



# DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

MAY 2026



Let the rain **grow** you  
not drown you

Let your thoughts **guide** you  
not stop you

[OurMindfulLife.com](http://OurMindfulLife.com)

DAYBREAK WILL BE CLOSED  
MONDAY MAY 25  
FOR MEMORIAL DAY

7819 Rocky Springs Road, Frederick, MD 21702

301-696-0808 • TTY/HCO 1-800-735-2258

[daybreakadultdayservices.org](http://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

- May 8: Live Music with Amy Andrews
- May 12: Music and More with Glenda!
- May 13: Fitness Class with Country Meadows
- May 15: AJs Jazz Band
- May 20: Birthday Celebration with Heartfields
- May 21: WAGS for Hope dogs visit
- May 26: 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](mailto:activities@daybreakadulthoodservices.org) if you have any questions!

May 22, 2026

[Frederick's Senior Park](#)



# The Director's Corner

Hello and Happy Spring! I am hoping our April showers are over and the flowers are here to stay! The courtyard is looking fabulous. Thanks once again to our gardening volunteers from the Woodlands of Urbana, and to the mulch and pond crews who came in to do a professional spring clean up. We have had a few glorious days out there and look forward for more to come!

Speaking of glorious day...we surely had one at Somerford on April 18! Thanks you to those who came out or made a donation for the "Walk for Our Seniors" fundraiser event Somerford held, all to benefit Daybreak. They raised over \$7000 for us! The weather was perfect, the music was lively, the food was delicious, and the crowd was very generous! Special thanks to the entire team at Somerford who worked so hard to execute the event, with special thanks to their Activity Director Robyn Fouche who organized it all!! What special neighbors!

There are lots of great things happening in our community. See inside for a flyer advertising a Senior Resource Fair to be held at FCC on May 28. Events like this one are a fabulous way for caregivers and seniors themselves to get a lot of information in a very short amount of time. There will be representatives from 70 different businesses and organizations that provide senior related services there; you are sure to meet someone one or grab a brochure for something that might be useful to you, now or in the future. This event will also feature keynote speaker, Mary Rolle, the Frederick County Register of Wills and a free boxed lunch for the first 400 attendees. Please call us if you would like your loved to come here for the day so you can go freely, we have limited additional spaces available. You can add the day as an extra or change your day that week.

Be sure to check out Mary's article as well which highlights some new resources available to caregivers at the Frederick County Public Libraries. Frederick County is a really special place to call home!!



# Community News and Notes

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

## **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. Brunswick: Tuesday, May 19, 12:30 p.m. Frederick: Tuesday, June 9, 1:00 p.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 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 .

**CARE Academy: Hands-On Skills for Family Caregivers!** Friday, May 15, 10:00 a.m.-2:00 p.m. Caring for a loved one with mobility challenges? Join us to learn skills and techniques that can help keep you and your loved one safe! Topics and demonstrations include: Transfers (wheelchair, bedside commodes, walker), Hoyer Lift Demonstration, Home Safety and Fall Prevention, Hands-Only CPR, and the Red Folder Program. Public Safety Training Facility 5370 Public Safety Place, Frederick, MD 21704 Free, Contact us to register: 301-600-1234 or [CaregiverSupport@FrederickCountyMD.gov](mailto:CaregiverSupport@FrederickCountyMD.gov)

**Groceries For Seniors:** Free monthly distribution of seasonal produce, canned goods, and shelf stable products in a farmers market style setting. Bring a bag. 3rd Friday of Every Month Noon - until all food is distributed Frederick Senior Center 1440 Taney Avenue, Frederick, MD [DAI@FrederickCountyMD.gov](mailto:DAI@FrederickCountyMD.gov) or 301-600-1234 for more information All Frederick County residents age 60+ with an income below \$1600 per month are eligible to participant. Please bring a photo ID to register the first time.

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 Wednesday May 6, 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: [DementiaFriend-lyFrederick@FrederickCountyMD.gov](mailto:DementiaFriend-lyFrederick@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:

May 1: Frederick Senior Center

May 8: Brunswick Library

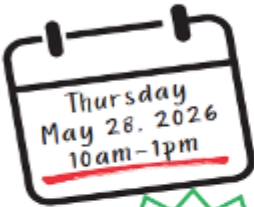
To register: email [caregiversupport@frederickcountymd.gov](mailto:caregiversupport@frederickcountymd.gov) or call 301-600-6022.

# 5th Annual

# Senior Resource & Education Fair

Presented by SOAR in partnership with Aging Network Alliance & Frederick Community College  
Co-Sponsored by The Frederick News-Post & Frederick County Division of Aging & Independence

In recognition of **Older Americans Month**, we are pleased to host this **FREE** event open to seniors, family members, caregivers and professionals.



- **10am-11am:** Visit with senior services professionals
- **11am:** Keynote speaker
- **11:30am:** Lunch will be served
- **11:30am-1pm:** Visit with senior services professionals

**No Registration is Required!**

# Free!

with **THE HONEY BAKED Ham** CO

**FREE** lunch for the first 400 senior attendees.

Lunch is provided by **Honey baked ham**.

Lunch is sponsored by

**The Division of Aging & Independence.**

**Frederick Community College  
Athletic Center  
7932 Opossumtown Pike  
Frederick, MD 21702**

*Door Prizes!*

## Keynote speaker

Mary Rolle

Register of Wills

70 exhibitors

ASL/Deaf Interpreters will be on-site

Plenty of handicap parking for ease of access

**Frederick County Sheriff's Office will be offering information on SCAMS**



The Frederick News-Post



Frederick Community College





## 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](mailto: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.

## 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)**

May 4

June 1

**IN PERSON+ZOOM (4pm)**

May 18

June 15

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](mailto:director@daybreakadulthoodservices.org)



## 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](mailto:director@daybreakadulthoodservices.org).

## *Happy Anniversary*

Social worker **Mary Collins** is celebrating 4 years with Daybreak. Mary brings so much compassion, knowledge, and generosity to her work every single day. She’s always there to help participants and families navigate challenges, big or small, with care and understanding. We’re so lucky to have her on the team. Thank you, Mary!

We’re also celebrating Health Director **Chris Grable**, who marks an incredible 15 years at Daybreak! Chris is an amazing nurse who somehow keeps everything running smoothly, no matter how busy things get. From minor issues to major medical situations, Chris provides calm, exceptional care to our participants while staying on top of all the required documentation (no small task!). We’re truly grateful for Chris’s dedication and leadership over the years. Thank you, Chris, for everything you do!

# Activity News



Hello to All!

Live from the Activities Hub, wondering if money doesn't grow on trees, why is there so much green, this is Espy Jordan, Activity Director for Daybreak Adult Day Services!

Dear readers, May brings with it the proverbial flowers after all the April showers (though it appears to have been rather dry for me), and it's a perfect time to acknowledge the beauty that surrounds us on our pale blue dot! We here in Maryland are truly lucky to have so many diverse biomes flush with life and color: from the sandy shores to the East, to the steep mountains to the West, to the lush swamps we reside in here in Frederick! Be sure to take time today to just soak in the energy that exudes from our natural world, and be thankful May doesn't bring something less savory than flowers!

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-Happiness**

**I is for Intelligence.**

In choosing this word, I am reminded of a fun song I listen to that uses alliteration to describe "Intelligence". The song lyrics are as follows:

*"Intelligence is idiocy inverted. Innate instincts: take information and interpret it. The inner intuition and initiative to implement inventive ideas; to be inquisitive. It is indicative of ingrained imagination, to take an inspiration and create an innovation. Insure against injury through investigation, because ignorance induces incapacitation."*

Amazingly, this song is in reference to a video game, and yet, every lyric within this verse has real world implications. We have covered the concept of

Intellectual Wellness within our previous series, but I feel it important to reinforce how important it is here. To be intelligent is not a measure of the amount of schooling one has, although for many, it is an impactful part. Intelligence in wellness and in our lives spans further into the lessons we have learned and will learn daily. To refer back to the lyrics, “innate instincts”, or our gut feelings crafted over our years of various scenarios; “take information and interpret it”, referencing our ability to understand the ever-changing world around us. We as human beings are subject to a literal tidal wave of information daily, especially in a time in which such knowledge is in the palm of our hands, 24/7.

Being intellectually attuned means being able to parse out what is important to you and your needs within that sea. As caregivers, there is so much we have learned, and have yet to learn. Our need for learning is what gives us such a strong handle on our duties, but it is also a prime source of stressors. With so much information coming from so many sources, many of which are not scientifically sound, it is easy to be overwhelmed when trying to learn what is best for both you and your loved ones.

And yet, to give in, to stop learning and growing, while easier on paper leads to the worst possible outcome for you and others: **IGNORANCE**.

You read the lyric at the end of the verse “ignorance induces incapacitation”, and while that may read as extreme, I cannot stress enough how true that is in our modern world. As we continue to learn more about the human body and its mechanisms, we can heal faster, prevent disease and more. As we continue to learn more about the inner machinations of the mind, we gain a deeper understanding of what it means to be ourselves. We do ourselves an injustice by not fully vetting the knowledge we receive, and worse, cannot correctly care for our wellness, which deteriorates our abilities as caregivers.

In conclusion, be as the song says: “inquisitive”. Continue to grow and learn, not just about how to care for ourselves and others, but about your interests. Engage in healthy conversation with others who share in your passions and never stop being a student of the world. Trust in the sciences and the minds who, like you, work tirelessly for the betterment of mankind. With enough effort from all of us, we can together live in a world where “idiocy” does not need to be “inverted”.

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

# NURSES NOTES



## THE FIRST 7 DAYS HOME: The Most Fragile Week in Senior Recovery

### DISCHARGE IS NOT THE FINISH LINE

For many seniors and their families, going home from the hospital or rehabilitation facility feels like crossing the finish line. The procedure is over. The therapy is complete. The crisis has passed. But in reality, the first week at home is often the most fragile and high-risk period of recovery. During those first few days, seniors are adjusting to new medications, lingering weakness, fatigue, and unfamiliar care instructions. Families are trying to understand complex discharge paperwork while balancing work, caregiving, and daily life. Small gaps in care during this transition can quickly escalate into serious complications. Healthcare experts note that a significant number of hospital readmissions happen within the first 7-14 days after discharge -- often due to issues that could be prevented with the right support at home.

### THE CRITICAL WEEK: COMMON RISK FACTORS

The first week at home is a time when even small problems can snowball.

1. **MEDICATION ERRORS** New prescriptions, dosage changes, and discontinued medications can be confusing. Seniors may miss doses, take the wrong medication, or experience side effects that go unnoticed.
2. **MISSED FOLLOW-UP APPOINTMENTS** Transportation challenges, fatigue, or confusion about scheduling can lead to missed follow-up visits -- delaying critical care adjustments.
3. **FATIGUE & WEAKNESS** After hospitalization, many seniors feel weaker than expected. Even simple tasks, such as bathing, cooking, or walking across the room, can feel exhausting and unsafe.
4. **POOR NUTRITION & HYDRATION** Loss of appetite, difficulty preparing meals, or forgetfulness can lead to dehydration and inadequate nutrition -- both of which slow healing and increase complication risk.
5. **FALLS & SAFETY HAZARDS** Unsteady gait, unfamiliar assistive devices, and household hazards can lead to falls -- one of the leading causes of injury-related hospitalizations among older adults.

**6. UNRECOGNIZED SYMPTOM CHANGES** Subtle signs of infection, worsening chronic conditions, or adverse reactions can be missed without daily observation.

### **MAKE THE FIRST WEEK SAFER**

The good news is that many of these risks can be reduced with the right support and planning.

**\*DAILY CHECK-INS & SAFETY CHECKS** Having someone observes daily routines can identify problems early -- before they become emergencies.

**\* MEDICATION REMINDERS & RECONCILIATION** Ensuring medications are taken correctly and watching for side effects keeps recovery on track.

**\*SUPPORT WITH MEALS, HYDRATION, & MOBILITY** Assisting with preparing meals, staying hydrated, and moving safely can speed recovery and prevent complications.

**\*APPOINTMENT COORDINATION** Helping with scheduling and transportation ensures follow-up care happens on time.

**\*EARLY SYMPTOM MONITORING** Noticing changes in breathing, pain, swelling, confusion, or appetite can prevent a return to the hospital.

### **RECOVERY HAPPENS AT HOME**

Hospitals and rehabilitation centers provide critical care -- but recovery happens at home. The first week after discharge is when routines are established, medications are adjusted, and confidence begins to return. With the right support, seniors can recover safely, avoid preventable readmissions, and regain independence more quickly.

This article is courtesy of [Assisting Hands Home Care](#), and goes on to promote bringing in home care following a hospital stay, which can really help minimize the risks highlighted above. Too often we have had participants return to Daybreak too quickly after a major hospitalization and/or rehab stay so I felt obligated to share it with you all. Please remember to notify Daybreak's nurses of any ER visits, hospitalization, illness, UTI's, falls, procedures, and medication changes promptly, to ensure we provide the best care follow up care.

**Chris Grable RN Health Director**  
**RN@daybreakadulthoodservices.org**





## The Power of Reminiscing

With the warmer weather and longer days, I have been longing to get outside and catch up with fellow hibernators, which is how I found myself out on the Appalachian Trail with an old friend. The signs of spring were out everywhere—the buds on the trees, bright patches of green grass, and the unmistakable songs of the spring birds, all of which warmed my heart and energized me. And yet, something else happened during those 8 miles— reconnection and reflection. Not in the moments of trekking uphill with only my heavy breathing to keep me company, but rather in the joyful laughter and reminiscence of 20+ years of friendship. The memories of mishaps and heartbreak, joy and perseverance, change and challenge are what really made the miles slip by and left me feeling restored.

The act of reminiscing is a powerful tool especially as we get older. It fosters connection and helps us reflect on our life and experiences—how we have adapted and overcome—and serves as life review. It prompts storytelling and identify our sense of purpose in the world. It is also just a fun activity that can be shared across generations!

When we share and discuss positive events and memories in our life it can lead to better emotional wellbeing. In fact, it has been proven to reduce stress, improve mood and decrease loneliness and isolation. Some studies even show that regular reminiscing can improve sleep and blood pressure.

Reminiscing can be done in several ways- listening to favorite music, looking at family photo albums, watching old movies or even using scents to elicit sensory memories—there is now a fantastic new resource offered through the Frederick County Public Library System—**Memory Care Kits by MEternally**.

**MEternally** kits are currently available for in person use, to check out or request from the Brunswick branch, and soon to be available in all Frederick County Public Libraries. They are “designed to promote engaging interactions” based around a theme.

Each kit comes in a backpack and includes multiple interactive activities related to a theme, including DVD (or QR link to video online), memory cards, a busy bottle with “I spy” card, themed coloring pages and games etc. Themes include the 50s, 60s, 70s,

spring, summer, fall and winter, as well as cats, dogs, farms, pets, patriotic themes, handyman, homemaker and the great outdoors. Check out the flyer below and reach out to your local branch to reserve one (they are not in the card catalog yet)! Let me know what you think if you check one out.

Fondly, Mary  
socialwork@daybreakadultdayservices.org



## Introducing Memory Care Kits!

We now have memory care kits available for checkout! Memory care kits are designed to promote engaging interactions between people experiencing memory loss and their caregivers. Each kit includes photos, coloring and activity pages, a busy bottle, dvd and other reminiscence items.

**Check one out today!**



FREDERICK  
COUNTY  
PUBLIC  
LIBRARIES

[fcpl.org](http://fcpl.org)

Always a good  
time at  
**THE LITTLE  
RED BARN!**



# MAY

# Happy Birthday

1	Mayola B.	15	Jane M.
8	Otto J.	22	Regina A.
13	Betty K.	30	Tom C.



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

## **Board of Directors**

Dr. Joseph Devadoss, Chairman

Randy Jones, Vice Chair

Kenneth Brown, Board Member

Anita Taulton, Board Member

Rev. Tonny Harris, Board Member

Marianne Meighen, Board Member

*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.*