

May Donors

Sharon Ambler
BancFirst - Tulsa
Bill and Sandy Bath
Tug and Phyllis Baughn
Ralph and Lois Bergstad
Nancy Casteel
Darrell Coe
Glenn Cox
Billy June Davis
Disciples Christian Church
Milton Enderlin
Ernst & Young
Warren and Joleen Ewert
Donna Furr
Glenda Garrison
Bob and Yvonne James
George and Bobbie Johnson

Everet and Elaine Lovec
William and Delphi Loyd
Josie Lucas
Rodney and Karen Lutke
Network for Good
Thomas and Peggy O'Connor
Barbara Rascoe
Nancalene Reich
Earl and Jane Sears
Donna Shipman
Carmen Stanton
Scott and Angie Thompson
Patsy Tracy
Victoria Travaglini
Shirley Tyler
The Anne and Henry Zarrow Foundations

Thank You

Memorials

Susan Dick Financial Services
In memory of Delmar Mosher

In Kind Donations

Sue Goodwin

Complete this form, and mail to Elder Care with your gift

Yes. I want to support Elder Care's mission:

"To ensure mature adults live happy, healthy, independent lives in their own environment."

☐ Enclosed is my gift

☐ \$200 ☐ \$100 ☐ \$50 ☐ \$35 ☐ Other \$ _____

(Please make checks payable to Elder Care)

First / Last Name _____

Address _____

City _____ State _____

Zip _____ Phone (____) _____

Email _____

☐ Please charge my credit card

Card No. _____ Exp. Date _____

Signature _____

Name on Card _____

Billing Address _____

City _____ State _____ Zip _____



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

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

Prime Times

Issue 6
Volume 25

An Elder Care Publication

June 2021

Brain Awareness

Focus on Alzheimer's and Aphasia
by Abigayl Petermann, Speech Therapist
Page 4

You Have Choices
Page 2

Make a Healthy Summer Salad
Page 7

Brain Builders Group
Page 5

June is Cancer from the Sun
Awareness Month
Page 6

Brain Awareness Month

1223 Swan Drive
Bartlesville, OK 74006
918-336-8500

www.abouteldercare.org



You Have Choices!

by Christina Bishop, Director of Operations

Some of the questions we often hear center around how Elder Care services differ from those of a residential long-term care facility. Families or individuals may struggle knowing who to ask and what resources provide the best care and best solutions for their needs. There are no "cookie-cutter" answers. An excellent place to start is identifying your goals for aging. Such as Aging in place, do you want to stay at home for as long as you can? Do you want to remain as independent as possible? Once you know your goal, it becomes much easier to identify what options are best for you. We can help you and work with you based on your individual needs. The following are some ideas to help you start identifying your goals:

Community Living. Is your goal to relocate and simplify your living arrangement? Community living offers seniors who are still physically and mentally capable of living independently and would enjoy the companionship of others their age an option to move to an independent Living community. Those who need help with essential daily functions (such as cooking and bathing, but not necessarily a lot of medical assistance), may benefit from an assisted living facility.

Adult Day Health. Do you feel isolated and would enjoy a group setting with the opportunity to visit and participate with others on a more regular basis or are you a Caregiver and your goal is to continue working while you provide care for your aging loved one? Maybe you just need a little respite during the day as you care for them?

These centers relieve the caregiver of some of their duties for the day while ensuring that their loved ones receive the proper care in a safe, friendly environment. In general, there are three main types of adult day care centers: those that focus primarily on social interaction, those that provide medical oversight, and those dedicated to Alzheimer's care. Elder Care's DayBreak Adult Day Health Center focuses on all these needs with a dedicated memory care area.

Care Management. Do you need an advocate on your behalf to help solve problems, and communicate with physicians, hospitals, and family? Care managers

coordinate all the aspects of your care, navigate the healthcare system, and provide peace of mind to family members and offer an alternative to facility care. This approach promotes greater independence and a better quality of life. Elder Care offers Care Management through the Advantage program and private pay.

Home Care Services. Companion care is a form of in-home care, offering non-medical services to seniors. While the scope of services varies based on the needs of the individual, the goal of companion care is to provide emotional support and socialization and to assist with those needs that help us to remain safe and independent in our home.

Companions often help older adults with a variety of tasks, including light housekeeping, household chores, grocery shopping, transportation, meal prep, and socialization.

Elder Care offers companion services through its Brighter Living program. We provide safe, protected care to seniors in their home wherever they choose their home to be. Elder Care's companion services are designed to be client centered.

We understand the physical and emotional stress surrounding discussing goals and finding solutions. We are here to help you discover your options for aging in place. Most importantly just remember we are here to help and look forward to visiting with you about your needs.

Elder Care Offers

- DayBreak Adult Day Health
- Care Management
- Brighter Living In-Home Companion Care
- Physiscal Therapy
- Speech Therapy

Prime Times
published monthly by
ELDER CARE
Excellence in senior care
since 1983

Tel. 918-336-8500
info@abouteldercare.org
www.abouteldercare.org

Program Management
Cordell Rumsey
Executive Director
Leah Alexander
Adult Day Health Director
Christina Bishop
Operations Director
Angie Thompson
Development Director
Kearl Coke
Brighter Living Services Director
Frank Danel
Facility Manager
Deanna Dodson
Case Manager Supervisor
Jerry Brad Jarrell, MD
W.R. Bohon Senior Health Clinic
Josh Lindblom, PT, DPT
Physical Therapy Director
Tracy Stuckey, APRN, MSN
Clinic Director

Board Members
Steve Smith, *President*
John Ford, *Vice President*
Debbie Mueggenborg, *Treasurer*
Derek Dick
Glenda Garrison
Steve Grogan
Jerry Maddux
Dr. John Manley
Richard Mitchell
Craig Yocham
Kathy Zervas
Wayne Walthall
Virginia Sawyer, *Member Emeritus*

Programs and services are
partially funded by


Make a Healthy Summer Salad

by Chef Pam Beamgard, Elder Care's Golden Hour Chef

This summer, make a healthy salad and refreshing Mocktail drink. Bon Appétit!

Greek Salad

1c. Romaine lettuce and 1c. spinach chopped fresh (provides fiber, vitamins and mineral)
1c. Black olives (fiber)
1c. Cherry tomatoes cut in half (Vitamin C and others)
1c. Red onions slice (Vitamin B6 and C)
1c. Feta cheese chopped (B6, A)
1c. Yellow sweet peppers jar (A, C, Fiber, iron)
1c. Artichokes chopped (A, B6, C)
1c. Walnuts chopped Omega-3 for your heart
Chop up lettuce and spinach and put aside
The next 6 ingredients put in a bowl
Next add dressing to the bowl and toss vegetables
Place lettuce in the center of the plate and the mix vegetables on top

Nutritional facts

Vitamin C – Repair of all body tissues
B6 – Protein to create new red blood cells
Fiber – Helps maintain bowel health
A – good for your eye and immune system
Iron – Mineral to help red blood cells to prevent oxygen to muscles

Salad Dressing

2TB Vinegar
2TB Olive oil
2TB Honey
Put in a shaker and shake well

Sparkling Cranberry/Orange Mocktail

¼ c. Cranberry juice
¼ c. Orange juice
½ c. Sprite (zero sugar)
Put first two ingredients into a shaker and shake well and then add sprite. Put Ice in glass and garnish with orange slice

Nutritional facts

B1,2 and C defend against cancer and heart disease, and boosts your immune system

June is Cancer from the Sun Awareness Month

by Tracy Stuckey, APRN, MSN, Bohon Clinic Director

Skin cancer is the most widespread form of cancer in the US, and the number of cases continues to increase. Cancer cells can be either benign (non-cancerous) or malignant (cancerous). There are three main types of skin cancer:

- Basal cell
- Squamous cell
- Melanoma

Basal cell and squamous cell cancers are less severe types and make up 95% of all skin cancers. Sometimes referred to as non-melanoma skin cancers, they are highly curable when treated early.

Melanoma is the most serious form of skin cancer and causes 75% of all skin cancer deaths. If the melanoma is left untreated, it can spread to other organs and is difficult to control.

Ultraviolet (UV) radiation from sun exposure is the number-one cause of skin cancer, but UV light from tanning beds is just as harmful.

Accumulative sun exposure causes predominantly basal

cell and squamous cell skin cancer, while episodes of severe blistering sunburns, usually before age 18, can cause melanoma later in life.

Who is at risk for skin cancer?

Although anyone can get skin cancer, the risk is greatest in people with skin that burns, freckles, reddens easily, or becomes painful in the sun, light eyes and blond or red hair. In addition to complexion, other risk factors include having a family history, or personal history of skin cancer, working outdoors, and advanced age. A history of severe sunburns and a large quantity of large and irregularly shaped moles are risk factors unique to melanoma.

Darker-skinned individuals are also susceptible to all types of skin cancer, although their risk is lower.

You can reduce the risk of skin cancer from sunlight by taking safety measures while under the sun from as early in life as possible.

To learn more about cancer from sun prevention, please contact our Bohon Health Clinic at 918-336-8500.



DayBreak Adult Day Health

Spend your day with friends at Elder Care's premier Adult Day Health Center

Monday – Friday, 7:30 a.m. – 5:30 p.m. • Enhance Exercise • Art Enrichment • Nutritious Meals
Supervised, compassionate environment • Transportation available in Bartlesville, Dewey, and Nowata



1223 Swan Drive • Bartlesville • 918-336-8500 • www.abouteldercare.org
Serving Nowata, Washington, and Osage Counties

Brighter Living Services



Up to 24 hour care
Companion services
Light housekeeping
Grocery shopping
Meal preparation
Transportation
and more

Serving you in your home.

Call Brighter Living Services at Elder Care • 918-336-8500

June is Alzheimer's & Aphasia Awareness Month

by Abigayl Petermann, Speech-Language Pathologist

Facts about Alzheimer's

Few adults can say that they have never been affected by Alzheimer's. Many of us have had loved ones that experienced this disease and we have watched as their abilities gradually changed as the months and years passed. It is the most common form of dementia and impacts 50 million people worldwide.

Dementia can cause a decline in cognitive skills ranging from memory, to attention and processing, to reasoning and problem solving, to organization, to communication. These symptoms are progressive and eventually impact an individual's ability to complete their daily tasks independently.

Some factors that place you at risk of developing Alzheimer's later in life are out of your control, such as age and genetics. However, there are some things you can do to reduce your risk:

- Prevent brain injuries by wearing your seat belt, helmets, etc
- Maintain good cardiovascular health
- Focus on "aging well": stay active, stay social, eat healthy, and use your brain every day

What causes Aphasia? What help is available?

Damage to the language centers of the brain, which in most individuals are in the left temporal and frontal lobes, can cause an impairment known as "aphasia." Varying levels of severity are possible, from mild symptoms that minimally disrupt an individual's life, to severe symptoms that make a significant impact on daily functioning.

There are different types of aphasia depending on the specific location and extent of the damage. Some different symptoms include:

- Word finding errors: difficulty naming objects, getting "stuck" trying to think of a word ("I went to the

grocery store because I needed a... ah... you know... the red thing...")

- Slow, effortful, agrammatic speech: leaves out "less important" words but has the main words ("tired... bed")
- Fluent, nonsensical speech: sentences don't make sense ("Monday came and the rain went up so I couldn't cook my soup")
- Difficulty understanding what is said to you
- Paraphasias: words come out only partially correct ("fife" for "knife") or they are unintentionally substituted for a different word (frequently within the same category, like saying "spoon" instead of "fork")
- Difficulty reading or writing

Something that is a common confusion with aphasia is that when individuals have aphasia, their cognitive skills are often intact. Because our language use is often associated with our level of intelligence, it can be easy to misunderstand an individual's impairment as a loss of intelligence. This is not the case. These individuals can usually "think" just as quickly as they used to be able to; they have just lost some of their ability to express these thoughts through words.

Individuals with aphasia will have varying degrees of recovery across time. The sooner intervention can start, the better the prognosis for recovery.

Speech therapy intervention can include a wide range of activities, such as language exercises that help your brain re-map linguistic information, developing strategies to compensate for lost skills, and developing alternative means of communication.

Let us help you get your voice back!

Visit our website (www.abouteldercare.org) to learn about our programs and consider making an appointment with our speech-language pathologist to learn more about maintaining cognitive skills. Call 918-336-8500 for more information!

Brain Builders Begins July 9th

by Abigayl Petermann, Speech-Language Pathologist

Do you or a loved one suffer from cognitive decline? Evidence-based treatments are scarce, but they do exist. One such treatment is Cognitive Stimulation Therapy (CST), which is a group therapy program designed to stimulate cognitive and language skills through fun, engaging activities. Research shows that this program is effective in maintaining or improving skills in its participants!



CST is focused on eliciting responses from participants without pressure to be "correct." The goal is to simply create opportunities for unique thoughts, opinions, and ideas, working the brain in a way that uses their cognitive and language abilities without a feeling of being "tested."

This July, Elder Care launches a CST group called Brain Builders. Our DayBreak participants participate in this program and look forward to it each week. And now, we are excited to offer this program to our community! Participants can expect enjoyable activities each week that challenge their brains and stimulate conversation.

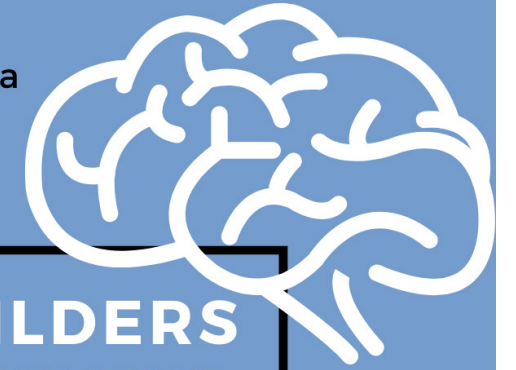
Team games, taste tests, reminiscing about experiences, and creative tasks are all examples of what the theme might be for any given week.

We hope to make a meaningful difference in the lives of all those who join our group! Sessions will be on Fridays from 12:00-12:50 PM, beginning July 9th.

The cost is \$100 per quarter (July-September), which includes approximately 12 sessions (alternative payment options may be available in certain circumstances).

If you have any questions or would like to register yourself or a loved one, call 918-766-0391.

Are you or a loved one experiencing cognitive decline as a result of dementia?



SIGN UP FOR OUR

BRAIN BUILDERS
COGNITIVE THERAPY GROUP

Fridays
12:00-12:50pm
STARTING JULY 9TH

Call 918-766-0391 for more information and to register.



Potential signs of cognitive decline

- Forgetting appointments and dates
- Forgetting recent conversations and events
- Feeling increasingly overwhelmed by making decisions and plans
- Becoming more impulsive

1/8 Pg Ad