



DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

APRIL 2026

April is the kindest month. April gets you out of your head and out working in the garden.

~ Marty Rubin



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

April 8: Live Music with **Take Two**

April 15: Birthday Celebration with HeartFields

April 16: Wags for Hope Dogs Visit

April 17: AJs Jazz Band

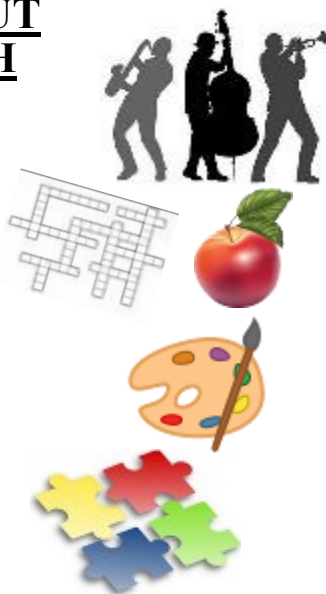
April 27: Cybersafety Presentation from DAI

April 28: 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!



THE LITTLE RED BARN
Thursday April 23



The Director's Corner

Hello and Happy Spring! I am so happy for the weather changes and the emergence of the beautiful spring flowers. We got really lucky with a few warm days that allowed us to get in to the courtyard which was a bonus for March. We know many more days will follow. We are grateful, once again, for the gracious time and talent of the volunteers from the Garden Club of the Woodlands of Urbana. These fine folks have done an amazing job fundraising for garden and plant supplies. They also visit the courtyard weekly to weed, prune, and plant. They are amazing and we are so appreciative! We also have the pond cleaning/start up scheduled for later this month which will really add to the ambiance and the beauty of our outdoor space.

In addition to the amazing garden volunteers, we have been enriched by a great crew of students from Hood and one from FCC who have given many hours of service to us this semester. We thank each of them and appreciate the colleges' encouragement (requirement) for service learning hours! We also have a wonderful group of middle schoolers from the Montessori school who come monthly for interactive games and fun with the participants. We love their energy and efforts to engage with our folks. A win-win for sure! If you have students that need to fulfill hours this summer, please reach out to Espy! We always have room!

I must also express our extreme gratitude to a number of our community partners who have shared their time and talents with us this month. [Heartfield's Assisted Living](#) has a regular date on our calendar for which they graciously provide cupcakes for our monthly birthday celebrations. [Country Meadows Retirement Community](#) sent one of their exercise specialists to lead a group class for us, and [Edenton Retirement Community](#) facilitated a fun St. Patrick's day craft and snack. We must also thank [Sommerford Assisted Living](#) who is hosting a fundraiser on April 18 with all proceeds to benefit Daybreak (see the flyer inside!). We are so grateful for our many friends and supporters in the senior care community. Frederick is a very special place!!

This month we will be welcoming a new group to the center from [ClancyWorks Dance Company](#). Dr. Clancy and her team wrote, and were awarded, a grant that will cover their fees for a 12 week series of movement based workshops with our participants designed to encourage creative expression, gentle physical movement and social interaction. They will be coming every Friday afternoon (except when AJs Jazz band is here) through mid-June.

We have much to be grateful for as we head in to the Spring season! Of course we are grateful to each of you and the trust you put in us everyday. Never hesitate to reach out with questions, suggestions, or concerns,
Fondly~ Christina

Community News and Notes

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

Medical ID, Emergency Features, & Smartphone Security Basics Bring your smart phone and/or device and learn how to set up your Medical ID, and the safety and emergency features of your phone, including basic navigation. General technology Q & A provided as well. Presenter: Ryan Miner, Sentinel Silver Middletown Senior Center. Free, Pre-register Tuesday, April 7, 1:00 p.m.

Fall Prevention: Practical Strategies This interactive presentation will provide you with practical strategies to reduce your risk of falls and stay confident with daily activities. Learn about common fall risk factors, home and lifestyle safety tips, simple balance exercises, and how things like posture, strength, and vision impact stability. Presenter: Colbi Crane, Red Canyon Physical Therapy Urbana Senior Center, Virtual Free, pre-register Wednesday, April 15, 1:30-2:30 p.m.

Don't Be Fooled: Scam Proof Yourself and Your Loved Ones Presenter: Mia Martino, Frederick Division of Aging and Independence Ombudsman Program. Free, pre-register encouraged Brunswick: Tuesday, May 19, 12:30 p.m. Frederick: Tuesday, June 9, 1:00 p.m. Urbana: Wednesday, April 1, 10:15 a.m.

Living Well in Place Successfully The key to living well as we grow older is to be proactive rather than reactive to changes in health, finances, and relationships. In this four-part series explore the issues and local resources available as we learn to evaluate our needs and preferences to successfully age in place. Presenter: Thea Ruff Middletown Free, pre-register Fridays, starting April 3 (4-weeks), 2:00-4:00 p.m. Urbana Free, pre-register Fridays, starting May 8 (4-weeks), 2:00-4:00 p.m. Frederick Free, pre-register Thursdays, starting June 4 (4-weeks), 2:00-4:00 p.m .

To see the Division's entire spring lineup of events and activities, visit: <https://www.frederickcountymd.gov/DocumentCenter/View/360682/Spring-2026-Activity-Guide-updated>

FROM DAYBREAK and DAI

DEMENTIA LIVE Monday April 20, 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:

April 10; Middletown Sr. Center

April 17: Brunswick Sr. Center

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

FROM THE LIBRARY AND DAI

Library Digital Resources Interested in downloading free movies or books? Come learn about the free Digital resources available. Maybe you'd like to learn how to order a book the local library doesn't have. Have you just moved here and want to get a new library card? Plus, check out a new read or two. Presenter: Emily Spangler, librarian, FCPL Frederick Free, pre-register Monday, June 22, 1:30-3:30 p.m

Check out the new Memory Care Kits available for checkout at your local library branch. These are specifically designed for those living with dementia and their caregivers!

FROM THE Frederick Pro Bono Committee and the Frederick Bar Association

**FREE: ADVANCE DIRECTIVES PREPARATION & REVIEW
FRIDAY MAY 1 9-3pm**

Schedule a FREE half hour session with a local attorney to prepare or review your advance directive. This very important document allows you to convey your preferences for healthcare should you be incapacitated in the future. Contact the senior center directly to schedule your 30 minutes appointment.



Brunswick 301-834-8115
Emmitsburg 301-600-6350
Frederick 301-600-6042
Middletown 301-600-3613
Urbana 301-600-7020





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

Anniversaries

One big anniversary: Director Christina Forbes celebrates 19 years with Daybreak this month! Christina started as a part time social worker back in April of 2008 and then became the Director in April of 2012. Lots of gray hairs later, Christina still loves what she does and is grateful to still be a part of such a wonderful program!

Farewell

In case you missed the news in last month's newsletter, we have had some staffing changes and said goodbye to longtime receptionist Gwenda Roberson. Gwenda managed the very busy front desk and juggled a wide variety of responsibilities. We miss her but wish her well as she begins a new chapter in her life.

We also said goodbye to Activity Assistant Essence Walker who is moving and embarking on a new career path. We wish her well and are actively seeking her replacement.

Welcome

We are excited to welcome Deirdre Lang to the program. Deirdre will be managing the front desk and will also be taking on billing! As you can imagine, there is a huge learning curve as she gets to know all of the participants, family members, coworkers, routine, and the logistics of how things run, but she is off to a great start. Welcome Deirdre!!



DAYBREAK WISH LIST



- Plastic grocery bags. Fewer stores use them anymore, but we go through A LOT of them in the bathroom. If you have any, we will take them!!
- Stickers. Any kind, size, shape (adultish) for upcoming craft projects
- Gently used magazines and coffee table type books (lots of big pictures), all topics. We have a number of participants who enjoy thumbing through them during down time.

NURSES NOTES



Music therapy for Alzheimer Patients

"Where words fail, music speaks." Hans Christian Andersen

Music therapy for Alzheimer's and Parkinson's patients has become more popular in the last several years. Music can stimulate and activate more parts of the brain than any other stimuli. It is believed that music is the last part of the brain touched by Alzheimer's. Music therapy is one of the best non-pharmacological tools for individuals with dementia and Parkinson's. According to Dan Cohen, CEO, and founder of Right to **Music**, an organization dedicated to promoting use of personal music for patients with Alzheimer's and Parkinson's, "it's easier and quicker to just give someone a pill for the pain or disease instead of taking a non-pharmacological approach".

Mr. Cohen further states that new research supports field observations that personalized music playlists can transform lives in the following ways:

- o Offers a safe, non-pharmaceutical approach to reducing depression, anxiety, and chronic pain.
- o Provides a viable, effective alternative to mood-altering medications.
- o Reduces risks and resistance to care.
- o Helps to improve swallowing & nutrition.
- o Relaxes participants and restores a sense of calm.
- o Increase engagement and socialization with family, friends, and staff.
- o Provides family and professional caregivers with much needed respite.

I would recommend that anyone who still questions the effectiveness of individualized music therapy for Alzheimer's patients to watch the documentary "Alive Inside: A Story of Music and Memory". This documentary film was directed and filmed by Michael Rossato-Bennett and presented at the 2014 Sundance Film Festival. This documentary tells the story of patients and their experience with music therapy and creating personalized playlists for elderly patients with dementia and Alzheimer's disease based on their music preference. Henry Dwyer was a resident in a nursing home for several years with a diagnosis of Alzheimer's. He was non communicative and withdrawn. Mr. Dan Cohen, a social worker in the film, did some research and found that Cab Calloway was a favorite singer from Henry's past. An iPod was set up with Calloway's music. It was amazing to watch Mr. Dwyer come alive while listening to the music, singing,

and answering questions about his life and how much he loved the music. The transformation was remarkable!

Watching this documentary and the transformation of the patient's lack of engagement to awakening of the senses is astonishing. It certainly is convincing of the positive effects of individualized music therapy for Alzheimer's patients.

Improvements in these cognitive functions can, in turn, enhance the quality of life of both the patients and their caregivers. (Bleibel et al, 2023).

in conclusion there is growing evidence that individualized music therapy is one of our best non-pharmacological tools for individuals with Alzheimer's, Parkinson's, and depression. Beloved music can play an essential role by helping to alleviate loneliness and despair. At Daybreak we have seen music help aphasic clients sing, WC bound patients dance and a wide range of positive outcomes which is why we have music incorporated into our daily programs.

Patricia M Rosinski RN
Frostburg nursing intern

SINGING AND DANCING WITH DALE AND GARREY



Activity News



Hello to All!

Live from the Activities Hub, finally seeing the grass after that massive snowstorm, this is Espy Jordan, Activity Director for Daybreak Adult Day Services!

Dear readers, April brings not only new life to nature in our spaces, but also new life to us here at Daybreak! With more moderate temperatures brings the re-opening of our coveted Courtyard, as well as the immaculate return of our Field Trip schedule. With renewed energy and enthusiasm, we continue onward towards making Daybreak the ideal place for enrichment 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-Galvanize

H is for Happiness.

After last month brought a more obscure word into our vocabulary, this month provides a term that all of us should be pretty well-versed in. Happiness may seem like the easy choice as a word of Wellness, but even in simplicity, complexity can flourish. Happiness, as a subject, finds its complexity in its diversity: the word can mean any number of things to those who read it. For some, happiness is what is found in the moment; an embrace, a taste, a feeling that draws a smile. For others, happiness is a goal; a destination in which the experiences of the journey matter most. Even further are those who see the word as an impossibility; ones who have suffered traumas and trials that have soured the very notion of positivity or perhaps struggle mentally to comprehend the concept.

Happiness, much like most parts of wellness, will never be a linear

progression. Its diverse meanings do not allow for a singular solution to reach this point. So, why bother bringing up such a word in reference to wellness if there is no solution?

Simply put, happiness is intrinsic to wellness, because in many ways, it IS wellness.

Let's harken back to our previous series: the Wheel of Wellness, and see how Happiness ties into the wedges. Physical wellness is finding satisfaction with your health, or being *happy* with your health practices. Mental wellness? Finding peace and *happiness* through reaffirmations to oneself. Social? Being *happy* in the presence of company kept, or networks created.

I could go on, but the point is made. Happiness is a state of being, not an end point with resolution. Much like every emotion, there is no way to continually remain happy. There will be plenty of stressors, plenty of detractors that will temporarily shake you from this state. In this world of chaos and disorder, happiness can seem like such a tall task, or a mountain unworthy of being climbed, as your attention is needed elsewhere. But, to buck the phrase:

Ignorance is not always bliss.

We are allowed to maintain happiness in our lives and be a million different things to a million different people, regardless if they themselves are happy. Find happiness in the small things within your life: a tasty snack, a song you play on repeat, a smile from a stranger. Whether someone else finds the same level of happiness in those things is irrelevant. If it brings you joy, then it brings you joy. And in a world that is so unsteady sometimes, something as simple as that is a true game changer for our 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

activities@daybreakadultdayservices.org





A Look at Behavior

Repetitive Questions and Perseveration

Repetition and perseveration can be a common, yet challenging behavior seen in people living with dementia and other neurological conditions. While the behavior is not the person intentionally trying to update others, rather a way to react and cope with something internal or external, this constant and persistent behavior can be exhausting and frustrating for all.

Getting “stuck” on the same thought, action, behavior, or belief in a person with a memory impairment can be related to many different things including brain and neurological changes, stress, anxiety, confusion, slower information processing and more. Regardless of the causes, the most important thing is how we manage it, and that can be challenging. It takes patience, creativity, and being able to see beyond the behavior to what may be the root cause or underlying need.

Some of you may have heard me say previously that when working with people, and especially people with dementia or communication challenges, behavior is communication. So, when a loved one presents with this type of behavior you may need to investigate...is the person overwhelmed or anxious by what is going on around them, are they under or over stimulated, are they unsure of what's going to happen next, are they feeling insecure or anxious, is something distracting them.

The following strategies come from The Alzheimer's Society website. I hope some of these can help as you examine your loved ones behavior:

Key Strategies for Managing Repetition

- **Look for the Underlying Cause:** Repetition often stems from anxiety, boredom, or an unmet need, such as hunger, pain, or the need to use the bathroom.
- **Respond with Calm Empathy:** Validate the emotion behind the question rather than just the words. Use a gentle, reassuring tone.
- **Provide Simple, Consistent Answers:** Do not correct or argue, as this can increase distress. Answer the question each time as if it were the first time.

Use Redirection and Distraction: Shift focus to a different activity, such as listening to music, looking at old photo albums,

- folding towels, or going for a walk.
- **Utilize Visual Aids:** If they repeatedly ask about time or appointments, use calendars, clocks, or whiteboards to provide answers they can see.
- **Engage in Meaningful Tasks:** Repetition can be a sign of seeking purpose. Involve them in simple chores like sorting items, gardening, or preparing snacks.
- **Create a Structured Routine:** A predictable daily schedule helps reduce anxiety and the need for reassurance.
- **Address Physical Discomfort:** Check for pain, hunger, thirst, or environmental factors (too hot/cold) that might be triggering the behavior.

Remember ignoring the behavior may not solve the problem especially if they are trying to tell you something. It can take time to get it right and what works once may not work every time. Build that toolbox with tips and techniques.

For caregivers, remember to give yourself grace, and take breaks, responding with a calm tone can help diffuse the situation. Ultimately the goal is to create an environment that feels safe and supports success for a better quality of life for caregivers and the people they care for.

Interested in some practical tips on managing repetition and perseverance? Give me a call or shoot me an email.

Fondly,

Mary Collins, LMSW

socialwork@daybreakadulthoodservices.org



Support Group Information

A wonderful opportunity to meet with other caregivers in a safe and supportive space. Daybreak offers two options each month

ALL ZOOM (11am) IN PERSON+ZOOM (4pm)

April 6

April 20

May 4

May 18

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



St. Patrick's Day Cookies and Crafts with Edenton Retirement Community!





APRIL

BIRTHDAYS THIS MONTH

1 Alicia A.
4 Rene T.
9 Bruno R.
11 Jackie S.
14 Carol M.

22 Thay T.
24 Stretch B.
26 Elena M & Edith I
27 Flo D. & June H.
30 Don F



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

Board of Directors

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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.