

## HOWARDENE BREM 1943-2025

Pleasant Day Medical Adult Day Care lost one of its most dedicated supporters in June. Howardene volunteered at the Center for many years, eventually joining the Board of Directors of the Dorchester County Commission on the Aging, Inc. She was awarded Volunteer of the Year several times and helped steer the annual Festival of Wreaths fundraisers. Howardene also supported her community as a member of the American Legion Post #91 Ladies Auxiliary and a past member of Grace United Methodist Church.



## CAROLING WITH RANDY & FRIENDS



Long time friends of the Center, Randy Tucker and Linda Webb, came by for Christmas in July to sing carols with participants. Everyone sang the classics together from their youth, from Brenda Lee to Bing Crosby.



### A MESSAGE FROM THE EXECUTIVE DIRECTOR:

OCEAN CITY HERE WE COME!! Due to the success of our Basket Bingo (much gratitude to our community!) we are once again heading to OC for the day. A day of sightseeing, people watching and eating all the boardwalk favs is sure to please. This trip allows our participants to get out and about and enjoy the beauty the Eastern Shore has to offer while being provided a safe and secure way to do so. Staff is prepared at all times to continue to meet the needs of our participants, even at the beach! Don't worry, pictures will come hot off the press to show what an amazing day we had!



Erin Windsor

*Erin Windsor*



# NURSES CORNER

## Summer Skin Savers

The skin is the first line of defense for our bodies against infection. Maintaining good skin integrity helps your skin to continue that first line barrier against infection. To do this, it is important to maintain adequate hygiene regimens.

These regimens include cleansing, moisturizing, prevention of injuries (such as sunburn) and inspection of your skin monthly. Inspecting your skin can help identify potential health related issues. These issues may be a change in a mole appearance, which can indicate cancer. A change in skin color can indicate other underlying diseases. Any rash, hives or other change in your skin should be reported to your doctor as soon as possible for further evaluation.

Apply sunscreen of at least 15 SPF 15-30 minutes prior to sun exposure and reapply sunscreen every 2 hours and after swimming. When at the beach or outside stay in the shade. Wash and moisturize skin after swimming at the beach or pool. Salt water and chemicals in pool water can be harsh to our skin. Shower with cool water because hot water can be more drying to the skin.

Skin is also important in regulating body temperature. It can cool you off by sweating and it can help you to keep warm by creating goosebumps to offer more insulation against the cold. That being said, skin is IMPORTANT! Take care of it and it will take care of you!

Roz Sampson - RN

Pleasant Thoughts is a publication of  
**Dorchester County Commission on the Aging, Inc.**  
for the general public and members of

### Pleasant Day

Medical Adult Day Care Center  
"A Place Like Home"  
2474 Cambridge Beltway Cambridge, MD 21613  
Tel: 410-228-0190 / Fax: 410-221-8057  
www.pleasantday.com care@pleasantday.com

Edited by Andrew Todd - editor@pleasantday.com



# SAFETY TALK

## Emergency phone tree

It's always best to plan for an emergency before they occur. Often, an emergency will require you or someone else to reach out to the appropriate people, be it family or rescue services.

You'll want to establish a process for alerting family members and caregivers if there's an accident or if help is needed. An emergency phone tree, which specifies which caregivers and family/friends to contact in an emergency and in what order, can help alert others of an emergency and get the help you need quickly.

In today's busy world, most people carry a cellphone. Most devices include an ICE list for "In Case of Emergency" situations. This information can then be accessed by first responders or anyone assisting you in an emergency, even when the phone is locked.

With some medical alert systems, you can set friends and family as emergency contacts. For example, when you push the button you can customize the alert to summon the operator as well as your first emergency contact. This can streamline your emergency phone tree and ensure your caregivers are the first people aware of an emergency. If you can afford the space, a list of prescriptions can also provide EMS with vital information when needed.

Danny Seabrease - Facility Safety & Transportation Manager

**Thank You, Donors!**

Guy Trescente  
Jeanne Smith  
Christine Pridgen  
Anonymous



# MUSIC WITH RODNEY

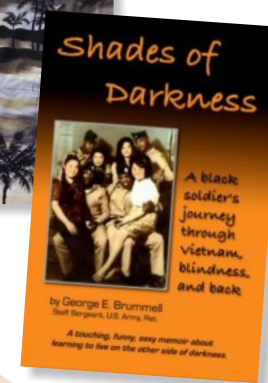
The incredible Rodney Alan played for Pleasant Day participants in July. He sang and played classic tunes for everyone and was highly requested to return again.



# HISTORY WITH GEORGE BRUMMELL



Veteran and author George Brummell visited Pleasant Day to talk to participants about his life and experiences. A friend of participant Stanley Ricketts, George served for the US Army in Korea and Vietnam. A



landmine took his sight but George carried on and published a book chronicling his adventures and finding light in the darkness. You can find his book on Amazon.

# CARE WITH COASTAL HOSPICE



Lauren, Jeffrey, and Joel from Coastal Hospice stopped by to talk to participants about how they can provide individuals and families with

compassion and respect during final stages of life.

# LIBRARY TALES WITH MAYA

Maya from the Dorchester County Public Library visits Pleasant Day every month to read interesting stories to participants. One of the stories this month was Lost in the Library: A Story of Patience & Fortitude.



# KEEPING IT CRAFTY

Linda Willey and the gang keep it crafty with the participants by doing different kinds of activities every week, from cards and centerpieces to coloring.

