

MACES LANE BAND



Spirit Week wouldn't be complete without a band and pep rally! The students of Maces Lane Middle School visited Pleasant Day during Spirit Week to play for participants. Thank you to Alicia Witcraft, Band Director of Maces Lane Middle School and her students for a rousing performance.

BIRTHDAY GIRL



During Everybody's Birthday, participants receive tokens for the claw machine. Birthday girl Jen managed to win not one but two toys from the claw machine! She caught a cute flower and a large Tsum Tsum toy. Congratulations!

Kiddie Corner



Erin Windsor

Erin Windsor


FIND THE HIDDEN FROG!

A MESSAGE FROM THE EXECUTIVE DIRECTOR:

Spring has sprung! Now that the weather is turning around, Pleasant Day will be out and about more! In March we took a trip to Hardee's (THANK YOU) for a special pit stop lunch. We're planning more outings within the community in the coming months, because let's face it, we're all tired of being stuck in the house and need some sunshine! We have had quite a few visitors stop by, as you can see within the newsletter. Pleasant Day's Child Care Center is also ramping up things. We have gone on 2 field trips and the big blue buses were a hit! We are also taking school age children throughout the summer and spots are filling fast! Needless to say, we've been awfully busy around the center. We are also hosting our **Basket Bingo** to benefit our annual OC trip on **April 27th** at the **Elk's Lodge**. Come one, come all! And if you would like to donate to the cause, just give us a call!!

Pleasant Thoughts

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Pleasant Day Basket BINGO

Pleasant Day's Basket Bingo benefit will soon be here! Join us on **April 27th** at the **Elk's Lodge #1272**. Proceeds will benefit the annual Pleasant Day Ocean City trip! Doors open at 12pm with games beginning at 2pm. Each round will be for a specific basket package, arranged around themes or businesses. Special games will require buy-in separate to the cost of the entry ticket. A tricky tray will also be available for entry at an additional cost. Food during the event will be available for purchase from the Elks Lodge.



HARDEE'S LUNCH TRIP



Pleasant Day participants took a mystery lunch trip to Hardee's in Cambridge. Participants enjoyed a double cheeseburger and soda. Thank you to the helpful staff that kept the burgers coming.

OUTDOOR SHOW DONATION



Congratulations to the National Outdoor Show for holding their 78th annual show in Dorchester County. Pictured left, Buddy Oberender presents a donation to Pleasant Day Activities Coordinator Andrew Todd. Pleasant Day provided shuttle service during the event for attendees.



VET TALK WITH ELKS LODGE #1622



Keeping in touch with their fellow Veterans, members of the Easton Elks Lodge #1622 sat down with the Vets at Pleasant Day to reminisce and reflect on their times in the military.

NURSES CORNER



Achieving a Balanced Diet

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 tasty snacks.

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 eat.

Grains- Try switching from white breads and pastas to whole-grain products for more nutrition.

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.

Dairy- They provide calcium, vitamin D, and other essential nutrients.

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

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

Roz Sampson - RN

SAFETY TALK

Home Security System

The first line of defense every home should have in times of crisis should be properly placed and regularly tested smoke alarms. After this, however, all home owners should evaluate the necessity of a home security system. A special report released by the US Department of Justice showed about 93% of all crime experienced by adults 65+ was property crime, which includes general theft, burglary, and car theft. Using even a small system that alerts you to when certain home barriers are breached or if someone is near an entryway of the home can help you be more alert and reach out for help if it's needed.

Choosing a system with a camera and speaker system, such as a video doorbell, can allow you to preview people at the door from wherever you are in the home, so you can speak to them if necessary. A system such as this can be easily set up through your smart phone so you can see and reply to visitors from anywhere. This can help you determine whether it's even necessary to answer the door, as well as allow you to inform visitors it will take you a few minutes to get to the door. You can take your time instead, so you don't increase your fall risk by rushing.

Danny Seabrease - Facility Safety & Transportation Manager

Thank You, Donors!

Judd Vickers Beth Wolf
Tom Wilson Tina Basil
Nancy Powell Mimi Wright
Shelly Smith Marie Halverson
Elsie Jones Carol Clark
Anonymous



STUDENT NURSES



The first batch of classes from Salisbury University have already fulfilled their clinical training at Pleasant Day. These nursing students will go on to graduate in May and fill a much-needed role as Registered Nurses. These students gain valuable experience in real world environments and spend their time with Pleasant Day participants.

COLORECTAL CANCER AWARENESS MONTH



Kathy Riggins, RN and Annette Matias Rodriguez from the Dorchester County Health Department returned to Pleasant Day in March for Colorectal Cancer Awareness Month. This disease is on the rise in younger people so don't think it's a problem of the elderly! If you're 45 or older, or have a family history, reach out to them at (410) 901-8125.

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Pleasant Day

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PAJAMA DAY FASHION



As a part of Spirit Week, participants stayed in their pajamas and came in for a special laid back fashion show. Participants strutted down the catwalk in their most comfortable and chic casual wear.

PINEWOOD DERBY



Spring time has come, and with it another chance to win a Pleasant Day Pinewood Derby trophy. Participants have chosen car designs and have begun painting their cars. Race day will be held on Monday, April 28th. Winners will receive trophies for first, second, and third place along with a trophy for Best in Show.