget to accept ourselves. Additionally, the thought of accepting one's own limitations is almost contradictory to our caregiver lifestyle. We must believe

ourselves capable of handling any crisis that occurs, however, not accepting limitations and not accepting that we are human can bring about unwanted and unnecessary stress upon ourselves. As a matter of wellness, learning to accept your boundaries, as well as your surroundings will lead to an overall healthier lifestyle.

In my personal journey to acceptance, which I assure you is still ongoing, I have had to come to some hard realizations. I had to accept that I was not where I needed to be on my wellness journey and that I would have to make changes to make myself the best version of myself. I had to accept that as I age, I cannot do certain things that I used to be able to do when I was in a younger state. I had to accept that emotionally I needed to mature. I needed to accept that I needed help. I spent many years focusing on the acceptance of others to the point that it was a detriment to my physical, emotional social, and even intellectual wellness.

Acceptance is hard. It is a difficult task to undertake, and it is one that we must face daily. It's far easier to accept that the ones we care for have limitations. It's far easier to look upon the people we serve and acknowledge where their boundaries and their lines are. To be introspective to be accepting of oneself may be one of the greatest undertakings of humankind. It doesn't have to be done alone, though. Know that every caregiver, every person who has ever had an empathetic thought faces the same problem. We are human beings with a complex network of thoughts and feelings and emotions and chemicals within our brain that force each of us to think or act just a bit differently than the other. Acceptance is a word that is often tossed around in an effort to rally people to cause, so why not rally to the cause of your own real wellness? Why not take the time to look upon yourself where you are right now and decide if you are satisfied and safe in that environment?

The answer may surprise you, but it should not scare you. Not every change in your life must be sweeping; not every action has to be monumental and shake the Earth. Little things like acceptance can go a long way to making sure your overall wellness maintains its course. And for some, just staying the course; towing the line is enough, and I hope and wish nothing but success to each of you as we pursue our own wellness and our own acceptance. Dear Readers, I hope you take these words to heart and consider how Acceptance fits into your personal wellness journey. Until next time!
Be Well! Be Safe! Be Silly!

Espy Jordan
Activity Director
Daybreak Adult Day Services
activities@daybreakadulthoodservices.org



From the Social Worker

Home Health Vs. In Home Care

A meeting earlier this week reminded me there are so many nuances of available care in our community, especially when it comes to in-home and home health care. While the terms are often used interchangeably, they are not the same. Knowing the difference can save a step in accessing care, and that ensures you get the right care when you need it.

In-home and home health care are both provided in the home and support individuals to live successfully and independently as long as safely possible. They are instrumental in helping support people as they manage their health conditions, transition from a care facility, or hospital, back to home and improve quality of life—just in different ways.

However, there are some big differences. Home health offers skilled medical care provided by nurses, therapists and other licensed providers.

Whereas in-home care provides non-medical support and companionship. Sounds confusing? Agreed! Hoping the following will help.

Home Health Care:

Scope of care : Home health care provides medically necessary, skilled medical care provided by licensed professionals. This can include nursing, physical therapy, occupational therapy, speech therapy, wound care, pain management, social work services, medication administration, injections and IV therapies, and more. Home health is often ordered after a hospital stay, an injury or to manage chronic conditions.

Requirements: Home health care must be ordered/ prescribed by a physician and is usually related to a specific medical need. Orders may be for a specific number of visits or length of time. A physician makes this determination and is required to recertify status every 60 days.

Some insurances stipulate that an individual needs to be considered homebound to qualify for services. It's important to remember that homebound does not mean you cannot leave your home. Attending religious services, medical appointments, attending a licensed day program and even leaving for a short time to attend special events should not affect the determination. While this can vary based on coverage, under traditional Medicare "homebound" is defined as:

- "You have trouble leaving your home without help (like using a cane, wheelchair, walker, or crutches; special transportation; or help from another person) because of an illness or injury.

Home Health Care, continued

- Leaving your home isn't recommended because of your condition. You're normally unable to leave your home because it's a major effort." (medicare.gov)

Payment: Will depend on insurance, however for qualified people with traditional Medicare there is often no cost. Talking with your insurance representative or physician's office can help determine cost.

Care Providers: Skilled providers like physical therapists, occupational therapists, licensed nurses, speech therapists, licensed social workers etc.

Length of Service: Varies based on need, physician recommendations and health insurance. If someone is using Medicare their length of service will depend on medical eligibility, orders and recertification every 60 days.

Home Care

Focus: Non-medical companionship care or personal care, and assistance with activities of daily living. This can include things like meal preparation, bathing, assistance with laundry, dressing, light housekeeping, transportation, and respite for the caregiver. While these services are vital to keeping people thriving at home, the companionship is a benefit as well.

Requirements: Individuals in need of non-medical support with activities of daily living in the home to support their independence.

Payment: Usually in-home care is paid out of pocket, however long-term care insurance and some Medicaid waiver programs may help with costs. A quick search online quotes the average cost of \$30-35 an hour.

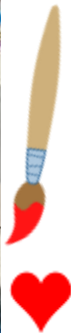
Care Providers: Home care uses personal care assistants, home health aides and companions to provide assistance. An initial assessment may be completed by a skilled provider. There are many in-home care agencies available, and while they have a lot of similarities, knowing your loved one's care needs and talking with several agencies before making a decision can ensure you are getting the best fit.

Length of Service: There is no limit to the amount of time a person can use in-home care, if they are able to pay for the services.

Still have questions or want some local resource information? Give us a call- we are happy to help.

Mary Collins, LMSW
socialwork@daybreakadulthoodservices.org

Crafting, Singing, Laughing, Dancing!
It is Never Dull at Daybreak!



August



BIRTHDAYS

6 Jessie W.
7 Ron H.
8 Jerry T.
9 Barbara B.
13 Linda R.
14 Sally M. &
Larry F.

15 Edmee J.
18 Jane W.
23 Marcia Z.
26 Gloria W. &
Christine L.
28 Mike R.
29 Tom W



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

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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.