



DAYBREAK
ADULT DAY SERVICES

DAYBREAKING NEWS

SENIOR CENTER PLUS

• MEDICAL DAY

• DEMENTIA PROGRAM

September 2026



DAYBREAK IS CLOSED MONDAY SEPT. 7

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/daybreakadultdayservicesfrederick/>

SPECIAL EVENTS THIS MONTH

September 1: Live Music with **Amy Andrews**

September 7: **DAYBREAK IS CLOSED (Labor Day)**

September 8: Movin' Music with **Glenda**

September 9: Fitness Class with **Country Meadows**

September 16: Birthday Celebration with **Heartfields**

September 18: Music by **AJ's Jazz Band**

September 22: 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!



**Asbury's SeniorScapes Park
(Frederick)
Friday September 18**

The Director's Corner

Can you believe it is September already? Though the days still feel like summer, the cooler mornings and some falling leaves have me believing it! Fall is just around the corner. Though it has been MANY years since I was a student, fall still conjures that feeling of getting back to a routine, buckling down, and getting things done. A good time to get reorganized and reset priorities. Our September newsletter gives you a few opportunities to add some healthy to-dos to your fall calendar. Mary writes about Dementia Live, something I have heard many of you mention you would like to try but just haven't gotten to it yet. Our nurse's article breaks down vaccines with good information about what you should get and when. And Espy continues his Wheel of Wellness series with a discussion about Mistakes.

I've got another, a "Save the Date" for the Elder Service Provide Council's annual Elder Expo and Caregiver Conference. EXPO will be Thursday October 8 from 9-2 pm at the Frederick Health Village. If you have never been, EXPO is a fantastic opportunity to visit with more than 70 senior care experts sharing information about the resources their individual businesses offer. Under one roof, you can get a ton of information in short time and have fun doing it. In addition to vendors, there will also be vaccines and various wellness checks offered. Expo will also feature 8 learning sessions, giving you the opportunity to hear various speakers throughout the day. The theme this year is "Living Well" and speakers will be presenting on a variety of useful topics. I will share the lineup as soon as I have it. EXPO is free and no registration is required.

The Caregiver Conference is the night before EXPO; October 7. Doors open at 4 pm. Attendees will have the opportunity to visit the 70+ vendors in a quieter atmosphere. You will really be able to talk to people and get your questions answered. Booths will be open from 4-6. At 6, we will segue to a presentation by our featured speaker, Jennifer Gruber. Jenn is a Life Coach specializing in caregiving and life transitions. From 6-8 she will be sharing her perspectives on caregiving and giving practical tips to help you succeed without losing yourself in the process. I had the chance to talk with Jenn as we were putting together the plans for the conference and I am really excited to hear her speak. She "gets it" and has a great perspective to share. Like EXPO, the conference is free, however, for this, you must preregister. This is in part because we are providing a free boxed meal to attendees and want to make sure we order enough. Registration is easy at <https://www.espcfrederick.com/event-6784408>. You can also call me and I can help you do it.

I hope that you can make time to attend the EXPO and Conference. And also to do something lovely for yourself this fall. As always, never hesitate to reach out if we can be of service in any way.

Fondly, Christina
director@daybreakadultdayservices.org

Community News and Notes

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

Seasonal Depressive Disorder: Seasonal Depressive Disorder (SAD) is a real thing, and the change in the seasons is often a time when people become more depressed “for no reason”. This talk will discuss the factors leading to SAD and how the seasons affect one’s brain. We will discuss ways to minimize the effects of SAD and when it may be time to consult professional care.
Middletown Thursday, September 10, 1:00 p.m.

Healthy Aging: What To’s and Know How’s: What are the components to healthy aging? Is this something that everyone can do? Healthy Aging is a goal that we all can work towards, and it will look different for each of us, as we are all different. Discuss trends, tips, and behaviors that lead us to have healthier lives as we age. While many of these may seem well-known, some of the ways you can live healthier may surprise you in their simplicity and ease. What are some steps you can take to live your healthiest life?
Brunswick Tuesday, September 8, 1:00 p.m.
Middletown Tuesday, September 22, 1:00 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.

Groceries for Seniors: September 18. 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:

September 4: Frederick Senior Center

September 25: 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, September 21, 1:30-4:00 p.m.

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

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.

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!



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.

Rehab Services at Daybreak



Did you know that participants can get physical and occupational therapy right here at Daybreak? We are proud to partner with Fox Rehab to provide this service at the center.

Fox provides outpatient therapy services under Medicare Part B and can see you here or at your home. Please talk with one of the nurses if you would like to learn more.

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

Welcome

We are very happy to welcome a new nursing assistant to the team. **Kate Edwards** joins us as a part time aide. Kate is new to health care but brings great passion and interest. She is a quick learner and has jumped right in. Welcome Kate!

Changes

We have had some changes in the kitchen are excited to announce that **Sheba Ambush**, who was the Kitchen Assistant, has been promoted to Kitchen Manager. Sheba loves our folks and knows her way around the kitchen; we are in great hands! We are actively hiring for a new assistant and appreciate the staff who have stepped up to help in the meantime!

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!



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.

September 21

October 19

November 16

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



Quick Glance: Vaccines Older Adults Need and Why (aged >50)

Vaccine	Age	How often?	Medical Importance
Flu (Influenza)	All adults	Flu season in the U.S. typically peaks between November and March. Aim to get your single dose vaccine annually each September or October.	93% of adults aged 65+ who have at least one chronic condition are more likely to develop complications or become hospitalized with the flu. Flu combined with pneumonia ranks as one of the top 12 causes of death in the U.S. A higher-dose version of the flu shot is available specifically for older adults.
Shingles (Shingrix)	Adults 50+ regardless of past shingles or varicella history	2 doses (2–6 months apart)	One in three adults contracts shingles at some point in their life, the majority of whom are 60 years or older. The older and more medical conditions you have, the severe side effects from your shingles: fever, exhaustion, and loss of appetite, which can lead to malnutrition, physical deterioration, and/or additional infections.
Pneumo-coccal	Adults 50+ (per CDC guidance)	Usually 1 dose: There are 2 types of pneumococcal vaccines (PCV20 or PCV21). Your health care provider will determine which pneumococcal vaccine you need based on your age, and health history.	Older adults and people with certain underlying conditions are at greater risk for severe pneumococcal-related illness and complications such as pneumonia (lung infection), meningitis (infection of the lining of the brain and spinal cord), and bacteremia (bloodstream infection), potentially leading to deafness, brain damage, loss of limbs, and even death.

RSV (respiratory syncytial virus)	Adults 75+; adults 50–74 at increased risk	One dose. The FDA has 3 approved vaccines for your provider to select based on your health history.	RSV infection, especially those over 60 or with underlying health conditions like heart or lung disease, often leads to severe complications like pneumonia, hospitalization, or worse, death. In the United States, RSV causes an estimated 11,000 to 17,000 deaths annually among adults aged 65 and older. The RSV vaccine helps reduce the risk hospitalizations or developing dangerous complications.
COVID-19	All adults (talk to your provider first)	As recommended, usually single dose annually	CDC and National Council of Aging recommend that COVID vaccination be an individual decision made with your health care provider. Older adults face a greater risk of getting infected with COVID and developing severe complications, especially those with one or more existing health conditions (diabetes, cardiac, respiratory, obesity, cancer), those who’ve never received a COVID vaccine, and/or those living in long-term care facilities. From 2022 to 2024, adults age 65 and older represented two-thirds of hospitalizations, and more than 80% of deaths.
TdPaP (Tetanus, diphtheria, and pertussis)	All adults	Usually given in childhood (infants and preteens), however, the CDC recommends a dose of TdPaP if NOT previously received and a booster shot every 10 years.	Tetanus, diphtheria, & pertussis are severe illnesses caused by bacteria that can lead to death. Tetanus (also called “lockjaw”): a bacteria found in soil, dust, and manure that enters through a deep cut or burn. Diphtheria is a serious illness that can affect the tonsils, throat, nose, neck lymph glands, or skin and is highly contagious, spread through coughing, sneezing or touching contaminated objects. Pertussis (also called “whooping cough”) is very contagious bacteria which causes fatigue airway swelling, uncontrollable, violent coughing fits lasting weeks to months, and difficulty breathing.

NURSES NOTES continued

Quick Glance: Vaccines Older Adults Need and Why (aged >50)

Vaccine	Age	How often?	Medical Importance
Hepatitis B	Per CDC: adults risk factors like diabetes, chronic liver disease, or kidney disease should receive this vaccine. 60 and older without known risk factors may also choose to get vaccinated after talking with their health care provider.	2–4 dose series, depending on vaccine. Once you've completed the recommended series, you generally don't need a booster.	Hepatitis B is a contagious virus that infects the liver. The liver and its function change as we age, making Hep B more prevalent among older adults. Your risk of contracting Hep B increases if you have conditions such as hemophilia, end-stage renal disease (ESRD), diabetes, or other conditions that lower your ability to fight infections. Acute hep B infection is particularly dangerous for older adults because of its severity and there is no <u>specific</u> cure or treatment.

Our nursing article this month comes from Daybreak fill-in nurse, Effie Nomicos, RN. Please be sure to update us if your loved one has any new vaccines so we can update their record.

Sources

1. Centers For Disease Control and Prevention.
2. CIDRAP. COVID continues to exact heavy toll on older US adults, study suggests. January 7, 2026. <https://www.cidrap.umn.edu/covid-19/covid-continues-exact-heavy-toll-older-us-adults-study-suggests>

Chris Grable, RN
Health Director

From the Social Worker



It is hard to believe it is September already! Where has this year gone? Back to school, shorter days, leaves changing colors...and the forget-me-not. This small, delicate petaled flower is one of the several flowers that honor September.

Forget-me-nots make me think of memory...and memory reminds me of so many things and one of those is honoring people who may experience challenges with their memory. So I thought it was a good time to once again highlight a great partnership program that is held once a month at Daybreak.

Starting in 2022 Daybreak and the Frederick County Division of Aging and Independence's Caregiver Program have come together monthly to offer Dementia Live.

For those of you not familiar with this program, Dementia Live is a high impact, immersive experience that uses specialized gear to simulate what it may be like to live with a memory impairment and sensory changes.

The goal is to help caregivers, loved ones, professionals, and community members to deepen their understanding of cognitive impairment, increase empathy and sensitivity when interacting with people with dementia and to provide tips and techniques to improve quality of care.

Below you will see a list of the upcoming sessions. I know the next few months can get busy so get one on your calendar now. Class size is limited so we can ensure the most personalized version of the program possible. All classes are held at Daybreak Adult Day Services, 7819 Rocky Springs Road.

The training is free, but advanced registration and screening is required. You can do that by emailing dementiafriendlyfrederick@frederickcountymd.gov or calling 301-600-6022.

Hope to see, or meet, you at one of the events.

Wednesday, September 23- 10 a.m.- 12 p.m.

Wednesday, October 21- 10 a.m.-12 p.m.

Monday, November 16- 1 p.m.- 3 p.m.

Friday December 11- 10 a.m.—12 p.m.

Fondly,

Mary Collins, Social Worker

When the flower doesn't bloom you fix the environment it grows in, *not the flower.*

Unknown

Activity News



Hello to All! Live from the Activities Hub, fitting the stereotype of “basic” by waiting patiently for Pumpkin Spice EVERYTHING to return, this is Espy Jordan, Activity Director for Daybreak Adult Day Services! Dear readers, we are entering what I affectionately call the “sweet spot” of our year, as we prepare to celebrate so many fantastic and exciting holidays within the final quarter of 2026. As we look back, I am so glad you trusted your loved ones with us during these exciting summer months, and I cannot wait to bring you even more fun as we reunite with Autumn! A friendly reminder to all to HYDRATE, HYDRATE, HYDRATE. Just because the heat begins to fade doesn’t mean we don’t still need that critical self-care!

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- Laughter

M is for Mistakes.

I am fairly certain at least a few of you have looked at this word and performed a double take. I can almost hear you say, “**Espy has lost his mind. How could MISTAKES be a WELLNESS attribute??**” I assure you that this is not a trick, but rather one of the most important messages I can relay to you when it comes to your overall wellness.

In order to convey this message, please allow me a moment of vulnerability with you all. I am what could be considered a “slowly recovering perfectionist”. Since I was in grade school, I would abhor the concept of doing something wrong. I never once (unless under direct supervision by a teacher) completed a rough draft on a paper. I have written countless poems and works, all of which will never see the public eye because I deemed them imperfect. Projects and dreams and

experiences were put on hold because if I was unable to essentially guarantee that I would succeed at something at or around the first try, I would be too afraid to screw up and not do it. Just re-reading that, you can see the desperation and malice I held against myself in my pursuit of perfection. I would harshly criticize myself, calling myself very unkind words like “failure”, and put myself down for every small misstep. It has taken years of intense self-reflection (and a healthy dose of talk therapy) to even begin to learn the value of mistakes. And as I continue to learn, I am passing the message onto you. Mistakes are a part of human experience. They are not a mark against our abilities, but rather a steppingstone towards competency. We are forever an incomplete amalgamation of attributes and skills, and that learning process will come with a fair number of times doing something outright incorrectly. I have been outspoken within this very series about giving yourself grace, and the hypocrisy that comes with that is not lost. Mistakes, even big ones, are part of the continual cycle of human existence. We, of course, do everything in our power to use our collective knowledge and wisdom to make informed decisions; to take appropriate actions. But, as I have recently been told: you cannot do everything alone.

Making mistakes, and more importantly, *learning from them*, is a benchmark of one dedicated to proper regulation of wellness. Perhaps you don't meet a weight goal you set, or you thought you understood technology, only to see the next best thing appear and be lost in its advancements. Perhaps you thought you were prepared to care for your loved ones, but in the heat of the moment, you wish you had more understanding of their needs. ALL of these are moments we have faced, and there are countless more we will.

Making mistakes is not fun. There is no way for me to sugarcoat the frustrations that may come, nor the strong emotions that will follow. However, I cannot stress enough that the temporary feelings that associate themselves with mistakes will be replaced with satisfaction and comfort in the skills and informed decisions you make after learning from them. I still struggle with this concept; it is not something that can be so easily adopted. However, I am beginning to re-learn the value in the pursuit of knowledge; the value in knowing you can improve. Our imperfections and struggles pave the way to smoother roads down the line. So, make mistakes, learn from them, make more, learn from *them*, and become the best you, complete with the patience and grace to do so.

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



WE



TO



D
A
N
C
E



SEPTEMBER BIRTHDAYS

1 Pat G.
2 Tom B.
3 Gloria W.
4 Erline W.
7 Jim M.
8 Cathy R.
12 Susan H.

14 Maryann W.
15 Allan P. &
Becky F.
21 Norma B.
26 Ron R.
28 Anna S.

SAVE THE DATE

The Annual Elder Expo will be Thursday October 8 from 9am –2 pm at Frederick Health Village. The Caregiver Conference will be Wednesday October 7. Visit vendor booths from 4-6, grab a free boxed meal, and enjoy a wonderful presentation by Jenn Gruber. Registration is required for the conference only (not EXPO)

LIVING WELL CAREGIVER CONFERENCE

Wednesday, October 7, 2026

4:00 pm - 8:00 pm

Visit vendors 4:00 - 6:00 pm, Program 6:00 - 8:00 pm

KeyNote Speaker - Jenn Gruber
Family Communication & Transition Coach



**You Can Do It All...
But Should You?**

Creating a Life that Feels Like Yours
Caregiving can bring love, grief, guilt, and the overwhelming pressure to do it all. Together, we'll explore the difficult decisions that come with caregiving, reconnect with what matters most, and discover how to make choices that honor both you and your loved one.

Entry is Free.
Registration is required.
Free boxed dinner to
registered attendees.

FREDERICK HEALTH VILLAGE
1 FREDERICK HEALTH WAY, FREDERICK MD 21701



Register at <https://www.espcfederick.com/event-6784408>

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

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Anita Taulton, Board Member

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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.