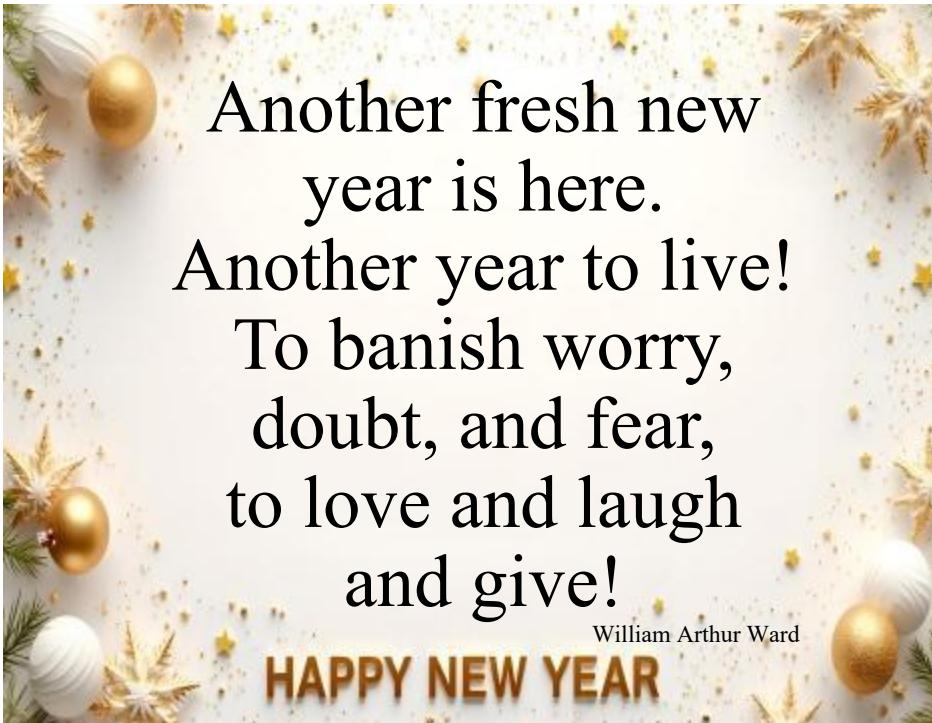




DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

JANUARY 2026



Another fresh new
year is here.
Another year to live!
To banish worry,
doubt, and fear,
to love and laugh
and give!

William Arthur Ward

HAPPY NEW YEAR

HOLIDAY SCHEDULE CHANGES

New Year's Eve/New Years Day

Center will close 1 hour early on Wednesday, December 31st
and be closed on Thursday, January 1st.

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

January 15: WAGS for Hope Dog Visits

January 16: AJ's Jazz Band

January 21: Birthday Celebration with HeartFields

January 27: Music and Dancing with Dale & Garrey

January 29: European Photo Tour with Charlie



**THROUGHOUT
THE MONTH**



**Exercise
Brain Games**

Crafts

Bingo

Music

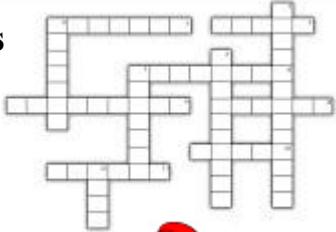


**Reminiscing
Word Games**

Puzzles

Dancing

Cards



Field Trips are on hiatus until spring!

The Director's Corner

Happy New Year. I hope that our first edition of the newsletter for 2026 finds you well. I, for one, can't believe that another year has passed so quickly! I have heard tell that time goes faster the older you get. I am becoming a believer!

December was such a festive month with plenty of holiday cheer here at the center. A special thank you for all of the holiday treats and treasures that were sent in for the staff. Though never necessary, it is always appreciated! Also a special shout out to Santa and his elf who made a special visit to Daybreak. Santa has a very close connection to one of our participants and we were glad he could pull a few strings to get us a special visit at this busy time of year!

I always feel optimistic in January...a time for a fresh start. Though I love all of the holiday decorations and festivities, by January I am ready to put them away and revel in a clean and organized house. I like the clean fresh calendar and a fresh new To Do list. Of course, I know chaos will follow shortly, but for a brief time, I will find peace in the clean!

As you clear out your own spaces, please keep us in mind. We are always looking for small decorative items and tchotchkies, lotions, soaps, socks, costume jewelry, puzzle books, etc. to use as Bingo prizes. Feel free to recycle ones that have already come home! We can always use good condition magazines and coffee table type books as well. We are also in need of gently used men's and women's sweatpants in all sizes, for our emergency clothing supply. Sometimes folks go through more than the one set of extra clothing they have here, or never brought any in, and we resort to our own supply. Easy pull on is a safe bet. Cardigan sweaters are also useful for when someone is chilly at the center.

Speaking of chilly, winter weather is sure to haunt us this month. Please make sure you are familiar with our weather policy and our procedures for closing the center or delaying our opening. Those are always hard decisions to make, especially in the dark of early morning. I make the best decision I can with the information that I have at the time. Even if I think it is safe for the center to open, you can always make a different decision for your loved one and choose to keep them home. Please call me if you have any questions or need a copy of the policy, and remember to call the center whenever you wonder about our status or are making an attendance change.

I wish all of you a **HEALTHY** and **HAPPY** New Year. Please reach out to any of us if we can be of service to you or support you in any way.

Fondly, Christina
director@daybreakadultdayservices.org



Community News and Notes

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

Falls Are Not Normal Tuesday, Jan. 27, 1pm. Falls are the leading cause of admission to Shock Trauma, but they are NOT a normal part of aging. Taught by a Shock Trauma expert, the Shock Trauma Fall Prevention Class is a program covering the essentials of fall prevention: tips for talking to your doctor, ideas for home modifications, strategies for medication management, how to fall and recover, exercises, and more. Presenter: R Adams Cowley Shock Trauma Center. Middletown 55+ Center. Free, pre-register. VirtualSeniorCenter@FrederickCountyMD.gov

Hope and Resilience: Healthy Minds Series Presenter: Estelle Dupree, LCPC, Frederick County Health Department Free, pre-registration preferred, drop-in welcome

Understanding Depression & the Aging Brain Monday, Jan. 12, 11:00 a.m. Learn about depression and its effects on the brain. Explore how mental health challenges evolve with age and discuss strategies for building resilience and managing emotional distress. Learn that depression is a treatable condition at any stage of life. The session will clarify the distinction between end-of-life contemplation and suicidal ideation, identify signs of depression in older adults, and outline both immediate and long-term interventions for seniors experiencing suicidal thoughts. Presenter in-person @ Frederick; Virtually/hybrid @ Virtual, Brunswick, Emmitsburg, Middletown, Urbana

Beating Back the Winter Blues: Resilience & Self-Care Monday, Jan. 26, 11:00 a.m. What is resilience and why is self-care important, especially in the winter? Let's explore tactics that increase resilience and identify strategies of self-care that may differ in the winter months and post holidays. Join us for a lively discussion as we focus on the importance of remaining connected to ourselves and others. Presenter: Estelle Dupree, LCPC, LC-ADAS, Frederick County Health Department Frederick Free, pre-register VirtualSeniorCenter@FrederickCountyMD.gov



FROM DAYBREAK and DAI

DEMENTIA LIVE Thursday January 22, 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:

January 2: Frederick Senior Center

January 30: Brunswick Library

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

FROM LEGAL AID and DAI

Simple Wills Come learn about simple wills. (The presentations will NOT include information on trusts and other options.) Free, drop-in, pre-registration preferred Brunswick Wed, Mar. 18, 1:00 p.m. Emmitsburg Wed, Feb. 18, 1:00 p.m. Frederick Mon, Mar. 23, 1:00 p.m. Middletown Wed, Jan. 21, 1:00 p.m. Urbana Mon, Feb. 23, 12:30 p.m.

Intake Clinic with Legal Aid Do you have questions about civil legal issues? Drop-in during the scheduled clinic hours to complete an intake. Follow-up will be provided at a later date as needed. Maryland Legal Aid and the Frederick County Division of Aging and Independence are partnering to offer this service. Free, drop-in Brunswick Wed, Mar. 18, 9:00 a.m.-Noon Emmitsburg Wed, Feb. 18, 9:00 a.m.-Noon Frederick Mon, Jan. 12, 1:00-4:00 p.m. Frederick Mon, Mar. 23, 2:00-4:00 p.m. Middletown Wed, Jan. 21, 9:00 a.m.-Noon Urbana Mon, Feb. 23, 1:30-4:00 p.m.

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>



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)

January 5

January 19

February 2

February 16

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@daybreakadultdayservices.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@daybreakadultdayservices.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 it 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, still finding wrapping paper pieces in their house, this is Espy Jordan, Activity Director for Daybreak Adult Day Services!

Welcome to 2026, dear readers! We have successfully made it to another year here on our precious blue ball, and with that comes 365 days of fresh new opportunity! One New Year's Resolution that I will never break (sorry, gym membership!) is to provide quality care and enrichment to your loved ones here with my Activities Team at Daybreak. We are already looking ahead to all the fantastic chances to brighten our participants' days this year, and I 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 D- Diligence E- Enjoyment

F is for Forgiveness.

Throughout the course of human history, we as a species are prone to error. We have faulted and hurt and harmed one another in a variety of ways, many of which were accidental, some of which were intentional. With these errors comes a plethora of emotions on both sides of the interaction. Guilt, sadness, anger, frustration, confusion, and more are commonplace in situations where one has been wronged or harmed by the actions of another. With these situations comes a decision:

The decision of forgiveness.

For many, there is a pressure bestowed on them to forgive those who wrong them. From societal pressures to religious edicts, forgiving is treated as a blanket to smother the fires caused by these incidents. Allow me to make myself perfectly clear: there is nothing wrong with the

promotion of forgiveness. It is a very useful tool to repair a relationship or begin the process of healing. However, today I want to break down the concept of forgiveness a bit more and acknowledge that forgiveness is not always so black and white. We have likely heard the term “Forgive and Forget”, or some variation of this. And while this is useful for some circumstances (an individual accidentally bumps into you, you are handed the wrong drink order, etc.), when we begin to pressure others into both forgiving AND forgetting, we begin to place the onus and weight on them as victims of the slight to, in layman’s terms, “Get Over It.”

We have spoken before about the dangers to one’s wellness if you do not allow yourself the time to process and work through the strong emotions they are feeling. Forgiveness as a tool must be variable and should not have a timeframe. Depending on the severity of the action, it is very possible you do not WANT to forgive someone. Despite conventional wisdom, this is a valid feeling. Forgiveness is not bestowed by any but the recipient of the action; it should never be coerced out of someone or forced to occur. In doing so, you invalidate that person’s feelings. Healing and the act of forgiveness take time; forgetting, on the other hand, may never happen. Trauma of any kind is just that: traumatic. Lasting scars of any kind (physical, emotional, mental) are always going to be visible to their owner. We run the risk of placing further harm on someone when we try to dictate their feelings toward forgiveness. What may be convenient for us may be additional stress upon another.

It is so difficult to traverse the concept of forgiveness because of its layers. We as caregivers often carry heavy guilt upon ourselves. We as caregivers will make mistakes, and because of the nature of our work, this will often affect the lives of someone else. That guilt is often weaponized by us against ourselves, as we carry the responsibility of care for both us and others, many of which cannot fully comprehend their actions as mistakes. Forgiveness for oneself is the most difficult challenge we face. And while it may sound contradictory, forgiving yourself is one of the most challenging yet useful tools in our wellness toolset. As with all forgiveness, it takes time, but unlike outside influence, forgiving yourself is an introspective conversation: only you are able to initiate it.

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
activities@daybreakadultdayservices.org



From the Social Worker

Happy Holidays to all.

In a world where we often hear a lot of doom and gloom, I am grateful for the moments of pure joy and hope that I receive working alongside amazing coworkers and participants here at Daybreak. Truly, this is a bright community full of compassion, creativity and a lot of laughter. It is good for the soul and I am so happy to be here.

May 2026 bring peace, hope, joy, health and wellbeing. Thank you for sharing your loved one with us and may this upcoming year be the best one yet.

Blessings, Mary

Inner peace creates peace in the world. – Unknown

GUIDE Program

I also want to share information about a relatively new program offered by the Centers for Medicare and Medicaid Services—the GUIDE program (Guiding an Improved Dementia Experience). GUIDE is free for traditional Medicare Beneficiaries (must have *both* part A and B and NOT a Medicare Advantage plan) living in the community with a dementia diagnosis. I am including an article about the program below shared with us by Lisa Fausey with [Home Helpers](#) that I hope both will answer some questions for you. Be aware that Home Helpers is just one Home Care agency that is participating in the GUIDE program. The requirements and details are the same agency to agency, however, so we felt this synopsis was valuable, even though it is an advertisement for their specific agency. Have more questions after reading the article? Give us a call and we can help connect you to a Care Navigator or visit www.cms.gov/priorities/innovation/files/guide-model-patient-caregiver-fs.pdf.

Understanding the GUIDE Program: How Home Helpers Home Care Supports Dementia Families

As of 2025, Medicare offers the **GUIDE Model (Guiding an Improved Dementia Experience)** — a groundbreaking initiative designed to improve quality of life for people living with dementia and their caregivers. Having been approved as a GUIDE participant in Maryland and West Virginia, **Home Helpers Home Care** is proud to help families across our territories access this vital benefit.

② What Is the GUIDE Model?

Developed by the **Centers for Medicare & Medicaid Services (CMS)**, the GUIDE Model focuses on **personalized, coordinated dementia care** to help families:

- Keep loved ones safely at home longer
- Reduce emergency visits and hospitalizations
- Improve emotional well-being through education and support

Each participant is paired with a **Care Navigator**, who develops a care plan tailored to their unique medical, emotional, and environmental needs. The program integrates caregiver education, respite care, and connections to local community resources — all under one coordinated umbrella. ([CMS, 2024](#))

② Understanding the GUIDE Financial Benefit

One of the most impactful aspects of GUIDE is its **direct financial benefit** for families.

- CMS has approved an **annual benefit of up to \$2,500 in care per year**, per participant.
- This benefit is **paid by Medicare directly to Home Helpers Home Care**, eliminating out-of-pocket billing or reimbursement paperwork for families.
- The GUIDE benefit year runs from **July 1 through June 30**, and eligible participants can renew each year with continued qualification.

This financial support helps families access the in-home care, respite hours, and caregiver resources they need — making high-quality dementia care more attainable for seniors and their loved ones.

② Who Qualifies for GUIDE?

The GUIDE Model is available to:

- **Medicare Part A & B beneficiaries** diagnosed with dementia or

Understanding the GUIDE Program cont.

- Their **primary or self-identified caregivers**, such as a spouse, adult child, or close relative

Exclusions: Those enrolled in **Medicare Advantage or PACE programs** are not currently eligible. Enrollment can be initiated by the individual, a caregiver, provider, or community organization. ([AgingIHS, 2024](#))

❑ What Support Does GUIDE Provide?

GUIDE participants receive a comprehensive care package designed to strengthen family caregiving, reduce stress, and maintain quality of life:

- **Annual comprehensive assessments** by licensed clinicians
- **A dedicated Care Navigator** for care coordination
- Caregiver training, education, and ongoing support
- **Respite care hours** to prevent burnout and offer families a break
- Assistance with medical and social resource navigation
- **24/7 caregiver helpline** for questions, concerns, or crises

This approach reduces hospitalizations and helps loved ones remain safely in familiar surroundings for as long as possible. ([CMS, 2024](#), [AARP, 2025](#))

❑ Why GUIDE Matters for Home Helpers Families

For families already receiving Home Helpers care, GUIDE expands what's possible. As an approved participant, **Home Helpers Home Care** now serves as your **local care delivery partner**, directly implementing the services that Medicare funds under the GUIDE program.

That means:

- We coordinate with healthcare providers, neurologists, and social workers.
- We integrate the GUIDE care plan into our day-to-day in-home support.
- We ensure families receive the full scope of available benefits which can be up to \$2500 annually for in-home care paid to Home Helpers by your Medicare provider.

Home Helpers doesn't just support your loved one — we support the whole care network.

❑ A Family Scenario

Imagine your mother in Purcellville is living with early-stage dementia. Through GUIDE:

- **A Care Navigator** coordinates her physician, neurologist, and therapists.
- **Home Helpers** provides professional in-home assistance, from medication reminders to personal care.
- You receive **training and respite hours**, plus 24/7 family caregiver support.

Understanding the GUIDE Program cont.

- She remains safely at home — connected, dignified, and supported.

Final Thoughts

The **GUIDE Model** represents a national step forward in dementia care — merging medical guidance, caregiver education, and financial relief. As a **designated GUIDE provider in Maryland and West Virginia**, **Home Helpers Home Care** proudly delivers the hands-on support that turns policy into peace of mind.

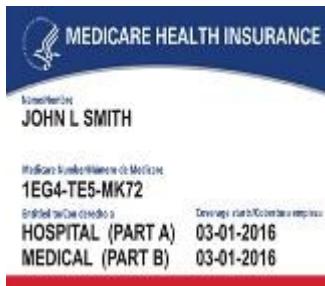
Call us today:

- **Martinsburg, WV:** (304) 433-8000
- **Hagerstown & Frederick, MD:** (240) 452-4650
- **Northern Shenandoah Valley, VA:** (540) 771-2555

Let's walk this journey together — ensuring dignity, compassion, and stability at every stage of dementia care.

References

- Centers for Medicare & Medicaid Services (CMS). (2024). *GUIDE Model Overview*. <https://www.cms.gov/priorities/innovation/innovation-models/guide>
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Has your loved one gotten new insurance cards since they joined us? Please help us by sending in a copy of their current cards!





January

- 3 Jim U.
- 10 Doug S.
- 13 Liz A.
- 18 Chuck G. & Esther S.
- 21 Bill C.
- 23 Eva O.
- 26 Norma G.
- 28 Ruth Ann W.
- 30 Joe L.



You are
never too old
for a visit
from Santa!



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

Board of Directors

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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.