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*Thank you!*

*"The gift you give today  
may be the gift  
that impacts you  
and your family tomorrow."*

# Prime Times

An Elder Care Publication

Issue 4  
Volume 25

April 2021

*Day of Giving special guest, Elvis, poses with some of  
the Elder Care staff*

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# Taking Care of Your Feet

by Kelsey Kliewer, PT, DPT

April has been designated as National Foot Health Awareness Month. Foot health is important because your feet keep you mobile, allowing you to perform daily activities and maintain a high quality of life. It is especially important for people who have diabetes to prioritize their foot health. Many people who have diabetes also develop a condition called peripheral neuropathy which affects their ability to feel sensations on their feet including pain. Eventually this can lead to open wounds developing without

**FOOT  
HEALTH  
MONTH**



## HOW TO KEEP YOURSELF ACTIVE AND YOUR FEET PAIN-FREE

- Help relieve pain and prevent foot-related complaints by regularly stretching your Achilles
- Always check your shoes for proper fit, cushion and support
- Maintain a healthy weight

- CQUniversity Podiatry Head of Course, Assoc Prof Katrina Reynolds

the patient's knowledge. This can be exceptionally dangerous, and it is best to take action early to prevent these problems from occurring. Another common foot condition often treated by a physical therapist is plantar fasciitis. One of the most common symptoms of plantar fasciitis is pain in the arch and heel of the foot that is worst when standing up first thing in the morning. With proper footwear and stretching, this condition is easily treated and can be prevented. Below are some good foot health practices to put into action to avoid developing serious foot problems in the future.

1. Basic foot care: Wash your feet with warm water and dry thoroughly prior to moisturizing to avoid excessive dry skin.
2. See a local podiatrist if you have painful callouses, corns, bunions, or ingrown toenails for proper treatment.
3. Utilize footwear with good arch support and cushioning as you perform your daily activities. In the summer months, avoid flip flops and wear sandals with arch support,

especially if you are starting to experience discomfort in the heel or arch of your foot.

4. Seek medical attention if you suddenly have difficulty bearing weight through your foot, especially if you have osteoporosis and are prone to stress fractures.

5. Stay active as much as possible and maintain a healthy weight to minimize the stress placed through your feet as you perform daily activities.

6. Perform daily calf stretches as described below, especially if you start to experience discomfort in the heel or arch of your foot.

How to properly perform a calf stretch: Stand facing a wall and place your hands on the wall at or near shoulder height. Step back with one foot, keeping it pointing straight ahead and push your back heel down into the floor. Keeping your back knee straight and heel on the floor, lean into your front leg (avoid letting your knee go past your toes) until you feel a stretch in the calf of your back leg. To feel the stretch a little lower in your calf, gently bend your back knee while keeping your heel on the floor. Hold for 30 seconds and repeat 2-3 times. Repeat on the other leg.

If you are having foot pain and would like to be evaluated by one of our physical therapists to learn exercises and stretches to help decrease your foot pain, please contact Elder Care Physical Therapy at 918-766-0391. We would love to meet you and get you



**safety,  
support, &  
social  
interaction**



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care**

*enjoy the moment*



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Prime Times

# Brown Sugar & Mustard Ham

## Ingredients

- 1 Large (8-10 lb) smoked ham
- 2/3 cup brown sugar
- 1/4 cup Dijon mustard



## Directions

- 1.Preheat oven to 275°F
- 2.Whisk together the brown sugar and mustard and set aside.
- 3.Place the ham in roasting pan fitted with a wire rack and cover the pan with aluminum foil. Cook for about 2 to 2 1/2 hours, or 15 minutes per pound.
- 4.With 30 minutes left of cooking, remove the ham from the oven. Brush a thick coat of the brown sugar-mustard glaze over the ham. (Glaze can be warmed in saucepan on medium-low heat to make it easier to brush) Return to the oven, uncovered, to finish cooking.
- 5.Allow ham to rest for 10 minutes and serve with the remaining glaze on the side.


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Prime Times  
published monthly by  
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## Spring Cleaning Car Maintenance

by Frank Danel, Facilities Manager

Spring is here and summer is not far behind. As many senior citizens across the state continue to get vaccinated, traveling and seeing loved ones is at the top of their lists of things to do. Make sure your car is in tip top shape before you hit the road. Preventative maintenance can improve your car's performance, lifespan, and help prevent breakdowns.

Often winter weather can add extra stress on your car, after being coated with salt, slush, and sand for extended periods of time. Find a nice Saturday afternoon (do it yourself or hire your grandkid for some extra quality time) and hose down the exterior. Make sure to spray underneath the car and into the wheel wells, attempting to get as much dirt and salt off as you can.

Once you're done with the exterior, tackle the interior. Remove the floor mats and hose them down, leaving them outside to dry. Wipe down the seats, steering wheel, and dashboard with a damp rag, and clean the insides of your windows, too.

Be sure to inspect the windshield wiper blades, especially if they've been used a lot during winter months. You can clean them by running a wet paper towel over them but be careful not to cut yourself on any metal edges. If you notice that your windshield wipers are making noise when you turn them on or leaving streaks behind, it's time for new wipers.

While the car is cool, open up your hood and check the engine oil, brake fluid, transmission, power steering and engine coolant levels. If you aren't familiar with how to do this and feel comfortable tackling it, you can find instructions in your owner's manual. While you or someone you trust are checking fluid levels, would be a great time to quickly look under the hood of the car around the engine to see if there are any cracks in any of the belts or hoses.

Some other things to keep in mind when looking over your car; be sure to check the tire pressure, make sure your spare tire is in good shape and properly inflated. Have your air filters and air conditioner lookd over if you aren't sure how to do it. Lastly, remember that extreme temperatures are hard on car batteries, so make sure your battery is secure and if you think it may be time for a new one, feel free to head to your local garage or auto store to have them test it for you.

Please remember if you aren't familiar with how to do any of the car maintance and don't feel confident, don't try to do it yourself and don't be afraid to ask a loved one or a neighbor for some help or just take into a shop and have the professionals look it over!



## Some Kind of Normal

by Jennifer Ennis, Administrative Director

As the number of vaccinated people across our state continues to increase and COVID-19 cases begin to decline, many are seeing the light at the end of the tunnel. The beautiful spring weather may be tempting to approach spring events with less caution. However, it is important that we remain vigilant in our efforts to keep ourselves and our loved ones safe.



- Skip physical contact if possible. Getting too close to people outside of your household increases everyone's chances of infection.

The more closely you interact with others and the longer that interaction, the higher the risk of COVID-19 spread. So, think about:

- How many people will be there?
- Will the space be indoors or outdoors?
- Will you spend a lot of time with others?
- ("PST" here's a hint – think People, Space, and Time.)



Learn more about assessing the risk when you're deciding to go out: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/deciding-to-go-out.html> and tips for after getting vaccinated: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/keythingstoknow.html>

As always, don't hesitate to reach out to Elder Care at 918-335-8600. We are happy to help you find the answers.

- Limit the number of guests if your event must be held indoors.
- If your event is outdoors, set up smaller tables — or staggered seating — where individual households can eat together yet remain physically distant.
- Strongly encourage all guests to wear their masks.
- Designate one person (wearing a face mask and gloves) to serve the food. By having only one person serving the food, cross-contamination can be minimized.
- Cover food when it is not actively being served. This will keep the food warm while also avoiding any nearby germs



## Elder Care Day of Giving Success

by Angie Thompson, Development Director

Elder Care's inaugural Day of Giving was an overwhelming success. 53 cars drove through on a cloudy, rainy March 25, and 160 individuals made donations in support of Elder Care's mission. 100 Shortie's Grille boxed lunches were purchased. 24 individuals from Elder Care and the community



manned the tents, greeted guests, and delivered boxed lunches. Event sponsors included ARVEST Wealth Management, Diversified Systems Resources, Comforting Hands Hospice, Green Country Village, ConocoPhillips, Bartlesville Rotary Club, The Eatery, Chick-Fil-A, and Shortie's Grille.

Elvis (aka Cordell Rumsey, Elder Care's executive director) made an appearance, thanking guests and taking selfies. "We are grateful for the outstanding level of participation and financial support from our loyal and new friends during this campaign," said Rumsey.

"Cancellation of in-person fundraising events, caused us to modify our methods of requesting funds for existing financial needs. Yet, despite the pandemic, operational needs still exist. In some cases our needs have grown and expanded because of how we modified operations to continue serving clients during this unprecedented time."



Elder Care serves approximately 875 individuals each month, with 35% of those families falling below the poverty line or living in rural communities. 74 employees perform nearly 98,000 one-on-one hours of service each year, many of whom specialize in geriatric care.



Did you miss the opportunity to donate to Elder Care on our Day of Giving? Your contribution is essential. Mail your gifts to Elder Care, 1223 Swan Drive, Bartlesville, OK 74006. Or contribute online by credit/debit card at [www.abouteldercare.org/day-of-giving/](http://www.abouteldercare.org/day-of-giving/) or give us a call at 918-336-8500 and ask for Angie.



The gift you give today may be the gift that impacts you and your family tomorrow!

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