

Loretto's DAYBREAK



SUMMER/FALL 2010

ADULT MEDICAL DAY PROGRAM

Inside This Issue



Event Highlights.....2

New Faces.....2

Participant Profile....3

And We Quote...

“She lived a full and active life up until her final hospitalization, thanks in no small part to the dedication and interest of all the kind people who saw to her medical and social needs. All of us who had frequent interaction with Daybreak on her behalf are very, very grateful for your care and service to her.”

—L'Arche Syracuse
Healthcare Coordinator

To share your thoughts about Daybreak for this newsletter feature, contact Christine Tanchak, executive director of Daybreak, at (315) 474-1478, ext. 308, or e-mail her at ctanchak@lorettosystem.org.

www.lorettodaybreak.org

Traveling Eye Care Comes to Daybreak on James

Traveling Eye Care provides eye exams on site with a full range of equipment so that Daybreak on James participants don't have to leave the facility for eye exams and glasses. If warranted, prescription glasses are delivered on site to the participant following their exam.

Traveling Eye Care travels to more than twenty skilled nursing and assisted living facilities. Approximately 10 Daybreak participants have utilized this beneficial new program to date.

Any Daybreak on James participant is eligible. Traveling Eye Care accepts Medicaid and all forms of insurance.

If you or your loved one is interested in having an eye exam and glasses provided at Daybreak on James, please contact Pam McCarthy, social worker, at 474-1478, ext. 302 to coordinate the initial exam.

Therapeutic Recreation at Daybreak



Trip to the Everson Museum of Art for the "Turner to Cezanne" exhibit



Girl Scouts join in craft project with participants.



Bowling trip

Daybreak strives to provide participants with educational, entertaining and even inspiring day trips throughout the Central New York community, as well as meaningful therapeutic group projects that benefit other non-profit organizations. Here are a few highlights:



Trip to Carpenter's Brook Fish Hatchery



Participants made 100 scarves to donate to the Special Olympics.

Recent Events at Daybreak

- ▶ In-House Lunch Club - Instead of going out to eat for a change from the regular lunch, food is ordered in for the Lunch Club. Meals have come from McDonalds, Chinese food, KFC, Samrat Indian Restaurant, Dinosaur BBQ, Taco Bell, Brooklyn Pickle and Wendy's.



- ▶ Carnival Cookout (James Street location) with oven-roasted fresh corn on the cob (staff and participants shucked it), hamburgers, hot dogs, potato salad and watermelon.
- ▶ Indoor S'mores
- ▶ Trip to the Dollar Store, Rosamond Gifford Zoo, and A&W Restaurant
- ▶ Health Education: the human body, home safety month, slips, stress management and restorative exercises, exercise and aging
- ▶ Strawberry Social (participants prepared)
- ▶ Cooking Baked Alaska on Alaska-themed day
- ▶ July 4th Barbecue (both sites).
Yes, we are open all summer holidays!
- ▶ Therapeutic Touch with licensed massage therapist
- ▶ Cooking Demonstration & Taste Test - London Broil with onions and mushrooms
- ▶ Making Homemade Pizzas & Pizza Party
- ▶ India-themed day including a slide show about India and an Indian lunch
- ▶ The Skippy ice cream truck began visiting both Daybreak sites in June. All ice cream is \$2 or less.



New Faces

Sheila Harris Licensed Practical Nurse



Sheila returns to Daybreak after working at Fahey Rehab. Sheila previously worked for Daybreak part time and was able to return to us as a full time LPN. Welcome back to the "family"!

Jameka James Certified Nurses Aide



Jameka joins Daybreak as a float CNA (works between both Daybreak programs). She also works part time at James Square and has been a CNA since 2005. Thanks for joining our team.

Tom Winslow Intrepid Custodian



Tom is a 22-year Loretto employee. His experience includes working at Loretto Health and Rehab as a housekeeper and at The Bernardine apartments in maintenance. He previously worked at AdvancedMeal.

Lower Your Sodium

Sodium is needed in small amounts by our bodies to help our muscles and nerves function. However, too much sodium can contribute to high blood pressure and fluid retention. Salt is the main source of sodium. The recommended daily intake is about 2,400 milligrams of sodium, which is about 1 tsp. of salt. Many Americans generally eat 2-3 times that amount. Sodium is also found in processed foods like hot dogs, instant potatoes and canned soups.

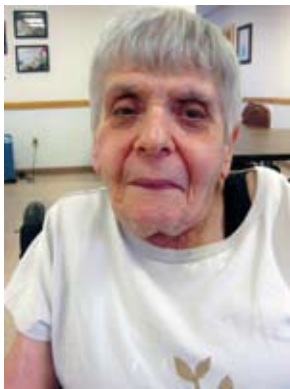


Ways to cut back on sodium:

- Cook without salt.
- Use spices such as basil, curry, garlic powder, ginger, thyme or Mrs. Dash.
- Eat fresh vegetables or homemade soups.
- Read labels and aim for low salt versions.
- Drain and rinse canned foods such as beans and tuna to remove some of the sodium.
- Avoid high sodium spices such as soy, barbecue or Worcestershire sauce.

—Nancy Kieffer, Daybreak Registered Dietician

Participant Profile: Diane Leslie



As a child Diane was diagnosed with polio and was left with right-sided weakness and a developmental disability. As she aged, this condition, along with degenerative joint disease in her hips, left her dependent on a wheelchair for mobility. After Diane graduated from school, she worked for Monarch Industries.

When Diane first enrolled in Daybreak in 2003, she lived in her home and received supportive services there. In 2004, she was injured in a fluke accident when a car crashed into her home. After the accident, she went to the hospital for medical treatment and then to rehabilitation. Following her rehabilitation, she moved to Community Residences, a group home. She then returned to our program in 2005, attending six days a week.

At Daybreak, she actively participates in a walking program every day where the staff assists her to walk with a gait belt to keep her as mobile as possible. Diane also needs her food pureed, her drinks thickened to prevent her from choking and uses adaptive equipment to eat, due to limitations with her hands.

Diane enjoys the Sysco food delivery that comes to Daybreak. She announces the arrival of the truck to staff on Wednesdays. She greets the driver and assists staff in signing off on the orders. Sysco has given her an honorary name badge and a Sysco shirt along with other “goodies”.

She also enjoys crafts, shopping (especially for her purse collection), music, bingo, pets, baking and getting manicures. At Community Residences, she enjoys needlepoint and letters from her sisters.

Regularly Scheduled Recreational Programs

Monthly Events

- **Birthday Celebrations**
- **Green Thumbs Garden Club**
- **Participant Council Meeting** Director meets with participants to discuss concerns/suggestions for the program.
- **Recreation Program Planning Meeting/Calendar Review**
- **Post Office Visits** (quarterly) Participants can purchase stamps, mail letters or packages. (*Days & times are posted at each site.*)
- **Men's Club** Men at each site meet to plan and participate in “males only” events.
- **Creative Arts** Various types of art projects
- **Certified Pet Therapy**
- **Weekend Brunch** (two Saturdays each month)
- **Cooks in the Kitchen** baking to benefit the Ronald McDonald House
- **Bible Study with Blair** (once a month at both Daybreak locations)
- **Healthy Cooking Demonstrations**
- **Therapeutic Touch with Donna, Licensed Massage Therapist**
- **In House Lunch Club** (participants choose the take-out restaurant)



Special Weekend Events

Daybreak is open every weekend and has activities scheduled throughout both days! Saturdays at James St./Sundays at Intrepid Lane

Weekly Events

- **Musical Entertainment**
- **Walking Program**
- **Community Outings**
- **Health Education**
- **Fitness/Adapted Sports/Aerobic Exercises/walking club** (daily)
- **Independent Resource center** (available daily with crafts, reading etc.)
- **Creative Cooking** - Making Fresh Fruit Desserts
- **Hair Services** haircuts, blow dry, shampoo, set, color, perms, etc. Call (315) 474-1478 ext. 300 for James St. or 498-4405 for Intrepid Lane.
- **Wii Sports and Trivia**



Events at Intrepid Lane Only

- **Project Linus Quilting** (monthly)
- **Word and Eucharistic Service** by Sr. Carolyn from St. James Church (monthly)

Events at James Street Only

- **Rosary** (every other week)
- **Weight Loss Support Group** (monthly) led by Daybreak's Registered Dietician
- **Crochet Club** (monthly)
- **Creative Rosary Making** (monthly) to be sold at the Cunningham gift shop for \$3.50.

Loretto's **DAYBREAK** ADULT MEDICAL DAY PROGRAM

161 Intrepid Lane, Syracuse, NY 13205
www.lorettodaybreak.org

NON-PROFIT
U.S. POSTAGE
PAID
SYRACUSE, NY
PERMIT NO. 4039



A Sample Day of Activities & Events at Daybreak

9:30-9:50	Black History Month Biography: W.E.B. Dubois
10:00-11:00	Musical Guest John Wolford
10:00-11:00	Men's Club with Al
10:00-12:00	Outing: Family Dollar Store
11:15-11:30	Armchair Aerobics
11:30-11:45	Jeopardy Questions
12:00	Ash Wednesday Lunch
1:15-2:00	Scattergories
2:00-2:15	Walking Program
2:15-2:45	Quilting Club
2:00-4:00	Individual Projects <small>(February 2010)</small>

We'd be happy to mail you a copy of our complete monthly recreation calendars! Please contact us at (315) 474-1478, ext.300 (James Street) or (315) 498-4405 (Intrepid Lane).

Upcoming Events

September

- ▶ Trip to the Apple Farm
- ▶ Outdoor Concert at Daybreak on James Street
- ▶ Apple Festival Week (crafts, baking, taste testing, etc.)
- ▶ National Adult Day Health Care week celebration –Wii bowling tournament between both sites

Weekly Community Outings:

- ▶ Picnics in the park
- ▶ Walmart
- ▶ Regional Market
- ▶ Ponderosa Restaurant
- ▶ Lock 24 Restaurant

Health Education Topics:

- ▶ Red Cross presentation: Disaster Planning in Your Home
- ▶ Hydration- Good to the Last Drop