

## Thank You For Your Support

Elder Care appreciates your generosity in helping us provide services to seniors and caregivers.

Private contributions play an important role in the success of Elder Care's many programs and services. The generous support of our donors enables us to serve senior adults and their caregivers throughout the community.

For information about making a gift please contact: Deirdre McArdle, Director of Development, at 918-336-8500.

### November 2015 Donors:

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In Honor of Linda Jarrell  
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### GO Sponsors:

Bartlesville Health & Rehab  
Heritage Villa

This art work "Golden Rule I" by Linda Stilley is on display at Elder Care. Schedule a tour to come see it in person by calling 918-336-8500.

## Events Calendar

### December

- 21** -GO: Enhance Fitness\*, 1 pm
- 22**- Caregiver Support Group, 10 am  
GO: Stretch & Tone\*, 1 pm  
GO: Bunco\*, 3 pm
- 23** - GO: Enhance Fitness\*, 1 pm
- 24**- Elder Care closed for Christmas
- 25**- Elder Care closed for Christmas
- 28**- GO: Enhance Fitness\*, 1 pm
- 29**- Caregiver Support Group, 10 am  
GO: Stretch & Tone\*, 1 pm  
GO: Bunco\*, 3 pm
- 30** - GO: Enhance Fitness\*, 1 pm

**31**- GO: Stretch & Tone\*, 1 pm

### January

- 1** - Elder Care closed for New Year's Day
- 4** - Open House, 10 am  
GO: Enhance Fitness\*, 1 pm
- 5** - Caregiver Support Group, 10 am  
GO: Stretch & Tone\*, 1 pm  
GO: Bunco\*, 3 pm
- 6** - GO: Enhance Fitness\*, 1 pm
- 7**- GO: Stretch & Tone\*, 1 pm  
GO: Members' Only\*, 5:30 pm
- 8** - GO: Enhance Fitness\*, 1 pm
- 11** - GO: Enhance Fitness\*, 1 pm

\*Enrollment Fee Applies

# Prime Times

Issue 12  
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## Support Group Adds Meaning Page 3



Mary Robinson and Janice Thompson help decorate the Elder Care Christmas tree with the Caregiver Support Group. The group is open to any caregiver and meets Tuesdays at 10am.



1223 Swan Drive  
Bartlesville, OK 74006  
918-336-8500  
www.abouteldercare.org

### Get Moving

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# Investing in your Health during Retirement

By Josh Lindblom, DPT, Director of Physical Therapy

Retirement. For some, it may be the most beautiful word you have ever heard. For others, it may be a bit scary. For everyone, it's a major life change that requires planning that goes beyond finances. If you are leaving a job that is relatively sedentary in nature, it's a great opportunity for you to make positive changes that will pay dividends in the long run.

A recent comparison study tracked the activity levels of employed and retired adults aged 48 to 89. Researchers utilized accelerometers to track each participant's movement patterns. The study concluded that both employed and retired participants spent roughly 75% of their day either sitting or lying down. Only 20 of the 100 participants met the recommended level of activity: 30 total minutes of moderate activity per day, at least 10 minutes per bout, 5 days per week. So for the majority of people who were confined to a desk as part of their job, not much changed when they retired - they kept sitting.

That is a huge lost opportunity! We know that people who invest in their health earlier in life, creating good habits of physical activity, do much better in the long run. A good exercise program trains the body, mind, and soul. Studies have shown that exercisers rate their quality of life higher and voice more satisfaction with their social life. While it is never too early to start an exercise program, the increased flexibility of retirement provides a great place to get the ball rolling.

The possible ways to fulfill activity recommendations are abundant. Invest more time and energy into an activity you have just had time to dabble in over the years. Try something completely new. Golf, travel, yoga, swimming, walking clubs, volunteering in an active role, and biking are just the tip of the iceberg. In addition to the above recommendation, it's important to work on strength with dumbbells, resistance bands, or even just your body weight in all major muscle groups at least 2 days per week. In my opinion, the safest way to go about establishing a program like this is with the assistance of a professional.

At Elder Care Physical Therapy, we offer our clients the opportunity to utilize our facility after they have been discharged from therapy as part of the Aftercare program. Whether you have gone through extensive treatment at Elder Care Physical Therapy or simply want an evaluation from a physical therapist to establish an exercise regimen, you qualify for Aftercare. We establish a program, make a chart for you to track your progress and participation, and are there to answer questions. Plus, it's a great way to stay social and stay fit in a friendly environment. If you or a loved one is interested in starting an exercise program, we would love to help! Give us a call at 918-766-0391 or visit our website at [www.abouteldercare.org](http://www.abouteldercare.org).



**elder care** Physical Therapy

A Free Balance Screening would benefit you if:

- You experience pain that limits your activities
- You are unsteady when walking
- You have difficulty rising from sitting
- You have recently experienced a fall

Call 918-766-0391 to schedule your free Balance Screening



INVEST IN YOUR HEALTH TODAY

Live Independently in your own home with

# Brighter Living



1223 Swan Drive  
Bartlesville, OK



918-336-8500  
[abouteldercare.org](http://abouteldercare.org)

## Medical Equipment Donations Needed

As people age, it may be necessary to utilize medical equipment such as walkers, canes, wheelchairs and shower chairs. This need can occur slowly over time or suddenly due to an accident or surgery. There are many reasons one may face the need to use medical equipment. Often doctors or physical therapists will recommend the temporary use of certain medical equipment to aid in one's recovery. Some may even prefer to take a cane, walker or wheelchair with them when taking a short trip to enjoy themselves without the fear of falling.

Elder Care loans out medical equipment at no charge for as long as needed on a temporary basis. Medical equipment can be expensive and Elder Care provides this service for free as a result of medical equipment being donated to us. We clean and repair the equipment and then loan it out to people who need it.

Recently, Elder Care has had a shortage of equipment due to high demands in the community. If you or someone you know has medical equipment that is no longer being used, please consider donating it to Elder Care. This will prevent you from having to store the equipment and aid

in building our inventory of medical equipment in order to meet the needs of those who need assistance. Your donation helps seniors in our community by providing accessibility to those who do not have the financial resources to purchase the equipment.

### Accepted Donations:

- Walkers
- Wheelchairs
- Canes
- Shower Chairs
- Shower Stools
- Tub-Transfer Benches
- Elevated Toilet Seats



If you or someone you know is age 60 or older and needs medical equipment or if you have questions about donating an item, please call Elder Care at 918-336-8500. Donations are tax deductible.

**elder care**

Monday - Friday  
7:30 am - 5:30 pm

**DayBreak**  
918-336-8500



Prime Times  
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**ELDER CARE**  
Excellence in senior care  
since 1983

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Bartlesville, OK 74006

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A United Way Agency



### Program Management

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## Caregiver Support Group Adds Meaning

By Stevie Williams, Director of Community Relations

Being a caregiver can be physically and emotionally draining. Elder Care has a support group for caregivers that provides practical information in a nurturing environment.

Elder Care's Caregiver Support Group offers its participants a safe place to share their stories and vent their frustrations. In addition, they listen to each other and learn from fellow participants who are facing similar challenges. Participant Mary Robinson says, "Caregiver Support Group made me realize that no one is alone." Betty Ruble echoed those thoughts and added, "It's okay to be upset and vent your feelings."

The health and well-being of the caregiver is important too. They often become physically ill due to the stresses of caring. If the caregiver is stressed or unhealthy, it has a negative impact on the loved one for whom the care is being provided. Support group participant Jimmy Snelson says the best advice he received while caregiving is, "You need help as well as the one you are taking care of."

Caregivers have a tendency to become isolated while caring for their loved ones. When caregivers fail to keep in touch with friends, they lose the connections they need. "Elder Care Support Group has helped me a lot. I feel stronger because of the different things I have learned from others," says Donna Emery.

Caregiver Support Group provides an opportunity for its participants to socialize and be heard by supportive ears who can offer compassion to each other. Snelson says, "Listening to others helped me feel stronger as a caregiver." Thomas Newell added, "The group listens and cares about each other. It really helps."

Elder Care can also provide care for loved ones during the meeting with advanced notice in our DayBreak program without charge. Caregiver Support Group meets every Tuesday at 10:00 am. No RSVP is necessary, unless making arrangements with DayBreak. For more information, please call Sue Lee at 918-336-8500.



Art Coppock and John Miller add decorations to Elder Care's Christmas tree while Sue Lee and Mary Robinson look on. Elder Care's Caregiver Support Group participants have made it an annual tradition to decorate the tree and then enjoy coffee, treats and fellowship.

# Seasonal Affective Disorder

By Linda Bracken, Care Manager

In late fall and winter, 4 to 6 percent of Americans experience a form of depression called winter-onset Seasonal Affective Disorder or SAD. Seniors and their caregivers should be aware of its risks.

People who struggle with depression or anxiety year round, as well as people who are home bound, may find their typical symptoms intensify as a result of the isolating effects of cold winter weather. Seniors who live alone can struggle with feeling isolated from family and friends. Some seniors may be prescribed medications that can also increase feelings of depression.

Seasonal Depression looks and feels differently for each individual but caregivers should be on the lookout for changes in their loved one's mood or personality.

Symptoms of SAD may include (but are not limited to):

- Change in sleep habits.
- Anxious or “empty” feelings.
- Loss of interest or pleasure in formerly enjoyable activities.
- Fatigue or decreased energy.
- Difficulty concentrating, remembering details or making decisions.
- Loss of appetite or remarkable change in eating habits.

If you suspect your loved one has SAD, schedule an appointment with his or her physician as soon as possible as “winter blues” may be a warning sign of a bigger health problem or mental health condition. Social activities,



**elder care** Golden Opportunities Gift Certificates

Golden Opportunities gift certificates can be used for:

- Fitness Classes
- Educational Classes
- Day Trips
- Yearly Membership

Call 918-336-8500 to purchase the perfect gift for your loved one.

behavioral therapy or anti-depressant medication may be prescribed as a treatment plan of care. Therapy with a licensed therapist can also help seniors overcome or better cope with symptoms of SAD. Light therapy (photo therapy) is also an alternative form of treatment and should be discussed with your physician.



Remember to visit your older loved ones, and include elderly neighbors and friends more frequently and be engaging during visits. Bring multiple family members to visit, maybe play card games or work on crafts. And remember, no texting or cell phones while together – unless you are teaching your older friends and relatives how to use their smart phones!

Open the curtains or blinds to allow as much light into the house as possible. Sit by a window and read a book or local newspaper to your loved one. If weather permits and your loved one is physically able, go for a walk in the fresh air. Any of these suggestions will make a difference in the lives of the people that you love and care about.

## BLS Assistance in the Winter Months

Each year we winterize our cars and homes, but forget to winterize ourselves.

Winter weather can make it difficult for an older adult to safely leave the home for days or even weeks at a time.

Elder Care's Brighter Living Services (BLS) can help you or your loved ones stay safe and independent at home during inclement weather. BLS Companions can provide one-to-24 hour care in your home. Services may include shopping for food, gifts, and/or medications; going on errands; preparing homemade meals; housekeeping; help with laundry; well-check visits; walking the dog; socialization and more.

For more information on how to sign up for BLS or to purchase gift certificates for loved ones, please call Elder Care at 918-336-8500 and ask for Sue Lee, Home Services Intake Coordinator, or visit [www.abouteldercare.org](http://www.abouteldercare.org).

# Thanksgiving Meal Delivery FPC Tradition

By Jennifer Ennis, Community Relations Coordinator

The Frank Phillips Club (FPC) provided 100 Thanksgiving meals this year for Elder Care clients. Every year FPC purchases the complete contents of Thanksgiving meals (baskets) from ham to pie, from Pawhuska Hometown Foods.

“The Frank Phillips Club is honored to work with Elder Care to provide members of our community with some extra joy around the holiday season. Our members look forward to this event every year, and without fail they share a couple hours of their day and a whole lot of cheer with Elder Care,” said Zachary Thompson, Frank Phillips Club vice president of community relations. “This year 30 FPC members brought their families and friends to deliver these meals to our senior citizens. They enjoyed every moment of it and we hope the recipients did too.”

“I am so thankful that the Frank Phillips Club cares about the elderly in our community,” says Sharon Davis, RN, Care Manager at Elder Care. “I have been at some of the recipients’ homes when the baskets are delivered and their eyes light up. They are so happy that someone thought enough of them to see that they had necessary food for Thanksgiving. It gives them hope, joy and brightens their day.”

Established in 1938, the Frank Phillips Club is a non-profit organization created for educational, social and benevolent purposes. FPC is very active in the community and is an advocate for many organizations.

Elder Care would like to thank the Frank Phillips Club for their contribution this year. It means so much to so many.



Frank Phillips Club Members Zachary Thompson and Liz Thompson sort the Thanksgiving meals for delivery. Thirty FPC members and their families helped to deliver an entire Thanksgiving meal to 100 seniors in Bartlesville and surrounding communities.

## AmazonSmile Holiday Shopping:

Elder Care is registered with AmazonSmile, a program which allows Amazon customers to designate 0.5% of the price of eligible purchases to be donated to the charitable organization of their choice.



The program is simple and automatic. When you shop at [smile.amazon.com](http://smile.amazon.com) you will find the same prices and product selection that is available on Amazon.com. You will be asked to type in the name of a charity to support and 0.5% of your purchase will be sent to that charity.

Note: Elder Care is listed as Washington County Elder Care. To learn more about the program visit [smile.amazon.com](http://smile.amazon.com).

Thank you for your support of Washington County Elder Care while you are shopping AmazonSmile and Happy Holidays!

<b>Elder Care Nov. 2015 Volunteers:</b>	Melvin Hildebrand	Ray Stevens
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Ann Dougherty	Delphi Loyd	Teresa Thomas
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