

# PRIME TIMES

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AboutElderCare.org | (918) 336-8500  
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# June is Alzheimer's Awareness month

Few adults can say that they have never been affected by Alzheimer's. Many of us have had loved ones that experienced this disease and we have watched as their abilities gradually changed as the months and years passed. It is the most common form of dementia and impacts 50 million people worldwide.

Dementia can cause a decline in cognitive skills ranging from memory, to attention and processing, to reasoning and problem solving, to organization, to communication. These symptoms are progressive and eventually impact an individual's ability to complete their daily tasks independently.

Some factors that place you at risk of developing Alzheimer's later in life are out of your control, such as age and genetics. However, there are some things you can do to reduce your risk:

- Prevent brain injuries by wearing your seatbelt, helmets, etc
- Maintain good cardiovascular health
- Focus on "aging well": stay active, stay social, eat healthy, and use your brain every day

If you or a loved one are developing symptoms of dementia, Elder Care offers many resources to support you in this journey! Visit our website ([AboutElderCare.org](http://AboutElderCare.org)) to learn about our various programs and consider a few sessions with our speech-language pathologist to learn more about

maintaining (and compensating for) cognitive skills. Call 918-766-0391 for more information!

## **Q: My father suffered from Alzheimer's disease. What can I do to keep from getting it myself?**

A: There is no known single cause or cure for Alzheimer's Disease (AD). Research indicates that living a healthy lifestyle- eating right and exercising regularly, keeping blood pressure and diabetes under control and avoiding head injuries will decrease your chances. You can also exercise your brain to keep it performing well. It is important to do challenging brain activities on a regular basis. Learn a new language, take up a new hobby, play a new game or play computer games that are specifically designed to keep your brain healthy. Sites like [lumosity.com](http://lumosity.com) have excellent programs to keep your brain working well. For more information on brain health strategies, call Abigayl Petermann at Foundation Therapy Specialists at 918-766-0391.





# Safety at home for memory issues

By Leah Alexander, DayBreak Director



It is no easy task to keep an elder safe at home. With all that is going on in the world, we know that caregivers are feeling the frustration and may even feel direction-less when dealing with a loved one with memory loss. Consider these

possibilities when mapping out a strategy in your home to improve safety.

- Install smoke alarms and carbon monoxide detectors in or near the kitchen and all sleeping areas. Make sure you check there functioning and make sure the batteries are changed twice a year. If you need help installing them call your local fire department and they have programs to help get them installed.
- Another alarm that is very helpful to have is one that will notify you when a door or window is opened. You can get these at almost any hardware store.
- You should hide a spare key outside of your house just in case your loved one accidentally locks the door.
- Avoid the use of extension cords if possible. If you must use them tack the extension cords to the baseboard of a room to avoid tripping or secure

them with duct tape. You should also cover any unused electrical outlets with childproof plugs.

- Keep all medications, prescription and over the counter, harmful cleaning products, and all alcohol locked up and out of site.
- Lock up or install safety locks on guns and keep any other weapons locked away along with power tools and machinery.
- Remove all poisonous plants from the home. You can check with local nurseries or contact poison control at 1-800-222-1222, for a list of poisonous plants.

If you feel that it is not safe for your loved one to be left at home alone, DayBreak Adult Day Health Center may be a good option.

DayBreak provides services for individuals with memory loss including a safe environment, social activities based on ability and interests, recreational opportunities to stay involved in their community, health monitoring, nutritious meals and snacks, assistance with personal care as needed, social work support and counseling for the individual and their caregiver, as well as access to physical therapy and speech therapy.

For more information on how DayBreak can help you call us at 918-336-8500.

# Planning for your future with Alzheimer's

By Christina Bishop, Director of Operations



When we are faced with a chronic health diagnosis such as these our emotions are intense, and we feel overwhelmed. I can personally say that when my son was diagnosed with a rare auto immune disorder, I felt that all the oxygen had been sucked

from my body and life had just landed a very unfair blow. Your mind is flooded with questions and in that moment, you feel very alone. I tell you this just to say, that moment passes and somewhere between despair and acceptance, we are motivated to make a game plan, educate ourselves and reach out for some much needed support. Your Physicians' are some of the critical players on your team and you will need to find the most effective ways to communicate with them and allow them to help you form your plan. Reach out to family and friends help them to understand your needs.

Next join a support group; everyone needs a supportive environment where they can be surrounded by people who share a common plight, people who are facing similar diagnosis. Support group provides its members a safe landing place. A place to share your concerns, vents your

frustrations, exchange ideas, learn about new drugs and therapies. Not to mention wonderful tips to help us with the daily tasks we face.

My third suggestion is a simple one, but one that I have found to make a lot of difference. Use a day planner (calendar) that can be carried with you and get in the habit of writing in it daily; Dr. Appointments, medication changes, mood changes, symptoms, etc. This will not only help keep you showing up on time to the Dr. office it will help you communicate your needs more effectively while at that appointment and it will also allow you to see if any patterns are developing.

Elder Care offers a wealth of services and supports under one roof that is especially designed to meet the needs of those dealing with the challenging effects of Alzheimer's and Parkinson's disease. Most importantly remember that you are not alone, here at Elder Care our goal is to help each person achieve their personal best, through quality services and support. We want to be on your team.



# 24th Anniversary fundraiser was a success

By Angie Thompson, Development Director

**E**lder Care's 24th anniversary fundraising event was a success! 756 guests joined us for a night of dancing, auctions, and music under a beautiful Oklahoma sky to raise funds for the many programs at Elder Care.

Robert Hughes and the Hughes ranch family, hosted the crowd, setting the stage for our 25th anniversary event slated for May 13, 2023.

We appreciate all who supported the event with their time and financial resources.



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photo by Brenda Williamson

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# Life Movements exercise class begins July 5

By Angie Thompson, Development Director



Dana Brock

**G**et ready for summer with a fun group exercise class that emphasizes independence! Recent AARP and American Heart Association studies showed the importance of committing to exercise when you

reach your 40s to fend

off everything from dementia to diabetes decades later. Their sources also indicate that just moving more in your 60s can significantly affect your health.

Now, new research points to 50 as the tipping point for balance, walking speed, etc. The theme in all these studies is that engaging in regular exercise early in life increases independence and mobility as we age.

LIFE MOVEMENTS is a group exercise class at Elder Care designed to enhance your fitness goals. Participants will learn proper breathing and stretching techniques and engage in light cardio and strength training, reinforcing movements we use every day.

Dana Brock, group fitness instructor, has worked at Elder Care for five years, assisting clients in our

physical therapy's Assisted After Care program, PWR! Moves, and Enhance Fitness programs, teaching functional movements that help seniors remain active and independent.

Brock believes exercise is essential to age well. "This class will focus on real-life functional movements to help seniors maintain the skills needed for daily activities. I want to help seniors stay active and independent and group exercise is a great way to do it."

## Class Overview

- Senior adults 60 and older
- Ten-week class costs \$100 per person
- July 5 through September 9
- Tuesdays and Thursdays, from 11:00am - 11:45am
- Limited to 8-10 participants, with a minimum of 5 to make the class

Additional exercise classes are being planned, based on level of interest.

Participants should consult with their primary care provider before beginning this or any exercise program.

To sign up, or learn about additional group fitness classes, call 918-336-8500.

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