

LEND A HELPING HAND



CHECK ON SENIORS
YOU KNOW WHO
MAY NEED HELP
SIGNING UP FOR THE
COVID-19 VACCINE

vaccinate.oklahoma.gov

swiss potato soup

INGREDIENTS

- 5 bacon strips (diced)
- 1 medium onion (chopped)
- 2 cups water
- 4 medium potatoes (peeled & cubed)
- 1-1/2 teaspoons salt
- 1/8 teaspoon pepper
- 1/3 cup all-purpose flour
- 2 cups 2% milk
- 1 cup shredded Swiss cheese

INSTRUCTIONS

In a large saucepan, cook bacon until crisp; remove to paper towels with a slotted spoon. Drain, reserving 1 tablespoon drippings. Sauté onion in drippings until tender. Add water, potatoes, salt and pepper. Bring to a boil. Reduce heat; simmer, uncovered, until potatoes are tender, about 12 minutes. Combine flour and milk until smooth; gradually stir into potato mixture. Bring to a boil; cook and stir until thickened and bubbly, about 2 minutes. Remove from the heat; stir in cheese until melted. Sprinkle with bacon.



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**Elder Care Speech-Language Pathologist,
Abigayl Petermann meets with a
Speech Therapy patient**



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What is Speech Therapy & How Can it Help?

by Abigayl Petermann, Speech-Language Pathologist

Speech-language pathology is a therapeutic field focused on the communication, cognition, and swallowing skills of individuals dealing with a wide range of injuries or disease processes, including (but not limited to) stroke, traumatic brain injury, dementia, cancer, and Parkinson's disease. A variety of neurological impairments can result from these, some of the most common being:

APHASIA: Aphasia is a term referring to the loss of language skills, often in spite of in-tact cognitive skills, due to injury in the left hemisphere of the brain. Aphasia can manifest itself in a variety of ways, such as word finding issues, short, agrammatic utterances ("need... water") or fluent but nonsensical utterances ("You know, the football is really good, I need one tomorrow").

MOTOR SPEECH DISORDERS: These are disorders that affect the physical production of speech sounds. Apraxia is an impairment that affects the planning of speech production. Dysarthrias are speech impairments that affect the execution of speech, such as articulation, respiration, resonance, phonation, or prosody. One common cause of hypokinetic dysarthria is Parkinson's disease. At Elder Care, we specialize in voice impairments related to Parkinson's disease (decreased volume and articulatory precision).

COGNITIVE DEFICITS: Cognitive functioning includes memory, attention, processing, and executive function skills. These skills enable us to determine what information we need to attend to and what information can be ignored, use information appropriately and in a timely fashion, look at information in different ways, synthesize information, and recall important information later on. Often, these are skills that we don't realize we have until they are impaired.

SWALLOWING DEFICITS: Swallowing is such an automatic

process in healthy individuals that we often don't realize the intricate muscle movements necessary to swallow safely. When the swallowing mechanism is impaired, there is an increased risk of aspiration (food or drink entering the lungs), which can lead to pneumonia.

While these issues may seem frightening and hopeless, they do not have to be! Speech-language pathologists are highly trained clinicians that can evaluate and provide interventions for these problems, including rehabilitation as well as compensatory strategies that are based in research. Through speech therapy, individuals can continue to participate in their lives with increased independence.

If you or your loved one is experiencing symptoms related to any of these areas, ask your doctor or neurologist for a referral to a speech-language pathologist. Contact Elder Care directly at (918)-766-0391 to schedule an evaluation.



Keep your memories

at home..



Brighter Living Services



Specialized Primary Care

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

While adults may have several specialists caring for them at once, a primary care doctor is an important component in offering advice on how to live a healthy lifestyle and making sure screenings and immunizations occur when needed. Primary care doctors diagnose and treat common medical conditions, assess the severity of medical problems, refer patients to specialists when necessary, treat illnesses and help manage chronic diseases, such as diabetes or hypertension (high blood pressure).

Medical care can get complicated, particularly as you age and if you have one or more chronic medical conditions. Your primary care doctor keeps track of your health, including treatments and medications. They make sure you see the right doctors at the right times and communicates with them about what's going on with your overall health. They serve as the point person to make sure that your medical treatments and medications won't interact dangerously with one another.

Before your visit, make a short list of specific concerns you would like to discuss, starting with the most important ones. At the W.R. Bohon Senior Health Clinic at Elder Care, patients see an internist who focuses only on adults for specialized primary care. An internist's training in adult medical issues is comprehensive and deep. Internists have expertise in diagnosing the wide variety of diseases that commonly affect adults and in managing complex medical situations where multiple conditions may affect a single individual.

Jerry Brad Jarrell, M.D., has over 35 years of experience. He works with patients to offset the effects of aging and the health problems that can affect older adults. He understands the importance of promoting wellness and quality of life for everyone, regardless of age. To learn more about the W.R. Bohon Senior Health Clinic or to make an appointment with Dr. Jarrell, please call 918-214-8081.

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Benefits of Technology

by Rachel Holdredge, Community Outreach Coordinator

Technology has changed rapidly over the years and while it's easy to be intimidated by technology. Especially if you were born in a generation that didn't have most of the technology available now, it can be helpful and beneficial, especially during the times we are living in now. Maybe you find the idea of using a computer, cell phone, or fitness tracker seem useless or overwhelming. It may even be that you see many people who can't get their eyes away from a screen to interact with people and the idea of technology has become off-putting; that's understandable, but let's discusses a few ways that technology can be helpful.

Technology such as social media, texting, emails, and video chat can keep you connected with the world, friends and family. Social media offers a lot of content that may overwhelm you; therefore, start small by connecting with family and friends. Once you have an understanding on how to use social media you can start adding pictures or maybe looking for old friends from high school. Learning how to text can be a quick and easy way of checking in with family. Email may be a less commonly utilize form of communication, but it can keep you connected to loved ones and allow for you to share longer messages or stories. FaceTime and Skype allow for you to talk to your loved ones that may be far away and still see their face.

Technology also gives families peace of mind and safety. It shouldn't be a surprise that we want stay in our homes as long as possible, even as we age and it gets harder to move around. Most wireless home security systems have apps that others can download to get notifications if anything happens. Personal Emergency Response Systems are another great advancement in technology. These systems can be worn and give a sense security that if something happens, help is one push of a button away. Technology can provide easy ways to monitor your health. There are many programs and watches you can purchase that help remind you to take medication or fill prescriptions. A fitness tracker can help you stay on track with keeping active while sending you reminders to get up and move for a few minutes.

Do you hate shopping for groceries? Maybe the task is just too time consuming or you don't move as easily through the store as you once did. Online ordering has made it easy to have your groceries and necessities sent to your home or for pick up at the store. Utilizing this service can allow for more time to do the things you love. Technology can be fun and can make your life a little easier. If you're overwhelmed and don't know where to start ask your grandchildren to help you understand to explain it to you. This will give you a chance to connect with them and stay involved in their lives.

Don't be afraid to utilize technology and make it work for you (and make you're life easier!). Call a loved one or friend and ask them for help if you don't know where to start.

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Planned Giving Impacts Elder Care

by Angie Thompson, Development Coordinator

A planned gift impacts an organization whose mission and purpose are important to you.

When you make a gift through your will or trust to that organization you provide for future benefits that sustain programs, operations, and more. This type of legacy giving usually involves integrating personal, financial and estate planning concepts with a donor's plan for lifetime giving; and may require the assistance of a qualified legal or financial advisor.

Elder Care receives legacy gifts that directly impact our work with adults 65 and over and their caregivers, making it possible to continue providing services and resources to keep adults healthy and independent in their home environments for as long as possible.

Many of our supporters have generously demonstrated their commitment to the mission and future of Elder Care by naming our organization in their will or trust. For the donor, these bequests provide a way to make significant contributions, ensuring Elder Care will have the resources to carry out our mission and purpose in the future.



Making a planned gift is a personal decision, and may include:

- Arranging for the gift through a will or trust as a defined dollar amount, a percentage of estate or remainder amount, or specific items of personal property.
- Naming Elder Care as a beneficiary of a life insurance policy, or retirement account such as an IRA

Planned gifts offer the opportunity for you to have the chance to support a charitable organization in a meaningful way without giving a large outright gift. Planned gifts also offer substantial tax savings to donors especially on appreciated properties and securities.

If you would like more information about Elder Care's Heritage Society and how your legacy gift will directly impact those we serve, contact Angie Thompson, Development Coordinator, at athompson@abouteldercare.org, or (918) 336-8500. Elder Care is a 501(c) organization, located at 1223 Swan Drive, Bartlesville, OK. Discuss specifics of your estate plan with your legal or financial advisor.