



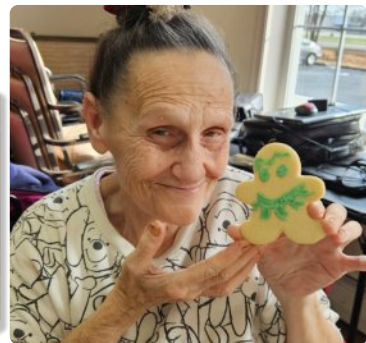
For center closings due to inclement weather, please listen to watch **WBOC, WMDT** or check our **Facebook** page for up-to-date closure information.

This information is usually available between **6:30-7:00 a.m.** In most cases, we will also have a message on the Pleasant Day answering machine (**410-228-0190**).

Trick Tray Sponsors

- | | |
|----------------------------------|-----------------------|
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DECORATING CHRISTMAS COOKIES



It was difficult getting pictures before everyone ate them, but participants decorated

their own Christmas cookies with frosting and sprinkles.



FIND THE HIDDEN FROG!



Erin Windsor

A MESSAGE FROM THE EXECUTIVE DIRECTOR:

What a Holiday Season we had at Pleasant Day!! To say we were busy is a huge understatement. Santa came with all the goodies. Tolley's catering came with all the fixin's. Everyone ate until their hearts were content. Participants took in the lights on an evening trip. Choptank Elementary sent the best cards for us as well! The Child Care side also had a visit from Santa, a gift exchange and lots of holiday cheer. Both sides decorated Christmas cookies and made several Christmas crafts. We had a successful first Holiday Tricky Tray! Thank you to everyone who donated, participated and attended! We had 2 entries in the Christmas Parade as well! This year the parade was dedicated to Jackie. We were so proud to be there to represent her legacy. I sure hope she is proud of us.

Pleasant Thoughts

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MERRY CHRISTMAS TO ALL FROM PLEASANT DAY



Thank you to everyone that helped make this holiday season brighter

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

NURSES CORNER

Glaucoma Awareness Month

What is glaucoma? Glaucoma is a type of eye disease that increases pressure in the eye and presses on the optic nerve. The optic nerve sends signals from your eye to your brain. Glaucoma is the leading cause of blindness and vision loss in America. (NEI)

Glaucoma is easily diagnosed but is hard to catch in the early stages. There are no symptoms with early glaucoma. This is why it is important to have regular eye exams. Dilated eye exams are the only way to diagnose glaucoma. No cure is available for glaucoma but early identification and treatment can limit the damage caused to vision.

The following are at higher risk for glaucoma: those age 60 and older, African American population who are over age 40, Hispanic population and those with a family history of glaucoma.

If at any time you notice vision changes, contact your doctor immediately!! If the vision loss is sudden or is accompanied by other symptoms such as light headedness, dizziness, chest pain, shortness of breath or weakness call 911!

Roz Sampson - RN



SAFETY TALK

It's never too early to start preparing in advance for these winter months. Here are a few smart ways to protect your health by staying physically active and maintaining social connections to boost your overall well being throughout the upcoming cold-weather season — no outdoor activities required.

Why can winter be so dangerous for older adults? If your physical and mental health start to slip during this time of year, you'll likely be more vulnerable to issues such as:

- **Increased susceptibility to cold and illness.** Older adults have a harder time maintaining body temperature, making it more difficult to stay warm both indoors and outdoors. Hypothermia can be a very real problem. So can colds, flu, or viruses like COVID-19. There's also the simple issue that cold weather often discourages outdoor exercise, making your body grow weaker.

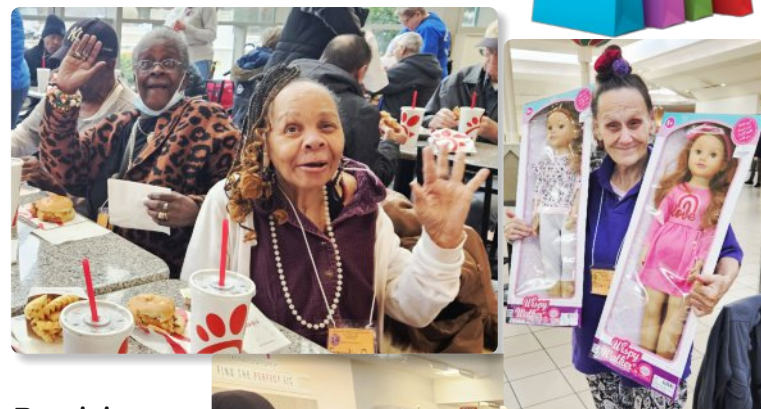
- **Depression and poor mental health.** Seasonal affective disorder (SAD) is a condition that causes significant changes in mood and behavior when the seasons change. Symptoms last 4-5 months of the year. This condition occurs largely because of the shorter days and reduced sunlight. Outside of SAD, statistics from the CDC indicate that around 4% of adults age 70+ have depression.

- **Increased risk of falling or injury.** Patches of ice or other slippery surfaces during the winter can be landmines if you aren't in good shape. Each year, there are approximately three million ER visits and one million hospitalizations due to falls among older adults.

Danny Seabrease - Facility Safety & Transportation Manager



SALISBURY MALL TRIP



Participants had a blast Christmas shopping at the Centre at Salisbury. Everyone got lunch at Chick-Fil-A and then hit the stores to find the best holiday sales.



HOLIDAY TRICKY TRAY FUND RAISER



The Holiday Tricky Tray at Pleasant Day was a rousing success. Sponsors supported the event with donations and contributions and the community, in turn, donated

for chances to win fabulous gift sets and raffle prizes. Thank you to everyone who turned out for the event! Your support helped give Pleasant Day participants a brighter, happier holiday.

CHRISTMAS PARADE



Pleasant Day always participates in the Cambridge Christmas Parade, but this year was important. The 75th annual event was dedicated in honor of Pleasant Day's former Executive Director Jackie Vickers. The Child Care Center also had a float with the children wrapped up as presents under the tree.

ROCKING 'ROUND THE CHRISTMAS TREE



Whenever Christmas time comes around, you can bet that Randy, Linda, and Margret will be by to sing classic holiday songs to get everyone into the spirit.

Thank You, Donors!

- | | |
|----------------------|-----------------|
| Jean Sneed | Tom Wilson |
| Barbara Ezley | Karol Redline |
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