



# DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

OCTOBER 2025



**"Autumn shows us  
how beautiful it is  
to let things go."**

**—UNKNOWN**

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

October 8: Entertainment with Amy Andrews

October 16: WAGS for Hope Dog Visits

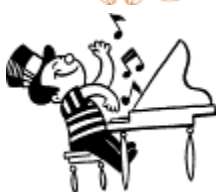
October 17: AJ's Jazz Band

October 28: Music and Dancing with Dale and Garrey

October 31: Halloween Party



## **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)



Friday October 24, 2025  
Lunch Trip to IHOP

# The Director's Corner

Hello and Happy Fall! I hope that this newsletter finds each of you well. Though I am sad to say goodbye to summer, I do love the changing seasons and fall is a favorite!

I hope you are planning to attend the Frederick County Elder Services Provider Council's Caregiver Conference and/or the Elder Expo this month. Located at Frederick Health Village (the old State Farm Building behind the north county Walmart) the Caregiver Conference will be held Wednesday October 8 and the Elder Expo will be Thursday October 9. These annual events are a fantastic way to get LOTS of information in a very short period of time. There will be 70 vendors there representing all sorts of senior care resources. There will also be a variety of speakers sharing useful information. Here is what you need to know:

The **Caregiver Conference** is Wednesday October 8. Registration is required for the Caregiver Conference (not Expo). It is easy and free and can be done at <https://www.espcfrederick.com/CaregiverConference>. Call me if you need help! From 4-6 pm you will be able to visit the 70 vendor exhibits to get literature and talk to representatives. You will also be able to pick up a free boxed dinner. From 6 -8:30 pm, you will be treated to a panel presentation by 8 senior care professionals. They will be sharing their expertise in areas of senior care that you are sure to find useful at some point in your caregiving journey. You will walk away with their handouts and contact information and hopefully a new energy and confidence! See the list of panelists inside. I am excited to be one of them!

The next day, Thursday October 9, the **EXPO** is open to the community from 9am-2pm. In addition to the 70 vendor booths, vaccines including flu and COVID, and health screenings, there are 8 speakers who will be presenting on a variety of topics that seniors and caregivers alike may find useful. See inside for the speaker lineup and plan your visit around what looks interesting to you. No registration is required for Expo. Just come and enjoy. Bring your insurance cards if you want to get vaccines. This year there will be a shuttle service to help guests get from their cars to the event space. There will also be some wheelchairs on loan for those who have difficulty being on their feet. If you go, please be sure to stop by the Daybreak table and say hello!

\*\*\*Please call us if you want to change your loved one's schedule here so you can go! I promise it will be worth your effort!

Enjoy the changing season and the lovely weather. As always, please reach out if we can be of service!



Fondly, Christina

# 2025 ELDER EXPO and CAREGIVER CONFERENCE









**Collect information on Home Care, Medical, Fitness, Education,  
Legal Services, Nursing & Assisted Living, Community Health  
Services, Downsizing & Moving, Real Estate, End of Life  
Planning & much more!**

## Caregiver Conference

Planning for the  
Future

Wednesday, October 8th  
Visit vendors  
4 - 6 PM  
Program 6 - 8:30 PM

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

-  70 Vendors
-  Free Screenings\*
-  Various Vaccines\*
-  Education Sessions
-  Door Prizes
-  Lots of Parking  
with free  
shuttles to  
door

**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 9th  
9 AM - 2 PM

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

\*Expo Day only

Thank you to these transportation  
companies providing shuttles from  
the parking lot to the front door:



# **SPEAKER SCHEDULE**

## **Caregiver Conference Panel - Wednesday, October 8th**

**6 pm - 8:30 pm**

- **POA's & Legal Documents**, Sherry Rush, Paralegal, CMP, CSA, Elder Planning Manager, HWK Law Group
- **Financial Issues**, Ian Eversull, Wealth Manager Advisor, The Will Group
- **Advance Directives**, Dawn Bolton, RN, BSN, Palliative Care Team Lead, Frederick Health Palliative Care
- **The Role of a Geriatric Care Manager**, Kim Picca, Director of Nursing/Principal at Aging Well ElderCare
- **Home Care vs. Home Health Care**, Lisa Flannery, Homecare Consultant, Visiting Angels
- **Adult Medical Day Care**, Christina Forbes, LMSW, Program Director, Daybreak Adult Day Services
- **Navigating Assisted Living/Nursing Homes**, Lindsey McCormick, CDP, PTA, Community Ambassador, Silverado and Heather Jackson, Community Liaison, Fund LTC
- **Compassion Fatigue**, MaryAnn Buckley, LCSW-C, CDP, Director of Outreach and Education, Corewood Care

## **Elder Expo Speakers - Thursday, October 9th**

- 10:00 am**    **Preparing for Dementia: A Stage by Stage Approach**  
(Conference Room A)  
Mary McDonald, MD Medical Director of Hospice and Primary Care,  
Frederick Health Hospice and Palliative Care
- 10:00 am**    **The Social Security Puzzle** (Conference Room B)  
Jackie Hopkins & Dave Hedrick, Financial Advisors, PFS Investments
- 11:00 am**    **Downsizing and Decluttering** (Conference Room A)  
Ryan Burns, President and Owner, Stress Free Solutions
- 11:00 am**    **Thinking Ahead: How to Protect Your Brain for the Long Haul**  
(Conference Room B)  
Lindsey McCormick, CDP, PTA, Community Ambassador, Silverado  
Frederick Memory Care
- 12:00 pm**    **Exercise Basics for Older Adults** (Conference Room A)  
Katrina Wolf PTA, certified ACSM personal trainer, certified ACE Senior  
Fitness Specialist, Certified Functional Aging Specialist and owner,  
Agewell Senior Fitness
- 12:00 pm**    **Digital Health Tools for Aging Well: How to Use Your Patient Portal**  
(Conference Room B)  
Ashley DiMaggio, RN, MSN | Founder and CEO, GuideWell Patient  
Advocates
- 1:00 pm**    **Closing the Digital Divide** (Conference Room A)  
Anthony Chielli, Director of Business Development, Carroll Technology  
and Innovation Council
- 1:00 pm**    **Maintaining Your Desired Lifestyle by Aging in Place**  
(Conference Room B)  
Terri Lemere, M.S., OTR/L, CAPS, ALCM, Healthy Home Living  
Solutions, LLC





# 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](mailto: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 (nurse fax is 301-696-1164)
2. The first time we are doing lab work for your loved one, there is a one time 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@daybreakadultdayservices.org](mailto:director@daybreakadultdayservices.org).



## OUR CONDOLENCES

*To the friends and family of*  
*Ginnie Queen*  
*Bill Pritchard*  
*Virginia Brown*

# Activity News



Hello to All!

Live from the Activities Hub, probably sipping a pumpkin spice or apple spiced drink, this is Espy Jordan, Activity Director for Daybreak Adult Day Services! I don't believe I have ever been as impatient for a meteorological season to start than I am this Autumn. And by the time you read this, we will have successfully made it into the Fall, and freed ourselves from the shackles of the Summer heat. While that may seem melodramatic (it is!) I have such a mental and emotional boost in the colder months, personally. The bright colors, the cooler weather, the flavors of the season, the cooler weather. Did I mention the cooler weather?! All that aside, I am excited to jump into what I feel is the strength of our schedules here at Daybreak, with so many holidays and activities surrounding them, I am assured that we will always have something fun for your loved ones in store within our beautiful campus.

We now turn to the real reason you all have paused your day to read my words: the continuation of our new 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**

The next word in our series is:

C is for **Coping**.

This word has taken on a sometimes loaded connotation within recent years. It seems like a catch-all for some who do not know how to manage when someone is affected negatively by events surrounding them. I have personally been told in the past to



"Shut up and cope.", or its partner phrase, "Deal with it." which is clearly never the proper advice to someone who is struggling in any way. Sure, our problems are not going to go away when they are ignored, but we as caregivers know best of all that our daily lives are heavy with stressors that can take a toll on all of our areas of wellness. However, after peeling back the layers of negativity that come with this word, you can find that, at its core, coping is capable of being a healthy outlet for any individual, if given the appropriate understanding and patience. The definition of cope is to deal *effectively* with something difficult. For caregivers, any number of stimuli or experiences could qualify as something "difficult". Be it the behaviors of the individuals we serve, or the stress placed on our personal lives due to the occupations we hold, to any other events that alter or change our overall wellness, the use of coping is integral to maintain a sense of control. To cope should not be viewed as an absolute. It is not a one-and-done method of moving forward, but rather a series of strategies and mechanisms designed to assist you in finding stability in those difficult moments. It also has no timetable; coping is a journey far more than a finite destination. For many, there are a variety of coping techniques and mechanisms that work for them in the short term, but will need to be improved upon or revisited in order to maintain effectiveness. Techniques like positive affirmations, deep breathing, therapy and more can be useful for those in need of handling difficult situations. Speaking with professionals is an excellent way to help uncover what works, and what doesn't, to ensure that you are giving yourself the best chance to succeed.

Listen, dear readers, the conversation regarding use of coping techniques comes from personal experience. The stigma of not letting things bother you or to let things roll off your shoulder is loud, and frequently used to put those down who are struggling, including myself. As someone who is still learning to cope with grief and other majorly difficult life experiences, I assure you that the effort you put into building your own coping mechanisms is critical for continued wellness success. Stigmas will fade if we don't allow them power, so lean into your healing, and be well to yourself.

Until next time, remember to practice your alphabet.

Be Well! Be Safe! Be Silly!

Espy Jordan



## From the Social Worker

Recently I was talking with a friend who mentioned a charge on their Medicare Explanation of Benefits that they did not remember having done. In talking with a Medicare representative, it was discovered that this was a fraud charge, and they started the process of reconciling it. No fun for sure! Fortunately for them, they noticed something was awry. For many of us (ahem...me!) we don't pay much attention to these statements and thereby may have missed it altogether.

It made me think about the Senior Medicare Patrol (SMP) and that it may be a good time to review their role in our community. According to their website (<https://aging.maryland.gov/pages/senior-medicare-patrol.aspx>) there are 19 SMP offices throughout Maryland, including one here in Frederick County at the Division of Aging and Independence. SMP "empowers and assists Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse through outreach, counseling, and education." Our local office is available to provide free one on one discussions, assistance and education about Medicare fraud and abuses and can also offer information and resources.

Medicare fraud can present in many ways, including fraudulent or inflated billing, overcharging and performing unnecessary services, misusing a member's number, and even providing misleading marketing information by private companies. And while some are intentional schemes used to defraud Medicare, sometimes mistakes are made inadvertently.

Either way these practices can drive up Medicare costs, wastes taxpayer dollars, can affect private health information and lead to feelings of mistrust of the system so avoiding and reporting them is important. To avoid instances of fraud and Medicare misuse be an informed consumer. Know what tests, equipment and services are being ordered and why. If you use an online Medicare account you can log on periodically to reconcile services and claims and look for duplications, or you can review your statement when it comes by mail. If something does not look right- ask! Protect your Medicare card and number. In general, Medicare will not call and ask for your number. Be aware, especially during open enrollment season, of promises that seem too good to be true.

Check out their website for more information about the role of SMP in our community, as well as links to some of the most common scams and frauds and be sure to review those states and contact the

local SMP office if you have any questions at 301-600-1234.

### **Additional Resources-**

Local Division of Aging and Independence Frauds and Scams Page  
- <https://frederickcountymd.gov/5884/Frauds-and-Scams>

Medicare- <https://www.medicare.gov/basics/reporting-medicare-fraud-and-abuse>

Senior Medicare Patrol- <https://aging.maryland.gov/pages/senior-medicare-patrol.aspx>)

Read below for a fraud alert that was shared by SHIP recently.

Durable medical equipment (DME) and orthotics companies offer a valuable service by providing wheelchairs, surgical supplies, catheters, and respiratory nebulizers as well as nutrition and tube feeding supplies and other health care equipment. DME and/or orthotics are considered medical equipment prescribed by your doctor that can withstand repeated use, serve a medical purpose, and can be used in the home. However, many fraudulent companies across the country are charging Medicare beneficiaries for this equipment without showing the medical necessity and sometimes without even sending the equipment to the beneficiaries.

### **Report potential DME fraud, errors, or abuse if:**

- You see on your Medicare Summary Notice (MSN) or Explanation of Benefits (EOB) charges for equipment you do not need or did not receive
  - You accepted an offer for “free” equipment or supplies but see Medicare was billed instead
  - You receive medical equipment or supplies that you never requested or that you do not need
  - You see on your loved one's MSN or EOB suppliers billing Medicare for items after they passed away
  - A supplier requests your Medicare number at a presentation, during a sales pitch, or in an unsolicited phone call
  - A beneficiary knowingly accepts money, gifts, or unnecessary equipment and supplies from a supplier in exchange for their Medicare number
- A supplier delivers an off-the-shelf product to you but billed Medicare for a more costly product

**Call 1-800-Medicare, report the fraudulent charges and ask to have a new Medicare number issued.**

**Report directly to the OIG Hotline: 1-800-HHS-TIPS (800-447-8477).**

# NURSES NOTES



## FLU vs RSV vs COVID

The upcoming fall/ winter season poses a unique “triple threat” of respiratory health challenges for those over the age of 60, and especially for those with one or more underlying or chronic health conditions. Here is some information to help you understand the Flu (influenza), RSV, (rhino syncytial virus) and COVID-19.(SARS-CoV-2)

**FLU:** Flu is a contagious illness caused by the influenza virus. You may be contagious one day before symptoms develop and up to five to seven days after becoming sick. Flu can cause mild to severe illness, which can lead to death. Most symptoms go away in 4 to 7 days, but the cough and tired feeling may last for weeks. The 2 types of flu include Type A (usually worse) and Type B.

**RSV:** RSV is a very common virus causing mild, cold-like symptoms with a wet cough. You are contagious for 3 to 8 days and may become contagious a day or two before you start showing signs of illness. Most people recover in a week or two, but severe RSV may lead to hospitalization for pneumonia and respiratory failure.

**COVID-19:** COVID-19 causes mild to moderate respiratory illness in most people needing little treatment. However, people with moderate and severe cases often become seriously ill and require more specialized medical interventions or hospitalization. COVID’s unpredictable course means that anyone is at increased risk for becoming seriously ill or dying regardless of age.

## TIPS TO PROTECT AGAINST INFECTION FROM THESE RESPIRATORY VIRUSES

- GET VACCINATED FOR ALL 3 VIRUSES!!!
- Wash your hands often with soap & water or use alcohol-based hand sanitizer.
- Cover all coughs and sneezes
- Avoid touching your eyes, nose and mouth
- Stay home if you feel ill and avoid others who are or suspected to be ill
- Optimize your distance and minimize close contact with others during flu/cold season and wear a mask when close contact is required
- Maintain good nutrition

- Minimize stress, get adequate rest, and maintain good sleep patterns
- Optimize good ventilation-open windows for fresh air as weather permits
- When in doubt, get tested

## SIGNS AND SYMPTOMS of Flu, RSV and COVID-19

Often the signs and symptoms of respiratory viral illness are very similar and it may be hard to tell which virus you have. Although rare, it is also possible to be ill with more than one virus at the same time. This table should provide a symptoms review to help guide you in determining which virus you are likely to have been infected with.

### Symptoms of COVID-19, RSV and Flu

	COVID-19	RSV	Influenza
Onset of symptoms	Gradual	Gradual	Sudden
Cough	Common	Common	Common
Diarrhea	Sometimes	Rare	Sometimes*
Fatigue or tiredness	Common	Sometimes	Common
Fever	Common	Common	Common
Headache	Sometimes	Common	Common
Loss of taste and smell	Common	Rare	Rare
Muscle or body aches	Sometimes	Rare	Common
Runny or congested nose	Common	Common	Common
Shortness of breath or difficulty breathing	Common	Sometimes	Rare
Sneezing	Common	Common	Common
Sore throat	Common	Common	Common
Vomiting	Sometimes	Rare	Sometimes*
Wheezing	Rare	Sometimes*	Rare

*Experts say the only way to confirm a diagnosis is with testing. No matter the symptoms, people should stay home when sick and seek medical help if they experience any trouble breathing.*

\*MORE COMMON IN CHILDREN

SOURCE: CDC, MAYO CLINIC



**ACTIONS TO TAKE IF YOU ARE ILL FROM ONE OF THESE RESPIRATORY VIRUSES:** Unfortunately despite all precautions, you may fall ill with one of these viruses. If you test POSITIVE and have contacted your doctor, general home measures to implement include:

- Rest, decrease your activity levels
- Take in plenty of fluids, reduce the risk of dehydration
- Consider pain relievers: Use Tylenol, ibuprofen, or Aleve to combat the fever, headache or achiness as appropriate

continued

## NURSES NOTES continued

Your healthcare provider may prescribe antiviral medication(s) specific for each virus: **DON'T DELAY:** Treatment must be started as soon as diagnosed/ within days of when you first develop symptoms to be effective.

### **WHEN TO SEEK EMERGENCY CARE- When in doubt- CALL!**

Emergency symptoms requiring immediate medical care include:

- Difficulty breathing, cannot speak in full sentences, rapid breathing or shortness of breath

- Chest pain or pressure

- New or worsening dizziness

- New onset irritability

- Seizures

- New or worsening confusion

- Inability to stay awake, fainting

- Worsening of existing medical conditions

- Severe weakness or muscle pain

- Pale, gray or blue skin lips or nail beds (depending on skin tone)

- Dehydration

- Inability to control vomiting or excessive loose stool

- Profuse or new onset perspiring/sweating (visibly soaking)

These are just some of the emergency symptoms. If you are uncertain about **any** symptom, contact a healthcare professional **OR** call 911 and get care right away. Be sure to have an updated medication list and doctor contact information as well as a brief medical history ready for the receiving provider.

As always please let us know if your loved one is diagnosed with any of these illnesses or prescribed any new medications to treat them. What they have and how they feel will determine how long they need to stay out of the center; please give them ample time to recuperative in the comfort of home; do not send them in if they are feeling unwell or have active symptoms. Please also let us know if they receive a flu or COVID vaccine.

Effie Nomicos, RN  
Daybreak Nursing Team





# OCTOBER BIRTHDAYS

1 Hilda C  
5 Rick D. & Francine W.  
11 Janet M.  
25 Margarita M.  
26 Gloria M.



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.*