



DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

JULY 2026



Happy 4th of July! Daybreak will be OPEN Friday July 3.

7819 Rocky Springs Road, Frederick, MD 21702

301-696-0808 • TTY/HCO 1-800-735-2258

daybreakaduldayservices.org

Please visit our website for a digital version of the newsletter with live links and color photos. Also check us out our Facebook page

<https://www.facebook.com/daybreakadultdayservicesfrederick/>

SPECIAL EVENTS THIS MONTH

July 2: Live Music with **Amy Andrews**

July 3: Music and Legacy with **Bindu**

July 8: Fitness Class with **Country Meadows**

July 10: Arts and Crafts with **Bindu**

July 17: Musical performance by **AJ's Jazz Band**

July 28: Music and Dancing with **Dale & Garrey**

July 31: Rock Painting with **Veda**



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@daybreakadultdayservices.org if you have any questions!



July 21
Ice Cream at the Little Red Barn



The Director's Corner

Summer greetings to all! I hope this edition of Daybreaking News finds you well. Can you believe that it is July already? I can't; time seems to move faster the older I get! Espy has lots lined up to keep everyone laughing, moving, and learning this month. When was the last time you learned something new? See Mary's article inside for a compelling nudge to find something to stimulate your brain. I also recommend checking out the Division and Aging and Independence's Summer Calendar for some great opportunities to do just that. I have noticed lots of changes at the Division over the last year or so, with really robust calendars at all of their senior centers. See inside for the link and check it out! In addition to lots of social and recreational opportunities, they are also starting their new "Powerful Tools for Caregiving" series. A number of our families have taken this course over the years with excellent reviews. I highly encourage you to check it out and learn more about how to help care for your loved one AND how to care for yourself at the same time.

Speaking of caring for yourself...are you up to date on your preventative health screenings? I just lost a very dear friend to colon cancer. At her memorial service, her husband made a passionate plea to all in attendance to stay vigilant and get their colonoscopies, or similar tests, as indicated. Had my friend not put her hers off, she may still be here today. Being a caregiver is hard and it is not uncommon for caregivers to ignore or put off their own health needs while they put all of their energy into caring for their loved one. While I understand how easily that happens, I urge you to find a way to devote some time for your own health. Preventative appointments and exams are far less invasive and time consuming than dealing with a major medical event or condition later. Please take advantage of us and make appointments for yourself when your loved one is here, or add in an extra day here or there as you need it. We want you to stay healthy!!

Given the weather at the start of this month, you would be wise to read Chris' article inside about preventing heat exhaustion and heat stroke; timely suggestions to get us all safely through this heat wave. I am glad that we had our field trip before the weather turned! What a great afternoon we had at the [SeniorScapes](#) park in Frederick. See inside for some great pictures.

Once final reminder before I close, please remember to let us know if your loved one will be out for vacation, or if you are going away and there will be another contact person while you are gone.

Stay cool and Happy 4th! Fondly~ Christina
director@daybreakadultdayservices.org



Community News and Notes

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

Powerful Tools for Caregivers: A free six-week program for caregivers that focuses on the caregiver and providing problem solving strategies and tools to help empower caregivers to manage stress and problem solve more confidently and competently. Presenter: Jordan Cox & Sayira Ball, Caregiver Support Program Thursdays starting August 20 (6 weeks) 9:30 a.m.-11:30 a.m. Held at Frederick Senior Center. Free, to register call 301-600-6022 or email: CaregiverSupport@FrederickCountyMD.gov

Grieving the Loss of a Loved One: Explore and gain understanding into the unique grief that surrounds the death of a friend by recognizing the special nature of friendship. Posing the question...Why is losing a friend so isolating? Identify natural grief reactions and learn ways to care for yourself. Presenter: Melissa Dolan, LCSW-C, Bereavement Counselor. Middletown, Free, pre-register. Monday, July 13, 10:00 a.m.

Anxiety and Older Adults: Is anxiety experienced differently by older adults? What does the research suggest for what causes anxiety in the environment and the brain? How does anxiety present and what are the common symptoms? What is the best way to manage anxiety? Join us for a deep dive into Anxiety and the Older Adult and look at best practices for managing anxiety. We will practice several techniques that may prove effective in assisting you or a loved one.

Emmitsburg Monday, July 27, 11:00 a.m.

Frederick Tuesday, July 21, 1:30 p.m.

Middletown Thursday, July 9, 1:00 p.m.

Urbana Tuesday, July 7, 11:30 a.m.

Groceries for Seniors. July 17. Free distribution of seasonal produce, canned goods, shelf stable products 3rd Friday of every month; Noon - until all food is distributed. Frederick County residents age 60+ with an income below \$1600 per month are eligible. Please bring a photo ID to register the first time. Drive-Thru and Walk-up. Frederick Senior Center 1440 Taney Avenue, Frederick, MD. For more information, call 301-600-1234 or visit <https://www.frederickcountymd.gov/54/Aging-and-Independence>

FROM DAYBREAK and DAI

DEMENTIA LIVE Wednesday September 23, 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:

July 17: Frederick Sr. Center

June 24: Brunswick Library

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

FROM LEGAL AID AND DAI

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.

Frederick Free, drop-in Monday, July 13, 1:00-4:00 p.m.

To see the Division's entire Summer lineup of events and activities, visit: <https://www.frederickcountymd.gov/8075/50-Community-Centers#docaccess-af38e1e5db1a647071fe2893389b8696>. They have really expanded their activities and offerings in the last year. If you haven't been in a while, or ever been, check it out. Lots that a caregiver could do for themselves while their loved on is here with us!



FROM THE BILLING OFFICE



I have 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@daybreakadulthoodservices.org and I will be glad to assist you. ~Deirdre Lang, Receptionist/Billing Specialist



HAIR SALON INFO

Our hairdresser, Dennise Guypens, is available for appointments Tuesday through Fridays! Services include shampoos, cuts, perms, color, beard or brow trims, nails and waxing! Appointments can be made by contacting Dennise directly by phone or text: **301-800-3200**. Be sure to mention that you are booking service at Daybreak. When you make your appointment, she will give you the total cost. Payment is due to her at the time of service. You can send cash or check in via the driver so you know it will get here! You can also talk with her about credit card payments and gift certificates.

****Dennise is on vacation 7/7-7/14 and 8/1-8/8****

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@daybreakadultdayservices.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

We celebrate 2 staff anniversaries this month!

Program Assistant **Debbi Taylor-Dickenson** celebrates **5 years** with Daybreak. Debbi is one of our full time aides, and the one who comes in earliest to get the center ready for the day. We appreciate her kindness and compassion and the good care that she takes of our participants!

“As Needed” nurse **Kathy Tyeryar** celebrates **1 year** with Daybreak. Kathy is a seasoned nurse who brings a wonderful calm and competency to the center when she fills in for one of the regular nurses. We are always happy to see her!

Welcome

We are so excited to welcome a new driver to the team! **Donna Allen** has taken over the Urbana route. Donna comes with much experience and many hours under her belt and is catching on very quickly to the routine here at Daybreak. Welcome Donna!

Farewell

We are sad to say “til we see you again” to activity assistant Renee Grutkuhn. Renee is leaving her full time position but promises to stay with us as an “as needed” employee, helping to cover for absences and vacations. We are actively seeking another full time activity person and hope to have the spot filled later this month. We will most certainly miss Renee’s enthusiasm and happy smile each day but we look forward to seeing her when we can!



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.

July 20

August 17

September 21

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

NURSES NOTES



Heat Exhaustion and Heat Stroke

The risk of heat exhaustion or heatstroke is very high during this hot summer weather, especially with the extreme temperatures we have been experiencing this month. The risk goes up even higher with exertion and/or exercise. Children, the elderly, and people with long-term health conditions like diabetes, heart problems, respiratory problems and people with a history of dehydration, are more at risk of heat exhaustion or heat stroke.

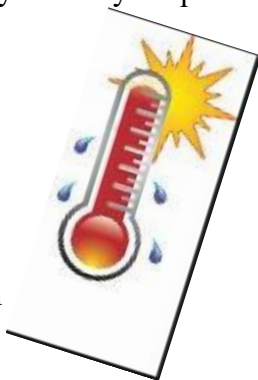
Tips to help prevent heat exhaustion or heatstroke:

- drink plenty of cold drinks, especially when exercising
- take cool baths or showers
- wear light-colored, loose clothing
- sprinkle water over skin or clothes
- avoid the sun between 11am and 3pm
- avoid excess alcohol
- avoid extreme exercise

These will also prevent dehydration and help your body keep itself cool.

The signs of heat exhaustion include:

- a headache
- dizziness and confusion
- loss of appetite and feeling sick
- excessive sweating and pale, clammy skin
- cramps in the arms, legs, and stomach
- fast breathing or pulse
- a high temperature of 100.4 F or 38 C or above
- being very thirsty



*The symptoms usually appear the same with adults and children, although children may become floppy and sleepy. If someone is showing signs of heat exhaustion, they need to be cooled down.!

If someone has heat exhaustion, follow these 4 steps:

- Move them to a cool place.
- Get them to lie down and raise their feet slightly.
- Get them to drink plenty of water. Sports or rehydration drinks are OK.
- Cool their skin – spray or sponge them with cool water and fan them. Cold packs around the armpits or neck and on their forehead too.

Stay with them until they are looking and feeling better.

They should start to cool down and feel better within 30 minutes.

Immediate action required: Call 911 if:

You or someone else have any signs of heatstroke:

- feeling unwell after 30 minutes of resting in a cool place and drinking plenty of water
- not sweating even while feeling too hot
- a high temperature of 102 F or 39 C or above
- fast breathing or shortness of breath
- feeling confused
- a fit (seizure)
- loss of consciousness
- not responsive

Heatstroke can be very serious if not treated quickly. Put the person in the recovery position (lay them down and turn them to their left side with their right knee bend over their left leg.) if they lose consciousness while you're waiting for help.

I hope you find this information helpful. Please notify Daybreak if this occurs with one of our participants so we can monitor them closely when we go outside in the future. We do plan to utilize our lovely outdoor space, weather permitting, for activities at Daybreak, however, we do take into consideration the weather advisories.

As always please notify us ASAP of any medication changes, falls or infections.

Chris Grable, RN Health Director
RN@daybreakadulthoodservices.org

*Source: NHS January 2021



Activity News



Dear Readers, As we enter Summer in earnest, I am reminded that time spins along as it should, albeit much to mine and my Winter lover's chagrin. While I crave the bitter-cold embrace of a snowy night, my heart remains alight with flames hotter than the sun above in my resolve to ensure the highest quality care to your loved ones. I can be patient through this heat. My time will come again, but there's no reason to rest on my laurels while there's so much fun to be had with our friends here at Daybreak! As always, stay hydrated and cool in these upcoming months!

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-Joy K is for Kindness

With some of these writings, I sometimes fear I become predictable. Many of you likely assumed that kindness would be the "K" word for our Alphabet Series, however, I want to speak on a particular brand of kindness today: Kindness to self. As caregivers, I have no doubt that those who read our newsletter have kindness in their hearts. I can almost guarantee that you all have the capabilities to bestow kindness upon others, even beyond those within your care. Kindness towards others comes easily; simple acts of kindness can change the trajectory of a person's day, and for so many of us, we cling to those moments as a sense of self-purpose. Regrettably, kindness towards ourselves is a far more daunting and difficult process.

I write this article not as a professional in the field of self-kindness, but as one who is learning its importance firsthand. We as human beings tend towards the path of least resistance and pour out kindness to those in need. Making others happy flows out of me with the current.

Inverting it, however, feels like pulling against the tide, and that extra level of difficulty makes it far too easy to give up. Speaking from personal experience, I find myself exhausting my energy on others, only to realize too late I have left nothing for myself. I have a wonderful therapist named Jessica, who not only has helped me understand this, but has given me some helpful phrases to remember:

“Shift the focus inward.” “You cannot fill from an empty cup.”

The first quote led me to realize that we all have the capacity to be kind. With every selfless act, we show our skill in ensuring our loved ones are taken care of. And while I still struggle every single day with the concept that I am worthy of the same kindness, I can acknowledge that I am capable of inverting those actions towards myself. We are all capable of showing ourselves the same kindness we share, even if our brains trick us into believing we do not deserve it. The second quote reinforces the universal rule that you cannot give what you do not have. Through my therapy, I have discovered why I often felt exhausted after showing kindness. I was withdrawing from an empty well, forced to transform energy reserved for rest and self-care into the kindness I provided. It's a far more common practice than you'd think. For many of us, we do it subconsciously, as we have been repeatedly reminded that our service to others is the only thing that matters. The repeated outside callings to serve your fellow man, while mostly well intentioned, have trained us as caregivers to ignore a critical part of our own humanity: us.

I will not lie to you, dear readers, and say that I have found my path to self-kindness. There is so much un-learning that I must do to balance my scales. However, my acknowledgement of where I was and where I can be, in itself, is an act of kindness towards me. Giving myself grace, patience and understanding that this is really, really hard to do is an act of kindness. Making sure that I find time to rest, set boundaries so that I can refill my cup, those will come with time and effort. While I am not yet the success story for you to follow, I hope that you will enter this journey with me and find even a moment to consider those quotes. The only thing I am certain of is that we are all capable of being kind to ourselves, no matter what pressures society, or ourselves, place on us.

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



Importance of Lifelong Learning

Are you a “can’t teach an old dog new tricks” or “it’s never too old to learn something new?” kind of person? While there are days I feel like the first (usually related to technology or figuring out how to watch something on TV) overall, I lean toward the lifelong learning side. So, when a good friend invited me to join a group learning Mah-jongg, I was in!

For those who may not know this is a game originated in China that uses more than 100 tiles to form combinations of sets, pairs and combinations relying on strategy, skill and luck (yes, I am oversimplifying). As a beginner, there are seemingly a million rules, protocols and different versions of the games. By the end of our first three-hour session my head hurt, and I questioned my decision. I even dreamt about dots, bams, cracks, flowers and dragons (yes these are a thing).

It got me thinking about how it does seem harder to learn things, or even want to learn new things, as I get older, but the payoff and sense of accomplishment when I do, feel bigger too. Even if I struggle, I can now see that this, in itself, is learning...am I getting frustrated, how am I managing my reactions, can I laugh at myself, can I persevere, do I like something I thought I would not, or dislike something I thought I would love? It is not always the result but the process.

The message to stay active and engaged physically and mentally—is everywhere—and the science on continuous learning is quite compelling. New skills and experiences help with neuroplasticity. Basically, this is the brain’s ability to adapt to, and reorganize new information, and build new neural pathways. This neuron activation can improve our overall wellbeing, promote resiliency and fight cognitive decline. Some people refer to it as building a “cognitive reserve” and can’t we all use a little of that?

If that is not enough reason to tackle something new, other benefits include:

- Helping the brain prepare for the unexpected and manage change.

- It's fun! It provides a sense of accomplishment and maybe pride (or humility).
- Helping form connections and better understanding a multitude of talents and experiences.
- Personal growth and deepening knowledge about other things in the world.

Promoting happiness and confidence.

- Reducing stress.
- Improving problem solving skills.

While I am a firm believer that sometimes things happen (injury, illness, decompensation) despite doing everything right, learning there are things we can do to minimize risk can't hurt! So, my challenge this summer to everyone is to find one thing you can learn, or experience that supports your own lifelong learning. What will it be? Drop me a note, I would love to hear.

Meanwhile I will be over here gearing up for my next Mahjongg group, and this time I will know there is a difference between the American and Chinese sets and bring along the right one. It is something I learned at the last session!

Fondly, Mary Collins, LMSW
socialwork@daybreakadulthoodservices.org

Resources <https://nataliesisson.com/11-benefits-learning-something-new/>, Psychology Today, www.giving.columbia.edu





JULY

BIRTHDAYS

3 Ken S.
4 Randy S.
5 Bob H.
12 John S.
14 Adela R.
15 Ed S.
19 Jean W.
29 Nancy S.
30 Jane B.
31 Judy M. &
Bob T.



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

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Daybreak Adult Day Services exists for the sole purpose of providing a safe, structured environment and a flexible therapeutic program of services and activities with individual plans of care designed to permit older adults of Frederick County to remain in their homes and communities, living as independently as possible, with dignity and a renewed sense of purpose and hope.