

PRIME TIMES

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AboutElderCare.org



Make friends and stay engaged at DayBreak

by Angie Thompson, Development Director

"They are my friends!" Betty (fictitious name, but actual participant's story) found that DayBreak Adult Day Health Center helps combat issues associated with isolation, which can be common in the winter months. DayBreak at Elder Care encourages socialization, enhances self-esteem, promotes a sense of purpose, increases physical activity and improves cognitive function. DayBreak participants- like Betty - enjoy the socialization that is a part of the daily activities.

She says being at home can be repetitive and boring. But coming to DayBreak provides a positive atmosphere with bright lights and colorful surroundings. And she has made friends with other DayBreak participants. "We are a family and when one of us is gone, the rest are concerned."

"Having friends is the best part of DayBreak. My friends encourage me to do things and be creative and then I feel better about doing things at home too."

Leah Alexander DayBreak Director says isolation can lead to loneliness which can affect physical and mental health. "We provide activities that are socially and mentally stimulating, arts and crafts that promote creativity, fitness classes for physical strength and nutritious meals for an improved diet while our participants are at Daybreak."

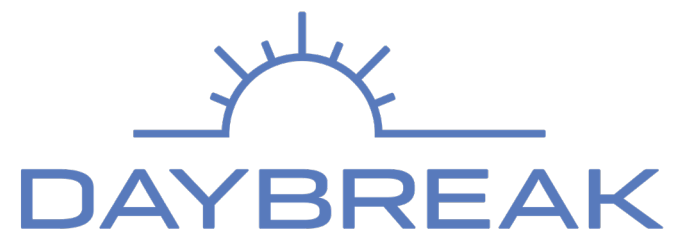
Another participant likes the warm cozy feeling he gets when he attends DayBreak. "When you come into DayBreak it warms you up. I get involved in the activities and painting and I don't think about any of my problems. DayBreak soothes my mind." He also appreciates the friendships. "DayBreak is like my family in a way. When I am at DayBreak I feel secure. It is good therapy for me – both mental and spiritual."



This engaging program is available Monday through Friday, between 7:30 a.m. - 5:30 p.m., making it ideal for working spouses or caregivers.

Scholarships are available for those who qualify. Transportation is also available for Bartlesville, Nowata, and Dewey residents.

If you would like to learn more about DayBreak for short-term or long-term adult care, call Leah at 918-336-8500 or visit our website AboutElderCare.org



ADULT DAY HEALTH & ACTIVITY CENTER

- Clean & sanitize the kitchen and bathroom
- Wash dishes, dust furniture, sweep, mop, and vacuum floors
- Perform essential shopping and errands
- Assist with meal preparation
- Change bed sheets (non-bedfast clients)
- Assist with laundry . . . *and more*



1223 Swan Drive • Bartlesville • 918-336-8500 • www.AboutElderCare.
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.

Physical exercise offers benefits for every age

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



January always brings a chance for us to be refreshed, restart, or make a change in our lives. Do you want to feel better, have more energy and improve your overall health? Of course! But this is not an infomercial like the ones flooding your television this month. I'm not selling the next big thing. I'm selling movement and here's why

you want to buy in.

The health benefits of movement and exercise are hard to ignore. Exercise benefits are seen in people of all ages, sexes, and across the spectrum of physical abilities. Our bodies were created to move and the fact that movement has such positive effects on our health cements that point.

Exercise helps control weight gain. When you move, you burn calories. The more you move the more calories you burn. Even if you can't make it to a gym, just rev up the activities of your daily life. Take the stairs, increase your pace, take laps around your house during commercials. Consistency is paramount.

Exercise combats several severe health conditions. Movement and exercise boost HDLs and decrease triglycerides, helping your heart work more efficiently and keeping your arteries clear. This not only limits your risk of heart disease, but also stroke, type 2 diabetes, arthritis, depression, and decreases your risk for falls.

Exercise improves your mood and reduces stress. When we move and exercise, our brain releases chemicals that promote happiness and relaxation. These feelings can manifest into improved confidence and self-esteem

as your body begins to respond to your increased activity level.

Movement boosts energy! Regular movement and exercise improve your endurance by delivering more oxygen and nutrients to your muscles. With consistency, your heart and lung health will improve and your body will work more efficiently.

Exercise also promotes better sleep. If you're not exercising too close to bedtime, movement will help you fall asleep faster and deeper due to a serotonin release. Deeper sleep will help you feel more energized in the morning also.

Movement and exercise should be fun and social. Do something you enjoy with people that are supportive. Take a dance class, join a team sport, go to the gym, walk at the mall, or try something completely new. Building connections with people yields a greater self-worth.

If you would like to investigate an individualized exercise program, we would love to help! Direct Access to physical therapy allows you to seek instruction and treatment from a licensed physical therapist without referral from your physician for up to 30 days. After discharge, our Aftercare program allows our patients to continue their program at our gym independently to make further functional improvements. Contact Foundation Therapy Specialists directly at (918)766-0391 to schedule an appointment today!



2022 is the year to start living independently!

by Kearl Coke, BLS Director

Studies show senior adults approaching their golden years desire to live independently in their own homes.

Brighter Living at Elder Care offers choices for families and individuals to help them reach their goals, whether through companion caregiving or a more supportive advocacy role.

With flexibility in scheduling and a wide range of services, Brighter Living offers seniors independence throughout their lives.

Let me share a couple of stories with you. "Sue" (not her real name), a long-time Bartlesville resident, said as she and her late husband grew older, their decision to remain in the home where they had lived for more than 50 years was the right choice for them. They had researched moving into a retirement community but felt Brighter Living offered everything they needed, including providing their dream of independent living.

We provided in-home service, and after her husband passed away, we continued with services, so she could continue living in her home. It was a triumph for Sue as she lived out her plan to age in place. That is what Brighter Living does. We help individuals live out their wishes and dreams, supporting their choices.

We also work with families in other states or countries often becoming extended family in their absence.

A few years ago, "Bob" (not his real name) and his son enrolled in Brighter Living. Bob just needed someone to check on him during their initial visit with us and occasionally provide transportation. A BLS companion went to his home a few times a week to help him, but as time went on, his needs changed. His BLS companions provided light housekeeping, meal preparation, and ran errands. Our services changed as his needs progressed.

While they were in Bob's home several times a week, our BLS staff observed he needed a different level of help, and soon he started receiving advocacy with medical care through Elder Care's Care Management.

Now, his Care Manager - an LPN - re-fills prescriptions, sets out his medications and attends doctors' appointments to ensure his needs are being managed. Bob's Care Manager keeps him informed of all medical changes and information. They also help him by asking questions of his physician that he might want answered.

Now, when Bob's family comes to visit, they feel their visits are more about spending time with each other and making memories instead of running errands and making doctors' appointments. We are not taking over Bob's life. We are helping him live his life just as he wishes.

Bob's son receives texts and phone calls from our staff, giving him updates, or letting him know what other needs may need to be addressed. We even alerted him when an appliance needed to be replaced and suggested a vet see the dog. Over the past few years, we have helped Bob live out his goal to live in his own home. We filled in the gaps for Bob's family!

You may know a Bob and Sue, who want to live at home but need a little extra help. The variety of services available through Brighter Living makes it excellent for everyday use or use in a crisis.

Call me at (918) 336-8500, and let's talk about how we can help you and your family live independently in 2022. We are here to help!



HOME CARE & COMPANION SERVICE

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ELDER CARE

Tel. (918) 336-8500
info@AboutElderCare.org
AboutElderCare.org

Program Management

Cordell Rumsey
Executive Director

Christina Bishop
Operations Director

Angie Thompson
Development Director

Leah Alexander
DayBreak Director

Kearl Coke
Brighter Living Director

Frank Danel
Facility Manager

Deanna Dodson
Case Manager Supervisor

Josh Lindblom, PT, DPT
Foundation Director

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Living with INTENT makes a difference in Parkinson's disease

by Abigayl Petermann, M.S., CCC-SLP, Foundation Therapy Specialists

INTENT. It means PURPOSE, or RESOLUTION and DETERMINATION in an action. Sounds appropriate for a new year, when we all have fresh ideas and new goals we wish to achieve, doesn't it?

But for individuals with Parkinson's disease, the concept of INTENT can make a huge difference in their daily lives; particularly, in their movements, speech, and swallowing.

Parkinson's disease impacts the part of the brain responsible for automatic movements. These are movements we don't really think about; walking, writing, talking, and swallowing are all examples of automatic movements that we complete throughout the day. These behaviors become "smaller" in individuals with Parkinson's disease, resulting in a few hallmark symptoms, like a shuffling gait, reduced arm swing, a quiet and mumbly voice, small handwriting, and trouble swallowing efficiently.

So how does INTENT make a difference?

When we use INTENT for our movements, it means they are no longer "automatic"... so it "bypasses" the part of the brain that is impacted by Parkinson's disease and gives us more control over these movements; they are more PURPOSEFUL. When individuals with Parkinson's disease use INTENT when they walk, their steps become bigger. When they use INTENT when they write, their letters become bigger. When they use INTENT for speaking, their speech is louder and clearer. When they use INTENT for swallowing, their swallows are stronger and more efficient.

At Foundation Therapy Specialists, we have several programs aimed at helping those with Parkinson's disease learn to live with INTENT in their movements, speech, and swallowing.

Individual physical therapy and our PWR Moves® group, as well as individual speech therapy (SPEAK OUT!®) and our LOUD Crowd® group (both programs of the Parkinson Voice Project), are available to any adult in our community learning to live with Parkinson's disease.

Call us at 918-766-0391 for more information about our programs or ask your doctor for a referral today!



"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!



Wayne Walthall, Elder Care Board member

Wayne served in healthcare finance and administration for more than 40 years and successfully operated enterprises exceeding \$1.5 billion in revenues. He is a credentialed professional, holding licenses as a CPA and a Certified Healthcare Finance Professional. "Serving on Elder Care's board allows me to bring healthcare finance and services experience to the organization."

"As a patient, rehabilitating from surgery, I experienced first-hand the benefits of using Foundation Therapy Specialists for my post-surgery outpatient therapy. Their level of care surpassed services I had received elsewhere."

"Elder Care's wide-range of programs gives families options for remaining at home rather than living in care centers. From outpatient therapy to in-home companion services. The options for families and individuals are exceptional."

John Ford, Elder Care Board Vice Chairman

To say that John Ford knows Bartlesville and our surrounding communities well would be an understatement. He served Washington, Nowata, and Craig Counties in the Oklahoma State Senate from 2004 to 2016 after a 34-year career at Phillips Petroleum Company. John continues to serve other non-profits, including Bartlesville Regional United Way and the Oklahoma Center for Non-profits, an organization that advocates for non-profits across the state.

"Elder Care is an organization that is so impactful for the seniors of our area and their families. The biggest surprise after joining the board was gaining insight into all the services that are provided, many of which I was not aware of."

A University of Tulsa alum with a Business Management degree and a marketing background, John knows the hallmarks of versatile organizations. "Elder Care provides so many services to our clients, such as the clinic, outpatient therapy services, adult day care, and in-home services that allows seniors to stay in their home instead of living in an assisted living facility."



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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

Lin & Alberta Bashford
In memory of Sandy Tharp

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

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