



DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

October 2026



7819 Rocky Springs Road, Frederick, MD 21702

301-696-0808 • TTY/HCO 1-800-735-2258

daybreakadulldayservices.org

SPECIAL EVENTS THIS MONTH

October 6: Live Montessori School volunteers here

October 14: Fitness Class with **Country Meadows**

October 15: WAGS for Hope Dog visits

October 16: Music by **AJ's Jazz Band**

October 27: Music and Dancing with **Dale & Garrey**

October 28: Live Entertainment with **Take 2**

October 30: **HALLOWEEN DANCE**

Costumes are encouraged but please make sure they are safe to move in! You can wear them in or bring them and staff will help you change.



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!



GATEWEAY CANDYLAND
Monday October 26

The Director's Corner

Hello and happy fall! I hope this newsletter finds you well. While I'm sad to see summer go, I welcome the change in seasons.

I hope you'll attend the Frederick County Elder Services Provider Council's **Caregiver Conference** on Wednesday, October 7, and/or the **Elder Expo** on Thursday, October 8, at Frederick Health Village (the former State Farm Building behind the north county Walmart). These annual events are a fantastic way to get LOTS of information in a very short period of time. There will be more than 70 vendors there representing all sorts of senior care resources. There will also be a variety of speakers sharing useful information. Here is what you need to know:

The **Caregiver Conference** is Wednesday, October 7. Free **registration is required for the conference**, but not the Expo, at <https://www.espcfrederick.com/page-1075459>. Call me if you need help. From 4-6 pm you will be able to visit the vendor exhibits to get literature and talk to representatives. You will also be able to pick up a free boxed dinner. From 6-8 pm, you will be treated to an excellent presentation by life coach Jenn Gruber who specializes in supporting caregivers. She assures us attendees will walk away with actionable ideas intended to help lighten their load.

The **EXPO** is open to the community Thursday, October 8, from 9 am-2 pm. It features 70+ vendors; flu and COVID vaccines; screenings for balance, fall risk, cancer, cardiac and stroke concerns; medication counseling; advance directive help; and eight speakers on useful topics for seniors and caregivers. View the lineup [HERE](#). No registration is required. Bring insurance cards for vaccines. Shuttles and limited loaner wheelchairs will be available on site. We may also have one you can borrow for the day; just call us. Consider adjusting your loved one's schedule so you can attend. I promise it will be worth it!

Please also mark your calendars and join us Saturday October 10 at 2 pm at Seaton Assisted Living and Memory Care, just around the corner from us on Whittier Drive. They are hosting a fall festival with all proceeds to benefit Daybreak! Please see flyer inside. Tickets are only \$10; Daybreak participants will get in free. This will be fun for the whole family with music, food, games, and more so bring the grands and join us! Please RSVP to Seaton 301-825-9150 by October 6. I hope you can stop by. See flyer inside.

Enjoy these lovely early fall days and as always, please don't hesitate to reach out if we can be of service!

Fondly, Christina



Community News and Notes

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

Medicare Part D Open Enrollment

October 15-December 7 Do you have a Medicare Prescription Drug (Part D) plan? Every year Medicare Part D plans can change the list of prescription medications they will cover. All Medicare beneficiaries should check their Part D coverage during Medicare's annual open enrollment period. Go to [Medicare.gov](https://www.medicare.gov) to compare plans online. For local assistance call the Division of Aging and Independence, [301-600-1234](tel:301-600-1234). You can schedule an appointment with a SHIP counselor to review your plan. Appointments fill quickly. Call today or visit the Division's website: <https://www.frederickcountymd.gov/m/newsflash/home/detail/5878>

Strategic Planning Community Survey

The Division of Aging and Independence is currently conducting a public survey to help shape the programs and services offered by the Division over the next 10 years. Please share your thoughts, ideas, and experiences with them. You can access the survey by visiting <https://publicinput.com/184184>.

Navigating Life's Transitions is a support group for older adults managing the many changes one encounters in older life, and the stress and anxiety that often accompany these changes. Even positive change can be stressful! Come share your successes and challenges, while supporting yourself and your peers. This open group meets monthly and is facilitated by a licensed clinician. Free but must pre-register

Frederick 1st Monday, Oct. 5, Nov. 2, Dec. 7 1:00-2:00 p.m.

Middletown Thursday, Oct. 1, 5:30-6:30 p.m. and then 3rd Thursday, Oct. 15, Nov. 19, Dec. 17 1:00-2:00 p.m.

Urbana 2nd Tuesday, Oct. 13, Nov. 10, Dec. 8 11:30 a.m.-12:30 p.m.

Stronger Memory is a program that strengthens recall and improves focus. Join us weekly for fun brain exercises, short writing prompts, and friendly discussion. This is an ongoing program.

Virtual Free, pre-register. Wednesdays, starting Oct. 7, 2:00 p.m.

FROM DAYBREAK and DAI

DEMENTIA LIVE Wednesday October 21, 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:

October 9: Middletown Senior Center

October 16: 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.

Emmitsburg Free, drop-in Wednesday, October 14, 9am-noon

Urbana, Free, drop-in, Monday October 19, 9am-noon

Simple Wills Come learn about simple wills. The presentations will NOT include information on trusts and other options. Free, pre-registration preferred. Emmitsburg Free, drop-in Wednesday, October 14, 1:00- 1:30 pm

Groceries for Seniors: October 16. 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>

To see the Division's entire Fall lineup of events and activities, visit: <https://frederickcountymd.gov/8075/50-Community-Centers#docaccess-1965ede1e88f20b05b838d0984b0f651>



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 full-time Activity Assistant to the team! **Tamara Brown** joins Espy and Nita and has jumped right in keeping our folks moving, laughing, and thinking.

Welcome Tamara!

Anniversaries

One big anniversary this month. **Bobbie Speace** has been working at Daybreak on and off for 14 years!! For most of those years Bobbie worked as a nurse, taking great care of our participants. Now that she has retired from nursing, we are thrilled to have her helping out at the front desk periodically.

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 one of the nurses 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.

October 19

November 16

December 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



Fall Prevention for Seniors

Falls are one of the most common safety concerns among older adults. A fall can result in anything from a minor bruise to a serious injury such as a hip fracture, internal bleeding, or head injury. Beyond physical injuries, a fall may also cause an older adult to become afraid of falling again, leading to less activity, reduced independence, and social isolation. From a nursing perspective, fall prevention is not simply about telling seniors to be careful or use their devices. It involves identifying individual risk factors, making the environment safer, promoting healthy movement, reviewing medications, and helping older adults maintain as much independence as possible.

Why Are Older Adults at Greater Risk for Falls?

Aging does not automatically mean that a person will fall. However, certain changes associated with aging can increase the risk. Changes in vision, muscle strength, balance, coordination, and reaction time can make it more difficult to navigate uneven surfaces or respond quickly to a loss of balance. Medical conditions such as arthritis, diabetes, Parkinson's disease, MS, stroke, or low blood pressure may also affect mobility and stability.

Medications are another important consideration. Some medications can cause dizziness, drowsiness, confusion, or changes in blood pressure. Taking several medications at the same time may further increase the risk. Older adults should not stop or change medications on their own, but they should regularly discuss their medications with their healthcare provider or pharmacist. Environmental hazards can also contribute to falls. Loose rugs, poor lighting, clutter, electrical cords, slippery floors, and a lack of handrails can create unnecessary risks.

Keeping the Home Safe

Many falls happen at home, where people may feel most comfortable and least cautious. A few changes can make a big difference.

- Remove clutter from walkways and stairs.
- Secure or remove loose rugs.
- Keep frequently used items within easy reach.
- Install grab bars in bathrooms and use nonslip mats where appropriate.
- Make sure stairways, hallways, and bathrooms have adequate lighting.
- Use handrails on stairs.
- Keep electrical and telephone cords out of walking paths.

- Consider a night-light for bedroom, hallway, and bathroom.
- Keep floors dry and clean up spills promptly.

Stay Active and Maintain Strength

Physical activity is an important part of fall prevention. Activities that improve strength, balance, flexibility, and coordination can help older adults remain mobile and confident. Depending on a person's health and abilities, activities may include walking, strength exercises, balance exercises, or programs specifically designed for older adults. Anyone with significant mobility limitations or medical concerns should discuss an appropriate exercise program with a healthcare professional first. The goal is not simply to prevent falls but to help seniors maintain independence and quality of life.

Use Assistive Devices Correctly

Canes, walkers, and other assistive devices can provide valuable support, but they need to be properly fitted and used correctly. A nurse, physical therapist, or other qualified healthcare professional can assess whether an assistive device is appropriate and provide instruction on how to use it safely. An improperly adjusted walker or cane may increase the risk of falling. Older adults should also avoid using furniture, walls, or unstable objects as substitutes for appropriate mobility equipment.

Pay Attention to Medications and Dizziness

Medication-related problems are an important part of fall prevention. Some medications can contribute to dizziness, sleepiness, confusion, or low blood pressure. Older adults should have their medications reviewed regularly, particularly when a new medication is started or when they experience dizziness, weakness, or unusual sleepiness.

If someone frequently feels dizzy when getting out of bed or standing up, they should tell their healthcare provider. Standing up slowly and sitting at the edge of the bed for a moment before walking may help some, but persistent or severe dizziness should be evaluated.

Vision and Footwear Matter

Good vision helps people recognize obstacles and navigate their surroundings safely. Regular eye examinations can help identify vision problems that may contribute to falls. Footwear is also important. Shoes should fit properly and provide adequate support. Walking in socks on smooth floors, wearing loose slippers, or using shoes with poor support may increase the risk of slipping or losing balance.

After a Fall: A fall should not simply be dismissed as an unavoidable part of getting older. If an older adult falls, it is important to determine whether an injury may have occurred. Severe pain, inability to stand or bear weight, significant bleeding, loss of consciousness, confusion, severe headache, or other concerning symptoms require prompt medical attention. Even when there does not appear to be a serious injury, a fall can be an important warning sign. The person's

NURSES NOTES *continued*

healthcare team may need to evaluate what contributed to the fall and whether changes can be made to reduce the chance of another one. ***Please notify Daybreak of any falls, illnesses, or injuries ASAP; so we can monitor your loved one more closely here.***

Fall Prevention Is About Independence

Fall prevention is sometimes approached as a list of restrictions: don't climb, don't walk alone, don't do this, and don't do that. A nursing approach should instead focus on helping older adults remain active and independent as safely as possible. Preventing falls requires looking at the whole person—health conditions, medications, mobility, vision, home environment, activity level, and personal goals. Nurses can help older adults and their families recognize risks without creating unnecessary fear. A fall is not an inevitable part of aging. With appropriate assessment, education, physical activity, environmental changes, and healthcare support, many fall risks can be reduced. Most importantly, fall prevention should empower older adults to continue doing the things that matter to them while taking practical steps to stay safe, mobile, and independent.

If interested, PT & OT referrals can be requested from your loved ones primary provider and if their insurance covers it, Fox Rehab Group can see them at Daybreak or at home or a combination of the two.

Chris Grable RN

Daybreak Health Director

Phone 301-696-0808

Fax 301-696-0844

From the Social Worker *continued from next page*

It is a reminder that of all things perhaps this is the most important “Rest is not the absence of progress, it’s the soil where strength takes root again” – Anonymous. Definitely a topic for another month.

Fondly, Mary Collins, LMSW

socialwork@daybreakadultdayservices.org



From the Social Worker



Dale Sanders- Inspiration and Something to Ponder

Since my time writing articles here at Daybreak, I have written about perseverance, gratitude, overcoming obstacles, the benefits of walking, goal setting, having a team, being prepared, and able to pivot when needed. So, when I saw the recent headlines about Dale Sanders, I thought “wow, here is someone who embodies all these things” and can teach even more.

For those of you who may not have seen the story, or know the name, Mr. Sanders is 91, and now officially the oldest person to have completed the 2193-mile Appalachian Trail. Along the way he fell more than 70 times—6 of which he describes as hard falls, and one requiring hospitalization. And yet, after each fall, he got back up and kept moving. **Perseverance and overcoming obstacles.**

He acknowledges that he could not have done it without his support team, including his wife, who encouraged him to “press on” when contemplated ending his trek and he took a moment to pray at the last summit. He expressed gratitude to the “trail angels” who delivered caramel frappes to him on the trail. **Gratitude and importance of having a team.**

Along the way he realized that the journey was more than just about finishing. With his growing social media following, and the people he met along the way, he realized he was encouraging and motivating others. The journey became just as important as the goal. **Pivoting.**

Sanders, who had previously been the record holder after completing the trek at 82 in 2017, set his sights on reclaiming his title after his friend, M.J. Eberhart, broke Sanders’ record in 2021 at 83. This set in motion Sanders’ training. While he at one point acknowledged that he probably should have been more prepared than he was, he also gave himself some grace in acknowledging that, at 91, this is uncharted territory for him. **Goal setting.**

All parts of Dale Sanders’ journey are inspirational to me and serve as a reminder of the resiliency of body, mind and spirit. One thing in particular stands out to me though, because it is something we don’t talk about much, the importance of rest in order to push through. As the PBS.org article about him says “he tackled obstacles...with vigor, though he started to get wobbly toward the end of one 12-mile hike. He laid down on the trail, said he needed a power nap and briefly fell asleep. Two minutes later, he got up and kept hiking.”

Continued on the previous page

Activity News



Hello to All!

Live from the Activities Hub, already falling on love with Fall all over again, this is Espy Jordan, Activity Director for Daybreak Adult Day Services! As I write this, we have only had a few of what I would consider “Autumn weather” days! And yet, that chill that will linger on every fallen leaf, the wafting smell of pumpkin and apple and warm campfires, and the realization that my commute home grows darker and darker all bring me such joy! I am absolutely an advocate for Fall and Winter, although for the latter I may need to wait a while longer. Regardless, we have so many amazing Fall and holiday-inspired activities coming for your loved ones, and I cannot wait to share my love for this season with them! Look forward to some amazing thematic activities on our calendars before too long!

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- Mistakes

N is for Nutrition.

I find humor in this choice of word, dear readers, simply because of the timing placing the word “Nutrition” within the month notorious for its immeasurable candy and sweets consumption. Perhaps irony has a purpose here; perhaps it acts as a reminder rather than a jest. We have a responsibility to ourselves to make sure that we are correctly and safely providing nutrition and nourishment to ourselves and our loved ones, and I will be the first to admit how difficult that can be, especially nowadays. Between the rising costs of groceries, to the oft-terrifying recalls on foods that seem to continue to appear suddenly and without warning, it can feel next to impossible to safely

procure food and drink that will not bring you financial or physical harm. However, there are several ways to combat these fears and maintain a safe dietary lifestyle.

The first of these is to refresh your understanding of the nutritional facts of the foods you consume. Familiarize yourself with the sugar, fat and sodium levels of the things you eat. From there, the second step is to communicate with your healthcare professionals. Even if you are not speaking to a specific nutritionist, your primary care physician can help you to identify what vitamins/minerals or other critical resources your body may be lacking/overfilling on. This piece is *critically important* to remember if you or a loved one is managing conditions like Diabetes, Celiac Disease, or other ailments often affected by the foods we consume.

The third step is being mindful of what foods help which parts of the body. You may find that increasing consumption of certain foods, while limiting others, may assist in your body finding regulation (ex. Increasing fiber intake, HYDRATING, etc.) All of these steps can help guide you to a more nourishing lifestyle, but pay close attention to the final step:

Avoid misinformation such as fad diets, non-FDA approved medications, and/or the concept of “cutting cold turkey”.

While the aforementioned “fad diets” may guarantee results of weight loss, they very rarely do so in a nourishing way. Completing cutting out foods (unless instructed by a doctor) can prevent your body from receiving total nutrition, which will harm you or a loved one in the long run. For many, the complete removal of things such as fast food is simply not financially feasible. As with alcohol and other substances, everything is in moderation. If the purchase of food cannot be changed, consider discussing the portion sizes or the possibility of creating a meal plan.

All of this to say, it is ok to not have the best diet. It is ok not to meet your nutrition goals currently. It is ok to look at the Halloween candy that is floating around every corner and crave it. However, take this sugary month as the push you need to begin the process of evaluating what you put into your body. I assure you, after I finish polishing off these Whopper malted milk balls, I will do the same alongside you! But seriously, it is never too late to right the ship when nourishing yourself.

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



OCTOBER BIRTHDAYS

1 Hilda C. & Roy G.

5 Rick D.

6 Janet M.

25 Margarita M.

26 Gloria M.

DAYBREAK WISH LIST

If you find ourself with an abundance, or see a good sale, we can always use the following:

Ensure- chocolate and vanilla flavors

Adult coloring books

Large print word search

Large print crossword

Puzzle books (variety)

Colored pencils

Markers

Watercolor paints

Watercolor paper

Air dry clay

Bingo prizes



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.