



DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

NOVEMBER 2025



DAYLIGHT SAVINGS TIME!!

Don't forget to set your clocks back one hour
Sunday, November 2nd.

HOLIDAY SCHEDULE CHANGES

**The center will close 1 hour early Wednesday, Nov. 26
and will be closed Thursday, Nov. 27 for Thanksgiving.**

7819 Rocky Springs Road, Frederick, MD 21702

301-696-0808 • TTY/HCO 1-800-735-2258

daybreakadultdayservices.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

November 11: Special Veteran's Day Presentation

November 12: Entertainment with *Take Two*

November 20: WAGS for Hope Dog Visits

November 21: AJ's Jazz Band

November 25: Music and 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. Questions? Reach out to Espy at activities@daybreakadultdayservices.org



Monday November 24
Dunkin Donuts

The Director's Corner

Fall greetings to all! I hope that you have been enjoying the abundant sunshine and beautiful foliage we have been lucky to have! While I love the fall, I hate to see those bare trees, knowing colder, darker, shorter days are coming. Enjoy the sun while we've got it!! Of course, there is much to be excited about in spite of the weather changes. The craziness of the holiday season is about to begin! We will have loads of fun here at the center, doing our best to keep the routine in spite of the shorter days, with a few exceptions. Please make note of the following:

- The center will be closed on Thanksgiving Day, Christmas Day, and New Year's Day.
- We will close a bit early (expect arrival 1 hour earlier than normal) on Thanksgiving Eve, Christmas Eve, and New Year's Eve to get our buses off the road and our staff home with their families.
- We will be open as normal the day after each of the holidays.

Please let us know as soon as possible if your loved one is taking time off or changing their schedules for any of the holidays. Having a good count of who is expected each day allows me to plan for staffing.

Also remember that we are happy to have your loved one join us on extra random days to suite your schedule. Please call Gwenda to get the dates on the calendar.

The November newsletter is the perfect time to say **THANK YOU** to **ALL** who support us throughout the year.

To our participants: **THANK YOU** for making each day at Daybreak joyful and fun. For sharing your wisdom, your stories, and yourselves. We are blessed to have you with us each day.

To our families: **THANK YOU** for sharing your loved ones with us. For trusting us to provide good care, and allowing us to walk this journey with you. We are honored.

To our volunteers: **THANK YOU** for all of the time, talent and beautiful spirit that you share with us each week. We are grateful.

To our staff: **THANK YOU** for your enthusiasm, your energy, and your commitment to our participants and our programs. We appreciate you.

To our community partners: **THANK YOU** for your ongoing support and assistance to our program and to our people. Frederick County has a special network of resources for seniors and we are grateful to work with each of you.

I hope you all have a wonderful Thanksgiving.

With a grateful heart,
Christina

director@daybreakadultdayservices.org



Community News and Notes

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

Scams: Protect Yourself! The Maryland Office of the Attorney General is committed to providing information about the constantly evolving scams to Maryland constituents. Learn about the newest ways scammers will try to get your money or information, how to protect yourself, and what to do if you are a victim. Free, pre-register Brunswick Tuesday, Dec. 2, 1:00-2:00 p.m. Frederick Wednesday, Nov. 12, 1:30-2:30 p.m. Middletown Tuesday, Nov. 18, 1:00-2:00 p.m. Urbana Wednesday, Dec. 3, 1:30-2:30 p.m. Virtual Tuesday Dec. 2, 1:00-2:00 p.m. Virtual Tuesday, Nov. 18, 1:00-2:00 p.m.

Medicare Part D (drug coverage) Open Enrollment is now through December 7. It is important that you review your current plan to ensure that the drugs you take will still be covered in the next year. The Division has many resources available on their website, including step by step DIY guidance, in person seminar signups, and one on one appointments. Please reach out to their experienced Senior Health Insurance specialists by calling 301-600-1234 or visiting their website <https://www.frederickcountymd.gov/8144/Medicare-Part-D-Open-Enrollment>.

Please be extra cautious with aggressive telemarketers calling to enroll you in Medicare Advantage Plans. Please confer with a trusted source before making any changes!

Groceries for Seniors. November 21. 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>



FROM DAYBREAK and DAI

DEMENTIA LIVE Wednesday November 19, 10am. 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.

FROM THE ALZHEIMERS ASSOCIATION and DAI

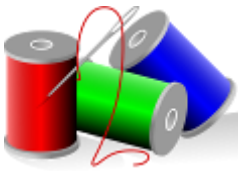
Memory Café! These are wonderful outings for those with memory loss and their care partners. 11:30-1pm. Includes a meal and activity. Upcoming dates are as follows:

November 14: Frederick Senior Center

November 21: Brunswick Senior Center

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

HELP NEEDED



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!



Staff News and Notes

Happy Anniversary

Many many thanks to maintenance man and oh-so-much-more Ellis Stevens! Ellis has worked at Daybreak on and off for close to 20 years. This month he celebrates 6 years in the most recent stint. Ellis takes wonderful care of our facility, knowing just what needs doing and doing it well. He also lends a hand wherever needed, often helping in the kitchen when the cook or assistant are off. Ellis is a super human and loves the people we serve, always making them feel good!

Thanks for all you do Ellis, we appreciate you!



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.

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. 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. They also provide talk and behavioral therapy for those that can benefit. Please call Nurse Chris for more information!

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)

November 3

November 17

December 1

December 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

LAB SERVICES AT DAYBREAK

With Delaware Labs

How it works...

1. Contact one of the Daybreak nurses if you have an order for lab work, or have the physician's office contact us directly. The nurse fax is 301-696-1164, email is RN@daybreakadulthoodservices.org
2. The first time we are doing lab work for your loved one, there is a consent form that we will send you to complete
3. We will send Delaware Labs the doctor's order (lab slip) along with the consent, copies of your loved one's insurance cards, and their scheduled days in the center
4. The lab will confirm coverage and then schedule a phlebotomist to come out to the center
5. The lab will process the specimen and send the results to the physician and to Daybreak. The nurse will send you a copy too.



MEMORIAL DONATIONS



Families who have benefited from the services of Daybreak may be looking for opportunities to keep the memory of their loved one alive. One way to do so is to give a memorial donation to Daybreak in your loved one's name, or to designate that memorial donations from family and friends be sent to Daybreak. Daybreak is a non-profit 501c3 and donations are tax deductible. If you are interested in making a memorial gift or want to learn more about these tax-deductible contributions, please contact Christina at director@daybreakadulthoodservices.org.



OUR CONDOLENCES

*To the friends and family of
Jerry Thomas
Michael Sherwood
They are missed.*

Activity News



Hello to All!

Live from the Activities Hub, actively avoiding eating the entire bowl of Halloween candy leftovers, this is Espy Jordan, Activity Director for Daybreak Adult Day Services!

Dear Readers, we venture further into the oft proclaimed “sweater weather” as we greet November. As for us here in the activities department, we are working up a “sweat in the weather”, as this is certainly a jam-packed time for us planning-wise. With so many holidays and fun activities to pair with them, we are hard at work building calendars that will bring out the best in all our participants. As always, I am excited to bring your loved ones an enriching and stimulating experience and cannot wait to join them in the fun!

Without further ado, we present: the continuation of our series, the Alphabet of Wellness! For those who are just tuning in, please review the following paragraph to learn more. For those familiar, you can skip ahead to the next unitalicized paragraph:

The Alphabet of Wellness series is designed to provide a variety of words of affirmation and/or vocabulary to remember in regard 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:

A- Acceptance

B- Balance

C- Coping.

The next word in our series is:

D is for **Diligence**

I waffled a bit with which word would best fit our Alphabet of Wellness here. However, upon further inspection, Diligence is a perfect fit for the style of wellness I am trying to promote. For those unfamiliar, Diligence is defined as “careful and conscientious work or effort”. That alone is a positive reminder of the importance of the word itself but is also a reflection on why it was chosen over the other “D” word finalist: Discipline. While Discipline has a place in wellness, its definition focuses on training one to follow rules and orders. There is a perceived harshness to discipline, and its usage in the English vernacular has been

widely negative. You “need discipline”, you “discipline your children”, you “receive discipline” for doing wrong. Again, holding yourself to a standard and having discipline has a place in your journey of wellness, but not everyone has the capability to act in such a strict manner.

Returning to Diligence, it is the language of “careful and conscientious” that makes the difference here. We as caregivers are aware of the dangers that exerting oneself can bring, as well as the mental drain. Self-Care and wellness are not a singular forward path; it is instead a tide, ebbing and flowing as we place more effort on specific facets of the needs of the moment. As such, being conscious of where the effort is being placed in your wellness adventure is more helpful than trying to force yourself with discipline. Discipline treats wellness or goals as black and white: you are either doing it correctly or incorrectly. Perceptions of doing work incorrectly leads to frustration, exasperation and the negative side effects that come with those strong emotions. However, Diligence allows for room to breathe; you will not always be able to remain on a regiment for wellness, and that is okay. Being careful in this case is learning what works and what doesn’t and progressing forward despite setbacks. Diligence is grace upon yourself, while making a dedicated effort to meet your goals. Use that grace as a tool to learn, adapt, and grow with each attempt, and that diligence will pay off with an overall benefit to your wellness needs.

As always, take the words I write and interpret them in your own time. The timetable for wellness has no end, so long as you choose to begin. Until next time, remember to practice your alphabet.

Be Well! Be Safe! Be Silly!
Espy Jordan



As we head into this holiday season, please remember that our staff are prohibited from accepting personal gifts. If you wish to thank a staff member with a gift, please give something that can be shared by all or donated to the Center.



From the Social Worker

Recognizing Ambiguous Grief

The physical death of a loved one is often one of the most challenging and emotional life events. Traditions and rituals like burials, mourning periods, chanting, holding vigil etc. aim to help loved ones and families with closure, and provide an outlet and recognition of this time of change and difficulty. Programs like Hospice, Grief Share, The Compassionate Friends and other local and national bereavement groups aim to help people cope with their loss and adjust to life without the loved one.

There are, however, other types of grief that are not talked about as much—like ambiguous grief. The Mayo Clinic defines this as “a person’s profound sense of loss and sadness that is not associated with a death of a loved one.” Often ambiguous grief has no resolution or closure, and other people in your life may not recognize the loss, which can lead to prolonged emotional and psychological stress.

There are many types of ambiguous grief. It may be a physical-type loss like a missing person, deployment, incarceration, a change in health status like paralysis, or amputation, or even divorce. It can also include adjusting to new expectations because of the associated changes. Ambiguous grief can also be psychological loss. So, while the person is still there physically their capacity is changed. This could be from dementia, severe mental illness, stroke, aphasia etc. and you may miss the person they once were, and/or the relationship you had with that person.

With ambiguous grief, people are often unsure how to feel or move on. While there is significant change in your experience, others may not see it and there is no formal marker of the change. You may experience guilt, confusion, denial, anger, frustration and loss—really anything. People around you may not see your loss, and try to console by saying things like “but they look so good,” “they seem like their usual self to me,” “oh, they are not as bad as I expected” or “at least...” All of which can lead to feeling isolated and frustrated. With psychological ambiguous grief it’s hard to know what to do with the grief you are feeling when the person is still right there.

Pauline Boss, professor and foremost theorist on ambiguous loss, <https://ineffableliving.com/ambiguous-grief-quotes/>, offers these

quotes on ambiguous loss:

“The uncertainty makes ambiguous loss the most distressful of all losses, leading to symptoms that are not only painful but often missed or misdiagnosed.”

“Few if any supportive rituals exist for people experiencing ambiguous loss. Their experience remains unverified by the community around them, so that there is little validation of what they are experiencing and feeling.”

Acknowledging your feelings, and recognizing your loss, can be the first step. Some people find it helpful to make a list of all the things that have changed, or you think will change. Whether you share the list with trusted people in your life, or keep it to yourself, the process can be cathartic. Additionally, support groups, peer groups, or social groups with others experiencing the same situation can be good sources of help. If groups are not for you, or you are experiencing deep despair, consider counseling. Support groups and counseling can help you recognize that whatever you are feeling is real. Learning small ways to adjust to your loved ones changed abilities, and staying present in the moment can be a first step.

As always, please reach out if I can be of assistance.

Sincerely,

Mary Collins, LMSW

Social Worker

socialwork@daybreakadulthoodservices.org



As weather changes...



Please label outerwear as best as you can. Though we have a good system for keeping track of each person's belongings, it isn't foolproof! If someone puts something down or leaves it behind on a bus after we have given to them, it can be hard to match it to the right person.

Thank you!

NURSES NOTES



Insomnia is a common sleep disorder that affects older adults, particularly those over the age of 65. It is characterized by difficulty falling asleep, staying asleep, or waking up too early and/or being unable to fall back asleep. Insomnia can affect our daily ability to function.

Symptoms may occur several times per week and last for months. The need for sleep does not decrease with age, but changes in sleep may make it more difficult to get adequate sleep. The upcoming time change, can also affect sleep patterns.

Insomnia in the elderly can be caused by a variety of factors, including:

Age-related changes: As we age, our sleep patterns change and we may produce less melatonin, the hormone that regulates sleep. Research suggests that our sleep becomes more tenuous with age, which may contribute to falling asleep during the daytime, light sleeping, waking at night, and obtaining fewer total hours of sleep. Not all older adults will experience problems with sleep quality.

Medical conditions: Chronic pain, heart disease, respiratory problems, and anxiety disorders can all contribute to insomnia.

Medications: Some medications, such as stimulants, antidepressants, and benzodiazepines, can interfere with sleep.

Stimulants: Caffeine, alcohol, and nicotine use, as well as irregular sleep schedules, can worsen insomnia.

Common symptoms of insomnia in the elderly include:

- Difficulty falling asleep
- Frequent nighttime awakenings
- Early morning awakening
- Daytime fatigue
- Irritability
- Difficulty concentrating

Diagnosis and Treatment: To diagnose insomnia, a doctor will typically ask about the patient's sleep history, medical conditions, and medications. They may also perform a physical exam and order blood tests.

Treatment: Treatments to improve your Sleeping Habits often start with lifestyle changes:

1. Establish a sleep routine:

***Developing a sleep schedule** and going to bed consistently at approximately the same time within 30 minutes is ideal and may reduce daytime sleepiness. Turn off all electronic blue screen devices like cell phones, TV and computer a half an hour prior to your desired bedtime. If you are in bed with your mind racing in the middle of the night, get out of bed for a while. Keep your bedroom as dark as possible. By reducing light in the bedroom, the darkness naturally allows our body to

release melatonin. Conversely, getting bright enough light during the day will help your body to function better. Keeping your bedroom slightly colder is beneficial, as “night sweats” can make sleeping more difficult. Make sure you have comfortable bedding, pillows and sleep wear to help you relax and get comfortable.

***Exercise:** The more that you can do before 2:00 p.m., the easier it will be to tire yourself out by bedtime.

***Avoid stimulants prior to bedtime** like caffeine, alcohol or exercise. Smoking is associated with poorer sleep. Additionally, smokers rely on caffeine & Nicotine to get through their day. These stimulants can be like a drug; and you can develop a tolerance overtime, requiring more to get the same benefits. This can be detrimental to our sleep process, especially if consumed later in the evening.

*** Take time to relax:** Try relaxing by taking some deep breaths, listen to soft music, try mediation, white noise and/or try caffeine free chamomile tea.

2. Cognitive Behavioral Therapy: A type of therapy that focuses on changing thoughts and behaviors that contribute to insomnia. This therapy is considered the gold standard for treating insomnia in all populations, unfortunately it is time-intensive and does not offer immediate results.

3. Medications: In some cases, medications such as melatonin, sedatives, or antidepressants may be prescribed to improve sleep. Only use these medications as directed and do not take with alcohol, as it can lead to increased drowsiness and imbalance, increasing the risk of falls. Melatonin can increase your risk of bleeding if you take it with warfarin or other blood thinners. Many medications used to treat insomnia do not have regulatory approval and have little evidence to support their use. Benadryl which is a key ingredient in Tylenol or Advil PM is contraindicated in the elderly, especially those with dementia and should NOT be used as a sleep aid. It is important to tell your doctor all of the medication you are taking, even over the counter drugs, and to check with your pharmacist to make sure a new over the counter drug will not interact with the prescriptions you are taking. Some blood pressure medications can affect sleep; check with your physician or pharmacy and if possible, take the medication in the morning to avoid issues.

Complications: Untreated insomnia in the elderly can lead to complications which include increased risk of falls, illness, reduced cognitive function, depression and anxiety.

Prevention: To prevent insomnia, older adults should: maintain a regular sleep schedule, avoid caffeine and alcohol before bed, exercise regularly, and manage stress effectively.

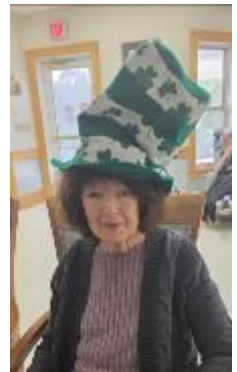
Chris Grable RN

***Sources: Society of Behavioral Medicine & The Cleveland Clinic**



NOVEMBER BIRTHDAYS

1 Pat T.
7 Mark F.
14 Sharon B.
16 Emily M.
27 Vera S.
29 Angie N.



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

Board of Directors

Dr. Joseph Devadoss, Chairman

Randy Jones, Vice Chair

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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.