



Pleasant Day Goes Red for Women's Health



On the first Friday of February, men and women alike dress in red to highlight the importance of a healthy heart. National Wear Red for Women's Heart Health has been a reoccurring event since 2003 and aims to increase awareness of the very real and deadly risks of heart disease and stroke. Heart disease remains the #1 killer of women in the United States, with one woman dying from it every minute. It is a misconception that it only affects people later in life. Birth control and smoking can amplify risks for younger women by 20 percent.

These tragedies can be prevented through annual screenings and simple lifestyle changes. 90% of women in America have one or more risk factors for heart disease or stroke, but only you can make educated choices in your lives to improve cardiovascular and heart health. Your doctor is your best ally; ask questions on how you can change your lifestyle for the better. To find out more, visit www.goredforwomen.org to be a force of good for every mother, daughter, sister, and spouse.

Photo by Dave Ryan/ Dorchester Banner

Black History Month

In February, Pleasant Day Medical Adult Day Care observed Black History Month. Community elders spoke to Pleasant Day participants on key African-American leaders and prolific women in African-American history including Harriet Tubman's journey by Bill Jarmon. Rev. George Ames III addressed Black History and Roz Wallace detailed the life of Charles Richard Drew, an African-American surgeon, physician, and medical researcher that pioneered blood storage techniques. His contributions to the field has saved countless lives since.



Rev. George Ames, III William Jarmon Rosalyn Wallace

Also highlighted in the month of February were the struggles African-American soldiers faced during their service to the United States militaries during the Great War. Their tribulations and subsequent successes reverberated in the re-organization of the U.S. military during World War II and helped prove that African-American soldiers deserved equal respect and status among their fellow servicemen.

The participants and staff took a trip to the newest tourist attraction in Dorchester County: The Harriet Tubman Underground Railroad Visitor Center near Blackwater National Wildlife Refuge. Dorchester residents have grown up with the Harriet Tubman legend and the Harriet Tubman Visitor Center reinforced all that we have learned during childhood.



A MESSAGE FROM THE EXECUTIVE DIRECTOR:

As I write this, it is a cold wet February day but the crocus and daffodils are popping up! Maybe old Mr. Punxsutawney Phil will be proven wrong. Pleasant Day is making its sunshine indoors while looking forward to Spring and traveling.

As we think about Spring and making our own sunshine,



Jackie J. Vickers



I want to say how much sunshine is generated for the Veterans by the donations to the One Vet One Day Program. Not having to stay at home alone on some of these gray days of winter is really sunshine; being with their

peers, doing activities, eating home cooked food makes for a good sunshiny day. A donation from the George B. Todd Fund is providing 133 days of service for the long winter months.

That is a lot of sunshine! Thanks to the George B. Todd Foundation.



To receive Veterans funding to pay for 2 days of service at Pleasant Day Medical Adult Day Care, the Veteran must apply at the Veterans Administration (VA) Outpatient Clinic on 830 Chesapeake Drive in Cambridge, MD. To make an appointment at the Clinic call 410-228-6243. After the Veteran has been determined eligible to receive Medical Adult Day Care services through the VA, the Veteran's name is put on the waiting LIST maintained at Perry Point. As funding becomes available the VA notifies the Veteran and the Center so the admission process can begin. Last year, only 4 Veterans were approved for admission to Pleasant Day. I don't understand the workings of VA but if the Veterans Administration doesn't have funding, new admissions cannot be approved. I can't emphasize enough how important it is to have the Veteran's name on the LIST. When the Veteran's name comes up, if the Veteran decides not to attend, their name is removed from the LIST and they would have to apply all over again and be at the bottom of the LIST. The Veteran must take the first step and I cannot tell you how important it is to call and make an appointment. It is our experience that it may be 6 months to a year for your name to come to the top of the list.

On behalf of the Veterans, I want to thank each of you; individuals, groups, churches; it all helps so much. I hope you will consider continuing to make your donations to the One Vet One Day Program. Pleasant Day is a 501 (c)(3) non-profit organization and your entire donation is deductible.

Jackie

Daylight Savings Time



New Zealander George Vernon Hudson (pictured left) was the first to suggest the concept that has become known as Daylight Savings Time. In 1895, he presented a paper to the Wellington Philosophical Society proposing a two-hour shift forward in October and a two-hour shift back in March.

Here in the United States, a vast majority of us now shift 1 hour ahead in the spring and 1 hour back in the fall. The purpose is to allow for more daylight in the summer, thus saving on light cost, but this has been disputed.

With safety in mind, one good thing about DST is that it reminds us to do semi-annual checks on things like our smoke detectors and clocks. This year, when you set your clocks one hour ahead on **Sunday, March 11th at 2:00 AM**, remember to take time to change your smoke detector batteries, whether they need them or not. It may save a life!

Article by Danny Seabrease, Facility, Safety, Transportation Manager



SPRING FORWARD
FALL BACK

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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Stroke Support Meeting



Stroke is a common malady of many Pleasant Day participants. A Stroke Support Group is held, led by Social Worker Julia Farrow, every month on the third Wednesday at 1:00 PM at Pleasant Day. It is here that stroke folks learn that they aren't the only ones with a problem, feel compassion for others who may have been affected worse than they

are, learn from others who are overcoming and dealing with their disabilities, sharing problems; in short to maybe find some solutions.

Julia Farrow retired from Department of Social Services after 16 years of service. Still feeling that she had more to give, she saw Pleasant Day's ad for a part-time social worker and she applied. Isn't Pleasant Day fortunate? She is a kind hearted, soft spoken lady who sees both sides of every story and still sees the common sense reasoning that participants (and probably all the rest of us) usually need. Beginning this month, Julia will be leading the Stroke Support Group beginning on Wednesday, February 21st 2018 at 1:00 PM. The group is open to anyone who has had a stroke and would like to meet others whose life has been affected by a stroke. To register, please call Pleasant Day at (410) 228-0190.



Julia Farrow
LCSW-C

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Medical Adult Day Care Center**

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Nurses Corner

by Clay Tobin, RN

March is National Nutrition Month

A balanced diet is important because your organs and tissues need proper nutrition to work effectively. Without good nutrition, your body is more prone to disease, infection, fatigue and poor performance. At the core of a balanced diet are foods that are low in unnecessary fats and sugars and high in vitamins, minerals, and other nutrients. The following food groups are essential parts of a balanced diet.



Fruits—They are a great source of nutrition; fruits make healthy snack alternatives between meals.

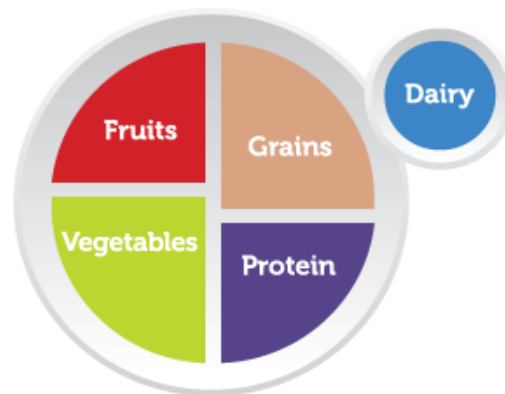
Vegetables—Dark, leafy greens generally contain the most nutrition and can be eaten at every meal, such as: spinach, kale, green beans, broccoli, and collard greens. However, if you are on a blood thinning medication, check with your doctor on how much dark green vegetables you should include in your diet.

Grains—Try switching from white breads and pastas to wholegrain products to increase your nutrient intake.

Proteins—These are essential for proper muscle and brain development. Examples are: low-fat meats such as chicken, fish and certain cuts of pork and beef, lentils, beans, peas, almonds, sunflower seeds, walnuts, and tofu.

Oils—Good oils such as olive oil can replace fattier vegetable oil in your diet. Avoid deep-fried foods because they contain empty calories.

Substances to limit in your diet include: Alcohol, refined grains, solid fats, saturated fats, trans fats, salt and sugars.



Think about what you put on your plate before you eat. Shown above is the MyPlate as recommended by the USDA for a healthy diet.

Pictured left: Valentine's Day tree decorated by Roz Wallace.

Food Service Week

Every year, Pleasant Day likes to thank our food service professionals that prepare the meals for our participants. Tolley's Catering has been providing food service for the center for the last 20 years. They arrive with hot food on the bitterest of days, work around inclement weather and schedule changes, and sometimes follows us on trips. It is with our deepest respects that we thank Gene, Shirley, and Linda for their wonderful support over the years.

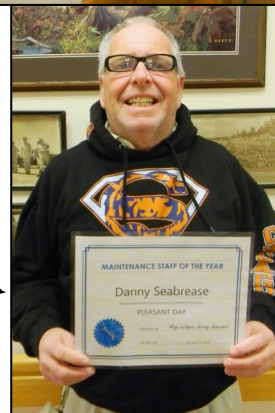


The work is hard,
but the benefits are
good.



Maintenance Day

Pleasant Day staff and participants held a toast for Maintenance Appreciation Day to their maintenance crew, Danny Seabrease and Chris Condon. Each were given a round of applause, certificate of their merits, and a handy grabbing tool for their work. Participants wrote and submitted what Danny and Chris' work meant to them. Here is a collection of their most memorable com-



**Thank
You!**

M—ake things happen
A—lways prepared
I—mmediate action
N—ever too busy for us
T—akes care of buses
E—very day is a new challenge
N—ever complains
A—lways ready to help
N—ever says “No”
C—ares about participants
E—verybody's friend



THANK YOU

for your donations in October-February

Joyce Horsey	Ron Crismond	Angela Asplen	Linda Sampson	Anne Whaples	Shirley Shortall	H&R Block
Elsie Jones	Barbara Parks	Jeannie Whirley	Seasonal Flowers	Joan Reinisch	Sylvia Trice	Deena Messick
Shirley Dail	Lois Testerman	Valerie Albee	Shirley Windsor	Marie Halverson	Thurman Potter	Linda Marshall
Ruby Eldred	Linda Price	Diane Godfrey	Betty Ruark	Kathy Leary	Julia Farrow	Myrtle Crider
Jenna LeCompte	Renee Simmons	Simone Turnell	Pat Weaver	Kent Thomas	Arlene Michalk	Gayle Thomas
Jackie Vickers	Royce Ball	George Radcliffe	Betty Kowitski	Pat Creighton	Rodney Cooper	Jean Daffin
Marie Perry	Jordan LeCompte	Kathy Miller	Donna Spedden	Russell Smith	Nancy Jackson	Danny Seabrease
Debbie Farlow	Jon & Erin Ruark	Laura Higgs	Kay Trice	Loretta Smith	John Ferguson	Beverly Waggoner
Susan Bareis	Judd Vickers	Connie Blades	Jonelle Coulter	Walt Vickers	Shirley Hicks	Tolley's Catering
Kelly & Tim Hunt	Zeller Funeral Home, P.A.	Family of Chester Lauck	Family of Delmas Dean			
Bill & April George	Ray & Sheryl Aaron	Family of Virginia Stine	Charlotte Lankford			
Skip & Jennie Rideout	Starr & Hubert Trego	Family of Norma Lantz	Chris Murphy-Harrison			
Howardene Brem	Dorchester Garden Club	Family of Charles Green	Wendy & Tom Wilson			
Royce & Pat Edwards	Family of Frank Bittner	Family of Joanne Todd				
Bayside Quilters of the Eastern Shore, Inc.	Family of Nettie Fleischman					
Eastern Shore Hospital Center	Newcomb & Collins Funeral Home, P.A.					
		Gwendolyn Gillespie-Camper				
		Anonymous Donors				

Holidays at Pleasant Day



For many, presents represent the highlight of Christmas time, but for some it's all about the food! For a special Christmas dinner, Tolley's Catering served "real" turkey, mashed potatoes and gravy, green beans, cranberry sauce, a freshly baked yeast roll. It was followed by a slice of apple pie with whipped topping.



"Rockin'" Randall Tucker, DJ at MTS Broadcasting, and friends sang contemporary carols and up-tempo holiday songs for Pleasant Day participants. Classics like "Frosty the Snowman" and "Rudolph the Red Nose Reindeer" were popular requests.



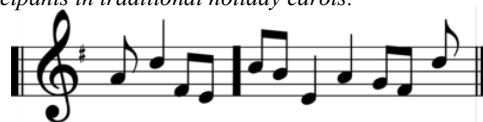
Ever wondered what happened to those Christmas cards you donated? They were made into new cards then participants sent these cards to their loved ones and each other.



Train trips are traditional Pleasant Day activities during the holiday season. Thank you to train aficionado Hubert Trego and the Rescue Fire Company for opening their doors at special times to allow Pleasant Day participants to see their train displays.



"Hark! The Herald Angels Sing!" Members Steve Long, Nancy Harvey, Donna Bailey, and Nancy Lindner of the Dorchester Chorus sang along with participants in traditional holiday carols.



Thank you to United Methodist Women of Beckwith Church for providing donations to help stuff the participant's Christmas stockings with fruit, ornaments, and candy. The church members will also supply a meal at "Christmas in July".



For many, Christmas is the most magical time of the year. The participants of Pleasant Day would likely agree. Santa himself visited participants and gave them hugs and gifts to be placed under their tree. Dizzy the dog, along with her owners Chris & Gerry Sprole, assisted Santa in handing out gifts.

Happenings at Pleasant Day



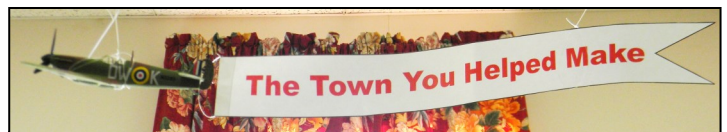
The Ella B. Walters National Honors Society (NHS) students of Cambridge South-Dorchester High School donated over 250 canned goods items to Pleasant Day participants. Pictured from left to right: Sierra Tippet, Pleasant Day CNA/Driver, NHS Co-Advisor Trey Mills, III, Allison Loeffler, Daniel Isarcia, NHS Co-Advisor Heidi Coheon, Liz Dodger Vice President, and Jonathan Knox.

Pleasant Day rang in the new year in style. Sparkling cider was poured by Amyia Johnson, CNA/Driver, and Chris Condon, Maintenance, and was given to everyone along with party favors. The group sang "Auld Lang Syne" as the buses arrived to take everyone home and not return until another year.



Members of Pets on Wheels (and their human owners) visit Pleasant Day participants monthly to receive some rubs behind the ears.

For too many, the cost of prescription eyewear exceeds their income. For years, the Lions Club International has collected used and unwanted glasses to donate to those less fortunate. If you have glasses that you would like to donate, please consider depositing them into the drop box located at Pleasant Day.



For the participants of Pleasant Day, their train has come in! An eight foot long piece of plywood has been transformed into Pleasantville, an idyllic town built by the participants of Pleasant Day. From the painting of the grass and the buildings to the manufacturing of the trees, participants contributed to "The Town You Helped Make".



February is National Bird Feeding Month. To celebrate, Pleasant Day participants applied peanut butter to pine cones and then sprinkled bird seed onto them. This resulted in a natural, safe bird feeder that will attract beautiful songbirds. A few of the bird feeders are hanging outside of Pleasant Day on the trees.



For the Jewish holiday of Tu B'Shvat, Pleasant Day participants learned about the history of the day and ate fruits traditionally eaten during celebration.



More Happenings at Pleasant Day



Art therapy for seniors, taught by instructor Jennifer Cristaudo of Chesapeake College, is an anticipated weekly class for participants. The structured classes bring new concepts and skills to learn.



Using vinyl records and gallon cans, Pleasant Day participants crafted top hat centerpieces then decorated them for Valentine's Day.



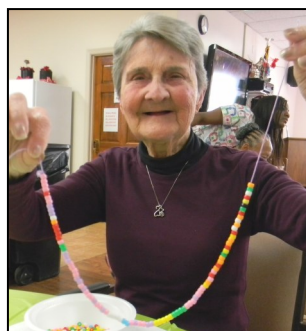
Participant Maggie Shaw, pictured left, a hand-made card using overlapping heart shapes to make fish themed Valentine's Day cards. It's a keeper!



For Valentine's Day, Pleasant Day participants voted for their King and Queen along with Prince and Princess. Congratulations to Russell Smith and Frances Walls for winning King and Queen with Benito Lake and Lorraine Cooper winning Prince and Princess respectively.



In anticipation of Valentine's Day, a special Sweetie Pie Bingo was held to help out those who had yet to buy their "sweetie pie" a gift for the holiday. The decorated tree was adorned with donated earrings, bracelets, rings, and other pieces of jewelry AND candy.



Mardi Gras was a big event at Pleasant Day. Participants assembled their own bead necklaces and ate pancakes and sausages for lunch.

Traditional King Cakes were enjoyed and a few participants found babies in their cakes, symbolizing good luck.



Happy Chinese New Year! Pleasant Day participants spent the day coloring dragons, eating Lo Mein, and a chopstick noodle contest was held to see who could get the most noodles in a bowl.



The Bay County Chorus Barbershop Quartet visited Pleasant Day to croon classic love songs to participants for Valentine's Day. Pictured from left to right: members Herb Branch, Claude Maechling, John Crovo, and Ed Wadley.

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

**Find the
hidden
frog!**



This is not the hidden frog

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

Place
Label
Here

What's Up with Missy?

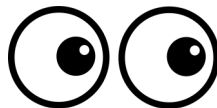
February was so exciting! The client council meets every month, participants and activity staff were overjoyed with the events planned last month. Festivities included: Food Service week, Boosting Self Esteem, Wear Red for American Heart, Black History Month, Man's Day, Mardi Gras, NASCAR, Carole King, "Green Man" from H&R Block, Valentine's Day, Chili, Blue Jeans, Chinese New Year, and Peppermint Patties.

For the Valentine's Day extravaganza on February 14th, we were serenaded by the Barbershop Quartet and this year's King and Queen 2018 of the ball were Russell Smith and Frances Walls.

All eyes are smiling at Pleasant Day in March! With activities including; Smiling, Compliments, Wear Blue for Colon Cancer Awareness, Academy Awards, Cheese Doodles, Cereal, Woman's Day and Women's History Month, Employee Appreciation/Spirit, Girl Scouts, Earmuffs, "Ken" Doll, Potato Chips, St. Patrick's Day, Spring, World Poetry, Coca Cola, Major League Baseball. And Doctor's Day.

Please mark your calendars for all the special events in March and as always... Thank you and Have A Pleasant Day!

Article by Missy LeCompte, Activities Coordinator at Pleasant Day



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