

PRIME TIMES

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Taking Care of Your Feet

By Kelsey Kliewer, PT, DPT – Foundation Therapy Specialists

April has been designated as National Foot Health Awareness Month. Foot health is important because your feet keep you mobile, allowing you to perform daily activities and maintain a high quality of life. Below are some good foot health practices to put into action to avoid developing serious foot problems in the future.

Basic foot care: Wash your feet with warm water and dry thoroughly prior to moisturizing to avoid excessive dry skin.

See a local podiatrist if you have painful callouses, corns, bunions, or ingrown toenails for proper treatment.

Utilize footwear with good arch support and cushioning as you perform your daily activities. In the summer months, avoid flip flops and wear sandals with arch support, especially if you are starting to experience discomfort in the heel or arch of your foot.

Seek medical attention if you suddenly have difficulty bearing weight through your foot, especially if you have osteoporosis and are prone to stress fractures.

Stay active as much as possible and maintain a healthy weight to minimize the stress placed through your feet as you perform daily activities.

Perform exercises and stretches as described below, especially if you start to experience discomfort in the heel or arch of your foot.

Exercises to Implement into Your Daily Routine

Calf Stretch: Stand facing a wall and place your

hands on the wall at or near shoulder height. Step back with one foot, keeping it pointing straight ahead and push your back heel down into the floor. Keeping your back knee straight and heel on the floor, lean into your front leg (avoid letting your knee go past your toes) until you feel a stretch in the calf of your back leg. To feel the stretch a little lower in your calf, gently bend your back knee while keeping your heel on the floor. Hold for 30 seconds and repeat 2-3 times. Repeat on the other leg.

Ankle Pumps: You can be lying down or seated for this exercise. With your leg straight, point and flex your foot as if you are pushing a gas pedal and then taking your foot off the pedal. Repeat 20 times. This helps with blood flow in your extremities and strengthens your ankle dorsiflexor and plantar flexor muscles.

Marble Pick Ups: Sit in a chair with your feet flat on the floor. Place a handful of marbles on the floor by your feet. Try to pick up the marbles using your toes and transfer them into a container. If you are unable to pick up any marbles, then just focus on practicing the scrunching motion of your toes without worrying about trying to pick anything up. This strengthens the small intrinsic muscles in your feet.

If you are having foot pain and would like to be evaluated by one of our physical therapists to learn exercises and stretches to help decrease your foot pain, please contact Foundation Therapy Specialists at 918-766-0391. We would love to meet you and get you started on a path to healthy feet!

It's Car Maintenance Time

By Frank Danel, Facilities Manager



Spring is here and summer is not far behind. For many seniors, traveling and seeing loved ones is at the top of their lists of things to do this summer. Make sure your car is in tip top shape before you hit the road. Preventative maintenance can improve your car's performance, lifespan, and help prevent

break-downs. Often winter weather can add extra stress on your car, after being coated with salt, slush, and sand for extended periods of time. Find a nice Saturday afternoon (do it yourself or hire your grandkid for some extra quality time) and hose down the exterior. Make sure to spray underneath the car and into the wheel wells, attempting to get as much dirt and salt off as you can.

Once you're done with the exterior, tackle the interior. Remove the floor mats and hose them down, leaving them outside to dry. Wipe down the seats, steering wheel, and dashboard with a damp rag, and clean the insides of your windows, too.

Be sure to inspect the windshield wiper blades, especially if they've been used a lot during winter months. You can clean them by running a wet paper towel over them but be careful not to cut yourself on any metal edges. If you notice that your windshield wipers are making noise when you turn them on or leaving streaks behind, it's time for new wipers.

While the car is cool, open your hood and check the engine oil, brake fluid, transmission, power steering

and engine coolant levels. If you aren't familiar with how to do this and feel comfortable tackling it, you can find instructions in your owner's manual. While you or someone you trust are checking fluid levels, would be a great time to quickly look under the hood of the car around the engine to see if there are any



cracks in any of the belts or hoses.

Some other things to keep in mind when looking over your car; be sure to check the tire pressure, make sure your spare tire is in good shape and properly inflated. Have your air filters and air conditioner looked over if you aren't sure how to do it. Lastly, remember that extreme temperatures are hard on car batteries, so make sure your battery is secure and if you think it may be time for a new one, feel free to head to your local garage or auto store to have them test it for you.

Please remember if you aren't familiar with how to do any of the car maintenance and don't feel confident, don't try to do it yourself and don't be

The Importance of Routine Doctor Visits

By Tracy Stuckey, APRN

Routine Health Screening is an important tool in maintaining one's health.

These screenings help evaluate your current state of health and help diagnose any potential problems. These regular check-ups are essential in identifying any ailments or issues in their early stages, making treatment options more available. Also, to create a relationship with your physician, so they will know particulars of your medical history. Routine Health Screening also helps you establish your health risk, by reviewing your family history.

If one wants to cut down on the healthcare costs regular check-ups, ensure that you save money in the long run. This is the case because regular health check-ups diminish the risk of potential health ailments that can turn out to be dangerous. It can also, in certain cases, help reduce the risks of undergoing surgery and other serious medical expenses. During a regular health screening a doctor may also ask you to do a blood test. These are done in order to reduce the risk of diseases that can show up in your blood.

For men and women, in addition to checking weight, high blood pressure, and other basics, your doctor's visit may specifically include some of the test listed below.

Doctor's Visit: Concerns for Men

- Starting at age 50, or younger if you have a family history, a rectal exam to check for abnormal bumps in the prostate and a prostate specific antigen (PSA) blood test to screen for prostate cancer.

- Between the ages of 65 and 75 if you have ever smoked cigarettes, an abdominal exam to check for an enlargement in your aorta; an abdominal aortic aneurysm, a weakness in the lining of the aorta (a large blood vessel in your chest and abdomen), can develop with age and become a life-threatening problem.



Doctor's Visit: Concerns for Women

- A clinical breast exam to check for any unusual lumps or bumps in your breasts.
- Starting at age 65, a referral for a bone density test to screen for osteoporosis, the disease that causes brittle, fragile bones and typically affects older women; women with more than one risk factor for osteoporosis may start earlier.

Routine health screenings are as important as exercising regularly. It is almost as important as eating right in helping you maintain a disease-free lifestyle.

Contact us at (918) 214-8081 to schedule an Annual Wellness Visit with our clinic professionals.

Think Positive and Reduce Stress

By Christina Bishop, Operations Director



The staff at Mayo clinic writes that positive thinking helps with stress management and that it can improve your health! I have often found that there are two categories that most of us fit into; those who are filled with optimism and those that are filled with pessimism.

These are considered personality traits. You can probably look at your family and friends and fairly quickly identify who falls in which category. The good news, we can change the way we think and choose to start thinking positive. Positive thinking doesn't mean that you bury your head in the sand and ignore the unpleasant things in life. It just means that you approach the unpleasant parts of life in a different manner. The first step often starts with how we talk to ourselves. Is it positive or negative? If your self-talk is negative it's time to make a change. Self-talk is the endless stream of unspoken thoughts that run through your mind. You can learn to turn negative thinking into positive thinking. The many positive benefits that come from thinking positively are; increased life span, lower rates of depression, better psychological and physical well-being, reduced risk of cardiovascular

disease and better coping skills during hardships and times of stress just to name a few. The following are some simple steps you can take to start making a difference in the way you think and reducing your stress:

- Identify areas you typically think negatively about whether it is work, your relationship or health issues. You can pick one area and start focusing on a more positive approach.
- Surround yourself with positive. Hanging out with negative people may increase your stress level and make you doubt your own abilities to manage stress.
- Be gentle and encouraging with yourself. If a negative thought enters your mind, evaluate it rationally and respond with affirmations of what is good about you.



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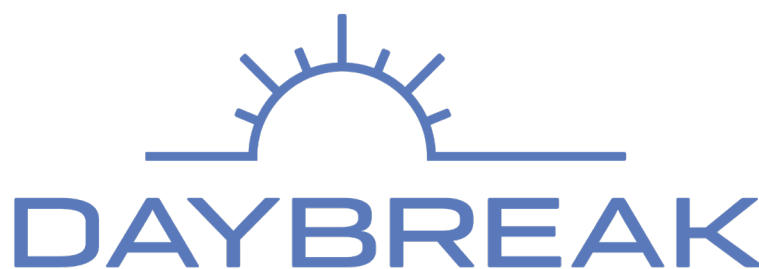
DayBreak Welcomes Veterans

By Leah Alexander, DayBreak Director

Many elderly individuals are looking for options to get out of the house for social interaction, mental stimulation and physical fitness - our country's Veterans are no different. DayBreak Adult Day Health provides just what is needed! We have several Veterans who attend on a regular basis and benefit greatly from the activities we offer. DayBreak provides social and recreational activities, arts and crafts, cooking, community outings, music, exercise, gardening, and educational programs.

Adult Day Health is part of the VA Medical Benefits; all enrolled Veterans are eligible to apply. If the Veteran is already enrolled in VA healthcare system, contact the social worker on the Veteran's Patient Aligned Care Team (PACT). Adult Day Health is for Veterans who are socially isolated or for those families who need respite care for a caregiver. DayBreak can also help Veterans and their caregivers gain skills to manage the Veteran's care at home.

If you are a Veteran who would like social interaction, engaging activities, and a delicious lunch to fill your day or you are a spouse of a Veteran in need of a break to take care of daily needs, please call Leah Alexander, DayBreak Director, at 918-336-8500.



ADULT DAY HEALTH & ACTIVITY CENTER

Monday – Friday, 7:30 a.m. – 5:30 p.m. • Enhance Exercise • Art Enrichment • Nutritious Meals
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24th Anniversary of The Good, The Bad, & The BBQ

Amidst lush green hills and a big Oklahoma sky above, Elder Care will celebrate the 24th Anniversary of The Good, The Bad & The BBQ, beginning at 6:00 p.m. on Saturday, May 7, 2022.



The BBQ was canceled in 2020 and 2021 out of an abundance of caution to protect guests attending in-person gatherings. Now, the eagerly anticipated event returns in 2022 to its new venue, The Hughes Ranch, just minutes from downtown Bartlesville on Highway 123.

The outdoor fundraiser includes dinner catered by Dink's Pit Bar-B-Que, music by Brandon the DJ, a cash bar, and live and silent auctions. Auction items feature travel packages, unique jewelry pieces, private parties, tickets to sporting events, one-of-a-kind artwork, and many more items.

Angie Thompson, Elder Care's Development Director, says funds raised during this annual event provide essential financial support for Elder Care's important year-round programs that impact seniors and caregivers in Washington, Nowata, and Osage counties. "We are looking forward to celebrating with all our friends under the big tent. It has been too long since we have seen everyone face-to-face and provided an experience that hundreds have grown to love over the past two decades. May 7 will be a time of celebration for our guests and for us."

Tickets to the event are \$100 per person or \$1,000 for a reserved table of 8 and may be purchased online at AboutElderCare.org/BBQ or by phone at 918-336-8500. Proceeds are used to benefit Elder Care.

This Month's Donors

In appreciation of contributions to Elder Care in March 2022.

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