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In appreciation of contributions to Elder Care in September 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.

Memorials

Katherine Hansen
In memory of Ruby Petty

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In memory of Robert Lutton

Bartlesville Hideaway Pizza
100 SW Frank Phillips Blvd
Call 918-214-8777
for carry out or curb side

Hideaway Pizza Benefit Night Wednesday, October 20



Hideaway Pizza's BENEFIT NIGHT for Elder Care

Wednesday, October 20
Between 4:00 p.m. and 9:30 p.m.

Guests must tell their server, cashier, or curb side attendant orders support Elder Care. Hideaway will donate 15% of specified NET receipts to Elder Care. Dine in, carry out, or curb side delivery!

At 100 SW Frank Phillips Blvd. location only.

PRIME TIMES

An Elder Care Publication

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Helping
mature adults
remain happy,
healthy, and independent


FOUNDATION
THERAPY SPECIALISTS

1223 Swan Drive
Bartlesville, OK 74006
918-336-8500
www.AboutElderCare.org



Foundation Therapy Specialists is open to all adults

by Angie Thompson, Development Director



Elder Care has offered physical therapy to adults needing this specialized level of care since 2005. And speech therapy since 2019.

On October 1, 2021, Elder Care's Physical Therapy services became **Foundation Therapy Specialists**.

The name may have changed, but the same quality of care from experienced professionals is offered to adults of any age. Patients and physicians will recognize the same staff, and a few new faces as well. We asked Dr. Josh Lindblom, **Foundation** Director, to give a few highlights of expanded services and staff.

"What makes **Foundation** unique is our one-to-one approach to care. And with our recent outpatient physical, occupational, and speech therapy, we can now offer even more treatment options."

Cordell Rumsey, Elder Care Executive Director and CEO, said, "Outpatient therapy fits with our mission of helping mature adults remain happy, healthy, and independent in their own homes. Now we can serve more adults who need to rehab on an outpatient basis."

Expanded staff includes **Susan Clifton**, an occupational therapist, and certified hand specialist, offering treatment for issues related to the hand and upper extremity. Treatments may include preventative care, both non-operative and post-operative rehabilitation, and workplace or in-home conditioning, to name a few possibilities.

Kaitlyn Warren, PT, DPT, NCS, brings experience as a neurological clinical specialist. Her level of expertise will help patients manage symptoms dealing with

nervous system damage caused by brain injury or other neurological trauma. Working with a NCS may improve mobility and basic, day-to-day functions.

Jim Reeves, physical therapist, will assess patients and prepare exercise prescriptions that help individuals regain mobility, increase range of motion, and improve their quality of life.



Clifton, Warren, and Reeves join existing **Foundation Therapy Specialists** staff: Josh Lindblom, DPT, **Foundation** Director; Jessica Keith, DPT, Physical Therapist; Kelsey Kliewer, DPT, Physical Therapist; Abigayl Petermann, M. S., CCC-SLP, Speech Therapist; Christy Bashford, PTA, Physical Therapy Assistant; Tracy Rowe, PTA, Physical Therapy Assistant; and Heather Clapper, Foundation Therapy Scheduler.

Foundation Therapy Specialists works with Medicare, the VA, and are in-network with most major insurances, including Community Care Insurance.

Foundation Therapy Specialists is now accepting new patients. Phone: 918-766-0391. Fax: 918-336-8519. Address: 1223 Swan Drive, Bartlesville, OK 74006.

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What is occupational therapy?

by Susan Clifton, Occupational Therapist/ Certified Hand Therapist



Hello, I'm Susan Clifton. (*This is said in my best Johnny Cash voice, which isn't even good in my head*). I am one of the latest additions to the therapists at Elder Care, newly named **Foundation Therapy Specialists**. I am an occupational therapist and a certified hand therapist. I studied at the University of Oklahoma (Boomer), and I have thirty-two years of experience, twenty-seven of those being in outpatient therapy.

If you are thinking, "What is an occupational therapist?" you are not alone. One of the biggest thrills being an OT is coming across someone familiar with occupational therapy. When my college advisor suggested I take an Allied Health course to learn about occupational therapy,

I agreed but thought, "I don't want to help people find jobs." But that course put me on the right path. Since I was in third grade, I had imagined what it was that I wanted to do when I grew up, picturing myself helping someone button a shirt or performing some other type of self-care activity. Observing both physical and occupational therapy, I discovered that occupational therapists did what I pictured myself doing.

So back to, "What is occupational therapy?". Oxford Languages defines occupational therapy as a form of therapy for those recuperating from physical illness that encourages rehabilitation through performing activities required in daily life. I have always explained it as this: Your occupation is anything you do, including self-care, school, leisure activities, and work, whether it be at a job, in the home, or the yard. When injury or illness lessens the ability to perform your occupation, occupational therapy helps to restore that ability. And as a certified hand therapist, the upper extremity is my specialty. The term certified hand therapist means I have at least 4,000 hours of hand and upper extremity practice, and I passed a certification exam that demonstrated my knowledge of all areas of hand and upper extremity therapy. But my experience is not limited to the upper extremity alone. After a stroke or a similar insult to the brain, some people experience vision changes. Occupational therapists can instruct people with visual deficits on compensatory techniques to help them navigate their environment. Occupational therapists are also the ones to address issues with independence and activities of daily living.

I am so excited to be a part of a great team of therapists at **Foundation Therapy Specialists**. I am very much looking forward to serving the community of Bartlesville and using my skills and experience to help people of all ages regain independence by improving movement, strength, coordination, self-care ability, or other issues that may be an impairment. And I will continue to work on my definition of occupational therapy... maybe get it down to 300 words or less!

2021 Drive-thru flu shot clinic begins October 9

Elder Care's Drive-thru Flu Shot Clinic will be held Saturday, October 9 through Saturday, November 13 at 1223 Swan Drive, from 9:00 a.m. - 12:00 p.m. and 1:00 - 4:00 p.m. Participants can receive the vaccine while remaining in their vehicles.

The Flu Shot Clinic will limit 4 per vehicle and will encourage social distancing to keep participants safe. Mask are recommended. In case of inclement weather, the clinic will move inside the Elder Care building.

Elder Care is offering both the regular dose vaccine and the Fluzone High-Dose vaccine, if available. The regular dose flu vaccine will be the quadrivalent flu vaccine designed to protect against four different flu viruses: two influenza A viruses and two influenza B viruses. Participants should discuss vaccine facts with their personal physician.

The Fluzone High-Dose is explicitly designed for people aged 65 and older and contains four times the amount of antigen (the part of the vaccine that prompts the body to make antibodies) contained in regular flu shots. The additional antigen creates a stronger immune response (more antibodies) in the person getting the vaccine.

An attendee qualified under Part B Medicare must present their Medicare or Medicare replacement card (Community Care, Humana, etc.). Elder Care files a claim on the participant's behalf, and no payment will be due for Medicare qualified participants at the time of vaccination. No other insurance will be filed. Attendees who do not have Medicare or Medicare replacement insurance may also receive vaccination by paying the cost of the vaccine. The regular flu vaccine, for ages 18 and over, costs \$30. The high-dose vaccine, for ages 65 and over, costs \$75. Participants may pay by cash, check, or credit card.

All attendees are encouraged to pre-register their information before coming to the clinic to minimize wait time. To pre-register, please call 918-336-8500.



IN-HOME

HOME & ERRAND SERVICE

Clean & sanitize the kitchen and bathroom • Wash dishes • Dust furniture • Sweep • Mop • Vacuum floors • Change bed sheets (non-bedfast clients) • Assist with laundry • Perform essential shopping and errands • Assist with meal preparation • Assist with letter writing





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

Services are funded in part by the state and Older Americans Act funds from Grand Gateway AAA Title III services and OK DHS Aging Services. In Home Services serves all individuals who are eligible for its programs without regard to race, national origin, religion, sex, or disability.

Garden needs for October through January

by Betty Turner, Guest PrimeTimes Contributor & Washington County Extension Master Gardener

Are you an expert in your field? A mature adult, and a friend of Elder Care? Would you like to write about your area of interest and expertise? Email Angie Thompson, at athompson@aboutelder.org topics you could write about. You could be selected as a guest contributor, like Betty.

Pansies, ornamental kale, ornamental cabbage, and other cool-season annuals may be planted in October and could last through the winter. Pansies typically bloom six months until days are too warm, sometime in May. Consider a Helleborus (Lenten or Christmas Rose), an evergreen plant that begins blooming, sometimes in early January. Look for colorful, upright flowers in newer plant versions.

Plant spring-flowering bulbs in October in well-drained soils with good sunlight. Planting depth is two times bulb diameter.

Fertilize growing, cool season lawns mid-October through first week of November (HLA-6420). Cool season lawns can be over-seeded through mid-October.

If soil is dry, irrigate all plantings at least 24 hours before hard-freezing weather. (HLA-6404)

Broadleaf Weeds:

October is an excellent time to control broadleaf weeds in well-established warm- or cool-season lawns with a pre-emergent broadleaf weed killer; continue through the winter. Don't apply to reseeded fescue or other reseeded lawns as those seeds will be killed. (HLA-6420)

Pruning and Planting trees:

Remove dead branches any time of the year, especially prior to leaves falling off trees in late fall. Evaluate trees for pruning needs after leaves have fallen off trees. Look for rubbing branches or branching that will be rubbing within the next couple of years; choose which branch stays and remove the other. DO NOT prune spring flowering trees and shrubs until after they bloom (HLA-6409)

Fall is the best time to plant trees to establish the tree prior to next summer's hot weather. Choose trees for colorful foliage while they are in fall color. If needed, stake a tree after planting. Stakes and tree straps can usually be removed after six months. Broadleaf evergreens or bare-root plants are best planted in the spring. (HLA-6414)

Other:

Treat young pines for tip borers in November or before March. (EPP-7645)

Beginning in November check that gardening tools and equipment are in good repair—sharpen, paint, or repair hand tools, mowers, edgers, sprayers, and dusters. Coat metal surfaces with a thin film of oil to prevent rust. Drain gasoline from power equipment or use fuel stabilizer before winter storage.

Scale insects and other overwintering insects can be controlled with dormant oil sprays applied when the temperature is above 40 F in late fall and winter.

Remove diseased plant material (do not compost) to reduce disease problems next year. Mow leaves with a mulching mower or remove leaves from the lawns and compost them and other lawn debris.

Products containing glyphosate plus a post-emergent broadleaf herbicide that are both labeled for winter weed control can be used on completely tan and dormant Bermuda grass in January or early February when temperatures are above 50 F. (HLA-6420) Apply first pre-emergent summer annual herbicide to turf areas from January to mid-March.

Beginning in December if precipitation has been deficient (1" of snow = ~1/10" of water), water lawns, trees, and shrubs, especially broadleaf and narrow leaf evergreens. Double check moisture in protected or raised planters and beds under eaves. Repeat until spring rains come.

In January Inspect your irrigation system and replace worn or broken parts.

Additional information on these topics available at OSU Fact Sheets HLA-6404, HLA-6414, HLA-6420, and EPP-7645. Send gardening questions to washingtoncomg@okstate.edu for a Master Gardener response.



Betty Turner plants mums in the DayBreak garden

Posture means everything

by Kelsey Kliewer, PT, DPT, Physical Therapist at Foundation Therapy Specialists

Poor posture is one of the most common problems that I treat as a physical therapist. Sometimes patients come to therapy with concerns about their posture and want to avoid developing a “humpback.” Other times, patients come to therapy due to neck or back pain and have no idea that their posture could be contributing to their pain. In this article, I want to help you understand what your posture should look like.



Building postural awareness is the best place to start! Let’s focus on the position of your head, shoulders, and hips in a standing position. When looking at you from the side, I would check to see where your ear is in relation to your shoulder, and where your shoulder is in relation to your hip. If I were to drop a plumb line from the ceiling, I would want that line to pass through the center of your ear, shoulder, hip, and arch of your foot. In the vast majority of my patients, their head and shoulders are in front of their hip, in a slouched position. When someone presents with a forward head and rounded shoulders, they are more likely to also present with a kyphotic curve throughout their thoracic spine (also known as the dreaded “humpback” posture). This is where postural awareness becomes very important.

So how do you fix poor posture? First, you need to recognize that gravity constantly pulls you into this

slouched position; you have to use your postural stabilizer muscles to pull your head and shoulders back in alignment. If you spend a prolonged amount of time in a slouched and kyphotic position, your chest muscles will tighten and become shorter in length, pulling your shoulders forward. At the same time, your neck and upper back muscles will lengthen and become too weak, making it very difficult to hold your head and shoulders in proper alignment. These muscle imbalances can eventually lead to neck and back pain if they are not addressed.

One of the best exercises you can do to improve your posture is scapular squeezes. In this exercise, gently squeeze your shoulder blades together and hold for 5 seconds and then relax. Make sure you do not elevate your shoulders towards your ears when performing this exercise. This movement will bring your shoulders out of the rounded, slouched position and aligns the shoulders over the hips. Perform 2 sets of 10 repetitions two times a day to start building your postural awareness.

If you would like to have a postural assessment and learn more exercises and stretches to correct your posture, we would love to help! Please contact **Foundation Therapy Specialists** directly at 918-766-0391 to schedule an appointment.

You can do it ...

Squeeze your shoulder blades together and hold for 5 seconds and then relax

Pro Tip: Keep shoulders down and neutral when performing this exercise

How do you know when you need physical therapy?

by Josh Lindblom PT, DPT, Director, Foundation Therapy Specialists



In a world where masses of information are at our fingertips, there are some ongoing misconceptions about physical therapy’s role in health care. A high-level definition is that physical therapy helps increase independence for people of all ages who have medical conditions, illnesses or injuries that limit their ability to move and function safely and efficiently. Here are a few questions you can ask yourself to see if physical therapy may be able to help you.

Are you in pain? While it may be common, pain is not a normal part of aging. Physical therapists utilize modalities such as ultrasound, electrical stimulation and kinesiotaping to relieve pain and restore muscle and joint function. Taking a more proactive approach to pain may eliminate or delay the need for a potential surgery later. An individualized exercise plan focused on the areas that lead to your injury is vital to preventing a recurrence.

Specifically, do you have back pain? Research shows physical therapy to be an effective first-line treatment for back pain. According to a recent article in Spine that analyzed 170 million primary care visits for back pain from 1997-2010, only 10% of these patients were referred to physical therapy. Conversely, prescriptions for opioids within that same group rose from 15% to 45% within that timeframe. As we continue to learn more about long-term opioid effects, it is imperative to couple these medications with an appropriate rehabilitation program with the goal of medication weaning. If you take the initiative to ask about physical therapy, I think you’ll find your physician to be very receptive to the idea.

Are you feeling short of breath with minimal activity?

Physical therapists can design an appropriate exercise plan for you to incrementally improve your endurance through

strengthening, conditioning, and breathing exercises. Even if you have participated in cardiac rehabilitation in the past, a physical therapist can enhance that program to fit your lifestyle.

Do you feel dizzy? A physical therapist is trained to discern the many different causes of dizziness and specifically vertigo. Vertigo symptoms are not a normal part of aging and can often improve quickly with appropriate treatment.

Do you find yourself holding furniture to get around your house? Have you fallen? Physical therapists are experts in recognition and treatment of balance disorders. A therapist helps break down functional tasks into movement subsets, allowing you to master smaller tasks, and then builds your abilities to match the activity demand. Maybe it’s that you frequently fall backwards. Maybe your feet tangled when you turn. Maybe you drag your toes on the ground. It may just be a fear of all of the above that hinders your mobility. No matter the issue, physical therapy can help.

Can you stand from a chair or the toilet well? Can you reach into your cabinets? Can you walk as far as you’d like? Physical therapists are health care’s preeminent movement specialists. If you discover a task you could do that has now become very difficult, do not concede. Therapists can formulate individual exercise programs that are tailored to your issues. Be proactive! Direct Access to physical therapy allows a physical therapist to evaluate and treat for up to 30 days without a physician referral. Call us at 918-766-0391. We can help.

