



DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

AUGUST 2026

ADVICE FROM A *Sunflower:*



BE BRIGHT.
SUNNY AND
POSITIVE.
*Spread
seeds of
happiness*
RISE, SHINE,
AND HOLD YOUR
HEAD HIGH.

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/daybreakadultdayservicesfrederick/>

SPECIAL EVENTS THIS MONTH

August 11: Music and Movement with **Glenda**

August 12: Live Music with **Take Two**

August 13: Live Music with **Crestwood Village
Community Choir**

August 19: Birthday Celebration with **Heartfields**

August 20: **WAGS for Hope** Dog Visit

August 21: Musical performance by **AJ's Jazz Band**

August 27: 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@daybreakadultdayservices.org if you have any questions!



**August 24
Lunch at IHOP**

The Director's Corner

Hello and happy summer! What a wonderful season it has been. I hope that you have been able to enjoy some summer fun, or at least have a few things on your August calendar that will bring you some summer pleasure. Remember to please take advantage of us if we can help you by having your loved one with us on different or additional days.

Espy has a great line-up planned for August with lots of entertainers and fun programming. Hopefully we will get plenty of courtyard time in as well. It is really looking fabulous out there. Thank you again to our Woodlands of Urbana volunteers who sneak in every weekend to keep it looking clean and tidy. They are truly angels (with very green thumbs!)- Also a very special thank you to the family of longtime Daybreak maintenance man and friend Ellis Stevens, who have donated a bench for the courtyard in his memory. It will be arriving later this month and will be a beautiful spot for anyone to sit and enjoy the beautiful pond and gardens.

Though Ellis's shoes are impossible to fill, I am very happy to have finally found a new maintenance person to help us keep the center looking good. David Higgins joins us this month and has a long list of projects to keep him busy! We also welcomed a new full time nursing assistant last month and have a part timer starting soon. Read inside for more. As the summer winds down, we will lose some of our regulars who are heading off, or back, to college and we are actively hiring to fill their shifts. We have an amazing staff here at Daybreak and we will miss those who are leaving, but we are always happy to welcome newcomers!

That includes new participants as well. I have had multiple fiscal year end reports due for our grants, which is a good time to reflect on our statistics. Can you believe that we admitted 70 new people in the period July 1, 2025-June 30 2026! Unfortunately, we also discharged 56. Sadly, that is the nature of our work; people come and people go. We are so proud to give them an exceptional experience while they are with us, no matter how long they stay. How long do people stay, you ask? We actually have two participants who have been here longer than me; that is 18+ years! Now that is a pretty atypical, but many of our folks have been here for years. For others, we are just a short stop on their journey. We are equally happy to serve both. For any questions about how we can better serve you, or some you know, please reach out.

Fondly, Christina

director@daybreakadulthoodservices.org

Community News and Notes

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

Financial and Romantic Fraud Tactics Are older adults more susceptible to being the victims of fraud and scams? Are there emotional components underlying how scams are used? What are the emotional and behavioral implications for victims of scams? Let's discuss the science behind how fraud and scams are developed and why they can be so powerful.

Middletown Senior Center, Free, Thursday, August 13, 1:00 p.m

Artificial Intelligence Basics and Safety Learn a few tips on how AI works and how to use it successfully.

Presenter: Ryan Miner, Sentinel Silver

Middletown Senior Center, Free, pre-register

Tuesday, August 11, 2:00 p.m.

Tech 101 Bring your device and questions for a 1:1 and/or small group chat with our tech volunteer.

Frederick Senior Center, Free, drop in, first come, first served
Fridays, 2:00-4:00 p.m.

We Need to Talk: When to Stop Driving This seminar guides family and friends in determining when it's time for their loved one to stop driving. Get advice on topics such as observing driving skills, planning conversations and finding alternatives to driving.

Presenter: AARP Driver Safety Instructor

Urbana Free, pre-register Thursday, August 6. Light Supper @ 5:30 p.m. Program @ 6:00 p.m.

Groceries for Seniors. August 21. 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:

August 7: Middletown Senior Center

August 21: Urbana Senior Center

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, September 21, 1:30-4:00 p.m.

Middletown Free, drop-in Wednesday, September 16, 9:00 a.m.-Noon

Urbana Free, drop-in Monday, August 24, 1:00-4:00 p.m

Simple Wills Come learn about simple wills. The presentations will NOT include information on trusts and other options. Free, pre-registration preferred.

Frederick Monday, September 21, 1:00-1:30 p.m.

Middletown Free, Wednesday, September 16, 1:00-1:30 p.m.

Urbana Free, Monday, August 24, 12:30-1:00 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 care-giver could do for themselves while their loved on is here with us!





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 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

Happy Anniversary to three staff this month.

Driver **Allen Dyson** celebrates 4 years at Daybreak. Allen generally does the Brunswick/Jefferson/Ballenger route. He willingly fills in where needed, often taking on clerical tasks and other odd jobs in the center. Thank you for all you do Allen!!

Driver **Mark Stalnaker** celebrates 1 year with us. Mark works part time, but has been very generous to cover extra shifts when others are on vacation. Mark's usual route is Frederick proper. We are so grateful to have Mark on the team!

Activity Director **Espy Jordan** celebrates 2 years with us. Espy has an incredible energy and a booming voice that really help keep our folks engaged and entertained. We are so glad to have Espy here.

Welcome

We are very excited to welcome new Full Time nursing assistant Gabrielle Bays to the Team. Gabby comes with many years of nursing home and home care experience and is very quickly catching on to the Daybreak routine. Welcome Gabby!



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. Meeting is followed by a light dinner afterwards.

August 17

September 21

October 19

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@daybreakadultdayservices.org

NURSES NOTES



Communication

For those participants in our Medical Day program, you may have noticed that our nurses call you periodically regarding your loved ones, even when there is no worry or concern. I want to let you know why. Our Medical Day Program is licensed by the Maryland Department of Health and there are many regulations we are obligated to follow. Among them, the State requires that the nurses do physical assessments of all clients quarterly, as well as update care plans and renew their physician's orders every 6 months. To do this, we must reach out to you for any updates, medication changes, and concerns. If we leave a message or send an email, please get back to us as soon as possible.

We also need for you to communicate any changes in the interim. This includes any changes in medical or mental health status, including falls, open wounds, medication changes, illness, infections, ER visits, diet changes, code status, hospitalizations, wandering off, behavioral changes, new diagnoses, new doctors, or any other pertinent information. We would much prefer to err on the side of too much communication than too little. You can call, email, or send a note with the driver. This helps us to provide more comprehensive, effective care and gives us the opportunity to adjust their care plan. In turn, we will communicate any changes, falls, incidents or concerns we note at Daybreak as soon as possible, usually the same day.

Since I am focusing on communication, I thought I would share some tips for communicating with someone who has dementia because this can become very challenging. A person with dementia may have difficulty understanding you, and you may have a hard time understanding what he or she is trying to communicate. There's potential for misunderstanding, confusion, or frustration in both directions, often making communication even more difficult. You'll need patience, good listening skills and new strategies to help ease your frustration and improve understanding. A person with dementia may have difficulty remembering words or communicating clearly. He or she may have some of these problems:

- Having trouble with finding the right word
- Substituting words
- Describing an object rather than naming it
- Repeating words, stories, or questions
- Mixing unrelated ideas or phrases together
- Losing a train of thought
- Speaking less often
- Reverting to a first language

Tips for better communication:

1. **Speak slowly and clearly and maintain good eye contact.**
2. **Be patient and offer reassurance.** Take time to listen and allow time for the person with dementia to talk without interruption. Give them plenty of time to respond. Try to engage in one-to-one conversations in a quiet place with minimal distractions.
3. **Learn to interpret.** Try to understand what is being said based on the context. If the person is struggling to get an idea out, offer a guess.
4. **Be connected.** Make eye contact while communicating and call the person by their name. Hold hands while talking, if appropriate.
5. **Be aware of your nonverbal cues.** Speak calmly. Keep your body language relaxed. They can pick up on tension and frustration.
6. **Offer comfort.** If a person with dementia is having trouble communicating, let him or her know it's OK and provide gentle encouragement.
7. **Show respect.** Avoid baby talk and diminutive phrases. Don't talk about the person as if he or she weren't there.
8. **Avoid distractions.** Limit visual distractions and background noise, such as a TV or radio, that can make it difficult to hear, listen attentively or concentrate.
9. **Keep it simple.** Use short sentences. As the disease progresses, ask questions that require a yes or no answer. Ask only one question at a time. Break down requests into single steps.
10. **Offer choices.** Offer choices when making a request for something a person might resist. For example, if someone is reluctant to shower, you might say, "Would you like to take a shower before dinner or after dinner?"
11. **Use visual cues.** Sometimes gestures or other visual cues promote better understanding than words alone. Rather than asking if the person needs to use the bathroom, for example, "Say come with me" & take him or her to the bathroom.
12. **Avoid criticizing, correcting, and arguing.** Don't correct mistakes. Avoid arguing when the person says something you disagree with.
13. **Take breaks.** If you're frustrated, take a timeout.

The challenges of communication evolve as the disease progresses. You may find that nonverbal communication, such as touch, a smile, or the tone of your voice is comforting and meaningful. I hope you found this information helpful and as always, I look forward to our next opportunity to communicate. Thank you.

Chris Grable RN

Daybreak Health Director

RN@daybreakadultdayservices.org

Activity News



Hello to All!

Live from the Activities Hub, wondering just how those dogs do it during their days of summer, this is Espy Jordan, Activity Director for Daybreak Adult Day Services!

Dear readers, we face what I consider to be the final month of “summer” (I am aware that is not AT ALL how the seasons work!) However, before I start breaking out my cozy sweaters and craving pumpkin spice everything, I am going to ensure that these summer days are full of joy and enrichment for your loved ones here at Daybreak. A HUGE thank you to all of our participants who walked the runway for our Bi-Annual Fashion Show, and thank you to all of your loved ones who visited the Little Red Barn with us for ice cream this month! We had so many willing participants, we had to go twice just to accommodate!

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- Kindness

L is for Laughter.

Whether it is the best medicine may not be officially backed by medical science, but laughter is certainly an important part of one’s overall wellness. There have been plenty of times through this series I have touched on the importance of humor and joy in one’s life, but laughter deserves a mention here because of the oft-overlooked health benefits that come from tickling your funny bone. When we experience humor or other positive emotions, we are flooded with a variety of happy chemicals that lower stress and give our brains doses of serotonin and dopamine and endorphins, all active in our stress reduction.

Physically, the number of physical benefits far outweigh remaining in a grumpy mood. In addition to the ab workout, you receive a boost to your ability to fight infection and illness, as laughter increases your immune cells count! Additionally, 10-15 minutes of laughter daily is capable of burning up to 40 calories (per HelpGuide.org), and that can equate to approximately 3-4 lbs. yearly. While that may not seem like a significant number overall, it should be taken into consideration that all you have to do to lose these pounds is simply find humor or hilarity in your life! I say that is slightly cheaper than a gym membership (this is not a slight against any who have a membership, of course, and great job prioritizing your health!)

What cannot be understated is the benefit laughter has for your overall wellness. We live in increasingly stressful times; I fear that despite our best efforts, the challenges will continue to build. This tsunami of negativity, while inevitable, can be survived by ballasting yourself with humor. A dear friend once told me, "If you ain't laughing, you're crying", and while life is certainly not *that* black and white, the sentiment is sound. Finding humor in the ridiculous, laughing in the face of the circumstances, and smiling at the mundane can all be small ways to keep afloat in the constant barrage of trials we face as both caregivers, and empathetic human beings. There are so many outlets in which you can find a reason to laugh. I have a mantra that I relay to every individual who joins us here at Daybreak:

"Leave embarrassment at the door."

By letting your guard down and really allowing yourself to laugh and enjoy the silliness that comes with working in human services, you can find reasons to laugh and boost your mood throughout the day. When we stop tempering ourselves and let ourselves just be, we open the door for opportunities to find humor between the cracks of the seriousness we constantly face.

Take the time to find a laugh today. Be a silly goose, if only for a moment, and watch just how much your wellness swells and your overall mood improves.

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@daybreakadulthoodservices.org

From the Social Worker



Thinking of the Business Side of Caregiving

Many of you will remember some months back I wrote an article about the free resources- Trualta. Since I created an account with them, I regularly use it as a resource for a wide range of topics or questions I have.

This past week I received an announcement from them about a series of webinars about a topic I have to admit I don't think much of—the business side of caregiving.

Most of us have seen the statistics on, or know firsthand, the cost of caregiving but what about understanding insurances and benefits, are there tax breaks for caregivers, how does caregiving affect job benefits and leave, what may you be eligible for etc.?

The announcement I received from Trualta was for a series of live, interactive webinars running in July, however the sessions are archived on their site. And, not only the webinars, but also supporting documents—worksheets, slides, resources and links.



Unlock Expert Caregiving Advice & Support Right at Home

Understanding the complexities of caregiving can be overwhelming. That's why the Frederick County Division of Aging and Independence is thrilled to introduce **Trualta**, a comprehensive online education and community

platform tailored for families managing care at home. Googling answers can be frustrating, anxiety-inducing, and unreliable. Trualta has a vast content library that's been clinically-validated and curated to provide you what you need as quickly as possible. Join the conversation on the Community Forum or participate in online Support Groups. Trualta has something for every caregiver. There is never a cost to you to utilize the portal, no matter how often you make use of the **Trualta** tools. You have nothing to lose and so much to gain. Ready to simplify your caregiving journey? **Follow this link to get started: dai.trualta.com. Please reach out if you have questions or need any assistance!**

Fondly,
Mary Collins, LMSW
socialwork@daybreakadulthoodservices.org



A Note from the Front Desk

Hello, I hope everyone is enjoying their summer! We have begun to amass quite a collection in our lost and found! We have many pairs of glasses and many assorted bits of jewelry. Do you have a pair of earrings missing its partner? Wondering where that pair of readers went? If you think there is anything you or your loved one left here at Daybreak, just drop me a line at admin@daybreakadulthoodservices.org or give me a call and I will be glad to check for you.

Deirdre



Fashion Show 2026!



AUGUST

BIRTHDAYS



4 Violeta C.
7 Ron H.
8 Ursula E.
9 Barbara B.
13 Linda R.
14 Sally M., Larry F., Sharon O.
15 Edmee J.
18 Don D.
23 Marcia Z. & Sheree Z.
26 Christine L.
29 Tom W



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.