

Place
 Label
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**FIND THE
 HIDDEN
 FROG!**

A MESSAGE FROM THE EXECUTIVE DIRECTOR:

Hello Everyone!!!

So, the first couple months in my new position have been interesting! It has been a huge adjustment for me as well as our participants. They still have total access to me but it's very different from being with them all day. I'm looking forward to making big and fun things happen at Pleasant Day. We have all been brainstorming new and exciting things to implement into our already awesome activities calendar. Nursing has a new addition inside the station in the form of Mar'shon Jolley!! Mar'shon has been a CNA for 5 years with us and has been promoted to work in the Nursing station. Rosalyn Sampson, RN and I have been very impressed with her ability to adapt and enhance the care given to our folks.



Erin Windsor

We have also welcomed Nikki Bailey as a new CNA with us! She has fit right in! We have Lisa Meyers as our new housekeeper. She has been such a lovely asset to our center! The participants already adored her but now they have even more reason to do so! Stay tuned for more news and upcoming events coming out of Pleasant Day!

Pleasant Thoughts

A PUBLICATION OF PLEASANT DAY MEDICAL ADULT DAY CARE

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PLEASANT THOUGHTS IS GOING DIGITAL

Pleasant Thoughts, the 30-year long newsletter of Pleasant Day, will finally be going all-digital beginning with the next issue. Participants will continue to receive physical copies but everyone else will need to visit our website to keep seeing great photos and articles about the Center. But don't worry, I have been busy on the backend and have cobbled together a sign-up form for everyone to use. Find our newsletter page on www.pleasantday.com and fill out the form to start getting *Pleasant Thoughts* delivered monthly to your email! Erin says if I can get 1,000 people signed up, I'll qualify for that Huffy bicycle! *Finally!*

- Andrew Todd, Editor



COLO-RECTAL CANCER AWARENESS



Don't "duck" the duck. When he quacks about health awareness, you better listen. Kathy Riggins, RN and Annette Matias Rodriguez of the Dorchester County Health Department came by to give everyone the scoop: Colorectal cancer rates are rising in Americans, and younger than ever! The Dorchester County Colon Cancer Screening Program is there to help those who need a screening colonoscopy so don't let cost deter you from getting that test! If you're 45 or older, or have a family history, reach out to them at (410) 901-8125 and tell them the duck sent you.

BLACKWATER REFUGE VISITOR CENTER

Just before Blackwater National Wildlife Refuge celebrated their annual Eagle Fest, Pleasant Day participants took a tour of the visitor center. Statues, carvings and facts were all over the place and wowed everyone. Some decided to take a little bit of the refuge home with them by buying a few things from the gift shop.



NURSES CORNER

Fit Feet

Research shows that 20% of the U. S. population has at least one foot problem per year. Foot problems can be caused by poor fitting shoes, or underlying health problems like peripheral neuropathy, diabetes, poor circulation or obesity. Good foot health is essential for an active life.

Some tips to have fit feet are:

1. Inspect your feet daily for cracks, peeling, or dry skin. This is even more important if you have diabetes to avoid infection or a non-healing wound.
2. Wear shoes in public areas where your feet can be scratched or cut leading to infection, athlete's foot or plantar warts.
3. Replace the shoes you wear to exercise every six months or 500 miles to avoid heel and foot pain when the inside of the shoe begins to lose support.
4. Stretch your ankles, lower legs and feet daily and before any activity to avoid injury.
5. Thoroughly dry your feet and between your toes after bathing to reduce the risk of fungal infections. Follow up by applying a good moisturizer.
6. Don't leave polish on nails all the time as it can lead to a fungal toe nail.
7. Apply sun screen on ankles and between toes to prevent sunburn and guard against cancer.

Roz Sampson - RN

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Pleasant Day

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SAFETY TALK

Kitchen Safety

You can make a kitchen safer and easier to use for an older person in various ways. For example, replacing knobs on cabinets and drawers with levers or pulls can make them easier to grip, and reduce the risk of an older person catching their fingers. Keeping a long-handled grabber in the kitchen to reach objects avoids the need to use a step stool or an unstable chair to get to hard-to-reach places. Moving more commonly used items to locations that don't require reaching too far or bending down can also help avoid injuries and accidents. It's important to update appliances to be safer. For example, oven controls should be at the front to avoid leaning over hot stoves, while buttons and dials should be clearly labelled and easy to use. Many modern coffee machines and toasters have automatic shut-off features too, avoiding hazards if someone forgets to turn them off. Purchasing dishes, utensils, and cookware that have contrasting colors with countertops, tabletops, and storage areas can aid people with visual impairments in navigating the kitchen. For people who are hard of hearing, thermometers and timers with lights exist to alert someone when their food is ready.

Danny Seabrease - Facility Safety & Transportation Manager



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BAY COUNTRY CHORUS CROONS



The incredible members of the Bay County Chorus stopped by the Center on Valentine's Day to sing love songs to participants. For the one lass who was of Irish descent, they sang "Wild Irish Rose" just for her.

THEN & NOW WITH JUDGE JEWS



In observation of Black History Month, Judge Melvin Jews visited Pleasant Day to meet with participants. Judge Jews spoke about the changing climate of society and the roles we all have to fill. Courtesy and respect for one another, along with the responsibilities of teaching subsequent generations was a cornerstone of the conversation. Passing along hard-fought knowledge and instilling core values remains a necessary rite of passage from the elderly to the young. Likewise, Judge Jews requested Pleasant Day participants to impart their knowledge onto him and offer their suggestions on improving their communities. Pictured above: participants hold high their little gavels Judge Jews brought as gifts for everyone.

MARDI GRAS CARNIVAL



The semi-annual Pleasant Day carnival was given a Mardi Gras flavor this year. Carnival games were set up around the Center and tickets were redeemed for prizes at the end of the day.



ONE VET ONE DAY DONATIONS



The Sweetheart Doubles Tournament was held again at Choptank Bowling & Billiards this year. Upper left: President of the ESUSBC John Michalik presents a check to Andrew Todd.



Meanwhile, the Class of '57 Breakfast Club donated money to the OVOD program as well. Their donation was in memory of their classmate and the group's co-founder Hubert Trego who passed last year. Mr. Trego was also a past president and long-time supporter of the Dorchester County Commission on the Aging, Inc., the non-profit that operates Pleasant Day. Bottom left: Davis Elliot presents a check to Executive Director Erin Windsor, RN.