



DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

JUNE 2026

START WHERE YOU ARE.
USE WHAT YOU HAVE.
DO WHAT YOU CAN.



Planning ahead...Daybreak will be OPEN Friday July 3

7819 Rocky Springs Road, Frederick, MD 21702

301-696-0808 • TTY/HCO 1-800-735-2258

daybreakadulldayservices.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

June 9: Piano with **Glenda**

June 17: Birthday Celebration with **Heartfields**

June 18: **Wags for Hope** Dogs Visit

June 19: **AJs Jazz Band**

June 25: Live Music with **Take Two**

June 30: 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!

**Asbury's SeniorScapes Park (Frederick)
Friday June 26**

The Director's Corner

Greetings from the front office! I hope this newsletter finds you well, and hopefully, enjoying some sunshine. These endless days of rain have really been rough! Our days outside were limited this month, and our outdoor field trip was postponed. Hopefully June brings sunny days and comfortable temps so we can get back outside!

Espy has rescheduled our field trip to the senior park for later in June. See the sign up inside. If you have not made it to the park yourself, I highly encourage you to take a visit. My friend and colleague Sue Paul, occupational therapist and “[dementia queen](#)” worked tirelessly to bring this park to fruition. Working with the City of Frederick , Asbury Communities, where she serves as Director of Wellness, and various generous donors, Sue designed and developed a cutting edge park specifically for seniors. According to the [website](#): “the Asbury SeniorScapes Park is the first dedicated public park in the region designed specifically with older adults in mind. Built on the principles of accessibility, inclusion, and community wellness, the park demonstrates how thoughtful design can support aging well for body, brain, and spirit.” The park is located within Monocacy Village Park, off of East Street in Frederick city. It includes a fenced in area where people can move freely, benches for visiting and resting, various walking paths of differing materials to support balance and brain stimulation, in addition to walker and wheelchair friendly paths, specialized fitness equipment, cognitive and sensory activities, fresh air, and sunshine!! People of all ages can enjoy, so round up some friends or the grandkids and check it out. There are also some picnic tables so bring lunch! I hope you have fun!



As we head in to summer, please remember to let us know in advance of any absences, yours or the participant's. If you are leaving your loved one in the care of someone else, please make sure we have the proper contact information. And never hesitate to add in extra days if it helps you get out to do something! ~Happy Summer, Christina

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, preregistration encouraged. Frederick: Tuesday, June 9, 1:00 p.m.

Free Shredding Event. Friday June 12, 9am-12 noon. Drop-In. Frederick 50+ Center . 1440 Taney Ave. Frederick, MD 21702. Protect yourself from fraud. Bring your old documents to be shredded securely. Free.

World Elder Abuse Awareness Day: Learn about resources to protect yourself from elder abuse, neglect and exploitation. Learn about local long-term care facilities and nursing homes. Refreshments provided. Presenter: Mia Martino, Frederick Division of Aging and Independence Ombudsman Program Brunswick Free, pre-register. Monday, June 15 2:00pm

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 . Frederick. Free, pre-register. Thursdays, starting June 4 (4-weeks), 2:00-4:00 p.m .

Groceries for Seniors. June 19. A monthly free distribution of seasonal produce, canned goods, shelf stable products 3rd Friday of Every Month; Noon - until all food is distributed. All Frederick County residents age 60+ with an income below \$1600 per month are eligible to participate Please bring a photo ID to register the first time. Drive-Thru and Walk-up. Distribution is at the Frederick Senior Center 1440 Taney Avenue, Frederick, MD. For more information, call 301-600-1234 or visit <https://www.frederickcountymd.gov/54/Aging-and-Independence>

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 June 3, 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:

June 5; Middletown Sr. Center

June 12: Urbana Sr. Center

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



FROM THE BILLING DEPARTMENT

Hello from the dual reception/billing desk(s)!

I so appreciate everyone's kindness as I continue to grow in my role. Enclosed in this month's newsletter is a copy of the **Billing Preference Form**. If you have not had the time to complete this, or have had changes to your prior information, please take the time to complete and return the form so that our records are up to date. You may send back with your driver, drop off, email, or mail.

I have also heard from some of you that emailed invoices have not been reaching you. Please be sure to check your spam (junk) folder as these may be routed there directly. **Our invoices are generated from billing@elshaddaihealth.com**. Please make this address one of your trusted, safe, email sources.

In the future, if you have not received an emailed invoice by the 15th of the month, please reach out to me at: billing@daybreakadultdayservices.org and I will be glad to assist you.

May your June be especially lovely!

Deirdre
admin@daybreakadultdayservices.org



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

Two of the staff celebrate **9 years** with Daybreak this month.

Driver **Phillip Lee** is one of our most versatile drivers, covering multiple routes when we need him to. He is an careful driver who takes great care of his passengers. We appreciate you very much Phillip!

Registered nurse **Jeanette Oliverio** is another reliable and versatile staff member. She is our senior part time nurse, generally working on Wednesdays and Thursdays. She has a great depth of knowledge, compassion, and a sense of humor that makes her a joy to be around.

Thank you both for your many years of service!

Farewell

We said farewell to driver Lisa Hartman last month. We are actively seeking a replacement and appreciate the effort of all of the drivers, and patience of all of our families and participants, as we rearrange the routes to cover until a replacement is found. We wish Lisa well.

We also say farewell to nursing assistant Nikki Green-Bey who leaves us this month to pursue her passion for early childhood development. We have no doubt Nikki will be successful in her new endeavors and wish her the best of luck!



NURSES NOTES



SEPSIS

In a healthy body, infections are prevented by the immune system. Sometimes the immune system is compromised and stops fighting against the germs and turns on itself, which can lead to sepsis. Sepsis is the body's overwhelming and life-threatening response to **any** infection or injury. **Anyone can get an infection and any infection can lead to sepsis.** The infection could be viral, bacterial, fungal or may be caused by a parasite. It can start with a small cut or a bug bite, or a larger infection like pneumonia, urinary tract infections, cellulitis or meningitis. Sepsis without timely treatment can lead to severe complications such as tissues damage, organ failure, amputations, and even death. Sepsis affects people of all ages but is more common with very young children, older adults, and people with chronic illnesses and/or weakened immune systems. Also, people who have recently been ill, with a recent illness, hospitalizations and sepsis survivors are at an increased risk. It is surprising that 63% percent of patients over 60 years of age, admitted to the Intensive Care Unit present with sepsis on admission. 80% of sepsis deaths can be prevented with rapid diagnosis and treatment.

Critical facts:

- * Sepsis is the leading cause of death in hospitals.
- * 19 % of people hospitalized with sepsis are readmitted within 30 days.
- * As many as 87% of sepsis case start in the community.
- * The risk for death from sepsis increases by as much as 8 % for every hour treatment is delayed.

Sepsis is a medical emergency and time matters. Here is an acronym to help remember the symptoms: T-I-M-E

T: Temperature higher or lower than normal

I: Infection. Sepsis occurs when an infection you already have – in your skin, lungs, urinary tract or somewhere else, triggers a chain reaction throughout your body. Signs and symptoms of infection include fever, rapid heart rate, redness, warmth, pain or swelling around a wound or on the skin.

M: Watch for a sudden change in Mental Status, like becoming more confused, or severely sleepy and/or behavioral changes.

E: Extremely Ill: Severe pain, discomfort, shortness of breath, just not acting or feeling right.

Sepsis is a medical emergency. **If you have or see any combination of these symptoms, especially if there is a recent history of an illness, cut, surgery, invasive procedure, or infection; call 911 and say, “I am concerned about sepsis”.** This will fast track the necessary care.

Treatment

Typical treatments are broad-spectrum antibiotics, which are effective against many of the more common bacteria and are given by IV to get it into the system quickly. IV fluids also help maintain a stable blood pressure which keeps organs functioning and reduces damage from sepsis. This is why you should go to the emergency room versus a doctor's office or urgent care, if you think it might be sepsis; and you should go by ambulance. Emergency transport teams are best equipped to help get the necessary measures started prior to getting to the hospital.

Sepsis can't always be prevented but the risk drops when you take steps to prevent or treat infections as quickly as possible.

The best treatment is prevention. *These 4 steps can reduce your risk of sepsis infections.*

1. **Prevent infections** by getting the recommended vaccines and managing chronic conditions.
2. **Practice good hygiene.** Wash hands frequently & keep cuts clean and covered until healed.
3. **Know the symptoms:** any one or a combination of these:
 - * Unusual confusion or disorientation
 - * Shortness of breath
 - * Rapid heart rate
 - * Fever, shivering or feeling very cold
 - * Extreme pain or discomfort
 - * Clammy or sweaty skin.
4. **Act fast.** Get medical care immediately if you suspect sepsis or have an infection that's not getting better or is getting worse.

*Please make sure you notify Daybreak nurses as soon as possible of any wounds, infections, procedures, or surgeries (even outpatient surgeries & procedures) so we can be aware of and monitor for any complications. Also, please remember to inform the nurses regarding any falls, ER visits, illness, UTI's, and medication changes. **If a participant is admitted to the hospital, even for observation; you must communicate with a Daybreak nurse prior to their return to Daybreak.** This helps us to ensure the best possible medical oversight and health management for your loved ones. Thank you so much for your assistance.

Chris Grable RN
Daybreak Health Director
301-696-0808 ext. 1002
Email: RN@daybreakadultdayservices.org

MORE INFO:
Frederickhealth.org/sepsis
[Sepsis Alliance](#)
[CDC Get Ahead of Sepsis](#)

Activity News



Hello to All!

Live from the Activities Hub, preparing a bucket to hold me when I inevitably melt this summer, this is Espy Jordan, Activity Director for Daybreak Adult Day Services! Dear readers, with the start of June brings a true arrival of warm to hot temperatures. While we will do our best to keep our cool here at Daybreak, I invite you to join me in the same chant we perform every single day:

HYDRATE, HYDRATE, HYDRATE!

Yes, even the loved ones of our participants are not immune to my perpetual reminders of the importance of drinking water. With rising temperatures forecasted, our bodies will be working overtime to cool ourselves down. Having water readily available throughout your day will not only stave off dehydration, but will improve your mood, as well as keep your body's mechanisms moving! I know it can be hard to get our loved ones to drink sometimes, but I implore you to continue to do your best! I do not scream this from the rooftops for no reason; my background in Recreation has shown me the worst of the worst in the absence of hydration, so drink up and stay safe!

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- Intelligence J is for Joy.

This may seem like a bit of a strange choice to be following Happiness just two months prior here with this Alphabet of Wellness, but I implore you to stick with me here. While the legal definitions of both happiness and joy tend to hold each other's word in their definition, there is, at least to myself, a distinction between the two. To me,

happiness acts as an umbrella term, stretching out over a longer period as the emotion flows and changes. While there is nothing to say that joy isn't a long term emotion, the concept of joy has always felt more immediate, in the moment, and a starting point for happiness. For example, I would feel happiness in maintaining healthy wealth over time, but I would find immediate joy in discovering money in a pocket I did not know was there. I am happy with my relationships with my partners but still remember the joy of meeting them for the first time. There is such an earth-moving reaction to joy, that it sets itself apart from its partner happiness just enough to sustain relevance within our writings here.

Consider just how impactful a moment of joy can be for your wellness. Considering the stressors we carry in our day-to-day, there are many who may struggle to acknowledge happiness in the swirling winds of our life. But few can mask the reaction one has to those fleeting moments of joy; that spark of the "happy chemicals" in your brain such as dopamine, serotonin, oxytocin, and endorphins, all of which flare to life upon a pleasant surprise or moment. Caregivers, who sacrifice so much time and energy to their loved ones, may discover they are being met with more moments of joy rather than discovering long term happiness. This is not to say that happiness is not the overall goal, but those fleeting moments that peel back against the harshness that sometimes comes with care can act both as a reminder of what you do, and as a balm against your weariness.

Joy is a constant force in the world and is universally experienced by all of humanity in different ways. For our loved ones, they may find it in moments of nostalgia such as a song from their youth, or a friendly animal companion. For caregivers, that moment of joy could also come from seeing another's moment of joy. Working with individuals with dementia and other health concerns causes us to frequently focus on the progression of the disease, and the roadblocks that come with it. However, I implore you to find within the journey the little nuggets of joy, clarity or positivity that can heal us. Despite our minds seemingly maintaining that there is nothing but negativity, moments of joy can act as the breadcrumbs that guide us back onto the path towards overall happiness and wellness. Unlike happiness, which is a pursuit, remember that sparks of joy typically find you; you just need to be ready to see and enjoy them.

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

From the Social Worker



Day of Caring

While looking for inspiration for this month's newsletter I came across an article declaring June 7th "World Caring Day." Some of you may be thinking, as I did, "well, everyday should be World Caring Day, right?" And I agree, but as I read on, I learned a little more. The concept started in 1997 when a woman named Sona Mehring whose friends had just had a premature baby, developed a webpage to keep family and friends updated on the baby's health and the family's health care and caregiving journey. It also allowed the coordination of care and needs during a challenging time.

The idea took off and led to the "[Caring Bridge](http://www.caringbridge.com)" website with the vision of "a world where no one goes through a health journey alone" and strives "to build bridges of care and communication providing love and support on a health journey" (www.caringbridge.com). In 2022 this mission led to the National Day of Caring—a day for everyone to pause and acknowledge the power and impact of caring for others and caregiving and, in the spirit of Sona, ensuring no one must face their caregiving journey alone.

So, as we approach June 7, I encourage you to embrace the Day of Caring. Maybe it is just something small like a shift in perspective or awareness. Or maybe taking pause to think about the kind things people have done for you, and you have done for others—recognize caring and thoughtful actions in your life—the person that lets you merge in traffic, someone who waits a few seconds to hold the door open for you, a piece of candy left on your desk anonymously. The more we acknowledge those little things in our life, the more we will see them in the world around us and be motivated to do them for others.

For a little added motivation, in a recent article in *Current Directions in Psychological Science*, it is pointed out that there is mounting evidence to show beneficial aspects of caring for others, including caring for caregivers, that includes lower stress, happiness, and "increased sense of social connectedness."

So start reaping those benefits! Wondering how you join the #Worldcaringday movement without making it one more thing on the to do list ?

Start small....

- * Ask someone how they are and genuinely listen to the response.
- * Reach out to a friend, caregiver, or family member you have not for a long time- write a letter, send a text, pick up the phone- let them know you are thinking of them.
- * Spend time with someone you love or admire- focus on quality not quantity
- * Put anonymous inspirational notes on people's cars or in coworkers in-boxes.
- * Use the [Caring Bridge](#) website to share your story with others

Here are some anonymous quotes about caring and kindness to get started. Sometimes amazing people forget how amazing they are. Here is your reminder:

- * A gentle word can heal wounds no medicine can.
- * Humanity grows stronger when kindness leads.
- * Even the smallest act of love creates ripples in the world.
- * Where kindness exists, humanity thrives.
- * Be the reminder that compassion still exists.
- * Kindness costs nothing but gives everything.
- * The world blooms when kindness is planted.

Do you have a favorite caregiving quote? I'd love to hear it.

Fondly, Mary Collins, LMSW
socialwork@daybreakadulthoodservices.org



Support Group Information

A wonderful opportunity to meet with other caregivers in a safe and supportive space. You can join in person or via Zoom from 4-5 pm on the third Monday of the month

*****June 17 (note different day of week)*****

July 20

August 17

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

ENJOYING SOME SUNSHINE IN THE COURTYARD



AND SOME MUSIC IN THE CENTER



JUNE

BIRTHDAYS

5 Nancy J. & Ed Q.

6 Catherine W.

16 Charlie C., Barbara M. &
Marian T.

22 Esther V.

27 Sarah P.

30 Diane A.



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.