



DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

March 2026

- Irish Blessing -

For each petal on the shamrock
this brings a wish your way.

Good health, good luck, and
happiness for today and every day.



Don't forget to turn your clocks ahead
Sunday March 8!

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/daybreakadulthoodservicesfrederick/>

SPECIAL EVENTS THIS MONTH

March 5: Live Music with Amy Andrews

March 12: Live Music with Take Two

March 18: Birthday Celebration with HeartFields

March 19: Wags for Hope Dogs Visit

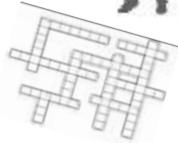
March 20: AJs Jazz Band

March 24: Music and Dancing with Dale & Garrey

THROUGHOUT THE MONTH



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



Field Trip sign up sheets are enclosed in the newsletter. You must send back form with payment as soon as possible if you wish to go. The trip will be cancelled if we don't have at least 10 people signed up. Reach out to Espy at activities@daybreakadulthoodservices.org if you have any questions!



Wednesday March 25
Trip to IHOP for Lunch



The Director's Corner

If ever I was ready to welcome a new month, this is it! February really put us through our paces with wild weather and a massive COVID outbreak. Spring can't come fast enough! In spite of the snow and cold, signs that we are getting close to better days are presenting themselves if you look closely. I noticed that my daffodils are starting to poke through the frozen mulch. And it is not nearly as dark when I drive in to work, or head home for that matter. The nursery I pass on my way home every night just opened....all signs that brighter days are ahead! In fact we change the clocks on March 8!

While I have one foot marching toward spring, the COVID outbreak has the other foot firmly planted in the here and now. The visual on that has me laughing...I do in fact feel like I am stretching to the point of breaking! This has been like no other outbreak we have had had before. I appreciate all of you working with us to identify cases and keep unwell people home. No doubt everyone's efforts have helped, but we can't deny this has been a very virulent strain that has impacted a lot of people. We are hoping everyone gets well without complications and that we can all get back to some kind of normal very soon.

As you will read inside, normal is relative. We have some big changes at the front desk coming. We are going to be saying good-bye to Gwenda and welcoming a new receptionist who will also be taking over billing. This is a brand new position and I expect it to be a big learning curve for all of us. I appreciate your patience as Deirdre gets to know all of you and her many responsibilities. She has really big shoes to fill. I am going to miss Gwenda immensely and I know you are as well. Change is never easy, but I am optimistic about the possibilities that come with it!

Speaking of changes, Mary has a great article inside if you or a loved one are concerned about memory changes. Chris has some great tips about surviving winter weather. Though I am ready for spring, I know we still have some cold days ahead. Espy is taking a break this month but will be back with his Alphabet of Wellness series in April. One exciting update on the activity front is that field trips are resuming! See the signup inside or online. Field trip sign ups are on a first come, first serve basis, with the nurse having the final say as far as who actually goes. Money must be sent in ahead and it must be cash. If your loved one doesn't end up going, money will be returned or kept on account for a future trip. Espy can answer any other questions!

I am wishing all good health and good luck!
Fondly~ Christina



Community News and Notes

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

Wolfsville Community Health Fair Wednesday March 25 from 9a-2p at the Wolfsville Fire Company. Join the Division of Aging and Independence, Fire and Rescue, Frederick Health Hospital, Habitat for Humanity, Office of Home Energy, Transit, and others to learn more about services and resources available! Free lunch to the first 25 participants! Call 301-600-1234 for more information.

Simple Strategies for Better Sleep Learn evidence based strategies to support better rest, daytime energy, and overall well-being. Choose a session/location most convenient for you: Tuesday March 3, 1:30 Urbana Senior Center Thursday March 19 10 am Middletown 50+Center, Thursday March 26 1 pm Frederick Senior Center. Also available by Zoom. Register VirtualSeniorCenter@FrederickCountyMD.gov or call 301-600-1234.

Coffee Hour and Conversation Thurs, March 19, 10am Middletown 55+ Center. Enjoy a social hour with light refreshments and informal presentations. A great way to meet some new people!

Coffee with a Cop Tuesday March 24, 11-noon Brunswick Senior Center. Preregister if you would like to stay for lunch!

Men's Social Club, Wegman's Café, Monday's 9-11am. Bring money for coffee or snacks and enjoy lively conversation with other men.

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.

Call the Division of Aging and Independence for more information (301-600-1234) about any of these programs or check out their [Winter Activity Guide](#) for more info!

FROM DAYBREAK and DAI

DEMENTIA LIVE Monday March 16, 1pm. 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:

March 6: Frederick Senior Center

March 13: 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. . Frederick Mon, Mar. 23, 1:00 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; Frederick Mon, Mar. 23, 2:00-4:00 p.m.

FROM AARP and DAI

Driver Safety Program In this classroom refresher course: Tune-up your driving skills; Learn safe driving strategies; Update your knowledge of the rules of the road; Learn about normal age-related physical changes, and how to adjust driving to allow for these changes. Emmitsburg Thursday, Mar. 26, 9:45 a.m.-3:00 p.m. Frederick Friday, Mar. 27, 9:45 a.m.-3:00 p.m. pre-register, \$20 AARP Member (with card), \$25 Non-member Check or Money Order made payable to AARP due on day of class Bring your lunch and your driver's license



HAIR SALON INFO

Our hairdresser, Dennise Gypens, 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

Changes Coming Soon

We've got good news and bad news to share on the staffing front. We are very excited to be bring billing in –house! As many of you know, billing has always been done in the Baltimore office of our management company, which means we didn't have copies on hand or know balances when you called and mistakes happened with more frequency that we would have liked. We have made the decision to bring billing here and have hired a new full time person, Deirdre Lang, to manage it. The bad news is that we are combining this new position with management of the front desk. That means we say farewell to Gwenda, who has been the voice and face of Daybreak for a very long time. Gwenda has been a wonderful resource to new families calling for information, and a great friend to the many participants and families who come through the front door, as well as a trusted resource and friend to all of the staff. We are going to miss her tremendously and wish her all the best!



Anniversaries

We celebrate 2 anniversaries this month. Driver Charles Hite celebrates 4 years with us! Charles drives the Middletown/Myersville/Golden Mile route and helps with loading and unloading of the buses in the afternoon. He always has smile on his face and goes out of his way to make the participants laugh and feel good. Thanks for all you do Hite!

We also celebrate the 1 year anniversary of part time nurse Angie Showell. Angie works 2-3 days week with Chris in the nursing office making sure all of our partipcants are healthy and well. Thanks for all you do Angie!

NURSES NOTES



Nursing Notes: Winter Health Tips to Stay Safe and Well

Winter brings unique challenges for our elderly loved ones, from colder temperatures to a greater risk of illness. For caregivers preparing for these seasonal changes is essential to support elderly family members to remain healthy and comfortable. By following these winter health tips from senior care experts, you can help elderly parents or grandparents navigate the season safely, reducing risks associated with cold weather, such as dehydration, falls, and isolation.

Nine Essential Tips

1. Dress in Layers to Stay Warm and Prevent Hypothermia

Keeping warm is a top priority for our loved ones in later years during the colder months, as they are more susceptible to hypothermia. For those involved in elderly care, ensuring that older family members are dressed appropriately is a simple yet effective measure. Layered clothing traps body heat and provides flexibility in adapting to temperature changes indoors and outdoors.

- **Choose layered clothing** with thermal and moisture-wicking materials to retain body heat and keep skin dry.
- **Invest in winter essentials** like insulated socks, gloves, and scarves, which are especially helpful for elderly parents with poor circulation.
- **Keep the extremities warm** to prevent cold-related illnesses such as hypothermia, which affects our loved ones more severely.

Remember to check that elderly family members have adequate layers before venturing outdoors.

2. Keep Home Warm and Energy-Efficient

Ensuring a warm, energy-efficient environment helps reduce heating costs while keeping elderly loved ones safe and comfortable. A warm home is crucial for the elderly, especially as they tend to be more sensitive to the cold; due to weight loss, decreased circulation and sometimes anemia (low iron levels). Maintaining a comfortable indoor temperature helps ensure that our loved ones stay healthy and avoid risks associated with prolonged exposure to the cold.

Set thermostats to at least 68°F and use space heaters safely to warm specific rooms as needed.

- **Insulate windows and doors** to keep cold drafts out and maintain indoor warmth, which reduces energy costs.
- **Use warm bedding, blankets, and heating pads** for additional comfort, especially at night when temperatures dip. Be careful not to leave heating pads on for extended periods as it can lead to burns as their skin is frailer and more sensitive.

Regularly check heating systems and arrange for routine maintenance to ensure a steady, safe heat supply throughout the season.

3. Stay Hydrated

Hydration remains critical in winter as elderly people may not feel thirsty but can still quickly become dehydrated. It is important to encourage regular fluid intake, which helps maintain circulation and keeps skin and joints healthy.

- **Encourage to drink water regularly**, as dehydration risk remains high even in winter, despite colder temperatures.
- **Offer warm, hydrating beverages** like herbal teas, which are soothing in cold weather and easier to consume than colder drinks.
- **Include hydrating foods** such as soups, stews, Jello, and juicy fruits in daily meals for added water intake and nutritional benefits.

Remind caregivers to monitor fluid intake, as seniors often feel less thirsty in colder months, which can lead to unnoticed dehydration.

Keeping our loved ones hydrated is a foundational aspect of winter care, promoting overall wellness and reducing the chance of dehydration & related complications.

4. Eat Seasonal and Nutritious Foods to Boost Immunity

Nutrition plays a key role in maintaining health during winter, especially for the elderly. Try to help your loved ones focus on immunity-boosting foods to fight seasonal illnesses, keeping energy levels high and immune systems resilient.

Set up home delivery programs like MOM's meals or MOW (Meals on Wheels) or arrange a home delivery of fresh foods from local grocery stores if necessary.

- **Serve meals rich in Fiber, Vitamin C, & Zinc** to support immunity and overall health. Focus on easy-to-digest, warming foods like oatmeal, stews, and root vegetables, which aid digestion and provide comfort.
- **Incorporate immune-boosting foods** such as garlic, ginger, and leafy greens into everyday meals for added nutritional support.
- **Limit cold, heavy foods** and go for warm, cooked dishes that provide sustained energy and are easier to digest.
- A balanced, warming diet tailored to the needs of the elderly helps strengthen their immune response during the winter season.

5. Manage Chronic Conditions

Cold weather can exacerbate chronic conditions such as arthritis, high blood pressure, and respiratory issues. We must remain vigilant, helping elderly loved ones manage these conditions more closely during winter to prevent worsening symptoms. With careful monitoring and routine care, chronic conditions can be managed more effectively, allowing loved ones in their later years to enjoy a healthier winter season.

- **Remind elderly family members to monitor conditions** like arthritis, diabetes, asthma and high blood pressure more closely in winter.
- **Keep medications organized and within easy reach** to simplify daily management and avoid missing doses.
- **Regularly check for cold-weather triggers** like joint stiffness and respiratory issues, addressing symptoms promptly.
- **Encourage regular communication** with caregivers or healthcare providers for ongoing support and early intervention.

It is essential you keep your loved ones home if you suspect they are ill or getting ill & seek medical evaluation as needed.

NURSES NOTES cont.

6. Keep up to date on your vaccinations

Winter brings increased risk of flu and pneumonia, bronchitis, RSV & other respiratory illnesses that can be severe for elderly; often resulting in hospitalizations followed by in-patient rehab stays. Encouraging vaccinations is a proactive measure to protect older loved ones, as these vaccinations can significantly reduce the likelihood and or duration of these illnesses.

Flu shots should be given annually, preferably in the fall prior to the Thanksgiving and December holidays. Covid shots should be given as recommended by CDC. Pneumonia vaccines should be given every 5 years after age 65 and often are started earlier for anyone with preexisting respiratory conditions like: asthma, COPD, or emphysema.

- **Schedule flu and pneumonia vaccinations** before peak winter months to minimize illness risk and avoid severe complications.
- **Address any vaccine concerns** family members may have, highlighting the benefits of reducing hospital visits and staying well.
- **Caregivers can help arrange safe transportation** or in-home appointments to simplify vaccination access and convenience.
- **Reinforce the importance of timely vaccinations** for keeping the immune system resilient and prepared for winter threats.

7. Prevent Falls with Home Safety Adjustments

Slips and falls are a significant risk for elderly loved ones during winter, particularly on icy or wet surfaces. By adjusting home environments and supporting mobility, we can help mitigate these risks & enhance their safety.

- **Use non-slip rugs, handrails, and grab bars** in high-risk areas to help older adults navigate their homes safely.
- **Equip loved ones with sturdy, slip-resistant footwear** both indoors and outdoors to prevent falls on slippery surfaces.
- **Encourage caregivers to remove tripping hazards** like loose rugs and cluttered floors to create clear walking paths.
- **Ensure outdoor walkways are well-lit and cleared of snow and ice** to reduce the risk of slipping and falling.

8. Stay Socially Connected to Combat Winter Isolation

Winter can lead to isolation for elderly parents, as mobility may be limited by weather. Maintaining social connections is essential for mental and emotional well-being, making it an important benefit for their overall health and wellness during winter. Daybreak offers a safe way to provide these services!

- **Encourage regular calls or video chats** with friends and family to maintain social interaction and mental stimulation.

- **Plan safe activities or visits** with nearby friends or family members to provide regular companionship.
- **Help elderly loved ones engage with centers** or programs, either virtually or in-person, if safe and feasible.
- **Caregivers can set up devices** and familiarize family members with digital communication tools to simplify staying connected.

9. Prepare a Winter Emergency Kit for Peace of Mind

Preparation is key to navigating any winter emergency, from power outages to unexpected weather events. Ensuring elderly loved ones have a well-stocked winter emergency kit supports their safety and comfort and provides peace of mind for caregivers and family members. A well-prepared emergency kit and proactive planning are crucial in senior care, ensuring readiness for any situation that winter might bring.

- **Include essential items** like blankets, medications, & non-perishable foods
- **Ensure they have a charged mobile phone** and emergency contact list within reach for quick access during an emergency.
- **Prepare flashlights, batteries, and a backup power source** in case of power outages or heating issues.
- **Caregivers should monitor weather updates** and plan for potential service interruptions or delays in travel.

Winter wellness for elderly loved ones requires a comprehensive approach that addresses physical, emotional, and environmental needs. By implementing these nine essential winter health tips, caregivers and family members can help their elderly loved ones remain safe, warm, and healthy throughout the winter season.

A friendly reminder, ***please keep your loved one home if at all ill, including cough, significant nasal drainage, respiratory symptoms, fever or GI symptoms.*** These illnesses can spread like wildfire in this community. Also, please report any illnesses, especially COVID, Flu, Bronchitis or pneumonia, to our nurses ASAP. Please expect your loved one will need to be out of daycare for at least a week if they have any of these illnesses. This is both to protect the rest of the Daybreak community and to allow them to fully recover. Thank you for your consideration.

Chris Grable RN
 Daybreak Health Director
 RN@daybreakadulthoodservices.org



From the Social Worker



On any given day I find myself, or someone around me, saying things like “I cannot remember anything anymore,” “I must write everything down or I won’t remember it”, “I lose everything” or even “I feel like I am losing it!” Relatable? Most of us experience these sentiments at some point in time. And really, it is no wonder. We have competing demands for our attention, we are multitasking at a level that is not sustainable, we are tired, and stressed and overwhelmed. The good thing is there are some tips and technics for supporting memory and brain health in otherwise healthy folks. In fact, the Mayo Clinic offers the following seven steps (Visit their stie for more information www.mayoclinic.org):

1. Make time to be physically active every day. Even a few minutes a day can make a big difference—it keeps your body active and blood flowing well to all parts of your body, including your brain.
2. Exercise your brain. Try trivia, word games, puzzles, learn a new language or pick up a book. My favorite? I love starting the day with the NY Times Games like Wordle, Connections, Spelling Bee, Strands, etc. You also only get one game a day unless you subscribe so there is no temptation to play for too long.
3. Don’t forget to be sociable. As we get older (and especially post Covid) there is a tendency for us to stay at home or be alone more often. However, getting out and being around others is an important step in decreasing our stress levels and staving off depression.
4. Be organized and develop patterns and habits that support your memory. Hang keys on the same hook every time you come into the house, put things away in the same spot when you are finished with them, and consider a lanyard for those reading glasses that seem to have legs. Keep a calendar and a to do list, try to stay mindful and present. Multitasking is great until you realize you did not actually pay much attention to any of the tasks you were performing or listening to. If you are attentive to one thing at a time chances, are you will remember it better.
5. Get a good night’s sleep. This is a big one because the older we get the more elusive sleep seems to be. Develop a sleep hygiene program and aim to get 7-9 hours. If you struggle with regular sleep problems talk to a doctor. Sleep is paramount for a healthy mind.

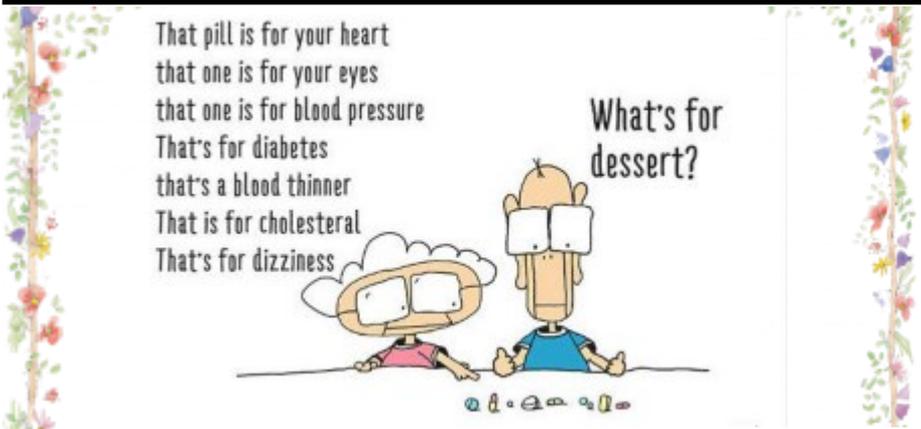
6. Eat healthy. As with health in general, what we fuel our bodies with can make a difference in how we feel. There are many articles and sample menus available with tips for brain healthy foods. Also remember to reduce alcohol which can lead to fogginess and memory problems.
7. Manage health issues and take medications properly. Have a chronic illness? Be sure you follow your provider's advice. Managing blood sugar and pressure, cholesterol levels, hearing and vision changes can all play a role in brain health. You may consider requesting a medication review with your primary care doctor regularly as well.

Other tips found on this topic include several creative ways to remember information and stretch that memory muscle, including mnemonics, chunking, putting information into music, and using associations.

There are, of course, times when memory challenges are a cause for further exploration. If you notice progression in your memory loss, someone close to you expresses concern or you have trouble maintaining activities of daily life then it may be time to consult a professional. Begin with a trip to your primary care provider who can help rule out physical causes of memory problems, and may run, or order, a battery of cognitive tests, or refer you to a specialist for further evaluation. While this may be a scary step, studies show that early intervention, planning and treatment can make the biggest difference.

As always, I am here if you have questions, concerns, or other ideas!

Mary Collins, LMSW
socialwork@daybreakadultdayservices.org



Searching for March



AQUAMARINE

JONQUIL

RENEWAL

ARIES

LAMB

SPRING BREAK

DAYLIGHT SAVING

LION

ST. PATRICK'S DAY

EQUINOX

LUCKY

THAW

FRESH

PISCES

WINDY

HOLI

PURIM

WORM MOON

Wacky Wordies

(solutions)

1. Double dribble
2. Shrinking violet
3. A walk in the park
4. One-on-one
5. A small price to pay
6. Flashback
7. Head for the hills
8. Cover to cover
9. A second set of eyes
10. Arm in arm
11. A big to-do
12. Third time's a charm



HAPPY
March
BIRTHDAY



- 1 Donna W.
- 2 Marty K.
- 4 Carolyn O.
- 12 Sandra G.
- 15 Elizabeth P.
- 18 Carolyn V.
- 21 Tricia V.
- 26 Firouz R.



Wacky Wordies

Each of the puzzles below provides a visual representation of a common word or phrase.
Can you decipher the clues in each puzzle box?

dribble
dribble

1. _____

VIOLET

2. _____

pawalkrkrk

3. _____

1

4. _____

2¢
pay pay

5. _____

rlsnt

6. _____

HEAD
the hills
the hills
the hills
the hills

7. _____

cover
cover
cover

8. _____

1. *ii*
2. *ii*

9. _____

ararmm

10. _____

DO
DO

11. _____

3rd × **CHARM**

12. _____

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

Board of Directors

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Randy Jones, Vice Chair

Kenneth Brown, Board Member

Anita Taulton, Board Member

Rev. Tonny Harris, 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.