



DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

DECEMBER 2025

As the snowflakes fall
and the lights twinkle,
may your heart be
warmed with the magic of
the season.
Happy Holidays!

HOLIDAY SCHEDULE CHANGES

Christmas Eve/Christmas

Center will close 1 hour early Wednesday, December 24th
and be closed Thursday, December 25th.

New Year's Eve/New Years Day

Center will close 1 hour early on Wednesday, December 31st

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

December 4: Live Entertainment with Amy Andrews

December 9: Clancy Works Movement and Dance

December 18: WAGS for Hope Dog Visits

December 19: AJ's Jazz Band

December 29: Piano music by Matthew Melvin

December 30: Music and Dancing with Dale & Garrey

December 31: New Year's Eve Party



THROUGHOUT THE MONTH



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



Field Trips are on hiatus until spring!

The Director's Corner

Seasons greetings! I can't believe that December is here already. Once again, my promise to be more organized and ahead of tasks this month has already fallen by the wayside! December can be a tough month as we try to cram in a zillion holiday to-dos, eat too much sugar, and suffer the effects of shortened daylight and colder weather. Then of course are all of the expectations (self imposed or from others), the revelation of new realities, and the sadness that might go along with that. While a wonderful season, it is not without it's pitfalls and challenges. It is important to take care of yourself; mentally, physically, and emotionally.

Please take advantage of our services to help reduce your stress level. We have extra spaces for participants everyday and are happy to have your loved one join us for an extra day here and there if it can help you. With so much great stuff going on here, they are sure to benefit too! We also have the hairdresser here a few days a week so you can take that appointment off your to-do list. You can read about her schedule and how to make appointments inside. Of course Mary and I are here to lend an ear or share resource ideas whenever you need that too.

It will be a busy month here with lots of decorating, crafting, holiday music, games and more. We have some entertainers coming in (more welcome...call us if you know anyone who could share an hour of their time and talent!) and some fun holiday events planned. I am especially excited to welcome ClancyWorks, a Silver Spring based dance company who is expanding in to Frederick providing movement and dance programming to seniors. They are coming on December 9 and I hope will become regular visitors to the center.

As much as I hate to think about it, I know that we may also have to deal with weather issues starting this month. Please remember to call the center if we have weather to find out what our status is. We are cautious about putting our buses on the road, and having our participants and drivers walking on icy ground, so delays and closures are possible. Our full weather policy is on the website and was sent home last month. Please call if you want us to send you another copy. With cold weather also comes hats, gloves, and heavy coats. Please help us keep track of outerwear by labeling these items whenever possible. We have a good system here, but every once in a while something gets misplaced. Since our folks don't always remember what they came with, a name inside helps us immensely!

I wish each of you a very joyful and peaceful holiday season.

Fondly, Christina



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. Urbana Wednesday, Dec. 3, 1:30-2:30 p.m. Virtual Tuesday Dec. 2, 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! We have had many participants unwittingly switched in to plans that don't provide what they need.

Groceries for Seniors. December 19. 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 Monday December 15, 1 PM. 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:

December 12: Urbana Senior Center

December 19: Middletown Senior Center

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

FROM LEGAL AID and DAI

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 Senior Center: Wed, Dec. 17, 9:00 a.m.-Noon

Urbana Senior Center Mon, Dec. 15, 1:00-4:00 p.m.



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.



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)

December 1

December 15

January 5

January 19

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@daybreakadulthoodservices.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.



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!

Activity News



Hello to All!

Live from the Activities Hub, jingling all the way, this is Espy Jordan, Activity Director for Daybreak Adult Day Services!

Dear Readers, the holiday season is reaching its apex as we enter the Christmas/Hannukah/Kwanzaa season with reckless abandon. This time of year can be bittersweet, as we surround ourselves with loved ones and remember those we celebrate in spirit. The stressors of the holidays hit everyone differently but remember you are never alone in these struggles. As for us here at Daybreak, we will be continuing our mission of providing a salve for the holiday doldrums and look forward to bringing 2025 to a close with fantastic new memories for your loved ones.

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.

D- Diligence

The next word in our series is: **E is for Enjoyment.**

For as much as we caretakers put our energy into our loved ones and individuals we care for, it may seem like the concept of enjoyment is a fallacy. Our time is overloaded with the emotional and physical weight of care that taking even a moment for ourselves can be filled with anxiety, or even guilt.

We are trained as professionals to believe if you enjoy what you do, you never work a day in your life. The notion, while innocuous, can be

a damaging mindset to keep. Of course, you should pursue an interesting career, and you should do your best to have a level of enthusiasm with what you do. However, tying the core concept of enjoyment to your occupation or the work you do can be dangerous. That mindset then sets the capacity for enjoyment and centralizes your wellbeing to the performance in your work. One difficult day at work can derail your entire mood. Having time off can then feel overwhelming, or unfulfilling as we become intrinsically linked to the mindset that if you are not working, then you are not finding fulfillment in life.

This word is personal to me, as I have historically had the concerning practice of forcing enjoyment, accomplishment, and work into the same pipeline. I can say from personal experience that I was not able to maximize my wellness while in this state of mind. I especially found this difficult during the holidays, where the whimsy and mystique that the holiday season brings felt muted, because the only way I had trained my brain to experience joy was when I was receiving positive affirmations for my hard work. While I am currently working to separate these areas of my life, it is a hard and arduous journey. There are times that I still find myself struggling to stop and relax, and enjoy my surroundings, all because I am not actively participating in caretaking. Like all behaviors and routines, unlearning negative patterns is a process, but I can say that so far, I am rediscovering hobbies and other activities I loved to do, and slowly but surely realizing that I do not need to find my sole enjoyment in my occupation.

Enjoying yourself in stressful times is hard. However, I encourage each of you to start with something small: stopping to enjoy a meal, listening to a favorite song, engaging in a comforting activity. By allowing ourselves just a moment of reprieve, we allow that steady flow of stress chemicals to be disrupted, and through that we can find a return of health across the areas of wellness.

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
Activity Director





From the Social Worker

National Family Caregiver Month

November was National Family Caregiver Month, and while we are at the tail end, I did not want it to slip by without offering a huge thank you to those of you who are full-time, part-time or long-distance caregivers. You may have heard me say previously, I have never met anyone who woke up one day and said “today I will become a caregiver” usually the role comes from a crisis, or caregiver creep—slowly doing little things for someone that buildup over time. As a result, many caregivers are taking on the role without much preparation, knowledge or resources and they rise!

Most caregivers are family member or friends and according to <https://www.caregiver.org> they are among 53 million Americans who provide unpaid care. This translates to an economic value of \$470 billion dollars.

While caregiving is often a 24/7/365 role and should be celebrated every day, during November, we take a special pause to highlight all the important work you do and highlight issues and legislation that impact caregivers and their care recipients.

So, if you identify as a caregiver, I want to extend a heartfelt thanks for all you do, and have done—seen and unseen. I am hopeful some of these quotes below are relatable and may provide some comfort and maybe even a smile. Below those, I am including some resources that are available to support you through your journey. I hope it may make some part of our journey a little easier.

“Caregiving often calls us to lean into a love we didn’t know was possible.” Tia Walker

“They may forget what you said, but they will never forget how you made them feel.” Carl Buecher

"The best part of being a caregiver is that you never know what kind of chaos will be thrown your way next. It's like a box of chocolates, but a lot messier." Anonymous

“Kindness can transform someone’s dark moment with a blaze of light. You’ll never know how much your caring matters.” Amy Leigh Mercree

“Regardless of what challenge you are facing right now, know that it has not come to stay. It has come to pass. During these times, do what you can with what you have, and ask for help if needed. Most importantly, never surrender. Put things in perspective. Take care of yourself. Find ways to replenish your energy, strengthen your faith, and fortify yourself from the inside out.” Les Brown

There are many organizations out there that work to support and educate caregivers, but sometimes it is hard to know where to start. Unsure? While I cannot claim to have all the answers; I am always happy to help or get you to someone who can. Email or give me a call, 301-696-0808 or socialwork@daybreakadultdayservices.org In the meantime, there are some great resources you can explore any time day or night-

<https://frederickcountymd.gov/54/Aging-and-Independence>

<https://www.caregiveraction.org/>

<https://www.ncoa.org/page/national-family-caregivers-month/>

<https://aging.maryland.gov/pages/national-family-caregiver-support.aspx>

<https://dai.trualta.com/login>

Fondly,

Mary Collins, LMSW

socialwork@daybreakadultdayservices.org



Staff News and Notes

Anniversaries

Driver Charles Wars celebrates **18 years** with Daybreak! Charles drives the Mt. Airy/New Market route. He is our longest tenured employee. We are so incredibly grateful for his many years of service, outstanding work ethic, compassion, kindness and wit. Thank you Charles!

We also celebrate the one year anniversary of part time Program Assistant Madison Rhine. Maddie is a full time nursing student but finds times to cover occasional shifts at the center. Maddie is very kind and professional and is a great help when she is here. Thank you Maddie!

We also celebrate the belated one year anniversary (November) of part time Program Assistant Gabby Bilbo. Gabby generally works 2-3 days per week. She is wonderfully kind and caring and an important part of our team. Thank you Gabby!



Understanding Factors that Influence Nutrition

With the upcoming holidays, it seems like a great time to talk about nutrition. Good nutrition is the foundation of a healthy life. There are many factors that influence how we eat: culture, economic status, life-style such as activity level, any medical conditions including medications (these often affect a person's appetite) and even genetics. These factors all play important roles in shaping our eating habits. Understanding these factors and the importance of good nutrition can help a person make healthier food choices, prevent malnutrition, and improve overall well-being.

As our bodies change with age and/or health conditions our nutritional needs also change. Sometimes eating well isn't just about what we *should* eat but what we *can* eat. However, **while a person's energy needs may decrease as they age, their nutritional needs do not.** Many older adults experience changes in appetite, taste, dental health, or digestion, which can make maintaining a healthy diet more challenging. However, good nutrition remains essential for maintaining strength, independence, and quality of life. There are a couple of factors that should be considered when making a balanced meal.

- Protein: this is necessary to maintain muscle strength and support healing.
- Healthy "good" carbohydrates: These are things like whole grains, oats, brown rice and, most importantly, fruits and vegetables.
- Healthy fats: Which are most important for overall brain and heart health; include olive oil, avocados, nuts and seeds.

Nutrition isn't just about food; it's also about mindset and environment. Eating well doesn't just support physical health; it also improves energy and mood; but at the same time our mood and energy effects our eating. Our emotions can influence our eating when we are stressed or tired, we often turn to comfort foods that are not as healthy or balanced. Our mindset determines how we view our food often having a positive outlook towards food, seeing it as fuel and care for the body leads to healthier choices. And interestingly, studies show that social factors matter too, people are more likely to eat well when they are eating with others or receive encouragement from family and friends. Taking time to eat at regular times and consciously focusing on nutritious meals can help meet nutritional goals.

Here are a few easy steps to encourage good nutrition.

- Eat a variety of foods– include fruits, vegetables, whole grains, lean proteins and healthy fats.
- To help encourage good eating habits try to choose flavors and textures you like while still incorporating all the important food groups.
- If you feel that you do not have much of an appetite, try to aim for small more frequent meals that are protein rich such as eggs, yogurt, beans, fish or lean meats.
- **Stay hydrated!!!** Even when consuming other beverages, it remains important to drink about eight glasses of water each day to stay properly hydrated. **Being hydrated supports digestion, brain function and circulation.**
- Seek support- If cooking, shopping or planning balanced meals is difficult or you are not sure where to start, reach out to friends/family or seek out programs available to assist.

Nutrition is influenced by many parts of our lives — our bodies, minds, cultures, and circumstances. Small daily choices like drinking more water, eating more fruits and vegetables can improve overall health over time. By understanding these influences and taking small, practical steps, we can maintain good nutrition and support overall health at any stage of life. Healthy eating is not about perfection but about balance and consistency.

As always, please inform the nurses at Daybreak about any health issues including; medication changes, ER visits, hospital stays (even if just for observation) falls or illness.

Happy Holidays from our entire nursing staff.

Karis Purks RN
Nursing Intern

References:

DeAngelis, T. (2023, June 1). That salad isn't just good for your nutrition– It may help stave off depression. *Monitor on Psychology*, 54(4). <https://www.apa.org/monitor/2023/06/nutrition-for-mental-health-depression>

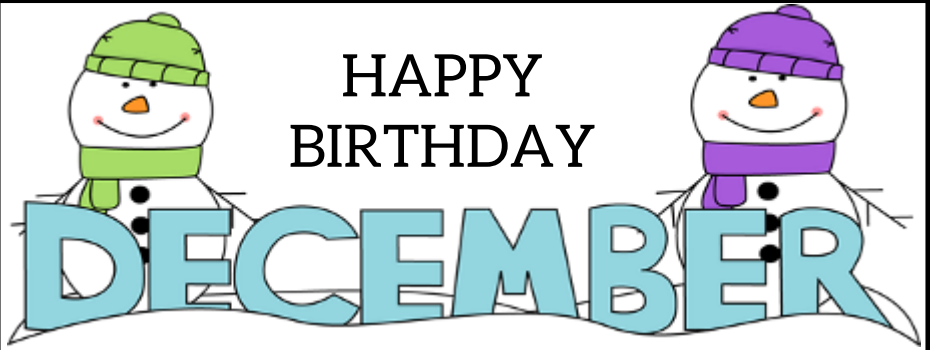
Kesari A, Noel JY. Nutritional Assessment. [Updated 2023 Apr 10]. In: Stat Pearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2025 Jan-. Miriam E. Clegg, Elizabeth A. Williams.(2018) Optimizing nutrition in older people, *Maturitas*, Volume 112, Pages 34-38, <https://doi.org/10.1016/j.maturitas.2018.04.001>.

Thanks to our friends at Village Crossing for bringing Tina Turkey by for a visit!



And Thank You to all who made our Veteran's Day celebration special! And of course, a special THANK YOU to our veteran's for your years of service!





3 Donna B. & Denise S.
4 Ann H.
5 Mitch M.
6 Steve C.
7 Reda M.
9 Bonnie W.
11 Kathy C. & Sandra O

12 Jane C.
13 Marta R.
16 Trish T.
17 Kenny S
20 Maria P
25 Dottie P
29 Robert S & Chickie J



**Enjoying
an outing
to**



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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Anita Taulton, Board Member

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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.