



Pleasant Day
Child Care Center



DORCHESTER COUNTY COMMISSION ON THE AGING, INC.

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SINCE 1987

Pleasant Thoughts

A PUBLICATION OF PLEASANT DAY MEDICAL ADULT DAY CARE

VOLUME 32, ISSUE 6
JUNE 2025



MOTHER'S DAY PHOTOS



Activity Calendars and Newsletters can be found online at our website: www.pleasantday.com

NURSES CORNER

Bugged By Bites

During the summer months we are at a greater risk for insect bites. Bites from mosquitoes, ticks, fleas, horseflies, gnats, mites, ants, bedbugs and spiders are the most common insect bite.

Bug bites can often be prevented. If you will be outside you are at a higher risk for insect bites. Use insect repellent. Cover your body as much as possible if in high weed or wooded areas. Keep pets treated for fleas and ticks. Keep your home clean and inspect for insects regularly.

When they happen bug bites can usually be easily treated. Insect bites are often red and itchy but most usually get better in a few hours or days. The redness and itch symptoms of bug bites can be treated with over the counter medications like Benadryl and hydrocortisone. If the redness spreads to surrounding areas, the area starts to have drainage, feels hot to the touch, very painful or you get a fever you should see your doctor. Rarely a bug bite causes a more severe reaction. Symptoms may include feeling sick, sweating, dizziness, nausea and vomiting. If you experience any of these serious symptoms, see a doctor immediately.

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

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SAFETY TALK

General home safety tips

- Move furniture to create clear walking paths.
- Ensure light switches are accessible by placing them no higher than 48 inches from the floor, and replace toggle switches with rocker switches.
- Improve overall lighting in the home. Light dark pathways or countertop areas with easy-to-install rope lighting. Add task lights and night lights wherever needed.
- Add grips to doorknobs or replace them with levered handles or pulls.
- Mark any steps or changes in floor level with tape or paint in a contrasting color.
- Remove loose carpeting and unnecessary throw rugs/mats. Secure area rugs with double-sided rug tape, making sure to focus on corners and edges.
- Remove any electric and cable cords that run across or near walkways. Place all wiring behind furniture or secure cords neatly against walls with clips, cable staples, or cord covers.
- Ensure that seating throughout the home is sturdy, ideally with supportive arms to make sitting and standing easier. Consider an electric lift chair as a cozy and helpful addition to the home.
- Remove clutter by donating or disposing of items that are no longer needed.
- Make sure trash receptacles are easily accessible from inside the home and can be brought to the curb without difficulty. In-home caregivers can also take out the trash for seniors, which is especially helpful in icy conditions or during winter months.
- Ensure smoke alarms and carbon monoxide detectors are placed in all key areas of the home. Test them and change the batteries regularly.

Each room and space in your loved one's home serves a unique purpose and may have specific challenges to address. The following suggestions are room-by-room modifications that family caregivers can make that will help enhance home safety for seniors.

Danny Seabrease - Facility Safety & Transportation Manager



NEW KITTY REX



Pleasant Day has a new member! Rex was found in a ditch in front of Pleasant Day with his family nowhere to be found. The center took him in and gave him a new home. Miss Myrtle is confused by him so far but we expect them to become friends before long.



ARBOR DAY DEDICATION



In observation of Arbor Day, Pleasant Day staff and participants planted a tree in dedication to Jackie Vickers who passed away last year. Jackie was the original Executive Director and served Pleasant Day from 1987-2024.

CRAFTS AND PROJECTS

Participants put pen to paper to design and color crafts throughout the month of May. Memorial Day Poppies and colorful fans were a few of activities they worked on.



FIND THE HIDDEN FROG!



Thank You, Donors!

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Thurman Potter
Anonymous

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