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**IN KIND DONATIONS**

Philip Cooper  
 Scott & Angela Thompson  
 Sue Wootton

*new york strip steak*

**INGREDIENTS**

- 1 1/2-INCH STRIP STEAK
- (ABOUT 3/4 POUND)
- KOSHER SALT AND PEPPER
- 2 TSP. OLIVE OIL
- 4 CLOVES GARLIC, IN SKINS
- 1 SPRIG FRESH ROSEMARY

**INSTRUCTIONS**

- Heat oven to 425°F.
- Heat medium cast-iron skillet on medium-high.
- Season steak with 1/2 teaspoon each salt and pepper.
- Add oil to skillet, then add steak, garlic, and rosemary and cook until steak is browned, about 3 minutes per side.
- Transfer skillet to oven and roast until steak is at desired doneness, 3 to 6 minutes for medium.
- Transfer steak to cutting board and let rest at least 5 minutes before slicing.



# Prime Times

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*Sometimes finding a buddy to exercise with can make things easier.*



**elder care**

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## Tag Along Buddy System

by Rachel Johnson, SPT

It is well documented that exercise has a vast number of benefits on health; these include reducing the risk of heart disease, improving mood and sleep, and decreasing the risk of falls. It is recommended by the Department of Health and Human Services to get at least 150 minutes of moderate-intensity exercise or 75 minutes of vigorous exercise per week. It can be challenging to obtain this amount of exercise each week, especially when going at it alone.



Studies show that working out with a spouse or partner can increase motivation and accountability. A study from The Journal of Family Practice found that having an exercise partner can increase weekly time spent on exercising by up to 44 percent. Having a fitness partner can be beneficial in many ways. Accountability is one of the best tools for anyone that is trying something new or something that they have struggled with in the past. Accountability works, a study from the CDC showed that having an exercise partner can increase motivation to not only exercise but to put forth more effort when exercising. Having a friend or a spouse to help push each other to succeed is a key tool when sticking to an exercise program, especially if it is something new.

The saying “two brains are better than one” is true. A study from the CDC concluded that those who exercised with a partner did a better job at keeping their workouts

enjoyable and engaging. Having two minds that see things differently allows for more creativity amongst how the workout is structured. Trying something new can be intimidating, having that partner or group for support can alleviate that feeling and help people feel more comfortable to try something challenging.

Social media and television can make exercise look intimidating, but it does not have to be this way. If you’re new to working out, some activities to ease into could be taking a brisk walk outdoors, gardening, or some spring cleaning around the house. According to the American Heart Association, such activities are proven to lower the risk of developing several diseases. Some of those include Type 2 diabetes, Alzheimer’s, dementia, heart disease, high blood pressure, and even several types of cancer. Another study by the American Heart Association found that exercise can promote stronger bones, alleviate symptoms of anxiety or depression, as well as improve quality of life and enhance an overall sense of well-being.

Everyone benefits from having someone in their corner and can use encouragement when taking on something challenging or new. Even Frodo needed encouragement from Sam in The Lord of the Rings trilogy; without Sam, Frodo may have never reached the summit of Mt. Doom with the ring in hand. When taking on a new lifestyle of fitness, try to include your spouse or invite a friend to join you on the journey.



*We love your loved ones  
& provide peace of mind...*



*DayBreak Adult Day  
Health Center*





# Advice for You & Your Valentine

by Leah Alexander, DayBreak Director

Here at DayBreak, February is one of our favorite months. That’s when we can take a few minutes to reminisce about our loved ones, as well as show the love we have for each other since we are like one big family. One of the things we love best about Day-Break is the amazing friendships we make and how we help and encourage each other. This year as we gathered around for our time of reflection and reminiscing, I asked our participants to share their best advice for love and a happy relationship. Here are some things they would like to pass on to you. Enjoy!



**Willene:** Be kind. Try and not speak harshly to your spouse. Speak with kindness and tenderness.  
**Jerry:** Never get married (haha). The best thing you can do is find someone who you enjoy being with. Someone you can just be yourself with and maintain your friendship over the years. Have a sense of humor about yourself and your relationship.  
**Carolyn:** Always have a nice warm meal together every night and always kiss each other goodnight.  
**Bob:** Use your judgment and accept your spouse for who they are and learn to compromise.  
**Moe:** Get married as soon as you can that way you can have lots of adventures together.  
**Tom:** Be sure to know what your getting into; be together for the right reasons.  
**Lindsey:** Always remember that you’re in this together and on the same team.  
**Marissa:** Don’t stress over the small stuff. Remember that the little things add up to big things.

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# Power of Positive Thinking

by Christina Bishop, Operations Director

The staff at Mayo clinic writes that positive thinking helps with stress management and that it can improve your health! I have often found that there are two categories that most of us fit into; those who are filled with optimism and those that are filled with pessimism. These are considered personality traits. You can probably look at your family and friends and fairly quickly identify who falls in which category. The good news, we can change the way we think and choose to start thinking positive. Positive thinking doesn’t mean that you bury your head in the sand and ignore the unpleasant things in life. It just means that you approach the unpleasant parts of life in a different manner. The first step often starts with how we talk to ourselves. Is it positive or negative?



If your self-talk is negative it’s time to make a change. Self-talk is the endless stream of unspoken thoughts that run through your mind. You can learn to turn negative thinking into positive thinking. The many positive benefits that come from thinking positively are; increased life span, lower rates of depression, better psychological and physical well-being, reduced risk of cardiovascular disease and better coping skills during hardships and times of stress just to name a few. The following are some simple steps you can take to start making a difference in the way you think and reducing your stress:

1. Identify areas you typically think negatively about whether it is work, your relationship or health issues. You can pick one area and start focusing on a more positive approach.
2. Check your thinking periodically during the day, if you find that your thoughts are mostly negative, stop and put a positive spin on them.
3. Give yourself permission to smile or life, especially during difficult times.
4. Surround yourself with positive. Hanging out with negative people may increase your stress level and make you doubt your own abilities to manage stress.
5. Be gentle and encouraging with yourself. If a negative thought enters your mind, evaluate it rationally and respond with affirmations of what is good about you.



## Heart Health and High Blood Pressure

by Tracy Stuckey, A.P.R.N, Clinic Director

February is the Heart Month. Did you know that high blood pressure impacts your brain as well as your heart? There's a reason why a doctor's office or hospital exam includes having your blood pressure checked, regardless of the complaint that brought you there. High blood pressure is rightly known as "the silent killer," often carrying no warning signs or noticeable symptoms but can drastically increase your risk of having a heart attack or stroke. The higher the number, the harder your heart is having to work to pump blood around your body and the more likely it is that damage is being done to the heart muscle. However, all parts of your body rely on circulation, so it's not just your heart that high blood pressure can impact. Unfortunately, blood doesn't flow easily, it can harm your arteries as well as vital organs such as the kidneys, eyes, and brain.

High blood pressure has been shown to damage the tiny blood vessels in the parts of your brain responsible for cognition and memory, greatly increasing your risk of developing Alzheimer's disease or another dementia. Additionally, keep in mind that being diagnosed with cardiovascular disease can also take an emotional toll, affecting your outlook and making you more susceptible to anxiety and depression. Depression and anxiety can often lead to stress, self-medicating and isolation. Stress can increase the body's production of hormones such as adrenaline and cortisol which in turn raises blood pressure. Self-medicating your mood can with alcohol, nicotine, junk food, or recreational drugs can also elevate your blood pressure and be harmful. Lastly, isolating yourself from family and friends, which is a common symptom of depression or anxiety, can raise your blood pressure higher.

If you suffer with high blood pressure, it's easy to feel intimidated by the changes you need to make

to work on one or two areas to reduce their blood pressure, most of us find that we need to improve our habits in several areas. Even if you can check all the boxes right now; smoke, drink heavily, are overweight, stressed out, sedentary, and eat nothing but junk and processed food, that doesn't mean you have to tackle everything all at once. Making lots of different lifestyle changes at the same time can be overwhelming. When we feel overwhelmed, it's easy to opt for doing nothing rather than doing something. Start gradually and make one or two changes to begin with. Once those changes have become habit, you can tackle one or two more, and so on. Lose the all or nothing thinking. Doing something, no matter how small, is always better than doing nothing. Change is a process, so be understanding. Forming habits and developing a healthy lifestyle takes time. Focus on your long-term goals, even on days when you feel deflated. Set specific goals. The more specific your goal, the easier it is to stick to. For example, instead of saying, "I'll eat healthier and get more exercise," try "I'll add two servings of vegetables to my evening meal and walk for 30 minutes in my lunch hour." Make a plan. Be as specific in your plans as you are with your goals. If your goal is to exercise, when will you do it? If you can't find a 30-minute window in your day, plan for two 15-minute sessions instead. If your goal is to lose weight, make a plan to cope with cravings or manage your day-to-day stress without turning to food.

Prepare for relapse and setbacks. Nobody gets it right all the time. We all cheat on our diets every now and then, skip a workout, or backslide into unhealthy habits from time to time. Don't beat yourself up. Instead, turn the relapse into a rebound by learning from your mistake. Identify what derailed you from your lifestyle change and make a new plan.

Love yourself and work towards a healthier you.

## Inaugural Elder Care Day of Giving

by Angie Thompson, Development Coordinator

Small to large charitable organizations across the country want to find ways to share positive impact with those who support them. Elder Care is celebrating its uniqueness with an annual Day of Giving and inviting new and loyal friends to make donations on that day in support of those we serve.

2020 was a difficult year for many in our community, including organizations like ours who provide essential health and wellness services to individuals over the age of 60. Our goal is to help mature adults live happy, healthy, and independent lives in their own environments and we need your help.

We recognize this is an unprecedented time, and not everyone is able to give. But for those of you who can, we need your support more than ever before.

Join us on Thursday, March 25, between 11:00 a.m. – 1:00 p.m. for our inaugural drive thru Day of Giving. We want to see you in person and will practice social distancing. The first 50 participants who bring donations in person to the drive thru will receive a memento commemorating this special event. Use your cell phone to take a selfie with our celebrity guest.

Each registrant will receive a link to view an online video segment, featuring "Make A Healthy Salad" (all ingredients can be purchased online and picked up at Walmart) with Chef Pam Beamgard; "Be Your Best Self" with Marilou Bork-LCSW; and "Get Ready to Exercise" with Josh Lindblom-PT- DPT.

There is no cost to attend, however, as a fundraiser, we recommend a minimum \$35 per registrant donation. Bring your check made payable to Elder Care or bring your credit card for on-site processing in the drive-thru.

For planning purposes, guests should register by March 22

at [abouteldercare.org/giving-day/](https://abouteldercare.org/giving-day/).

Masks will be required at the drive-thru. Guests should remain in their cars and staff will greet them.

Those who are unable to attend, but wish to participate, may give online, or mail a check to Elder Care, 1223 Swan Drive, Bartlesville, OK 74006.

Be part of Elder Care Day of Giving. "The Gift You Give Today May be the gift that impacts you and your family tomorrow."

For more information, call 918-336-8500.



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