



DAYBREAK
SENIOR SERVICES
Monthly Newsletter



From the Director:

Happy New Year! I hope you and your loved ones have enjoyed the holiday season. While there are plenty of opportunities for joy and happiness, we understand the holidays can be a tough time for you and your loved ones. Sometimes things aren't so merry and bright. That's okay - You are not alone! Please know myself and my team of CNA's are here for you. If you need support, please call us and let's discuss how we can help. If we don't have the answers, we know people who will. I'm so excited to start a New Year together with new memories and more ways we can support you. Thank you for taking time to review the contents of this newsletter. This month contains some important information about our updated business hours (now 9 a.m. - 6 p.m.) the daily rate increase (\$5 per day for all current participants) our monthly activities, menu and December memories, open house opportunities for you to share with friends and family who may need DayBreak, resources for caregivers, staff spotlights and more! Thank you for your trust and friendship. I'm looking forward to all the New Year brings and I'm excited to go through it all with you!

Morgan Begin



*Reminder - Daily Fee Increase Will
Be Implemented January 2023*

Original Notice:

November 21, 2022

Dear Valued DayBreak Caregivers,

We are so grateful you have allowed DayBreak Senior Services to be apart of you and your loved ones lives in this special way. The time we spend with them and memories made here daily mean so much to us.

DayBreak has thankfully been able to adapt it's offerings and make adjustments to avoid raising the price for all current participants for the the last two years. Although we have tried our best to keep our expenses low, our operating costs have increased significantly over the last year. Due to those factors beyond our control, we have had to make the decision to initiate a \$5 per day price increase for all participants. This new price change will take effect January 1, 2023.

As always, we strive to evolve and improve our services and programs to continue providing the highest quality of love and care you have come to expect from DayBreak. Even with this price increase, DayBreak remains the most affordable option for elder care in our community, which we are all very passionate about maintaining. We knowing keeping your loved one at home is very important to you - it's important to us, too. This price increase will help ensure we are able to continue our commitment to you.

If you have any questions or concerns, please do not hesitate to contact us. We thank you for your understanding and look forward to sharing this special time with you.

Sincerely,

Morgan Begin
DayBreak Senior Services Director



DAYBREAK

SENIOR SERVICES













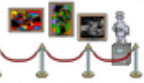









January 2023 Activity Calendar

Be sure to mark your calendars for our upcoming events!

If you have any changes to your schedule for December, please communicate that no later than January 2. All credit cards will be billed January 3. Cash and Check Payments are also due January 3 or the first day of the month your loved one attends DayBreak.

Invoices will sent out Friday, December 30



Mon	Tue	Wed	Thu	Fri
<p>2 DayBreak Closed All Day</p> 	<p>3 International Mind-Body Wellness Day</p>  <p>Vision Board Activity 1 pm</p>	<p>4 National Spaghetti Day National Trivia Day</p>  <p>Trivial Pursuit 1 pm</p>	<p>5 National Bird Day</p>  <p>Painting Class: Birds 1 pm</p>	<p>6 National Take Down the Christmas Tree Day</p>  <p>Take Down the Christmas Tree, Games & Dancing</p>
<p>9 National Law Enforcement Appreciation Day</p>  <p>Service Project: Cards for Local Police Department</p>	<p>10 Poetry at Work Day</p>  <p>Poetry Reading 1 pm Poem Writing Activity 1:30 pm</p>	<p>11 Heritage Treasures Day</p>  <p>Participant Heritage Discussion <i>Bring an item or picture to share that tells a story about your heritage</i> Pet Therapy 2 pm</p>	<p>12 National Hot Tea Day</p>  <p>Afternoon Tea 2 pm Word Searches</p>	<p>13 Public Radio Broadcasting Day</p>  <p>Vintage Radio Show Listening Party 1 pm Guess that song game</p>
<p>16 DayBreak Closed All Day</p>  <p>Martin Luther King Jr. Day</p>	<p>17 National Popeye Day</p>  <p>Create Your Own Comic Book</p>	<p>18 Museum Selfie Day</p>  <p>Field Trip to Union Station 10:30 am and 1:30 pm groups</p>	<p>19 National Popcorn Day</p>  <p>Movie Day with Popcorn</p>	<p>20 National Cheese Lovers Day National Penguin Day</p>  <p>Penguin Craft</p>
<p>23 National Pie Day</p>  <p>Math Brain Games 1 pm</p>	<p>24 National "Just Do It" Day</p>  <p>Create Your Bucket List</p>	<p>25 National Florida Day National Fish Taco Day</p>  <p>Armchair Travel: Florida <i>Wear your travel attire!</i></p>	<p>26 NASA Day of Remembrance</p>  <p>NASA Documentary and Fun Facts</p>	<p>27 National Geographic Day National Chocolate Cake Day</p>  <p>National Geographic Films Cake Decorating 1:30 pm</p>
<p>30 National Draw A Dinosaur Day</p>  <p>Painting Class: Dinosaurs 1 pm</p>	<p>31 National Inspire Your Heart with Art Day</p>  <p>Field Trip to Mary Elizabeth Dee Shaw Gallery 10:30 am and 1:30 pm groups</p>	<p>To attend a field trip, please ensure your loved one arrives at DayBreak at least 10 minutes prior to the start time so we can stay on schedule. Additionally, please plan to pick them up later than the scheduled end time so we don't keep you waiting.</p> <p>If you have any questions about events or activities, please contact Director, Morgan Begin morgan@daybreakseniorservices.com 801-300-5351</p>		

NEW BUSINESS HOURS

Starting Tuesday, January 3, DayBreak will have new hours of operation. We will now be open Monday - Friday 9 a.m. - 6 p.m. All transportation will start at 8:30 a.m. If you are currently being picked up earlier than that, your new pick up time will change on January 3.



**Thank you for your understand as we adjust to meet the needs of our participants
Questions? Please contact Director, Morgan Begin
morgan@daybreakseniorservices.com | 801.300.5351**



Things to Remember this Month

Monday, January 2 | DayBreak Closed All Day for the New Year Holiday

Wednesday, January 11, Heritage Treasures Day

This is a day where we will celebrate our participant's heritage! Please send any items that represent your family's heritage. Items can include pictures, artifacts, documents, books, heirlooms, etc. You can email or text pictures if that is easier for you at morgan@daybreakseniorservices.com or 801-300-5351

Monday, January 16 | DayBreak Closed All Day for Martin Luther King Jr. Day

Wednesday, January 18, Museum Selfie Day

We will take two groups to the Union Station Museum in Ogden. Please ensure you arrive at least 10 minutes prior to the departure time and plan to pick up your loved one after the return time so we don't keep you waiting. If your loved one uses any assistive devices when going on outings, please plan to bring that in. Thank you!

Wednesday, January 25, National Florida Day

It's time to break out that vacation wear! Come dressed in your best tourist attire as we take a virtual trip to Florida!

Tuesday, January 31, Inspire Your Heart with Art Day

We will take two groups to the Mary Elizabeth Dee Shaw Gallery in Ogden. Please ensure you arrive at least 10 minutes prior to the departure time and plan to pick up your loved one after the return time so we don't keep you waiting. If your loved one uses any assistive devices when going on outings, please plan to bring that in.



If you ever have a recommendation for activities, outings or adventures at DayBreak, please do not hesitate to share them with Director, Morgan Begin morgan@daybreakseniorservices.com



DAYBREAK
SENIOR SERVICES
January 2023 Menu

If you have any questions or concerns regarding any menu items, please do not hesitate to contact us.



Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>DayBreak Closed All Day</p> 	<p>3</p> <p>S1: Granola Bar, Fresh Fruit L: Chicken Noodle Soup, Whole Wheat Roll, Garden Salad, Applesauce S2: Pudding, Graham Cracker</p>	<p>4</p> <p><u>National Spaghetti Day</u> S1: Oatmeal, Fresh Fruit L: Spaghetti with Meatballs, Garlic Bread, Garden Salad, Peaches, Milk S2: Cheese Stick, Fresh Vegetables</p>	<p>5</p> <p>S1: Whole Wheat Toast with Butter, Yogurt L: Pulled Pork, Baked Beans, Whole Wheat Roll, Fresh Vegetables S2: Jello, Cottage Cheese</p>	<p>6</p> <p><u>January Birthdays Party</u> S1: Granola Bar, Fresh Fruit L: Beef Enchiladas, Brown Rice, Black Beans, Corn, Pears S2: Fresh Fruit and Birthday Cake</p>
<p>9</p> <p>S1:Yogurt, Crackers L: Lasagna, Garden Salad S2: Fresh Vegetables, Jello</p>	<p>10</p> <p>S1:Whole Wheat Toast with Butter, Cheese Stick L: Roast Beef, Mashed Potatoes, Pears, Whole Wheat Roll, Milk S2: Graham Crackers, Cottage Cheese</p>	<p>11</p> <p>S1:Peanut Butter, Crackers L: Chicken Alfredo, Garden Salad, Apple Sauce, Milk S2: Pudding, Cheese Stick</p>	<p>12</p> <p><u>National Hot Tea Day</u> S1: Granola Bar, Applesauce L: BBQ Pulled Pork Sandwich, Potato Salad, Peaches, Milk S2: Hot Tea, Cookies</p>	<p>13</p> <p>S1:Oatmeal, Fresh Fruit L: Hot Dogs, Chips, Potato Salad, Fresh Vegetables, Pears S2: Jello, Crackers</p>
<p>16</p> <p>DayBreak Closed All Day</p>  <p>Martin Luther King Jr. Day</p>	<p>17</p> <p>S1:Oatmeal, Fresh Fruit L: Potato Soup, Whole Wheat Bread, Pineapple, Mixed Vegetables, Milk S2: Jello, Crackers</p>	<p>18</p> <p>S1:Whole Wheat Toast with Butter, Yogurt L: Ham and Cheese Sandwich, Chips, Garden Salad, Peaches, Milk S2: Pudding, Cheese Stick</p>	<p>19</p> <p>S1: Peanut Butter and Crackers L: Homestyle Meatballs, Mashed Potatoes, Whole Wheat Bread, Corn, Apple Sauce S2: Popcorn, Fruit Juice</p>	<p>20</p> <p><u>Cheese Lovers Day</u> S1:Cheese Stick, Crackers L: Cheese Pizza, Garlic Bread, Garden Salad, Pineapple, Milk S2: Cheetos, Fresh Fruit</p>
<p>23</p> <p>S1:Oatmeal, Fresh Fruit L: Chicken Pot Pie, Garden Salad, Mandarin Oranges, Whole Wheat Bread, Milk S2: Pie, Fruit Juice</p>	<p>24</p> <p>S1: Peanut Butter and Crackers L: Chicken Fingers, Mixed Vegetables, Pears, Rice Medley, Milk S2: Rice Crisps, Jello</p>	<p>25</p> <p>S1:Yogurt, Crackers L: Fish Tacos, Brown Rice, Black Beans, Corn, Apple Sauce S2: Fresh Vegetables, Jello</p>	<p>26</p> <p>S1:Whole Wheat Toast with Butter, Fresh Fruit L: Quiche Lorraine, Fresh Vegetables, Mandarin Oranges, Milk S2: Peanut Butter, Crackers</p>	<p>27</p> <p>S1: Applesauce, Cheese Stick L: Meatloaf, Mashed Potatoes, Gravy, Whole Wheat Bread, Garden Salad, Pears, Milk S2: Chocolate Cake, Fruit</p>
<p>30</p> <p>S1: Granola Bar Yogurt L: Chicken Enchiladas, Brown Rice, Black Beans, Corn, Pears, Milk S2: Fresh Vegetables, Crackers</p>	<p>31</p> <p>S1: Peanut Butter and Crackers L: Tortilla Soup, 1/2 Ham and Cheese Sandwich, Pineapple, Fresh Vegetables, Milk S2: Popcorn, Fruit Juice</p>	<p><u>Legend</u> S1:AM Snack 10 am L: Lunch 12 pm S2: PM Snack 2 pm Sandwiches/Bread/Crackers & Granola Bars are served on whole wheat/whole grain *Menu subject to change without notice upon availability If you have any questions, concerns or allergy/dietary accommodations, please contact Director, Morgan Begin 801-300-5351</p>		

Help Us Spread The Word!



DAYBREAK OPEN HOUSE EVENTS



STOP BY, TOUR OUR FACILITY, ENJOY SWEET TREATS AND LEARN HOW A SENIOR DAY FACILITY CAN BENEFIT CAREGIVERS AND THEIR LOVED ONES!

Wednesday's from 5:30 - 7 p.m.

January 11
February 15
March 15

Saturday's from 10:30 a.m. - 12 p.m.

January 28
February 25
March 25

DayBreak Senior Services is a locally owned and operated Senior Day Facility in Ogden, Utah providing the communities of Northern Utah an affordable elder care option. We are designed to provide social and basic health services in an environment where seniors can spend the day enjoying a variety of fun and engaging activities and socializing with others in a safe and supervised environment outside their home. We aim to diminish caregiver burnout by giving caregivers a break for the day, allowing them time for self-care and revitalization.

WE BELIEVE CAREGIVERS AND THOSE THEY CARE FOR DESERVE A DAY-CATION!



**CAN'T MAKE IT TO THESE EVENTS? NO PROBLEM!
CONTACT US TO SCHEDULE A TOUR AND COMPLIMENTARY NURSE EVALUATION
YOUR FIRST DAY IS FREE!**

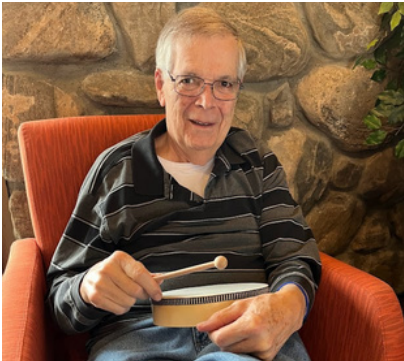
**1351 VALLEY DRIVE, OGDEN, UT 84401 | 801- 823-0160 | INFO@DAYBREAKSENIORSERVICES.COM
MONDAY - FRIDAY 9 AM - 6 PM | WWW.DAYBREAKSENIORSERVICES.COM**

DAYBREAK
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December Memories



Visit to Rainbow Gardens

Christmas Tree Decorating



Making Ornaments

Music Therapy Signing Christmas Songs and Playing Instruments

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White Elephant Gift Exchange



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Ugly Christmas Sweater Contest



Riding the Train at Newgate Mall



We've been loving playing dominos together

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December Memories



Christmas Song Kareoke



Gingerbread House Decorating



Painting with the girls



Guys Day Out to Cabela's



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Girls Day Out Getting Manicures!



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December Memories



A special holiday performance by the Utah Military Academy Jazz Band



**Hot cocoa
and
bingo**

DayBreak Outing Safety

Outings and Field Trips are a special part of our monthly activity schedule at DayBreak. As with everything we do, your loved one's safety is always our top priority. With that said, here are a few things to consider if your loved one is attending DayBreak on a day we are scheduled to go on an outing.



Does Going Out In Public Cause Your Loved One Stress and/or Anxiety?

Do they have a history of exit-seeking?

If traveling, being in public or among strangers induces anxiety, stress or aggression, it's best to choose another day for your loved one to attend DayBreak. Additionally, if your loved one exhibits exit-seeking behavior and cannot be redirected while at DayBreak, a decision may be made to have them remain at DayBreak with a CNA during the field trip to ensure their safety.



A Waiver Must Be Completed In Order to Participate in Outings

By allowing your loved one to use DayBreak's Transportation services, you will be expressly assuming the risk and legal liability, and waiving and releasing all claims for injuries, damages or loss which your loved one might sustain as a result of said services, including but not limited to, vehicle operations and boarding and exiting the vehicle. A copy of the waiver is on the next page for you to review.



Does your loved one need any assistive devices or additional supplies while out?

While your loved one may not require any assistive devices while they are at DayBreak, they may require a walker or wheelchair when needing to walk for longer distances and periods of time. Please ensure you provide any of those necessary devices or other supplies needed to make being out easier for them!



**DAYBREAK**
SENIOR SERVICES
Caregiver Community Resources

LIVING WITH ALZHEIMER'S

FOR EARLY-STAGE CARE PARTNERS

An education program presented by the Alzheimer's Association®



In the early stage of Alzheimer's disease, families face many new questions. What does the diagnosis mean? How do we plan for the future? What resources are available to help?

Join us for this three-part series that answers these and other questions that arise in the early stage. Hear from other care partners and individuals living with Alzheimer's and learn tips and strategies to help you support a person living with the disease.

Tuesday, January 10
1 p.m. - 2 p.m.

Weber Human Services
237 26th Street Ogden - 3rd Floor

Contact Karla Fulton: 801.625.3866
Caregiver Program: Tuesdays @ 1PM

Early Stage: Jan 10-24
Mid Stage: Jan 31-Feb 14
Late Stage: Feb 21-28

Visit alz.org/CRF to explore additional education programs in your area



Seasonal Flu Vaccines Are Available

The single best way to protect against the flu is to get a flu vaccine every year. Both Davis and Weber County can support in scheduling your flu vaccine.

Davis County

Weber-Morgan County

Alzheimer's Association

- **Caregiver Support Groups**

Please Contact our Helpline at 800.272.3900 or email utahprograms@alz.org to register before attending a support group.

Ogden | 3rd Monday

1:00 pm-2:30 pm

Golden Hours Senior Center

650 25th St., Ogden, UT 84401

N. Ogden | 1st Thursday

2:00 pm-3:00 pm

In partnership with George E. Wahlen Veterans Home-

1102 N. 1200 W. Ogden, UT 84404

Clearfield | 1st Wednesday

3:00 pm-4:00 pm

In partnership with Davis County Health Dept.

North Davis Senior Center

42 S. State St., Clearfield, UT 84015

Layton | 2nd Wednesday

3:00 pm-4:00 pm

Fairfield Village

1205 N. Fairfield Rd., Layton, UT 84010

Bountiful | 1st and 3rd Thursday

3:00 pm-4:30 pm

In partnership with Davis County Health Dept.

South Davis Senior Activity Center

726 S. 100 E., Bountiful, UT 84010



- **Virtual Caregiver Support Groups**

3rd Thursday

10:00 am-11:00 am

Dementia Caregiving with Bonnie Shepherd

Contact: 801.231.3442

1st Thursday

12:00 pm-1:30 pm

In partnership with the University of Utah Health

Grupo de Apoyo en Español

Time: Primer y tercer martes a las 5:30 pm

Virtual Early Stage Alzheimer's Social Groups

Several options, days and times vary

Thursdays at 3:30 pm

Mindful Self Care for Caregivers

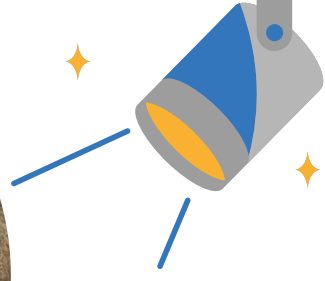
w/ Raven Albertson, CHES®

Additional Resources

DayBreak is proud of the relationships and connections we have established with a network of care options in our communities. If you ever have questions or need support about alternative care options, end of life care or any other needs, please do not hesitate to contact Program Director, Morgan Begin. We are happy to assist with referrals.

DayBreak Staff Spotlight

Morgan Begin - DayBreak Director



I have a true passion for serving my community that dates back to my childhood, where I spent weekends and holidays volunteering in food banks and women's shelters with my father. I continued that work in various positions at several non-profits over the last decade including working with children with disabilities and in the pediatric cancer world. I also spent four years in various positions within the private golf club industry; however, my golf game doesn't reflect that. Most recently I was the Regional Preparedness Manager for the Utah/Nevada region with the American Red Cross, where I am currently a member of the Board of Directors of the Northern Utah/Southwest Wyoming Chapter. I am honored to bring that enthusiasm to DayBreak everyday.



I have witnessed my family care for loved ones throughout my life and I know how precious and important a service like DayBreak is for those who need it. I absolutely LOVE coming to work everyday and creating lasting memories with our participants. My staff of CNA's is simply the most amazing group of caring people I've ever met. Leading them to create an exceptional experience for our DayBreak family is my top priority. I also treasure the relationships I have built with our caregivers. Ya'll are like family to me!



To de-stress, I love to hike, camp, cook, garden, yoga and meditation and spend quality time with my husband, two stepchildren and one spoiled wiener dog. We just bought a house in Ogden so putting that together has become a new hobby.

*Refer a
Friend*



Caregivers like you are truly our biggest advocates. You trust DayBreak with the care of your loved ones and continue to allow us to be a part of your daily lives.

Refer a Friend to DayBreak & Get A Free Day!

If you know of someone who may benefit from DayBreak Senior Services, please share with them our information. If they sign up and start attending, you will receive a **free full day** at DayBreak to say 'thank you!' Your support will allow us to share our mission with more caregivers in our community who need resources like DayBreak.

All new participants must schedule a tour and a complimentary nurse evaluation. Please direct all interested friends, families or colleagues to contact DayBreak Director Morgan Begin at 801.300.5351 or morgan@daybreakseniorservices.com



Submit a Google Review and be entered to win a fun prize! Winners will be announced at the end of the month.



You can also engage with us and enjoy fun picture and updates of your loved ones on our Facebook Page



Join our Caregiver Circle Facebook Group where we can connect and support our caregivers! We will share resources and opportunities for connection and fun!