



Pleasant Thoughts

Family Fun At Pleasant Day a Success!





Photos by: Pam Montel-Decraekle

Thank You Denny's



The Stroke Support Group held their June meeting at Denny's in Cambridge. Denny's provided a choice of breakfast or lunch for the Stroke Support Group members. On behalf of the participants and staff at Pleasant Day, Thank You.



Employment:
Now accepting C.N.A and L.P.N. applications

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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What's Up With Missy

What rhymes with July? "Fly, sky, my, rye and tie" are some examples. So I thought.....hmmm. In July a kite we could fly, looking toward the sky as I eat my bread of rye, and think of my darling wearing a tie. Look at that, I'm a poet and didn't know it. Can you think of a poem to share? Pleasant Day is currently searching for volunteers to assist with small group activities, such as the poem I just gathered from words that rhymed. Would you be interested in sharing a hobby, collection, art, musical talent, or adult education? Please give Missy a call at 410-228-0190. We need your help and would very much appreciate your time!



This month at Pleasant Day we have planned celebrations, activities, events, foods and adult educational groups with topics including; patriotism, the outdoors, family reunions, baked beans, blueberries, hot dogs, ice cream cones, pickles, picnics, wheelchair beautification, the sandwich, telling jokes, country music, the US postal service, Independence Day, macaroni, and moon day. Shopping trips are every Saturday in the month of June and a bowling trip and pool trip have also been scheduled. A lot of fun things to do and plenty of time to "Get er' Done!!!". Please mark your calendars and we hope to see you here. As always, Thank You and Have a Pleasant Day!

Article by Missy LeCompte, Activities Coordinator at Pleasant Day.

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New Surveillance Cameras

On Friday, June 6, 2014, two technicians from Alarm Engineering spent the day installing new interior and exterior video surveillance cameras/DVD recorder at Pleasant Day Medical Adult Day Care Center. For several years, this is something we've wanted to do, to enhance our safety program but could not financially afford. Now, through the generosity of Ron Boltz and his team it is a reality! Alarm Engineering donated the complete system, including labor, in response to our plea. This will give us more eyes on our facility to ensure staff, visitor and participant safety, as well as a terrific management training tool. This will also have an impact on the facility for management to know where additional staffing is needed, to deter any potential theft, and after hours security. The system is also accessible from the internet and managements mobile devices such as smartphones.



Article by Ray Parker, Facilities-Safety Manager at Pleasant Day

Front Yard Picnic-July 4th



Pleasant Day Medical Adult Day Care will be celebrating the Fourth of July with a Front Yard Picnic. Shelley Abbott and Tina Krahn will be performing a mini-concert.

Bring your lawn chair and picnic lunch and hot dogs will be on sale for \$1.00. Pleasant Day will provide the refreshing iced tea and the entertainment.

Open to the Public! FREE Admission. Everyone is Welcome.

Nurses & CNA Recognition



Pictured above are Pleasant Day Nurses: (left to right) Clay Tobin RN/Director, Lisa Lewis RN, Annemarie Hernandez RN, Mary Elliott RN, and Mitisha Wallace LPN.



Pictured above are Pleasant Day CNAs: (left to right) Courtney Stouffer, Renaye Murray, Deb Collison, Dawn Pinder, Barbara Barnes, Shirley Dail, and Amyia Johnson. Absent from picture was Mildred Jews.

National Nurses Week was May 6 - 12. National Certified Nursing Assistants Week was June 13 - June 20. Pleasant Day Medical Adult Day Care celebrates our nurses and CNAs each year. Pleasant Day is a medical facility where nurses and CNAs provide a combination of care that helps participants feel secure knowing their medical needs are met. Pleasant Day is proud of the nurses and CNAs and wants to thank all of the nursing staff for the care given to the Pleasant Day participants.



Thank You Old Salty's



Pleasant Day Medical Adult Day Care Saturday participants and staff were invited to be guest's at Old Salty's Restaurant in Hoopers Island on May 31. To make a day of it, the participants went first to the Bowling Alley, then to Blackwater Refuge and on to Old Salty's. When they arrived at Old Salty's, they were heartily welcomed, directed to a specially set-up area and served a lunch of hot roast beef, French fries, and kale with beverage of choice. To make a great lunch better, they were treated to a slice of Old Salty's famous mile high meringue pie. The participants really enjoyed the treat and when they realized that Old Salty's did not charge Pleasant Day, all 24 Participants wanted to thank Jay Newcomb, owner of Old Salty's, by presenting him with a larger than life card of thanks.

Family Fun 50/50 Winner



Shirley Shortall of Federalsburg, was the winner of the 50/50 raffle at Family Fun at Pleasant Day. Ms. Shortall is pictured above, being presented with \$675.00 of winnings, by Hubert Trego, President of DCOA Board of Directors.

Nurses Corner

by Lisa Lewis, RN

Falls are a big safety concern for the older adult. According to the National Safety Council falls can cause severe injuries, such as hip fractures and head traumas, and are the leading cause of injury and death among those age 65 and older.

Most falls are preventable. Older adults can stay independent and reduce their chances of falling by fall proofing their homes and making lifestyle changes.



- Exercise regularly to increase leg strength and improve balance. Tai Chi is a recommended program that is gentle and shown to have a positive effect on muscle strength, flexibility, and balance.
- Have yearly eye exams.
- Safe proof homes with adequate lighting, reduce tripping hazards, apply grab bars and railing to stairs, showers, bath tubs, toilets, and remove throw rugs.
- Have your doctor or pharmacist review all medications. Some medications may cause side effects or reactions, such as dizziness or drowsiness. Always have an updated medication list for all doctors appointments. Make sure all medication labels are accurate with clear instructions.



Computer Tips

Did you know that when typing, delete and backspace are not really the same thing? It's true! The backspace key, which I think probably gets used more often, erases letters or characters to the left of (behind) the cursor (that blinking line that shows where you are typing).

But the delete key will delete letters or characters to the right (in front) of the cursor. I find this helpful especially if I forget to capitalize the first letter of a word, or when I click into the middle of a word to correct my spelling mistakes.

Try it out! I bet you didn't realize there was a difference.



Social Work News

I would like to thank all of the participants, their families, and the staff at Pleasant Day for making me feel welcome. I have been keeping very busy since my arrival and am enjoying getting to know everyone. It has been a delight to return to my home town to work. Pleasant Day has an impressive program. The daily accomplishments achieved show how dedicated the staff and volunteers are to serving the participants.



Reminders:

- Please share with family, friends, and providers the positive experiences you have had at Pleasant Day. We are now accepting new admissions. For more information please contact (Susan Owens) at 410-228-0190.
- Participants please be reminded that regular attendance is key to your success and ours. Please attend on your scheduled days. If you must be absent request to substitute another day when able.
- Your safety is very important to us. Please limit the size of bags and/or purses you bring to the center. Heavy bags can lead to impaired balance and falls. Its best to leave your belongings at home since we have everything you need at the center.
- If you have any significant changes such as a phone number or change of address, please let us know. Be on the alert soon for annual paperwork to be completed. I am happy to assist as needed.

Article by Susan Owens, LCSW-C Social Worker at Pleasant Day



Shewwww!
Paperwork can be so
exhausting!

Thank you!

Thank you to all who responded to our annual survey in the June edition of Pleasant Thoughts. Your input is very important to us.

Car Show-Family Fun at Pleasant Day



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White Rabbit Stained Glass

Dorchester County Commission on the Aging, Inc.

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"Your Care is our Business"

**Find the
 hidden
 frog!**



This is not the hidden frog

Most 50/50 Tickets Sold

Cheryl Mallon is picture being presented with \$50.00 for selling the most Family Fun at Pleasant Day 50/50 raffle tickets, by Jackie Vickers, Executive Director of



Pleasant Day Medical Adult Day Care. Cheryl is from Pasadena, Maryland, but visits the Eastern Shore a few times a month. Not only has Cheryl agreed to sell 50/50 raffle tickets for the Festival of Wreaths Holiday Benefit Gala, and next years Family Fun Day, but she feels confident that

she will more then double her sales. Pleasant Day would like to thank her for all her hard work. At the same time, also thank each and every one who purchased or sold a raffle ticket. This money, like all the funds raised at Family Fun, will go to provide unfund-
 ed services for Pleasant Day Participants.

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 - 6 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

