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*In Memory of Frances Morrison*  
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## Thank you!

# GUINNESS BEEF STEW

- 3-5 Tablespoons canola oil
- 1 teaspoon salt
- 2 pounds stew beef like chuck roast (cut into 1-inch pieces)
- 1/3 cup flour
- 3 cloves garlic minced
- 1 large onion diced
- 1 Tablespoon tomato paste
- 4 cups beef stock or beef broth
- 12 ounces Guinness
- 2 prunes minced
- 1 Tablespoon caraway seeds
- 1 teaspoon fresh cracked black pepper
- 1 1/2 cups carrots roughly chopped
- 1 1/2 cups parsnips roughly chopped
- 3 Tablespoons fresh flat-leaf parsley minced

1. In a stockpot or Dutch oven, heat 3 tablespoons of the oil over medium-high heat. Salt the beef and dredge through the flour. Brown the beef chunks in the oil for 2-3 minutes, stirring to turn. Don't overcrowd the pot, and remove from the pot into a separate bowl when finished. Add the remaining oil as necessary.

2. Once the beef has been browned, add garlic to the oil and sauté for 30 seconds. Add in the onion and cook until tender, about 5 minutes. Stir in the tomato paste until incorporated throughout.

3. Add the beef back to the pot and pour in the beef stock and Guinness, then add in the prunes, caraway seeds and pepper. Bring to a boil. Cover, reduce heat and simmer for one hour.

4. After one hour, remove the cover from the pot and add in the carrots and parsnips. Continue simmering, uncovered for 30-45 minutes until vegetables are tender.

Notes:  
Serve alongside boiled potatoes or over colcannon. Sprinkle with chopped parsley before serving.

# Prime Times

Issue 3  
Volume 25

An Elder Care Publication

March 2021

*We are ready for spring! A few of our DayBreak participants enjoying a beautiful, socially distanced afternoon outside.*



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**Elder care**  
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# What Happened to My Brain?

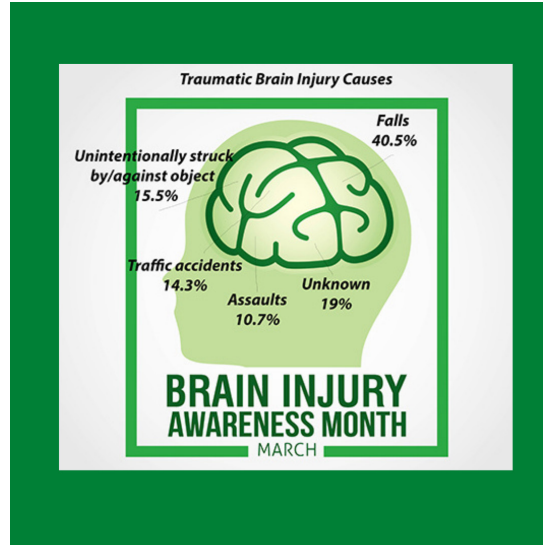
by Abigayl Petermann, Speech-Language Pathologist

March is Brain Injury Awareness Month, and as a Speech-Language Pathologist, this is a topic about which I am extremely passionate.

Brain injuries can be either “traumatic,” which means it results from some external force (such as blunt force trauma, motor vehicle accidents, falls, or assaults), or non-traumatic, which means it has an internal cause (such as stroke, disease, seizure, tumor, or substance abuse). In either case, the impact of brain injury upon a person’s life can be significant in a variety of ways. They may have personality changes or behavior changes. They may have difficulty with any number of cognitive skills, such as memory, problem solving, flexible thinking, attention, processing, or organization and planning, to name a few. These changes might prevent individuals from participating in work, school, or social activities the way that they used to.

Many people sustain what is called “mild” traumatic brain injury (mTBI), which means that the acute symptoms (loss of consciousness, disorientation, etc) lasts for less than 30 minutes (think concussions or fender benders). However, these individuals can suffer from devastating cognitive impairments that they find difficult to explain, particularly because their injury appeared to be so “mild” on the surface.

At times, individuals who suffer from brain injuries may heal physically much faster than they heal mentally, which can be confusing for caregivers, family, and friends. While that person may appear to have recovered, they are still suffering from the impact that the injury had on their



ability to think clearly and efficiently. They may be bewildered by these cognitive changes, asking, “What happened to my brain?!” This can be a frightening and frustrating experience.

Many of these individuals can benefit from speech therapy services to address some of the cognitive changes that are impacting their life. Speech-language pathologists have a unique perspective of cognitive changes in light of how they impact the way we communicate with others and complete our daily tasks. Therapy usually includes activities to improve the cognitive processes themselves, as well as teaching strategies for participating in daily activities with greater independence and efficiency despite impairments.

Of course, it is best to prevent these injuries from happening in the first place.

1. Drive responsibly, without distraction or the influence of drugs or alcohol, and with seat belts on
2. Make sure you wear a helmet during activities such as bike riding or skating
3. Be aware of fall risks and do your best to modify your environment to increase your safety, as well as maintaining a regular appointment with your eye doctor
4. Provide safe and secure environments for children to play in
5. Participate in regular routine health exams regarding your heart health and other body systems



Enjoy the freedom again...

**PHYSICAL THERAPY AT** **KelderCare**



# Allergies & Aging

by Jennifer Ennis, Administrative Director

For many of us saying good-bye to winter and saying hello to spring means saying hello to congestion, itchy eyes, running nose and headaches. For most of us, the symptoms are just annoying and may even require a prescription, but for some seniors the persistent symptoms can be a little more serious and require more attention.



Here’s a few things to remember: A stuffy nose is inconvenient for the average adult, for seniors suffering from chronic issues such as a heart condition or respiratory problems, any disruptions in breathing can cause larger problems. Make sure to talk with your doctor about any concerns you have.

If you are a caregiver to a friend or loved one, make sure to talk with their doctor about any suspicions of allergies

even if they are mild and could avoid treatment, it’s important for their doctor to stay in the loop and know of any symptoms that might complicate existing conditions. An antihistamine may not be the right choice for your aging loved one as it may raise blood pressure, cause dizziness or other side effects, or just interact with current medications.

Lastly, small changes around the home such as keeping an air purifier around or keeping doors and windows closed can make a difference.

Remember, keeping an open line of communication between you and your doctor is ultimately the best way to stay on top of allergies as you age.



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Prime Times  
published monthly by  
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# Let's Talk About Fiber

by Sue Lee, Resource Coordinator

The U.S. Department of Agriculture recommends that women over 50 need 21 grams of dietary fiber per day: men over 50 need 30 grams. Too much or too little fiber, over time, can cause some unpleasant issues. Fiber-rich diets have been shown to reduce the risk for type 2 diabetes, obesity, cancer, and cardiovascular disease.

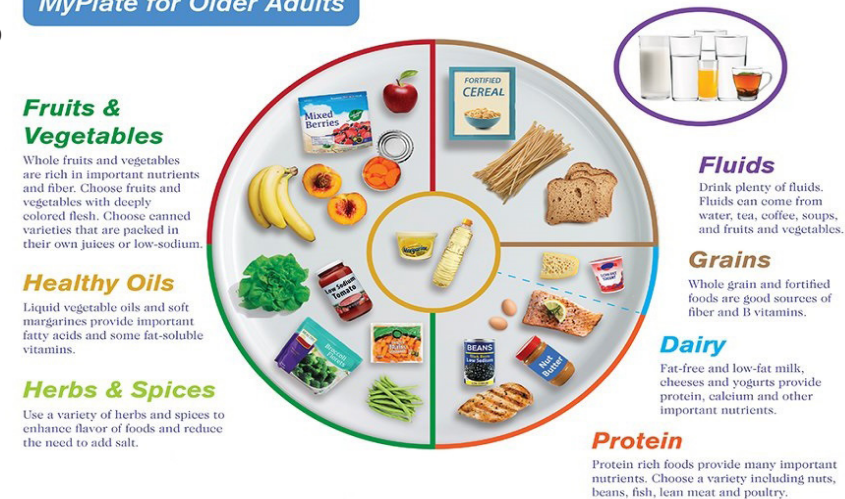


So how do you add more fiber to your diet? At breakfast time, choose cereals with whole grain as the first ingredient. You can also make your own bran muffins (you could make this a fun meal prep for the week with the family!). At lunch or dinner, salad is a quick and easy way to get some fiber into your diet. You can also consider stir-fry options, substituting white rice with brown rice, and adding lots of veggies to it! Another easy way to incorporate more fiber is just by swapping out your white bread for whole grain bread or using whole grain pasta in your pasta dishes. Eat whole fruits instead of drinking fruit juices. Lastly, make sure to snack on fresh fruit or veggies instead of chips or junk food sweets.

If you have modified your diet and still feel that you need a little extra help, a fiber supplement is something to consider. If you decide to add a fiber supplement to your diet, remember to talk with your doctor and remember that this should not be in place of a fiber rich diet and simply just an extra boost.

Remember to start slowly, adding fiber to your diet too quickly can cause pain. Add a few fiber rich foods each day until you meet your goal. Eat a variety of fiber rich foods to get all the nutrients your body needs each day. Including fiber in every meal will help to meet your daily fiber needs throughout the day. Remember to drink more water because it will keep fiber moving through your digestive tract.

MyPlate for Older Adults





## Home Security Systems for Seniors

by Frank Danel, Director of Facilities

A reliable security system provides security and can offer peace of mind for seniors and their loved ones. There are many options when choosing a home security system and it's important to find the one that meets your needs. Things to consider when choosing the right security system for your home are how user friendly the system is, installation methods, monitoring options, and convenience.

When starting to shop for a home security system, keep in mind that the options can be overwhelming. It is not hard to find systems that offer a full array of security options. If you are not tech-savvy then you might find that a simple security system would fit your needs. Understanding how to use your security system is essential in an emergency so it is critical that you choose a system that you can operate confidently. If you have trouble with your vision, consider a system that has bright screens and large display panels for arming and disarming.

Self-installed security systems can be reasonably priced but may not have all the features a senior might be looking for. You should consult a security professional before installing the system yourself to ensure that you are placing equipment in the right locations in addition to answering any questions you might have. If you choose a system through a security monitoring company you will need to be prepared to sign a contract and have a professional from the company install your system, however the installation and equipment may potentially be free or installed at a discounted rate. This option is ideal for those who don't want the stress of installing it themselves and like the security of a professional security company monitoring their home.

*Do you still use a landline or live in a rural setting or do you rely on your cell phone service?*

*Do you have Wi-Fi at home?*

These are important questions when choosing the best fit for you. Landline based security systems are the most affordable option and at times the only option for rural residents, but be mindful that a burglar can cut the landline and disable the system. Security systems that use cellular connections are generally the more expensive option but are less likely to be disabled. Wi-Fi home security systems tend to be the most reliable option for systems that having automation features. Wi-Fi connected systems and cellular connected systems require reliable coverage from your service providers.

Other options to consider when thinking of home security are cameras. Whether choosing self-installation or a security monitoring service, both can allow for security cameras, but be aware this will raise the cost for either option. Consider motion detecting lights and sensors in your driveway or other points of entry into your home. Panic buttons and systems with remote controls can allow for some additional peace of mind. If you are comfortable operating a smart phone, some security systems have convenient applications that can notify you of any alerts while at home or away. Some applications allow you to check security footage.

If you or a loved one has questions about home security systems or security monitoring service providers, don't hesitate to call Elder Care at 918-335-8600. We are happy to help you find the answers.



## Covid-19 and the Role of Physical Therapy

by Christy Bashford, Physical Therapist Assitant

The Covid-19 pandemic has altered nearly every aspect of our lives. The practice of Physical Therapy is no exception. Several months into the pandemic, physical therapy is now being sought out by those who have recovered from the virus but find themselves struggling to return to their normal level of activity. Many older adults experience functional decline after an illness. They may find themselves experiencing decreased overall endurance, difficulty rising from sitting, difficulty walking, or increased pain from being sedentary. Individuals that require hospitalization due to Covid-19 or any other illness often experience loss of strength, muscle atrophy and even muscle contractures due to prolonged bed rest.

Physical therapy following illness can assist patients in improving their strength, endurance, functional mobility, and balance with a supervised program specifically designed for their needs. Elder Care Physical Therapy is currently taking many precautions to ensure patient safety during these unprecedented times. All staff and patients undergo temperature checks at the door and masks are required at all times in our building. Treatment areas are spaced out to ensure social distancing during your appointment and all surfaces are disinfected by therapists following each use. We are working very hard to ensure a safe environment to allow patients to receive the care they need.

In addition to the important benefits following illness, regular physical activity can be a very important factor in the prevention of illness. According to the Physical Activity Guidelines for Americans, approximately 80% of adults and adolescents are insufficiently active. Inactive individuals are more likely to experience obesity, heart disease and diabetes which are all known high risk factors for Covid-19. The World Health Organization recommends that older adults perform 150 minutes of moderate intensity physical activity throughout the week in addition to activities to

Our physical therapists specialize in helping older adults develop a program to maintain an active lifestyle.



Following completion of skilled physical therapy, patients can opt to continue their exercises at home or may join our after-care program. Participants in our aftercare program continue their exercises in our onsite gym which is separate from patient treatment areas. This program has a monthly fee that is not covered by insurance. In order to maintain a safe environment, participants are currently required to schedule a time to utilize the gym.

Elder Care Physical Therapy is always ready to assist you with your fitness goals.

You may phone our office at 918-766-0391 with any questions or to schedule an appointment or free balance screening.

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