



DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

FEBRUARY 2026



7819 Rocky Springs Road, Frederick, MD 21702

301-696-0808 • TTY/HCO 1-800-735-2258

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

February 13: GO TEAM Therapy Dogs Visit

February 20: AJ's Jazz Band

February 17: Mardis Gras with Charlie

February 18: Birthday Celebration with HeartFields

February 19: Wags for Hope Dogs Visit



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

February greetings! I hope that you are staying warm and cozy in spite of the chilling weather we have been having! Thanks to all for being patient with us as we navigated through the storms. Though it doesn't feel it, I am holding on to the fact that we are getting closer to spring every day!

We've got a great line-up to keep us distracted from the cold weather this month. With Ground Hog Day, Mardis Gras, Valentines Day, President's Day, the Olympics, Black History Month and more, there are no shortage of things to celebrate. Our activity team will be on their toes and will no doubt have our folks up on their feet moving, grooving, and having a good time.

February is also American Heart month. Read Chris' article inside for some really important information about strokes and heart attacks. Knowing the warning signs can truly mean life or death. Mary also has a great article about an upcoming virtual dementia conference through Hilarity for Charity. This event, held on-line annually, offers some great sessions for both professionals and family caregivers alike. Read more inside and follow the links to read and register online.

I also invite you to join us for our hybrid support group this month, Monday February 16 from 4-5 pm. You can join us here in the center or online via Zoom. We are departing from our usual format to bring in a guest speaker to talk about grief. Grief can take many shapes and forms, particularly when you are dealing with a long haul illness like dementia. The support group offers you a very safe space to learn, to listen, to share and to start processing the emotions you may be feeling, or maybe just help to put a name to those feelings. All are welcome.

Our staff is working through it's own grief as we process the loss of our long time handyman Ellis Stevens. His passing was a shock and leaves a hole in my heart and in my team. Though he is pretty irreplaceable, I am now seeking a part time handyman to help keep things in order at the center. It is a very flexible job, with most work done on the weekends or evenings at the employee's discretion. If you know someone who might be interested, please have them call me.

As I wind down, I want to send lots of Valentine wishes your way. I hope you find some time for a little love this month! We can get so busy with our day to day obligations, chores, and tasks that we forget to take a little time to ourselves, or to enjoy non-caregiving moments with loved ones. Make it a point to do something you love or grab a treat and take the time to really enjoy it; gulping a Starbucks in the car doesn't count!

Sending lots of love to all of you from all of us ~ Christina
director@daybreakadulldayservices.org



Community News and Notes

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

Technology Troubleshooting Join the Division of Aging and Independence for a talk on basic troubleshooting for computers and mobile devices. Simple fixes for common tech frustrations. Presenter: Vinny Avallone, Founder of SilverTech Frederick Free, pre-register Wednesday, Feb. 4, 1:00-2:00 p.m

Tech 101 Bring your device and questions for a 1:1 and/or small group chat with our tech volunteer. Frederick Free, drop in, first come, first served Fridays, 2:00-4:00 p.m.

Live in Concert! Liz Ruffner Patsy Cline, Tribute Artist Thursday, February 5, 1:00 p.m. Refreshments, Music, Fun Free Event @ Emmitsburg Center pre-registration required, limited seating Also, hybrid stream on Zoom VirtualSeniorCenter@FrederickCountyMD.gov

Monthly Dinner Dance @ Brunswick Eagles Thurs, Jan. 8, 2:00-5:00 p.m. Thurs, Feb. 12, 2:00-5:00 p.m. Thurs, Mar. 12, 2:00-5:00 p.m. Dancing @ 2:00 p.m. Meal @ 4:00 p.m. Music provided by DJ Meal provided by chef, Brunswick Eagles (Menu available upon request) Hosted by the Brunswick Center Cost: \$17.00 per person/per date Paid reservations due 1 week in advance. Call 301-600-1234 or email VirtualSeniorCenter@FrederickCountyMD.gov for more information.

Groceries for Seniors. January 16. 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 February 25, 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:

February 6: Middletown 55+ Community Center

February 20: Urbana Senior Center

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. 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, Mar. 23, 2:00-4:00 p.m. ; Urbana Mon, Feb. 23, 1:30-4:00 p.m.





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!



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.



Staff News and Notes

Farewell



It is with a heavy heart that we share news of the passing of one of our staff. Ellis Stevens was our maintenance man for more than 17 years. Ellis could be found in the center nearly every weekend fixing, painting, cleaning, trimming, and *so* much more. He stopped in a few times a week just to check in, and regularly answered the call to help in the kitchen when one of the staff was out. He loved being around the participants and took any opportunity he could to make them smile. He was incredibly generous, always in good spirits and a true “salt of the earth” kind of guy.

We miss him immensely.

Anniversaries

We missed 2 staff anniversaries last month.

In January, Kitchen Manager **Angela Frazier** celebrated **2 years** with the team. Angela is an excellent cook who works hard to make sure everyone is fed well and the kitchen is kept in excellent order.

Thank you Angela!

Fill-in nurse **Effie Nomicos** celebrated **3 years** at Daybreak. We don't get to see Effie often, but we know everyone is in excellent hands when she is here in the nursing office. Thanks Effie!

This month we celebrate 2 more anniversaries:

Activity Assistant **Renee Grutzkuhn** celebrates **2 years** with us. Renee has boundless enthusiasm and is incredibly creative, two excellent traits for an activity professional! Thank you Renee!

Kitchen Assistant **Sheba Ambush** celebrates **1 year** with us. Sheba works alongside Angela to create a delightful dining experience for our participants. She washes LOTS of dishes everyday and does a great job covering the cooking when Angela is out.

Thank you Sheba!

Activity News



Hello to All!

Live from the Activities Hub, thriving in subzero temperatures, this is Espy Jordan, Activity Director for Daybreak Adult Day Services!

Dear readers, February is here and with it come the frigid temperatures. No wonder we celebrate love during this month: we'd all do well to huddle close to our loved ones, if nothing else for warmth! As for us here at Daybreak, I may be the only one in the building who enjoys this type of weather. I can already hear the collective groan of you all when I say this, but it is true! The cold removes the normal aches and pains and revitalizes my spirit. Having such cold temps only strengthens my resolve to provide the hottest activities 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 regarding 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- Forgiveness G is for Galvanize.

This word is certainly one that may prompt pause in some of our readers, simply because it is not necessarily spoken in our common vernacular. However, my hope is that by the conclusion of this series, you will be well-versed with exciting new terminology that will aid you in your wellness endeavors. Galvanize, by definition, is to shock or excite (someone) into acting. To galvanize is to incite and stir emotions within others, either through your own actions or personal emotional journey. In a wellness environment, it takes the form of doing so as to incite self-governing behaviors and resolve to continue working towards the goal of finding your own wellness.

Galvanization as a concept can come in a variety of different ways. For some, it is an outer dialogue of someone impassioned by their own experiences, which leads to them sharing it with others. The presentation of this, the emotional weight that is carried with the statements being

made, often ignite feelings of empathy or common understanding amongst recipients of this message, which in turn may create situations in which others may begin to act in accordance with the way the messenger does, as to emulate their experiences for themselves. There are countless examples of this; from members of your respective faith and religion, to doctors or health professionals, to friends and loved ones speaking on world issues. Anyone anywhere can find galvanization in their lives, and in terms of wellness, it can be a critical tool in your toolkit to know when it is time to act upon these feelings. A doctor's strong words about taking care of yourself and others is an excellent time to galvanize yourself against the upcoming challenges in order to better yourself. Hearing the story of a loved one or another caregiver overcoming adversity with certain behaviors or practices can embolden you to try the same.

Galvanization, however, can be a heavy burden to bear at times. I do not have to remind any of you of the serious trials and tribulations occurring within our world right now. I do my best as a professional to maintain neutrality within these writings, as each of the readers of my texts will hold their personal values and beliefs regardless of what I write here. However, as we face continual challenges across the spectrum of national and global issues, the concept of galvanization is critical to the continued wellness of both ourselves and others. A quick glance at any news source will reveal an avalanche of information, with calls from millions of voices to act. The truest threat to our wellness within this is not galvanizing alongside these loud voices but not doing so, or worse, reacting with apathy.

To galvanize in metalwork is to add a protective barrier onto a sheet of metal. To galvanize in our wellness is protecting ourselves and our loved ones. Feel the emotions that come with the things that stir you to action. Be angry, be upset, be resolved in your commitment to change. Know that while you may feel well in your comfort zone, failing to leave it could cause larger problems down the road. Know that action takes so many forms and can be unique to your skillset and abilities. But not rising to action, not allowing yourself to fight for what you believe is right, can lead to continued behaviors that you find unhealthy for you and your loved ones.

Galvanize yourself, dear readers, and rise in the name of your wellness, and find that acting to protect, even in the smallest way, can lead to a ripple effect of wellness across the world.

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

Upcoming Educational Event Hilarity for Charity- CareCon2026

Several years ago, during Covid when I was working from home, in what we lovingly called “the world’s smallest office” I received notice about an educational program called CareCon, sponsored by an organization called Hilarity for Charity (HFC). While it may best be known because of its celebrity cofounders- Seth Rogen and his wife Lauren Rogen, this organization does some great, innovative work through a different lens.

The organization was founded through Rogen’s personal experience with Alzheimer’s disease—Lauren’s mother was diagnosed with young-onset Alzheimer’s in 2012 when she was 55 years old. Lauren, still in her 20s, wanted to activate and develop Alzheimer’s advocates for the future, and bring awareness to the disease, provide education and support to caregivers, and fund advances in research. Check out the website for more information, their values and work- www.wearehfc.org What is unique about this organization (because let’s face it there are many great Alzheimer’s/ dementia organizations out there doing great work)? It may just be the focus on the importance of laughter and light in the face of these devastating diseases.

So why am I mentioning this now? Well, I just received the email announcing the date and line up for the 2026 CareCon event. I remember being really intrigued by the event and the innovative speakers and well, let’s face it, it was fun, and interesting, to be in trainings with celebrities who are walking the same path as caregivers and allies.

According to their website the event features “celebrity studded panels and expert-led workshops, you’ll leave with new resources and connections.” Some of the offerings include “Comedy for Caregivers: The Healing Power of LOL,” “Made with Love- Mealtime Support at Every Stage of Dementia,” “The Care Exchange- Listening, Learning, and Lifting Each Other Up,” Holding Both: Welcoming Grief and Life at the Same Time” and much more.

Information to register and learn more can be found at www.donatehfc.com/event/hfc-carecon-2026 The event will be held virtually on Wednesday, February 25 at 3 pm and is FREE- you just need to register. There are even free CEUs for those who need them.

And if that did not sell the event to you, here is a reminder of some of the health benefits of humor and caregiving-

Stress reduction

Relaxation and pain relief

Strengthened immune system

Builds resilience and reduces burnout

Boosts mood

Strengthens relationships

Breaks tension and improves communication.

Log on....hope to “see” you there!

Fondly,

Mary Collins, LMSW

socialwork@daybreakadulthoodservices.org



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)

February 2

February 16

March 2

March 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@daybreakadulthoodservices.org



We are looking for magazines and coffee table books!

Lots of our folks like thumbing through magazines or books (big pictures, few words) after they have finished a meal or are waiting for activities to start. If you have any to donate, we would love them!

NURSES NOTES



February is American Heart month. We all have the power to protect ourselves against heart disease or to decrease our risk factors. Small actions like adding more movement or eating healthier foods (like decreasing sweets, fried and fatty foods) can have a positive effect on our hearts. I am sharing with you some warning signs of heart attacks and strokes to help you manage in case you or your loved one is experiencing any of these signs or Symptoms.

Heart Attack Warning Signs

- Chest pain
- Chest pressure or tightness
- Shortness of breath
- Left shoulder or left arm pain
- Sudden unexplained sweating
- Abdominal pain, nausea, or vomiting
- Some people also experience jaw pain and or back pain

Heart attack symptoms may start slowly and maybe intermittent until they become constant and severe. **The longer you wait before seeking treatment the more damage is done to your heart.** It is very important you seek treatment as soon as possible.

If you believe you or your loved one is having a heart attack **call 911**. Do not drive yourself to the hospital or try to go to an urgent care center or your doctor's office. EMS providers are highly trained medical professionals who can begin the necessary medical care prior to arrival at the hospital and reduce the damage to the heart.

Stroke Warning Signs- Don't delay if you or your loved one have any of these warning signs- CALL 911!

- Sudden numbness or weakness of the face, arm, leg, especially on one side of the body.
- Sudden confusion, trouble speaking or understanding you.
- Sudden trouble seeing out of one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden severe headache with no known cause

Act fast, call 911!

Do this simple test

F= Face. Ask the person to smile. Does one side of their face droop?

A= Arm. Ask the person to lift both arms. Does one arm drift downward?

S = Speech. Ask the person to repeat a simple phrase. Is their speech slurred?

T= Time.

If any of the above symptoms are positive, call 911!

Please do not send your loved one to Daybreak if they are experiencing these signs and symptoms. Call 911! Please notify us after they are receiving medical treatment and the crisis is under control to let us know what is going on.

Chris Grable RN,
Daybreak Health Director



Has your loved one gotten new insurance cards since they joined us? Please help us by sending in a copy of their current cards!



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.





FEBRUARY

3 Kimmie S.
6 Carol B.
16 John C.
18 Fanny M. & Harriet W.
23 Paul C. & Henry S.
28 Barbara D.



**Thank you to Heartfield's Assisted Living
for providing monthly birthday cakes !**



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

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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.