After Halloween, the holiday season will begin in earnest. This time of year is especially exciting for the participants and staff at Pleasant Day as the center slowly transforms to the 17th annual Festival of Wreaths. Pictures come down off the walls and 70+ wreaths are hung in their place. Throughout the Center, fifteen-plus themed trees are being decorated by local businesses and organizations. Hand crafted wreaths, donated by volunteers for the silent auction held on December 1, have already begun arriving daily. For those interested in seeing the wreaths, you are encouraged to visit Pleasant Day any time from Monday through Friday, 8:00 am to 4:00 pm. The silent auction bidding begins November 10 and runs through December 1, concluding at 7:00 p.m. during the Holiday Benefit Gala/Chamber Business After Hours. The public is invited to vote on their favorite wreath to receive the sought after “People’s Choice Award”.

Endowment Fund

Dorchester County Commission on the Aging, Inc. a 501(c)(3), is pleased to announce that it has established an endowment fund to benefit Pleasant Day Medical Adult Day Care. The Commission has been a non-profit since 1972 and opened Pleasant Day Medical Adult Day Care in 1989. This endowment will provide additional income for Pleasant Day Medical Adult Day Care to help carry out its mission to promote independence and keep people, especially seniors, living independently as long as possible.

The Fund was set up, in partnership with Mid-Shore Community Foundation, the non-profit that will manage the Fund. Donations to the Pleasant Day Fund are fully tax deductible and should be directed to the MSCF/Pleasant Day Medical Adult Day Care Fund at 102 East Dover Street, Easton Maryland 21601. Pleasant Day and the people that it serves will appreciate any donations to the Endowment Fund, now and in the future.
A MESSAGE FROM THE EXECUTIVE DIRECTOR:

One Vet One Day

The One Vet One Day Program was instituted in April 2016 to help Veterans who attend Pleasant Day. The Veterans Administration pays for approved Veterans to attend only 2 days a week. Most of the Veterans need more than two days a week to meet their needs.

The One Vet One Day Program is raising money to pay for one extra day a week. For a donation of $75.00, the Vet can attend another day to receive nursing care, medication monitoring, nursing services, door-to-door transportation, arrange doctor’s visits, breakfast, lunch and a snack, exercise, trips and activities designed to keep both brain and body active and social worker services to help resolve problems.

While it takes $75.00 a week to give a veteran an extra day a week, any donation you make will be put in the One Vet One Day fund. There are churches that take up a monthly collection for the One Vet One Day program, some people make a monthly donation of $75.00, Fraternal and Services organizations make annual and quarterly donations, local small businesses make donations and memorial donations are all ways you can say thanks to our Vets. Please call Jackie Vickers at (410) 228-0190 for more information or to have a speaker for your organization.

Friends and Turkey

Thanksgiving! Many Pleasant Day participants do not have traditional Thanksgiving dinner at home so their “Pleasant Day” Thanksgiving Dinner is their Thanksgiving dinner. Just think of roast turkey, stuffing, mashed potatoes, gravy, string beans, and cranberry sauce, served with hot homemade rolls. Finish with sweet potato or pumpkin pie. This is the traditional Thanksgiving dinner that Pleasant Day serves the day before Thanksgiving.

Tolley’s Catering caters the dinner using “real turkeys” or, as Jackie says, “turkeys that have “enny” parts (the part that goes over the fence last). Pleasant Day has to supply the frozen turkeys. We are asking if 10 friends will donate a 20 pound turkey, $25, or whatever you can donate. If more friends will donate $10 each, it will pay for the homemade pies. If Pleasant Day is fortunate enough to have more money donated than is needed for Thanksgiving, the balance will be used toward the cost of the annual Christmas dinner, also with real turkeys and homemade pies.

So, please send in donations and a special thanks to all of you who support the holiday dinners and keep the Pleasant Day tradition alive. Call Jackie Vickers at 410-228-0190 for more information.
Music Grant Awarded

Pleasant Day Medical Adult Day Care provides different options to keep music a part of its activity program. The Dorchester Center for the Arts/Dorchester County Arts Council recently selected Pleasant Day Medical Adult Day Care as a recipient for a $500 grant directed to a music class and Positive Music Time. The grant was used to support the weekly guitar class with Mike Elzey of Mike Elzey’s Guitar Studio and a weekly session of a Chesapeake College program titled “Positive Music Time” with DJ Randy P. Pleasant Day also welcomes numerous volunteers who share their musical talents during the holidays and throughout the year with the participants. Music is celebrated at Pleasant Day. Thank you!

The Dorchester County Commission on the Aging, Inc.
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Pleasant Day Medical Adult Day Care Center

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Safety News

Take These Steps for Your Home

Many people prefer to remain indoors in the winter, but staying inside is no guarantee of safety. Take these steps to keep your home safe and warm during the winter months.

Check your heating systems.

- Have your heating system serviced professionally to make sure that it is clean, working properly, and ventilated to the outside.
- Have your fireplaces and chimneys professionally inspected and cleaned.
- Have smoke detectors installed if you do not have them. November 6th ends Daylight Savings Time and is an excellent opportunity to set your clocks back and test the batteries in your clocks and smoke detectors.

Prevent carbon monoxide (CO) emergencies.

- Have a CO detector installed to alert you of the presence of the deadly, odorless, colorless gas. Check batteries when you change your clocks in the fall and spring.
- Remember symptoms of CO poisoning: headache, dizziness, weakness, upset stomach, vomiting, chest pain, and confusion.

Article by Danny Seabrease, Facility, Safety, Transportation Manager
SHARE

Pleasant Day participants have been the recipients of the SHARE Food Network program monthly due to the generous donations of churches in our community. The SHARE program provides access to healthy, nutritious foods to the less fortunate. It usually consists of 4-5 pounds of frozen protein products, 1-3 grocery items, and 8-9 pounds of fresh produce.

The mission to handle the collections, order and record the certificates, and distribute the certificates has been done by Mr. Carroll Miller of the Choptank Charge for the past 12 years. The local program started in 2000 with 15 churches participating. Currently Spedden and Beckwith Churches of the Choptank Charge are continuing with the program. Mr. Miller is now turning the program over to Connie Johnson who will continue this outreach program. Thank you Mr. Miller for your years of service and thank you Ms. Johnson for continuing with the program.

What’s Up with Missy?

October was a cow milking, bull riding, gold digging, tin can shooting, and a chili eating “Western Hoe Down” time. We would like to thank Shady Pines Day Care, located in Salisbury, Md., for attending our event and sharing this special day with the participants of Pleasant Day. Also in the month of October, activities included; Understanding your Medications, the Election (early voting), Peanuts cartoon, pumpkins, Breast Cancer Awareness, chocolate covered ants, prunes, Halloween, and foreign words in the English dictionary.

In November, Pleasant Day’s activity calendar is packed full of fall themed celebrations and activities including; the election (early voting), the Art Center, turkeys, Rescue Fire Company, science for seniors, Veteran’s Day, the cornucopia, Great American Smoke Out & healthy habits to start, phobias, football, the Nutcracker Ballet, Reese’s Pieces, Macy’s Holiday Parade, and Thanksgiving. The Easton Senior center will be visiting for a “Turkey Trotting” day of activities, as well!

As always, thank you and have a Pleasant Day!

Article by Missy LeCompte, Activities Coordinator at Pleasant Day

Holiday Benefit Gala

The Holiday Benefit Gala/Chamber Business After Hours will be held on December 1 with doors opening at 5:30. Park at CSD High School, and get on the free shuttle which will be running all evening between CSDHS and Pleasant Day. Live entertainment will be throughout Pleasant Day: carols with One Day Closer Quartet, Dr. Bair playing the violin and Leslie Miller on guitar.

“Taste of Dorchester” features a “sample” of food donated by local restaurants and caterers.

A live auction, with auctioneer Buddy Foxwell, will begin at 7:00, featuring an array of items. Bushels of crabs, crabmeat, shrimp, restaurant gift certificates, an Avon basket, a child’s bicycle, and the SunTrust Money Wreath.

There is no admission charge however, remember, all proceeds benefit Pleasant Day Medical Adult Day Care participants and ‘tis the season for GIVING thanks for our blessing, and help others.
Happenings at Pleasant Day

During “Talk About Prescriptions Month”, Lisa Brooks, of Clayton’s Pharmacy spoke to participants about proper handling of their medications and how to dispose of unneeded and outdated medicine.

On September 16th, Pleasant Day’s Board of Directors held a Staff Appreciation Day for all of the hard work and care the staff puts out all year long. A special crab cake lunch was prepared and served for staff and participants.

Remember how grandma would fix sweet potatoes? The sweet potatoes would be baked ‘til done, removed from oven, rubbed in butter, then placed in a pan with a lid and put on the back porch. They would end up soft and gooey and you would eat the sweet potato whole, skin and all. They knew, even back then, that the skins were good for you. That is one of the magic ways that Tolley’s Catering will use these anonymously donated sweet potatoes to serve Pleasant Day participants.

Talking Elections

Pleasant Day was honored to have Maryland Senator Addie Eckardt and Delegates Johnny Mautz and Chris Adams visit the Center to speak to participants about the upcoming elections. The upcoming United States Presidential election is a popular topic for debate and Pleasant Day participants had many questions for their political guests.

The Dorchester County Health Department visited Pleasant Day to discuss the importance of cancer screenings. Tamika Watson spoke about colon health while Susie Frost and Millie Morales talked about the prevention of breast cancer. If you need assistance in getting tested for breast, pelvic, or colon cancers, contact the Dorchester Health Department at (410) 228-3223.

While he may be a difficult opponent to face on Wii Golf, William Ulevich, participant, is even better on a real golf course. William represents the Upper Shore at the State of Maryland Special Olympics championship held annually at the Queenstown Harbor Golf Course. This year William, pictured with his gold medal, won with a 48 for the 9 holes, beating out the surrounding counties.

Pleasant Day Medical Adult Day Care Center is operated by the Dorchester County Commission on the Aging, Inc. in full compliance with Civil Rights and Equal Opportunity legislation. Pleasant Day provides respite care for Alzheimer’s victims, supervises the care of early discharge hospital patients, and provides ongoing medical supervision for persons with chronic medical problems.

If you, or someone you know, is in need of Medical Adult Day Care, ask your personal physician for a referral to Pleasant Day, or call us at 410-228-0190.

Sneak Preview

Local businesses are invited to attend the Sneak Preview Wine and Cheese Party on November 9, 5:00 to 7:00 p.m. to choose a wreath for the Business and Professional Choice Award. You will be invited to choose a wreath, have your picture taken with the wreath and enjoy wine and cheese with other business and professional friends. A special award listing the business name will hang with the wreath of your choice.

If you are interested in choosing a wreath for the Business and Professional Choice Award, please call Betty Ruark at 410-228-0190.

Happy Thanksgiving
Happenings at Pleasant Day

Student nurses from Salisbury University return this year to obtain their clinical experience in real world settings, as intern members of Pleasant Day’s nursing team. Under the supervision of Cathy Bibeau, students take vitals, interact with participants, and take part in activities. The first group of students have already completed their six-week program and sent the staff and participants a heart warming thank you card shown below.

Harvest Hoedown

Yeehaw! Pleasant Day was host of a good old fashioned hootenanny with a special country/western themed party. Friends from Shady Pines Adult Day Services in Salisbury, MD came to share in the fun. Panning for gold, a sharpshooter competition and cow milking were some of the events held.

Attention: State Employees/Retirees
Designation Code 2415

Pleasant Day is pleased to announce that the Office of the Secretary of State has once again approved the Dorchester County Commission on the Aging, Inc. t/a Pleasant Day Medical Adult Day Care to be part of the Maryland Charity Campaign. The campaign time frame will be from September 12, 2016 - December 16, 2016.

To all of you who designated your donation to us (#2415), listed alphabetically under the Dorchester County Commission on the Aging, Inc., the non-profit that operating Pleasant Day Medical Adult Day Care, thank you so very much! All funds go to help Pleasant Day participants. I hope you will designate us to receive your withholding deduction again this year and encourage others to do the same. Thank you again!
Adult Day Services Week

VFW #7460 Crab Feast

The 13th annual Crab Feast for Pleasant Day participants was sponsored by VFW Post #7460. Over 20 volunteers, assisted by Salisbury University students, picked crabs for the participants, served lunch of hotdogs, baked beans and applesauce, and picked remaining crabs for a crab cake luncheon at a later date.

Trip to Old Salty’s

On the last day of Adult Day Services Week, Pleasant Day participants were taken to Old Salty’s Restaurant on Hooper’s Island for lunch. After a meal of a hot roast beef sandwich, French fries, kale and watermelon, followed by dessert of pie, participants enjoyed a scenic tour through southern Dorchester County.

Pianothon

For the ninth consecutive year, Pleasant Day’s Pianothon delighted staff and participants with continuous music. Thank you to our four volunteers who played back-to-back for half hour intervals. Top row from left to right: Donna Robinson and Donna Andrew. Bottom row from left to right: Ann Robinson and Sheila Herbert.

Square Dancing

To celebrate National Square Dance Month, the Dorchester Swingers returned to Pleasant Day for square dancing, with classic western music. The Dorchester Swingers demonstrated basic dances, while caller Roger Parks gave instruction.
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”

Nurses Corner
by Lisa Lewis, RN

The Diabetic Eye
Blindness is a serious complication resulting from the debilitating disease diabetes. Diabetes is the major cause of blindness in adults age 20-74.

Recommended eye care for a diabetic is eye exams, controlling your blood sugar and blood pressure. Eye exams should be done annually or as ordered by optometrist/ophthalmologist.

Good blood sugar control is a target range of 70-130 mg/dl before meals and less than 180 mg/dl 1-2 hours after a meal.

Diabetes can be extremely harmful to the eyes, causing signs and symptoms that are detected late in the disease. High blood sugars can cause damage to the small blood vessels in your retina and also cause your lens to swell, causing blurred vision. Some of these symptoms can take up to three months to resolve. Other eye disorders caused by diabetes are glaucoma, cataracts, and diabetic retinopathy.

November is regarded as Diabetic Eye Awareness Month. Be aware and practice good eye care!

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