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### In appreciation of contributions to Elder Care in July 2021

We sincerely apologize for any unintended error or omission. Due to publication deadlines, acknowledgement of gifts may take up to 60 days in PrimeTimes Publication. If you feel there is an error, please call Angie Thompson at 918-336-8500, ext. 129.



## Grilling More Than Burgers!

Move over burgers and make room for fruits and veggies. Try this recipe from Chef Pam Beamgard!

### Grill Pineapple

Grilled pineapple with honey, lime juice and cinnamon. Pineapple is delicious on its own, but if you want something quick and easy to make for dessert this summer, try grilling it and serving it with some ice cream on the side. Fun for backyard parties.

### Grilled cauliflower steaks

Grilled cauliflower steaks are a completely healthy and delicious way to cook cauliflower on a grill. Seasoned with lemon and fresh herbs, this will quickly become your favorite cauliflower recipe!

# Prime Times

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# Exercise & Physical Therapy for Aging Adults

by Jessica Keith, DPT, Elder Care Physical Therapy

Despite people referring to physical therapy at times as “pain and torture”, many people have reaped the benefits from physical therapy following an injury or surgery. This is why physical therapy is solely often thought of as rehabilitation after an injury or surgery. What people don’t realize is that it can also be beneficial to prevent injuries and help prevent and minimize the effects of aging.

As we all know, exercise is very important. Movement truly is medicine, especially as we age. This is why physical therapy can be very beneficial because with physical therapy, we can evaluate and assess you and create an individualized program for you based off your history and personal goals. So you ask, what exactly are the benefits from exercise as we age?

There are several benefits from exercise as we age. Exercise can help improve cardiovascular health, help manage weight, help manage Type II diabetes, decrease risks of dementia, improve emotional and mental well-being, improve sleep, improve bone health, prevent falls, and most importantly minimize/prevent functional decline.

Exercise can improve cardiovascular health, by improving the strength of the heart and help to manage blood pressure. This also can help to decrease the chances of stroke. By improving the strength of your heart and your overall endurance, this can help improve simple activities of daily living such as walking the grocery store and walking up and down stairs.

Exercise can also help to manage weight and decrease the amount of adipose or “fat” in our bodies. With decreased



adipose tissue/fat, this can help to manage our cholesterol and decrease the “bad” cholesterol in our bodies. Also decreased adipose tissue/fat can help to manage blood sugar levels especially for people with Type II Diabetes.

Exercise can also help to minimize the risks of dementia by increasing blood flow and oxygen to the brain. By increasing the blood flow and oxygen to the brain, this can help to eliminate toxins in the brain and improve overall brain health such as our memory, ability to process things, and overall problem health which are side effects of dementia.

Exercise can help us sleep by the effects it has on our body temperature. While exercising, our body temperature rises a few degrees and then later in the day, it eventually returns to normal. This return to normal is what helps us to fall asleep faster and sleep deeper. Good sleep also leads to better moods. Exercise

can also improve our overall mental and emotional well-being. It does this by releasing endorphins which make us feel good and happy. We often hear in our clinic after a patient exercises that even though they are fatigued, they always feel better after exercising which is because of the endorphins that are released.

Exercise can help to improve bone health and decrease the chances and risks of osteoporosis. In particular strength training exercises can do this by creating and building bone- essentially strengthening the bones themselves. Bone health is very important as we age,

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# DayBreak Gets You Moving!

by Angie Thompson, Development Director

One of the joys of working in fund development is observing how our donor's contributions impact seniors at Elder Care and sharing those stories with them.

Recently, as I was making a video for our United Way report, I had the privilege of spending time with our DayBreak Adult Day Health Center participants. Their faces beamed as they moved and grooved during their Enhance Fitness classes.

As a former group fitness instructor, I have a great appreciation for any approach that gets our brains and bodies moving. Aerobic exercise makes our bodies more efficient at delivering oxygen to the rest of our body, helping heart health, lung function, and more. And when you add great music to your movement, it gets even better—seeing DayBreak participants move and groove during their Enhance Fitness class warmed my heart and inspired me to get moving.



DayBreak's Enhance Fitness program combines the three key components of fitness: strength training, flexibility, and cardiovascular conditioning. This one-hour class meets three times a week and provides a warm-up, aerobic activity, strength training with light weights, stretching, and a cool-down period. It's a winning combination.

Families tell us of the benefits they observe from this exercise program are elevated moods because of the activity levels. Who wouldn't mind a mental boost? "Mom comes home a different person. Her outlook is brighter." And strong muscles encourages more movement.

"She is motivated to walk short distances now without her walker. And she sleeps through the night. Everything changed when she came to DayBreak."

If you would like to see the video we prepared for our United Way report, send me an email address, and we will send a link to view it online. You may be so inspired by what you see, and you may want to participate in DayBreak when you see it!

To request a link, contact athompson@abouteldercare.org. To learn more about DayBreak and Elder Care's other programs, call us at 918-336-8500, or visit www.abouteldercare.org.



## Exercise & Physical Therapy

--- Continued from page 2

because osteoporosis increases the chances of fractures which increase the risks of falling.

According to the world health organization, on average 37.3 million falls occur annually that are significant enough to require medical attention. A majority of these falls occur in the 65 and older population. As we know from our friends, peers, and family members who have experience a fall, falls can have a significant effect on a person's life and it is very important that as we age, we do our best to prevent these falls. With physical therapy, we can create a comprehensive strength, balance, and endurance program to help decrease your fall risk.

It is evident that exercise is important at any age, but especially as we age. Think of exercise as another medicine, and one of the most important medicines because not only is it treating symptoms but it is also helping to minimize effects of many diseases as we have

already discussed. Remember, it is never too late to start exercising and some type of movement is better than nothing at all.

The physical therapy department at Elder Care specializes in administering individualized care in a compassionate environment. If you would like to look into an individualized exercise program, we would love to help! Direct Access to physical therapy allows you to seek instruction and treatment from a licensed physical therapist without referral from your physician for up to 30 days.

Contact Elder Care Physical Therapy directly at 918-766-0391 to schedule an appointment today.

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# Healthy Eating After 50

By Tracy Stuckey, APNP, MSN, Bohon Clinic Director

“Food just doesn’t taste the same anymore.” “I can’t get out to go shopping.” “I’m just not that hungry.” Sound familiar? These are a few common reasons some older people don’t eat healthy meals. But, choosing healthy foods is a smart thing to do and it’s never too late to start.

The National Institute on Aging offers great advice for individuals to make healthy food choices to fuel the body and mind. Here are a few smart tips:

- Eat many different colors and types of vegetables and fruits.
- Make sure at least half of your grains are whole grains.
- Eat only small amounts of solid fats and foods with added sugars. Limit saturated fat (found mostly in foods that come from animals) and trans fats (found in foods like store-bought baked goods and some margarines).
- Eat seafood twice a week
- Eat a variety of foods from each food group will help you get the nutrients you need

## How Much Should I Eat?

How much you should eat depends on how active you are. You want to consume calories to fuel your active body. Calories are a way to count how much energy is in food. The energy you get from food helps you do the things you need to do each day. Try to choose foods that have a lot of nutrients you need, but not many calories.

Just counting calories is not enough for making smart choices. Foods offer different benefits. Some have more of the nutrients you might need than others do, even though they are the same calorie count. For example, milk

gives you more calcium than a banana, and peanut butter gives you more protein than cereal. Some foods can make you feel fuller than others.

## How Much is On My Plate?

How does the food on your plate compare to how much you should be eating? Here are some ways to see how the food on your plate measures up:

- Deck of cards = 3 ounces of meat or poultry
- 1/2 baseball = 1/2 cup of fruit, rice, pasta, or ice cream
- Baseball = 1 cup of salad greens
- 4 dice = 1-1/2 ounces of cheese
- Tip of your first finger = 1 teaspoon of butter or margarine
- Ping pong ball = 2 tablespoons of peanut butter

- Fist = 1 cup of flaked cereal or a baked potato
- Compact disc or DVD = 1 pancake or tortilla

## Do I Need to Drink Water?

With age, you may lose some of your sense of thirst. Drink plenty of water. Don’t wait until you feel thirsty. You could try soup for a snack or drinking a glass of water before exercising or working in the yard. Don’t forget to take sips of water, milk, or juice during a meal.

## What About Fiber?

Fiber is found in foods from plants – fruits, vegetables, beans, nuts, seeds, and whole grains. Eating more fiber might prevent stomach or intestine problems, like constipation. It might also help lower cholesterol, as well as blood sugar.

It is better to get fiber from food than dietary supplements. Start adding fiber slowly. That will help avoid unwanted gas.



Here are some tips for adding fiber:

- Eat cooked dry beans, peas, and lentils often
- Leave skins on your fruit and vegetables if possible
- Choose whole fruit over fruit juice
- Eat whole-grain breads and cereals

Drink plenty of liquids to help fiber move through your intestines.

## Should I Cut Back on Salt?

The usual way people get sodium is by eating salt. The body needs sodium, but too much can make blood pressure go up in some people. Most fresh foods contain some sodium, especially those high in protein. Salt is added to many canned and prepared foods.

Try to avoid adding salt during cooking or at the table. Talk to your doctor before using salt substitutes. Some contain sodium. And most have potassium which some people also need to limit. Eat fewer salty snacks and processed foods. Look for the word sodium, not salt, on the Nutritional Facts panel. Choose foods labeled “low-sodium.” Often, the amount of sodium in the same kind of food can vary greatly between brands.

Here’s a tip: Spices, herbs, and lemon juice can add flavor to your food, so you won’t miss the salt.

## What About Fat?

Fat in your diet comes from two places – the fat already in food and the fat added when you cook. Fat gives you energy and helps your body use certain vitamins, but it is high in calories. To lower the fat in your diet:

- Choose cuts of meat, fish, or poultry (with the skin removed) with less fat
- Trim off any extra fat before cooking
- Use low-fat dairy products and salad dressings
- Use non-stick pots and pans, and cook without added fat

• Choose an unsaturated or monosaturated vegetable oil for cooking – check the label

• Don’t fry foods. Instead, broil, roast, bake, stir-fry, steam, microwave, or boil them

## Keeping Food Safe

Older people must take extra care to keep their food safe to eat. You are less able to fight off infections, and some foods could make you very sick. Talk to your doctor or a registered dietitian, a nutrition specialist, about foods to avoid.

Handle raw food with care. Keep it apart from foods that won’t be cooked or are already cooked. Use hot soapy water to wash your hands, utensils, and work surfaces as you cook.

Don’t depend on sniffing or tasting food to tell what is bad. Try putting dates on foods in your fridge. Check the “use by” date on foods. If in doubt, toss it out.

Here’s a tip: Make sure food gets into the refrigerator no more than 2 hours after it is cooked.

Remember, we are a resource center on all things aging, including maintaining healthy eating. Please call us at 918-336-8500 to learn more about programs we offer that will help you live a healthy life after 50.



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