

# Day Break relieves stress for seniors and their families

I haven't been watching the news very often because it's so depressing.

I am waiting for the "Good News" station that only relays inspiring and uplifting news; a news station whose main focus is on the kindness and giving of the human soul. I'm still waiting.

In light of that, I have good news to share that won't be on the national news, but it is happening in your own neighborhood. The place and people I want to tell you about are found at the Sheridan Senior Center.

Tucked on the west side of the building, overlooking Whitney Commons Park, is a place full of laughter, love, compassion, respect and friends. The people who enrich this part of the building are natural caregivers and have been referred to as "angels on earth."

This amazing place is called Day Break Elder Care Services.

Day Break is an elder care service that offers a home away during the day for elders who need or want to spend the day with others. This is a unique service that is dedicated to keeping elders in their homes and the community.

Day Break offers a social atmosphere for people to mingle with old friends and meet new ones. The staff provides supervision and personal care for those needing assistance with everyday activities of daily living.

Obtaining care that may not be available to people in their own home is a service provided by Day Break.

Every day we enjoy one another's company by playing cards, eating snacks, playing horseshoes, eating lunch, working a crossword puzzle. Join in a game of Nintendo Wii and then finish by eating another snack.

There is no lack of food or activity in Day Break.

In all seriousness, we do all those things but also realize that the elders of the Sheridan community have much to share. We listen earnestly and share in people's reflections of current and past accomplishments.

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## Silver Threads

Barb Gibbons



There are many family caregivers in our community who care for an elderly family member or friend. Caregiving can be a full-time job that requires time and energy.

Day Break helps relieve that stress and worry.

How does a caregiver know if Day Break services are appropriate for his situation? Go to our Web site, [www.sheridanseniorcenter.org](http://www.sheridanseniorcenter.org), or to the provided link to see if Daytime Elder Care is right for you or someone you know (<http://www.sheridanseniorcenter.org/publications/DayBreakQuestions.pdf>).

Day Break has been helping elders in our community remain in their homes and providing a needed break for the caregiver for 16 years. The cost is based on income and made affordable to everyone.

Complimentary services are provided

including a "free day" to get started, snacks, showering, hydrotherapy bathing and personal care. There are no hidden fees at Day Break.

We are now offering breakfast from 7:30 to 8:30 a.m. to assist family caregivers in making the morning rush a little easier.

National Adult Day Services Week is Sept. 21-27. This special week has been celebrated annually since former President Ronald Reagan proclaimed it on Sept. 27, 1983.

The week is set aside to raise awareness of the availability and accessibility of adult day programs. What a great time to try something new!

Visit Day Break to see what a difference it could make in your life or the life of a loved one.

*Barb Gibbons is director of Day Break, an adult day service run by the Sheridan Senior Center for seniors who cannot safely stay at home alone during the day. Silver Threads is a weekly column written by people who are involved with the Sheridan Senior Center.*