

# PRIME TIMES

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# Share the JOY during the holidays

by Ashlyen Fisher, guest contributor

The holidays are an opportunity to include others in celebrations we are planning or even in our daily routines. What may seem ordinary to you may feel extraordinary to someone who lives alone or does not have family nearby.

As you plan your festivities, consider including an elderly friend. A simple drive through Johnstone Park to view Christmas lights may be just the thing that brightens someone's day and lifts their spirits. If you bake cookies, bake a little extra and take them a tray of cookies with a special hand-written note.

If you hold a family dinner, invite a senior friend you know is alone this year to join your family. Anyone can contribute to helping someone have a good holiday season by including them and allowing them to participate in activities.

Or if you are caring for an elderly parent or for a spouse, Elder Care's, **DayBreak**, and **Brighter Living Services** might be a great resource for you.

**DayBreak** is an adult day health and activity center, offering the opportunity to receive cognitive stimulation, and the opportunity to engage in therapeutic and enriching experiences. DayBreak allows social interaction while still offering supervision for those involved. This program encompasses a wide range of functioning levels of adults. Our goal is not only to give participants positive activity but offer caregivers a chance to have a break from being their source of help.

**Brighter Living** is an in-home care service. With every home having different needs, Brighter Living works to help each home in a unique and personal way. Typical tasks executed by Brighter Living's staff are housekeeping, meal preparation, errand assistance, social stimulation, like reading, playing cards and board games, and more. Our BLS team can even help put up simple



holiday decorations or wrap packages. Santa's helpers! Brighter Living's goal is to offer support, helping to give everyone the care they specifically need in the comfort of their home.

So, this holiday season, think of those around you who may need a little extra joy. You could be their helping hand, or you could encourage them to take advantage of the resources that Elder Care provides, to give them the happiest holiday season possible.

To learn more about DayBreak, call Leah. To learn more about Brighter Living, call Kearl. Both can be reached at Elder Care, 918-336-8500.



ADULT DAY HEALTH & ACTIVITY CENTER



# "The Gift You Give" - board member highlights

by Angie Thompson, Development Director

Fourteen board members volunteer their time and talent to ensure Elder Care manages its resources effectively and efficiently. While they operate behind the scenes, they are eager to show their support for our cause and mission. We are honored that these individuals have joined us to ensure Elder Care has a future in our community. Here are a few familiar faces and their stories!



**Debbie Mueggenborg**, CPA, Elder Care Board Treasurer

Debbie is a CPA with Stotts, Archambo, Mueggenborg, & Barclay. "I believe the saying, 'It's better to give than to receive' is true. You never know when you might need the services of Elder Care, and when you do, giving today makes it possible to have those services available when you need them."

**John Manley, DVM (retired)**, Elder Care Board member

Dr. John, and his wife Xandy have lived in Bartlesville since 1973, raising their family here and supporting many local organizations. "Elder Care is one of the greatest resources in our region on all things aging and we are proud to support it. The employees are talented and highly qualified to work with families who want options for aging-in-place."



**Glenda Garrison**, Elder Care Board member

"In my past and current involvement in the community and economic development, I hear wonderful statements regarding how Elder Care has changed people's lives. Since Elder Care is dependent on the support of those who care about our mission, we must remember to continue to support Elder Care so that when the time comes that we need one or more of the services, they will be available."

**Stephen Colaw**, Elder Care Board member

Stephen's heritage of altruism and well-rounded community service has been the Colaw family legacy. Following in his father's (Reverend C.B. Colaw) footsteps, Stephen remains the only second-generation board member at Elder Care. "As an Arvest Trust Officer, I saw doctors and nurses at the W. R. Bohon Health Clinic spend ample time with my elderly clients. The Bohon staff made them feel that they were not too busy to care for them. That kind of personal service and obvious care are what makes a difference."





# Finding balance during the holidays amidst a pandemic

by Marilou Bork, LCSW



**W**hat a year this has been! Most families have been impacted by the pandemic that we've dealt with for the past 18 months. Some have suffered devastating losses of family members and friends; others have curtailed family gatherings and normal activities leading to isolation. Anxiety, depression, and disrespect for each other are at an all-time

high. We have been changed and made many adjustments.

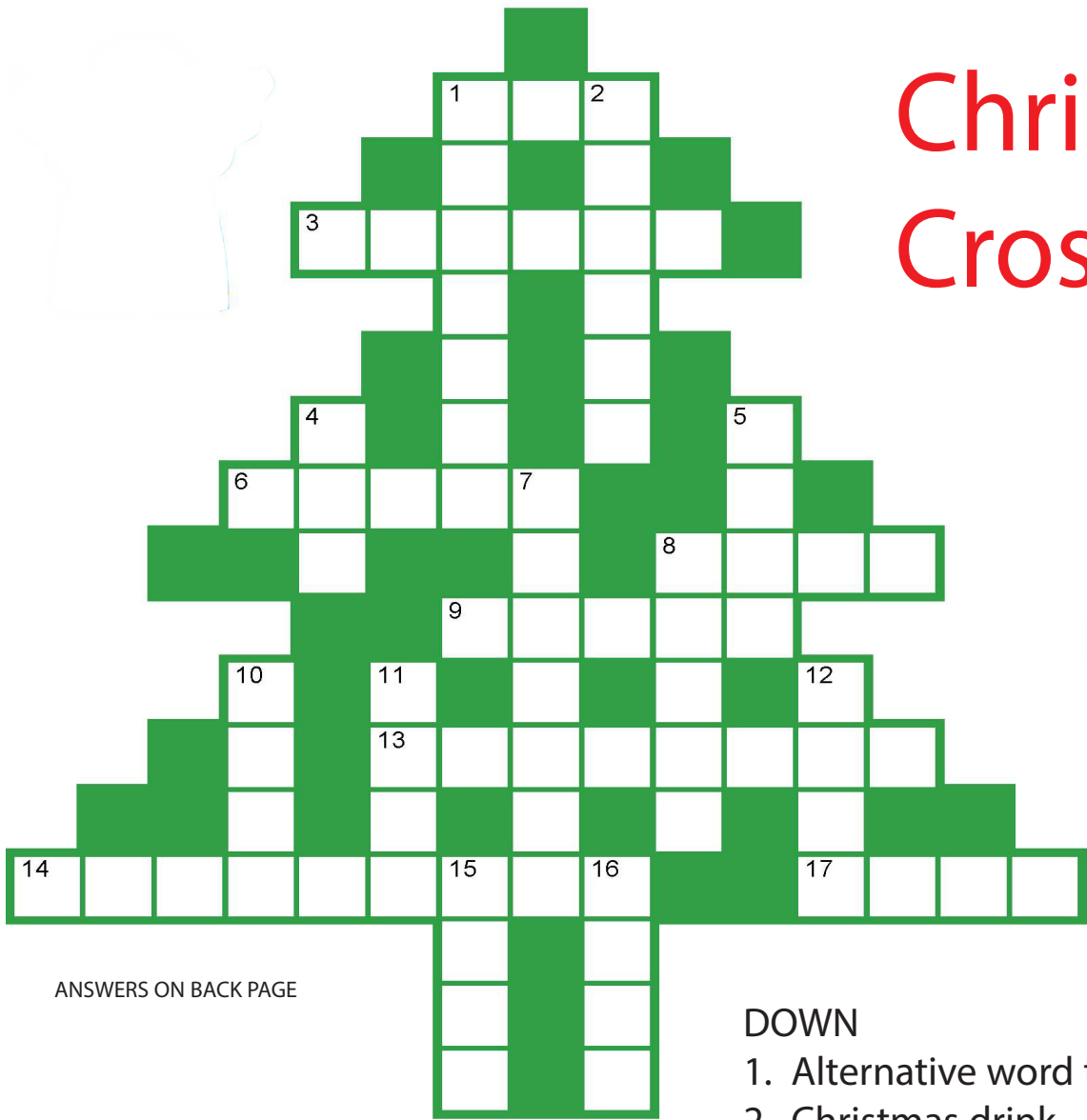
Change and adapting are two things older people know well. In one example, Mr. D has suffered several mini strokes leading to his wife and children making major changes in their daily lives. In another, Mr. N carefully follows his wife's recipes to prepare favorite meals. He admits his dishes don't measure up to hers, but it is an adaptation that he willingly makes as her health has failed.

This holiday season, with more vaccinations for all ages available, families may feel a little safer gathering again. Sounds great, but holidays can bring many traditions, stress and expectations. Many of my expectations, and I'm betting yours, can be unrealistic. I recall the dismay of a woman who strongly felt she must prepare the traditional Christmas feast even though she didn't feel able to do so. She eventually decided to be totally honest with her children. In return, they admitted their own dilemma of feeling concern about her, but not wanting to suggest that she might need a hand. The children pitched in and brought their special foods and the gift giving list was pared down. This lady was bubbling with joy after the holidays recounting how well everything went.

Finding balance during the holidays is being mindful of our limitations and making appropriate adjustments. Modifying traditions can make our holidays much more enjoyable and keep us out of the hospital. Falling off a ladder while hanging Christmas lights certainly doesn't make for a merry Christmas. Last year we decided the large tree does not need to be up to enjoy the season. Our friends have grandchildren with busy schedules who are spread across the country. There are also new great-grand babies appearing on the scene. Together the families decided to replace the feast with soups, easier to prepare, serve and clean up and allowing more time for enjoying each other and adoring the new babies.

Let's take a careful, realistic look at our holiday traditions. What is really important? Do we need to eliminate tasks that no longer seem meaningful or are exhausting? We can and should ask for help when needed? Sons, daughters and grandchildren can offer to host or help with holiday preparation. This holiday, we can make time for appreciating the beauty and true meaning of the season and have quality time with special friends and family members. May we all have a blessed holiday season.





# Christmas Crossword

ANSWERS ON BACK PAGE

## ACROSS

- 1. Pumpkin or mincemeat
- 3. Santa's ride
- 6. Celebration
- 8. Newborn King
- 9. North Pole crew
- 13. Word of praise
- 14. Words on a Christmas card
- 17. It's opened on Christmas

## DOWN

- 1. Alternative word to 17 across
- 2. Christmas drink
- 4. Christmas dinner centerpiece
- 5. December holiday (slang term)
- 7. Christmas warmer
- 8. " Jingle \_\_\_\_\_ "
- 10. Christmas tree
- 11. O. Henry's "The Gift of the \_\_\_\_\_"
- 12. What carolers do
- 15. French Christmas
- 16. Snow glider



# What **GIVING** looks like



The Thanksgiving holiday this year was made a little brighter for Elder Care clients who needed us the most.

This year Elder Care partnered with Christ Community Church to provide over 160 families with a Thanksgiving meal.

Meals were complete with a ham, stuffing, canned vegetables, potatoes, gravy, bread, yams, marshmallows, and a small pie. Christ Community Church members lovingly packed the meal baskets and delivered them right before Thanksgiving.

Jason Petermann, Lead Pastor at Christ Community Church said, “C3 loves to partner with Elder Care and other local organizations to help to meet the needs of the community. This is one of our favorite opportunities of the year when we make a difference in the lives of so many people.”

Serving and giving is at the heart of why friends support a cause like Thanksgiving Baskets. Those who receive the gifts appreciate the thoughtfulness. Deanna Dodson, Advantage Services Director at Elder Care said, “It is not just a meal that is delivered during our annual Thanksgiving Food Basket outreach but is the incalculable gift of caring. Those who received the baskets this year said a very heartfelt ‘Thank You’. One said ‘Thank you for the Thanksgiving food. I can have Thanksgiving now!’.”

We are thankful to all those involved for their contribution this year. It means so much to so many.





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# Get ready for 2022!

by Christy Bashford, PTA - Foundation Therapy Specialists



It is hard to believe that another year is coming to an end. It is often a time when many people begin to reflect over the past year and think about the things they accomplished and the things they regret not completing. Lack of regular exercise is often a regret at the top of the list. Experts recommend that adults should perform at least 150 minutes of moderate intensity exercise each week, however many people find this hard to incorporate into their daily lives. The most common excuse is a lack of time. The truth is that we will ALWAYS find time to do the things we enjoy. The key to making regular exercise a priority in your life

is finding something you enjoy doing and set reasonable goals for yourself. Here are some tips to get you started:

- Start out slow and gradually increase time or repetitions as your fitness level improves. This will help you to avoid injury or significant soreness.
- Develop a scheduled time to exercise to help you stay consistent and accountable to your goals.
- Find a friend to exercise with. This will also help you to be more accountable as you work together toward a common goal.
- Try different types of exercise and find one that interests you. You are more likely to follow through if you enjoy what you are doing. Some examples would be walking, dancing, yoga, strength training, swimming, or a group exercise class.

If you are experiencing pain or have a physical limitation that is keeping you from being more active, therapy could be beneficial to you. Foundation Therapy Specialists would love to assist you in achieving your goal of living a healthier lifestyle in 2022. In addition to our outpatient therapy services, we also offer Independent Aftercare which allows patients who have completed skilled therapy to utilize our gym for continued exercise.

Contact Foundation Therapy Specialists directly at (918) 766-0391 for more information or to schedule an appointment.



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Anne L. Ott  
*In Memory of Doris Durham*

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*In Honor of Elder Care staff & programs*

CROSSWORD PUZZLE ANSWERS

Across	Down
1. Pie	1. Present
3. Sleigh	2. Eggnog
6. Party	4. Ham
8. Baby	5. XMas
9. Elves	7. Yulelog
13. Alleluia	8. Bells
14. Greetings	10. Pine
17. Gift	11. Magi
	12. Sing
	15. Noel
	16. Sled

In appreciation of contributions to Elder Care in November 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.

Yes. I want to help Elder Care provide compassionate care and ensure mature adults live happy, healthy, independent lives.

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