

Pleasant Thoughts

VOLUME 24, ISSUE 4

AUGUST/SEPTEMBER 2017



Choptank Bowling Center Car Show



A MESSAGE FROM THE EXECUTIVE DIRECTOR:

World Alzheimer’s Month

September 2017 is the 6th year that World Alzheimer’s Month has been recognized to raise awareness and challenge the stigma that surrounds dementia. September 21st of each year is World Alzheimer’s Day and please wear purple. It makes sense that the color purple was chosen to represent the fight against Alzheimer’s. The color purple is uplifting, symbolizes calmness, creates a sense of spirituality and encourages creativity. Certainly all these characteristics are needed by both the person with Alzheimer’s disease and those caring for them.



Jackie J. Vickers

Families of Alzheimer’s people ask me what Pleasant Day can do for the Alzheimer’s patient that the family can’t do. I have a simple answer. We give you the family caregiver, the resilience to keep on *keeping on!* We recognize the patience, the love, the thoughtfulness, the consideration, all with a smile that is required all day/night, every day/night. It can get wearing for the family caregiver; it is referred to as the 36 hour day. And then occasionally you get cross and you feel guilty. The Alzheimer patient does not mean to “worri-nate” you, does not mean to ask the same question 17 times in 17 minutes, does not want to forget, wants to help but doesn’t remember how, does not mean to get cross with you and then forgets that she/he got cross with you. Caring for an Alzheimer patient is indeed a 36 hour day. Surveys show that there is a greater chance of abuse by a family caregiver because of the 36 hour day. You get tired. You as a family caregiver need a break; you need respite. That is what Pleasant Day can provide; time for you, the caregiver; time for you to do whatever you want to do without having a worry in the back of your mind nagging at you constantly. Remember taking care of Alzheimer patients is what Pleasant Day does best. That is what we are trained to do. And Pleasant Day staff is fresh every day; they have not taken care of an Alzheimer patient all night. Also consider, that absence makes the heart grow fonder, so you and your Alzheimer loved one will both enjoy each other more after a day of respite for both of you.

If you are a family caregiver and find your very last nerve is being plucked, Pleasant Day Medical Adult Day Care can help. Call me at 410-228-0190.



Presenting a BIG check for \$10,000 to provide an extra day of service to Pleasant Day Medical Adult Day Care Veterans is David Tolley of the George B. Todd Fund, and Buck Duncan, the Mid-Shore Community Foundation President. Accepting the check on the behalf of Pleasant Day is Hubert Trego, President of the Dorchester County Commission on the Aging, Inc. and Steve Disharoon, board member, Jackie Vickers, Executive Director of Pleasant Day Medical Adult Day Care and Veteran participants Thomas Meredith, Thurman Chester, and Larry Ricketts. This check provided 133 days in December and January of 2017.

Adult Day Services Week

- Monday: Pianothon**
- Tuesday: Bingomania**
- Wednesday: Crab Feast**
- Thursday: Lunch at Old Salty’s**
- Friday: Trip to Tubman Center**



Pleasant Thoughts

Is a publication of

The Dorchester County Commission on the Aging, Inc.

for the general public and members of the

**Pleasant Day
Medical Adult Day Care Center
“A Place Like Home”**

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Nurses Corner

by Lisa Lewis, RN

Fruits & Veggies—More Matters

September is recognized as More Matters month. Eating a healthy diet of MORE fruits and vegetables can help lower the risk for heart disease, diabetes, some types of cancer, obesity, and high blood pressure. Experts recommend that you eat two servings of fruit and three servings of vegetables daily.



Contributions from local farmers have enabled our participants to have fresh fruit and vegetables this season. During the summer months, our participants have been able to enjoy fresh servings of cantaloupes, watermelons, cucumbers, tomatoes and corn. Pleasant Day Medical Adult

Day Care would like to thank Emily's Produce, B&K Farms, Chelsea's Produce, anonymous donors, and our own Pleasant Day farmers for the healthy fruits and vegetables. Remember, more fruits and vegetables every day will help keep the doctor away!

Safety News



The staff at Pleasant Day would like to share with everyone the safety procedures that we use when transporting wheelchair participants in our buses. Pleasant Day takes wheelchair safety seriously. Our day on the buses begin with a pre-trip inspection of the bus by the driver. From there, we start our route. When we arrive at the participant's residence, the driver will get out and escort the person in their wheelchair to the lift. The lift is lowered and the wheelchair is placed on the lift with the person facing away from the bus. Once aboard, we then place the wheelchair in position to be tied down. Special "Q-Straints" are fastened from the floor to the four corners of the wheelchair's frame. Once secure, we apply a three-point shoulder lap belt which is fastened to the Q-Straints and around the passenger. This prevents anyone from sliding out or tipping over.



The three-point harness belt will also prevent the participant from dropping out if for any reason the bus should turn over. The Pleasant Day staff would like to let everyone know how important safety is to us and our precious cargo: YOU!

Article by Danny Seabrease, Facility, Safety, Transportation Manager

Get
Flu Shot

Flu shots will be scheduled in October at Pleasant Day. Please see nursing to make your reservation.

The Dorchester County Commission on the Aging, Inc. Board of Directors

Pleasant Day Medical Adult Day Care Center

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- Wendy Conn, Vice President
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USA Tree decorated by Roz Wallace.

Hyatt Happenings



Hyatt representative Rick Price visited Pleasant Day participants on two occasions during Christmas in July. Rick aided participants in making Christmas cards and sang a collection of his favorite songs for everyone.

What's Up with Missy?

Pleasant Day has enjoyed so many educational and healthy activities in August. Celebrating fresh produce; serving cucumbers on Monday, husked corn on Tuesday, watermelon on Wednesday, sliced tomatoes on Thursday, and cantaloupe on Friday. Every week! Other topics included, Jerry Garcia and the Grateful Dead, Ice Cream sandwiches, blueberries, Louis Armstrong, Kool Aid, blowing bubbles, healthy breathing exercises, relieving stress, carnivals, the Solar Eclipse, cherry popsicles, and tie dye T-shirts.

In September, Pleasant Day participants will enjoy celebrating Labor Day with Chuckie Love and a Front Yard Picnic, a trip to Ocean City, the American Newspaper, back to school, better breakfast month, classical music, a fall hat celebration, healthy aging, clipping coupons, honey, piano playing, senior centers, square dancing, and

Fresh Produce in August



Top Left: Emmitt Dunnock and Madison stand before Chelsea's Produce, holding watermelons and cantaloupes to be served to Pleasant Day participants. Top Right: Jenna LeCompte poses before fresh corn provided by Emily's Produce. Right: Kay Harding of B&K Farms presents watermelons to be given to participants.



Pleasant Day Participants shucked and ate savory corn on the cob, creamed corn, corn fritters and corn salad courtesy of Emily's Produce.



welcoming autumn. The 34th National Adult Day Care week is September 17-23 and Pleasant Day has many special happenings during this week including a crab feast, going to the Harriet Tubman Visitor Center, lunch at Old Salty's Restaurant, and more. Please mark your calendars

for upcoming events. The Labor Day picnic is open to the public, please bring your own chair and join us for a fabulous activity beginning at 11:00 am.

As always..... Thank you and Have a Pleasant Day!

Article by Missy LeCompte, Activities Coordinator at Pleasant Day



A summertime staple treat, watermelons were served Wednesdays in August.



Thank you to Tolley's Catering for preparing all of the fresh produce every day in August for the lunches provided to participants.



Vine ripe tomatoes were sliced and served every Thursday.



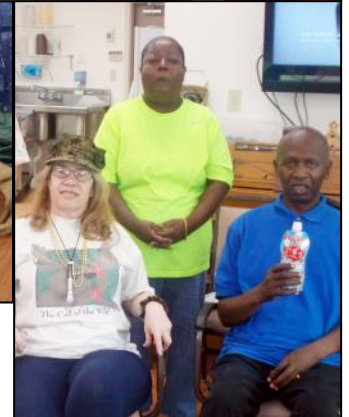
A salad made of fresh cucumbers from Pleasant Day garden, along with tomatoes, onion, and salad dressing were served every Monday in August for participants.

Happenings at Pleasant Day



For Zoo & Aquarium Month, Pleasant Day participants crafted their own aquariums made of paper plates and personalized them with glitter and artwork.

When Royce Ball asked Pleasant Day participants to name the animated dog on his karaoke machine, it was Brenda Atkins that came up with the winning name. Brenda colored a dog drawing and named him Peanut to win a Fallen Soldiers statue.



The Great Outdoors Camp-In at Pleasant Day was a safe, fun experience for everyone, without the risk of getting lost or falling out of a canoe. Participants played games, sang favorite campfire songs, and took pictures in an outdoorsy photo booth.



In preparation for the annual trip to Ocean City, Pleasant Day participants helped tie together T-shirts to dye for them to wear during the trip. Everyone received a shirt with a unique pattern.



Everyone should have a donkey! At least, that's what Amy Weber, owner of Daisy the donkey believes. Amy and Daisy visited Pleasant Day participants to share hugs and good cheer.



Ed Lloyd, representing the Veterans Recognition Committee, donating to the One Vet One Day Program. Receiving the donation is Monnie Whaples, HR and Accounting Manager of Pleasant Day.



A touchscreen computer was donated to Pleasant Day participants for use in the Computer Lab. The ability to control the computer by touching the screen has allowed participants with arthritis and motor impairment to learn computers and access the internet easier than ever before.



Happenings at Pleasant Day

A full size pool table was donated to Pleasant Day. The table has been a popular pastime and every day the pool table has been used by participants. The activity has brought together both casual players and serious competitors for games and has seen active use by otherwise reclusive participants.



Several of the male participants of Pleasant Day held a Men's Fishing Trip to Long Wharf. The fish were few, but the fun was abundant.



What's old is new again. Participants Anthony Blackwell and Charles Mench repaint aging outdoor furniture in traditional Pleasant Day blue.



Bee keeping enthusiast Dale Price III gave a presentation for Pleasant Day participants to explain the in's and out's of maintaining a healthy hive. Dale displayed example beehives and donned a traditional bee keeping suit.

A day of carnival games was held at Pleasant Day which included traditional music, bean bag throw, ring toss, and fishing. Top scoring participants received prizes for their display of skill.



Continuum of Care



Pleasant Day hosted a Continuum of Care meeting consisting of professionals from Shore Health Systems, Amedisys, Coastal Hospice and others. Pleasant Day staff then gave a tour of the facility to their guests and concluded with a light lunch.



Pleasant Day participants cooled down from the hot summer sun by having a dip in the Dorchester County Public Pool!

Christmas in July



Pleasant Day participants used sponges and star stickers to create hand-made greeting cards that will be sent to doctor's offices and other health care facilities in December.



Participants braved the cold to pose with a snowman for a special Christmas in July photo. Participants found framed prints in their Christmas stockings to take home with them.



Participants used frosting and sprinkles to decorate their own Christmas cookies. The cookies were donated by Bay Country Bakery. Mmm...Mmm... Good!



Constructing Santa cards and cutting out snowmen were some of the winter activities held during the month-long celebration of Christmas in July. (Feeling cooler and cooler!)



Above: Putting a unique twist on traditional Christmas traditions, participants punched out stars and trees out of fresh watermelon with cookie cutters. Christmas never tasted so good!



Right: Maxine & The Showtime Entertainers returned to Pleasant Day for a Christmas in July performance for participants.

Randy Tucker and Friends sang classic Christmas carols with participants.



What wonderful treats! Snow cones were prepared for participants and even a traditional Christmas dinner was held on "Christmas Day" of July 25th.



Christmas stockings were hung by the nurse's station with care...and were filled with seasonal fruits and vegetables, thanks to a donation by the Women of the Beckwith United Methodist Church.



Ceramic Christmas trees with LED lights were hand painted and fired, resulting in wonderful decoration pieces for participants to carry home with them.

Dorchester County Commission on the Aging, Inc.

*Pleasant Day
Medical Adult Day Care
"A Place Like Home"*

2474 Cambridge Beltway
Cambridge, MD 21613

Return Service Requested

**Pleasant Day
Medical Adult Day Care**
"Your Care is our Business"

**Find the
hidden
frog!**

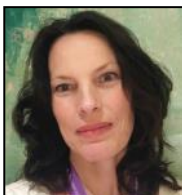


This is not the hidden frog

Place
Label
Here

**THANK YOU
for your donations in May-June**

- | | |
|----------------------------|--------------------|
| Shirley Dail | Charles Marshall |
| Dr. Leona Odemena | Pat & Donald Brown |
| Charles Mench | Debbie Collison |
| Marcie Cada | Wendy & Tom Wilson |
| Eleanor Alther | Betty Ruark |
| Ed Robbins | Stephanie Corkran |
| Charles Gunther | Joyce Horsey |
| Marie Halverson | Linda Bloodsworth |
| Kathy Miller | Kathy Miller |
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| Penny Sedwick | John Matthews |
| Barbara Marsh | Susan Bareis |
| Jackie Vickers | Pat Neild |
| Elsie Jones | Walt Vickers |
| Angelia Asplen | Darrell Nickerson |
| Thurman Potter | Lelia Thompson |
| Emily's Produce LLC | Kelly Hunt |
| Howardene Brem | Susan McNew |
| Betty Kowitzki | Shirley Windsor |
| Erin Ruark | Seasonal Flowers |
| Cari Jesse | Philip Everson |
| Mr. & Mrs. John Neild, Jr. | Dr. Michael Ward |



An Alzheimer's In-Service was held for Pleasant Day staff. Conducted by Cynthia Prud'Homme, MSW, of the Alzheimer's Association. Staff was briefed on key symptoms of Alzheimer's and how best to interact with those who have become disoriented by the disease.

**Pleasant Day
Medical Adult Day Care Center**

PLEASANT DAY is:

MEDICAL

- Attendance is prescribed by your physician
- Nurses are on duty 100% of time
- Nurses provide medical services and treatment
- Nurses are in contact with your doctor
- Nurses administer medications & observe for effects



ADULT

Any adult who needs regular medical help

DAY

- Opens at 8:00 - Closes at 4:00 - 5 days a week
- No beds - No one stays overnight

CARE

- Help with toileting, bathing, eating, walking
- Providing support, stimulation and exercise
- Nurturing staff who are State certified and licensed

CENTER

A fresh, clean, home-like setting providing coordinated care so that:

- You continue to live in your home or with family
- You don't have to go to a nursing home
- You attend as many days as you like
- You help your loved ones to help you