



# DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

SEPTEMBER 2025



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

7819 Rocky Springs Road, Frederick, MD 21702  
301-696-0808 • TTY/HCO 1-800-735-2258  
[daybreakadulldayservices.org](http://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**

September 18: WAGS for Hope Dog Visits

September 19: AJ's Jazz Band

September 23: Music and Dancing with Dale and Garrey

September 24: Live Entertainment with "Take Two"



## **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](mailto:activities@daybreakadultdayservices.org)



September 30, 2025  
Gateway Candyland



# The Director's Corner

September greetings! I hope that this edition of the newsletter finds you well. Here at Daybreak we are reveling in the change in the temperature. It has been glorious to finally be outside again enjoying our courtyard. What a hot summer it was. Thanks to our gardening angels from the Woodlands in Urbana for braving the heat each week to water and weed. The courtyard is just gorgeous.

Not only does September bring us more pleasant temperatures, it also brings us new volunteers. We are thrilled to be welcoming a number of Hood and FCC students to the activity department this semester. In general, these are students who are in honors classes or early social work, nursing, or gerontology classes that require a 40 hour volunteer experience. We also have a high school CTC student doing an internship with our nursing assistants and a BSN nursing student working with Chris. The word must be out that Daybreak is a great place to volunteer with a fun environment and great seniors to interact with because we have had many requests. We have met some really fabulous students over the years and are thrilled to have the chance to meet more. Any opportunity we have to encourage a younger person to consider a career working with older adults AND get some free help in the process is a win as far as I am concerned!

Mark your calendars for this year's annual Elder Services Provider Council's Elder Expo and Caregiver Conference. The conference will be Wednesday October 8 and the Expo will be the 9th. Both events will provide you an opportunity to visit over 70 senior care resource booths to get information and talk to experts. The Caregiver Conference, which does require an RSVP, will be held the night before the Expo. Attendees will be able to visit booths from 4-6 and then enjoy a free boxed dinner and an interactive panel discussion featuring specialists from a variety of resources that could be of use to any caregiver. Topics will include legal and financial issues and planning, advance directives, the assisted living and nursing home placement process, the difference between home care and home health care, adult day care and caregiver burnout. This will be a great opportunity to get a ton of information in a short period of time. You don't want to miss it! But if you do...the next day, Thursday October 9, the exhibit space will be open from 9 am to 2 pm for you to visit with vendors and collect information. There will also be 8 different speakers presenting throughout the day about a variety of topics useful to seniors. You can get all of the details about both events on the ESPC website: [ESPCFrederick.com](http://ESPCFrederick.com). You can also reach out to me if you have any questions.

Enjoy this lovely season.

Fondly, Christina

# Community News and Notes

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

**Outsmarting the Scammers Thursday Sept. 4, 2:00 p.m.** It seems like we hear about a new scam every week. Join Shawn Nisson to learn how to spot red flags that may indicate fraudulent activity, identify resources if fraud has occurred and learn steps to take to protect yourself and loved ones from being scammed. Presenter: Shawn Nisson, Edward Jones Advisor Middletown Free, pre-register: [VirtualSeniorCenter@FrederickCountyMD.gov](mailto:VirtualSeniorCenter@FrederickCountyMD.gov)

**Tech Corner Wednesday, Sept. 24 3:00-4:00 pm:** iPhone tips and Zoom. Have fun learning new tricks on your iPhone. Learn to use your camera, contacts, downloading applications, etc. and a bonus Zoom education. Instructor: Michael Poist Virtual Free, pre-register: [VirtualSeniorCenter@FrederickCountyMD.gov](mailto:VirtualSeniorCenter@FrederickCountyMD.gov)

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

**DEMENTIA LIVE Friday September 5, 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. Class is free, but you must preregister; 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:

September 12: Frederick Senior Center

September 26: Brunswick Senior Center

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

## Mental Health Services now provided at Daybreak!

Daybreak has partnered with [Esno Health Group](#) to provide psychiatric services on site here at Daybreak! Esno Health Group specializes in geriatric psychiatry and they work in a variety of other facilities across the state, including adult day programs, nursing homes, and assisted livings. They understand well the clients that we serve and the issues that they face. Among other things, they are able to help manage and monitor the use of psychotropic drugs which are often used to manage symptoms and behaviors of dementia, depression, and anxiety, which many of our folks are living with. In addition to medication review and management, they also provide talk and behavioral therapy for those that can benefit. Their services are provided in concert with care provided by primary care and are billed through virtually all major insurances (except Kaiser). We have been assigned one provider; a psychiatric nurse practitioner, who will come to the center weekly, alternating Mondays and Tuesdays.

Who could benefit from their services:

- Patients on psychotropic medications, including antidepressants, anxiolytics, antipsychotics, hypnotics, and memory enhancers.
- Patients with a history of a psychiatric diagnosis, including adjustment, mood disorders, bipolar disorders, anxiety disorders, depressive disorders, dementia or delirium; psychotic disorders including schizophrenia; personality disorders; and substance use disorders.
- Patients struggling with behavioral symptoms, such as agitation, anxiety, depression, hallucination, delusions, paranoia, sleep/wake disturbances, grief, and a change in mental status.
- Patients with medical conditions affecting mental health such as Multiple Sclerosis, Parkinson's, Huntington's, Stroke, Epilepsy, Traumatic Brain Injury or a terminal illness including cancer.

We have many participants here who we believe could benefit, which in turns means you could benefit as well! We will reach out for consent if we feel your loved one may be a good candidate for evaluation. You are also welcome to reach out to us if you would like to learn more or have your loved one evaluated. Please don't hesitate to call if you have any questions!





## *Fall Prevention*

With Fall approaching it seems to be a good time to discuss fall prevention. Anyone can fall but as we age the risk of falling and the complications from falls become higher. Physical changes, health conditions, and medications used to treat those conditions all make falls more likely as we age. Falls are a leading cause of injury among older adults. **Prevent falls with these measures:**

### **1. Regular doctors' appointments**

Always discuss your risk and fall prevention strategies with your health care provider during your visits. Topics to discuss include:

- **Your medications.** Make a list of your prescription and non-prescription medications and supplements & bring them with you to the appointment. Your health care provider should review your medications for side effects and interactions that may increase your risk of falling. Sometimes, your health care provider may consider weaning you off medications that make you tired, dizzy or affect your thinking, such as sedatives, antihistamines and some types of antidepressants to help prevent falls.
- **Any previous falls.** Write down the details of any falls, including when, where and how you fell, including any injuries. Be prepared to discuss instances when you almost fell but were caught by someone or managed to stop the fall just in time. These details can help your health care provider identify specific fall prevention strategies.
- **Your health conditions.** Certain eye and ear disorders may increase your risk of falling. Be prepared to discuss your health conditions and how comfortable you are when you walk. Do you feel any dizziness, lightheadedness, joint pain, shortness of breath, or numbness in your feet and legs when you walk? Your health care provider should evaluate your strength, balance and walking.

### **2. Keep moving**

Remaining mobile and physically active is key to helping prevent falls. With your health care provider's approval, consider activities such as walking, water workouts, balance classes, dancing, and active games. These activities reduce the risk of falls by improving strength, balance, coordination and flexibility. Fear of falling can often lead to avoidance of physical activity. Ask your provider if physical or occupational therapy might be appropriate for your loved one or yourself and covered by insurance. These therapists will work with you one on one to personalize an exercise program aimed at improving balance, flexibility and muscle strength.

### **3. Wear sensible shoes**

Proper footwear is an important component of any fall prevention plan. Flip flops and slip on shoes like clogs without a back strap are easy to slip out of. Also, shoes with slick soles can make you slip, stumble and fall, so can walking around in your socks. High heels can make your trip or lose your balance at any age. Choose properly fitting, sturdy, flat shoes with nonskid soles. Sensible shoes may also reduce joint pain. ***Open toe shoes are not recom-***



#### **4. Remove home hazards**

- Remove boxes, newspapers, electrical cords, etc from walkways.
- Move coffee tables, magazine racks and plants from high-traffic areas.
- Secure loose rugs with double-faced tape, tacks or a slip-resistant backing or remove them altogether.
- Repair loose, wooden floorboards and carpeting right away.
- Immediately clean spilled liquids, grease or food.
- Use nonslip mats in your bathtub or shower. Use a bath seat, which allows you to sit while showering.

#### **5. Let there be Light**

- Keeping your home well-lit can help avoid tripping on objects that are hard to see.
- Place night lights in your bedroom, bathroom and hallways.
- Place a lamp within reach of your bed in case you need to get up in the middle of the night.
- Make clear paths to light switches that aren't near room entrances.
- Consider trading traditional switches for glow-in-the-dark or illuminated switches.
- Turn on the lights before going up or down stairs.
- Store flashlights in easy-to-find places in case of power outages.

#### **6. Use assistive devices**

Your health care provider might recommend using a cane or walker to keep you steady. Other assistive devices can help, too. For example:

- Handrails for both sides of stairways
- Nonslip treads for bare-wood steps
- A raised toilet seat or one with armrests
- Grab bars for the shower or tub
- A sturdy chair or bench for the shower or tub and a hand-held shower nozzle for bathing while sitting down

Consider asking your health care provider for a referral to an occupational therapist. An occupational therapist can help you brainstorm other fall prevention strategies. Some solutions are easily installed and relatively inexpensive. Others may require professional help or more money. If you're concerned about the cost, remember that an investment in fall prevention is an investment in your or your loved one's safety and independence.

#### **Other Tips:**

Be careful in rainy weather and with wet leaves; both increase the risk of falls. If your loved one's gait is unsteady, consider a gait belt to help you support them and stand by them as they are ambulating to provide extra support. If they have a bad side, for example from a stroke or injury, walk on that side to provide extra support.

Please notify Daybreak nurses of any falls or injuries so we can monitor them more closely while at Daybreak.

Chris Grable RN

Health Director

\*The Mayo Clinic, June 2024





# 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)

~~September 1~~

September 15

October 6

October 20

November 3

November 17

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

## Welcome!

We are so excited to welcome 4 new staff!

**Kathy Tyeryar** has rejoined us as a fill in nurse. Kathy worked for a short time last year before having to step away. We are thrilled to have her back. Kathy is a long time RN with lots of experience. She has jumped right in and will be a great asset to the nursing team, filling in when a regular nurse needs to be off.

**Mark Stalnaker** has joined us as a part time driver. Mark will be driving a new Frederick route on Mondays, Wednesdays and Fridays as we try to shorten up the drive time for some of the other routes. Mark is retired from a long career in the trades and is fitting right in with the team. Welcome Mark!!

**Alicia Walker** has joined us as a full time Program Assistant. Alicia has many years of experience in senior care. Her compassion for seniors shines bright; she is a wonderful asset to our team! Welcome Alicia!

We also welcome **Essence Walker** as a new Activity Assistant. Essence has a wonderful presence and passion to serve. She will be working along side Espy and Renee to deliver outstanding activity options to our folks. Welcome Essence!!

Welcome to all!!



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*  
*Wayne Ausherman*  
*Joann Wolfe*  
*Delores Naugle*  
*They are 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!

Happy 1 Year Anniversary to myself as Activity Director of Daybreak! I cannot express how fulfilling of a journey it has been to be a part of the lives of all these fantastic individuals that have braved these halls.

While this milestone is momentous, I am already looking ahead to the future. There is so much more enrichment on the horizon for your loved ones and I am beyond excited to spend even more milestones with Daybreak. Again, thank you all for your patience as I continue to do my part to enhance the lives of your loved ones.

For those who missed our last newsletter, we have started a new series known as the Alphabet of Wellness. 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. For those following along, here are the words so far:*

## **Acceptance**

It's time to reveal the next word:

B is for **Balance**.

This word is one of the most often overlooked by members of the healthcare and human services fields; more specifically, it is overlooked in regard to *ourselves*. As caregivers, we strive to do what we can to provide the top quality care to those we serve. Whether it be balanced meals, balancing exercises, balancing time socializing and resting, or balancing medications, the word is commonplace in the duties and responsibilities of caregiver culture. Despite its rampant use and continued need in our community, to continue upon one's personal path of wellness, it has to be determined:

Do I have balance within my own life?

For many of us, the clear answer is no. And while this is not inherently our fault in many cases (our world is nothing if not constantly chaotic), the journey to find a balance between all areas of wellness is paramount for both continued growth and maintenance of our own life's progress. I have touched on this topic in the past, but it bears further discussion: work-life balance is easily one of the most pivotal portions of this balancing act and remains as divisive as ever. Many current caregivers grew up in a mindset and framing that work is, well, *work*, and once you reach adulthood that is all you should be focused on. On the flip side, there are those who strive only to enjoy life to the fullest and shirk the concept of responsibility for the maximum thrill while they still have life in them.

Both extremes upon this spectrum can cause a secondary "B" term: Burnout.

Working too much will dissolve your passion for the work you do and can lead to unnecessary stress and unreasonable standards placed upon yourself. Leaning too far into life and avoiding work can also lead to boredom, as well as many financial consequences that can lower your overall quality of life. Finding the strength to balance this is beyond difficult, but to maintain the best version of yourself, it is a journey worth starting. Work to understand yourself; know when you may need to put extra effort into your occupation, or when you need a mental (or physical) break. Identifying these patterns early in your career, and communicating them with your team is, in my opinion, the secret to finding both mental and occupational wellness.

Regardless of how you find balance in your life, remember to give yourself some grace. Not every decision you make regarding your wellness will be correct, but it is worth the learning experience to try. But for now, dear readers, I thank you for joining me and look forward to writing you all soon!

Be Well! Be Safe! Be Silly!

Espy Jordan  
Activity Director  
Daybreak Adult Day Services





## From the Social Worker

To Know or Not to Know....

If you have ever attended a session of Dementia Live I am sure you remember me saying “if you have seen one person with dementia, you have seen one person with dementia” and I truly believe that. Each one of us has our own temperament, coping skills, personality, life experiences etc. So, it is no wonder that a disease of the brain and its many complexities would look different in each of us. Of course it is helpful to know some general guidelines, but in my experience everyone’s course is a little different.

Additionally, there are many different causes of dementia and all of them can look a little different based on what part of the brain is affected. Dementia itself refers to a cluster of symptoms affecting memory, thinking, reasoning, judgment, language and behavior and significant enough to impair daily activities and functioning. While Alzheimer’s disease is the most common cause there are many others. Frontotemporal Dementia, Lewy Body Dementia, Vascular Dementia, Parkinson’s Dementia and up to 100+ others.

Recently I was talking with a caregiver who was told by her loved one’s provider that her mom had dementia, but it was not necessary to find the cause, or type. While certainly there are many ways to look at this, and everyone has the right to decide what is best for them, there are some benefits to having an accurate diagnosis.

Obtaining a diagnosis of the exact type of dementia with 100% certainty can be challenging, however over the years it has become easier by using multiple tools and evaluations. By gathering medical histories, physical and neurological exams, cognitive testing, family interviews, as well as brain imaging a diagnosis can be made.

Having a diagnosis can help in determining treatment options including medications and therapies to manage symptoms, provide family education and support, and helps plan for the future by understating potential progression and hallmark symptoms. It can also help identify any treatable conditions causing symptoms and help advance research and allows opportunity for participation in clinical trials.

As always there is no one size fits all but worth a conversation with your family and doctor about deciding what is right for you, and your options.

Have questions, give me a call? Sincerely, Mary Collins, LMSW

## Here is a great communication tip sheet from Alzheimer's San Diego

Please reach out to Mary or click the link below if you would like the full version that includes examples of some of your more common interactions.

<https://www.alzsd.org/dos-and-donts-of-compassionate-communication-dementia/>

### Compassionate Communication with the Memory Impaired



#### DO

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

#### Don't

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

#### Remember

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

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

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

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

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





HAPPY  
FEET!





# SEPTEMBER BIRTHDAYS



- 1 Ashley Y.
- 2 Tom B.
- 4 Erline W.
- 7 Jim M.
- 8 Cathy R.
- 10 Jonathan L.
- 12 Susan H.
- 14 Maryann W.
- 15 Allan P.
- 19 Darlene D.
- 21 Norma B.
- 26 Ron R.
- 28 Anna S.



## Save the Date!

October 8<sup>th</sup> & 9<sup>th</sup>, 2025

Collect information on home care, legal services, nursing & assisted living, community health services, downsizing & moving, realtors, end of life planning and much more!

### Caregiver Conference

Planning for the Future

Wednesday, October 8<sup>th</sup>  
Visit vendors  
4-6 PM  
Program 6-8 PM

Entry is Free.  
Registration is required.  
Free boxed dinner to  
registered attendees.

- Up to 70 Vendors
- Free Screenings\*
- Flu & COVID Vaccines\*
- Education Sessions
- Door Prizes
- Lots of Parking

\*Expo Day only

2 Day event held at:  
**Frederick Health Village**  
1 Frederick Health Way,  
Frederick, MD 21701

### 30th Annual Elder Expo

Information for Seniors,  
Caregivers, and  
Professionals

Thursday, October 9<sup>th</sup>  
9 AM - 2 PM

Entry is Free.  
No registration required.  
Free boxed lunch to the  
first 400 attendees.

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
- Rev. Tonny Harris, Board Member

*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.*