

# PRIME TIMES

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AboutElderCare.org | (918) 336-8500  
1223 Swan Drive, Bartlesville, OK 74006



*Thrive at home! Services that enhance your quality of life!*

# DayBreak provides a sense of purpose

**D**ayBreak Adult Day Health provides a sense of purpose, fun with friends, social interaction, fitness, nutritious meals, health monitoring, and a spirit of independence.

Participants attend DayBreak for various reasons, but all participants enjoy the camaraderie and activities.

Our participants tell us, “I love coming to DayBreak. “My daughters heard about DayBreak and thought I might like it – and I do!”

“DayBreak helps me get out and exercise. If you stay in the house and sit all day, you get to where you can’t get around. Exercise is vital.”

“I like to come to DayBreak for the fellowship. I also enjoy playing Dominos, and I have made friends over the past three years.”

Many older adults face isolation or loneliness after retirement or the passing of a spouse. Sometimes, they can even lose a sense of purpose. DayBreak restores that purpose by providing social activities, arts and crafts, fitness classes and games, plus nutritious meals.

“DayBreak offers me a peaceful and quiet environment.”

“I enjoy painting. It makes me feel good to paint, but I would never have had this experience without DayBreak. I learned to paint while attending DayBreak, and I have also learned how to trust myself and my ability more. DayBreak has given me confidence in myself.”

DayBreak also supports families by providing a nurturing place for their loved ones to come during the day for social activities in a caring environment with

the added benefit of allowing the family caregivers to remain in the workforce or receive needed respite. This situation enhances the participants’ and family caregivers’ quality of life, and loved ones can continue to live at home with the added care and support.

DayBreak is open Monday through Friday from 7:30 am to 5:30 pm. Transportation is available in the Bartlesville-Dewey area.

Learn more about how DayBreak can provide social activities, fitness, and fun for your life or the life of your loved one. Call Leah Alexander at 918-336-8500, ext. 149.



**ART WITH VALERIE RETURNS TO DAYBREAK  
AT 1:00 PM ON WEDNESDAY, AUGUST 24.**

**MISS BEVERLY BRINGS “THE JOY OF MUSIC”  
TO DAYBREAK AT 1:00 PM ON WEDNESDAY,  
AUGUST 17.**

**BIBLE STUDY WITH REV SCOTT TAYLOR  
BEGINS ON FRIDAY, AUGUST 12 AT 1:00 PM.**



# Michael and Pete

By Dee Evans, guest contributor

As a rule, Michael did not look forward to family reunions. Fielding the same marriage and career questions was exhausting, but this year felt different. The clan had not been together since pre-pandemic, and now that they were all vaxxed, double-boosted, and tested negative, it felt safe. Michael had to confess; he was a little excited when he arrived.

That lasted until his parents showed up. His father, Pete, rode shotgun (unheard of), struggled to get out of the car, and was using a cane. Michael knew he had not seen much of his folks in the past year, but when did this version of his father develop?

The newness of being around family again became the banality of being around family again. “Yes, still single, Uncle Ed.” “No, Aunt Barbara, can’t say I’ve thought of anything other than playing music for a living.” Michael politely navigated the inquiries while keeping an eye on his father. The retired military, buttoned-up, athletic guy was hard to find in the posture and presence of this frail man. His father wasn’t even 65 yet!

Michael’s eye caught his mom’s. She, too, was keeping watch. He gestured, “What’s up?” She responded with her “not now” shrug. Michael sensed she was scared.

Later, Michael offered to give his father a ride home. He waited until they were on the highway before saying, “Shotgun. Twice in one day.”

“Yeah, don’t see as well at night anymore,” said Pete.

“Does that explain the cane, too?” asked Michael.

“Walking stick,” corrected Pete.

“They can’t find anything wrong,” Pete said.

“Who’s they?” Michael asked.

“Neuro, cardio, ENT, none of them,” Pete answered.

“That’s encouraging.”

“Really, I mean it. At least they don’t want to cut you open.”

“Like your carpal tunnel?”

“Would’ve taken months to recover.”

“What’d you do?” asked Pete.

“I went to Elder Care,” Michael said.

“That old folks’ home?” Pete scoffed.

“Their physical therapy group. Foundation Therapy Specialists,” said Michael. “They treat adults of all ages. Told those guys my problem. Didn’t need a doctor’s referral to get started. And after a bunch of one-on-one sessions, voila! I still have a career. My doctor wrote a referral for a few more sessions and I am just finishing up. I feel great.”

Michael wasn’t sure he was getting through.

“Look at it this way, Dad” Michael said. “Your body’s like any other instrument. You can’t expect to keep playing well without tuning it now and then.”

A few of weeks later, Michael approached the entrance to Elder Care and saw his father walking out. No cane. Michael smiled. Pete waved.

Michael looked around before asking, “Where’s Mom?”

“Aunt Barbara’s. On my way to pick her up. Don’t forget to come see us once in a while. It will mean so much to your mother.”

Michael chuckled quietly. He knew his father was back on track.

# Work out your brain in our Brain Gains gym!

By Abigail Petermann, M. S., CCC-SLP

Speech-Language Pathologist at Elder Care's Foundation Therapy Specialists

Research shows that regular cognitive stimulation is essential for keeping your brain healthy and neurological recovery after an injury. This can be challenging to navigate at home, however, as it is easy to get stuck in a rut of doing the same activities repeatedly (the daily crossword, anyone?), or maybe you aren't sure what types of activities would be beneficial for you (does playing games count?).

Thanks to a grant from the Arvest Foundation and the Bartlesville Community Foundation, as well as a generous personal donation, Foundation Therapy Specialists at Elder Care is now able to offer Brain Gains, a "cognitive gym" with a wide variety of cognitively stimulating activities! Our therapists are passionate about ensuring that our patients can access the resources they need to be healthy, both body and mind, and Brain Gains is an essential component of that. So many of our patients are concerned about their cognitive health; now, there is an entire room dedicated to supporting this need!

**Brain Gains is open to the community and includes puzzle books (logic/word/number)\***

- hands-on challenges
- musical instruments and training resources
- Reflexion neuro training board
- strategy games
- historical books
- books for learning skills
- conversation prompts
- journal prompts
- digital apps designed to challenge your brain and keep those neurons firing!

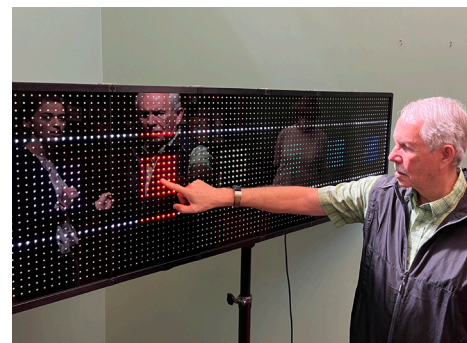
Activities are available for both individuals and groups, so grab a friend or family member and come hang out for a while! Socialization and completing activities together can add another benefit to your brain exercise.

Brain Gains will also have various handouts available on cognitive health and strategies that you may find helpful as you navigate cognitive changes in yourself or your loved ones.

Individual assessment and therapy are also available via speech therapy at Foundation Therapy Specialists if you or a loved one need more intensive support with cognitive changes or neurological recovery. Have your doctor send us a referral and call us at 918-766-0391 for more information.

Finally, don't forget about one additional resource available through Elder Care for cognitive health: Brain Builders! Brain Builders is a group cognitive stimulation therapy program led by our speech-language pathologist weekly. Call 918-766-0391 for more information, or stop by the front desk for an information sheet!

*\*Please note while many of the materials are already set up, more materials are on the way and may not be available yet.*



# Got shoulder pain? We can help!

By Foundation Therapy Specialists

Shoulder pain is common amongst people of all ages and occurs in 21% of the elderly population. The shoulder joint is the most mobile joint in the body making it very susceptible to injury. The most common shoulder dysfunctions in the older population are rotator cuff strains, rotator cuff tendinitis, subacromial impingement, osteoarthritis, and frozen shoulder. Physical therapy has been shown to be an effective conservative treatment method with all of these problems.

Rotator cuff injuries are common because the rotator cuff muscles are subjected to a lot of load in our daily and functional activities involving the upper extremities. A rotator cuff strain is when the muscle tendon is overstretched or torn and can range in severity. Common symptoms include shoulder pain and tenderness, weakness, decreased range of motion, and if you can't lift your arm away from your body this could possibly indicate a complete tear. Rotator cuff tendinitis is when the muscle tendon is inflamed and is due to overuse. Common symptoms are shoulder pain and weakness.

Subacromial impingement is when the rotator cuff tendons are compressed with various movements. Many different things can cause subacromial impingement but poor posture is one of the biggest causes because it minimizes the space where the tendons move. Common symptoms of shoulder impingement include pain when lying on the

shoulder, pain reaching across your body and overhead, pain reaching behind your back, and the pain can extend from the top of the shoulder into the elbow.

Osteoarthritis of the shoulder joint occurs when the cartilage between the ball and socket wears away due to degeneration causing "bone on bone" and it is possible for bone spurs to develop. The pain is typically gradual and can affect your ability to reach overhead and lift heavier items such as putting a gallon of milk in the fridge.

Diagnoses of these and other conditions may include an evaluation by your physician with possible imaging. A physical therapist can also assist in diagnosing these conditions with a thorough history and examination. Once the appropriate diagnosis is made, we will develop a personalized plan of care to work towards achieving all of your goals.

Direct Access to physical therapy allows you to be evaluated and treated by a physical therapist for up to 30 days without a physician's referral. Foundation Therapy Specialists at Elder Care specialize in administering individualized care in a compassionate environment.

Our outpatient services are available for adults of all ages. We would love to make a positive difference in your life.

You can contact us directly at 918-766-0391.



# Board member highlights

By Angie Thompson, Development Director

*Fifteen 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.*



Carlos Mendez is one of Elder Care's newest board members. He brings to our organization diverse experiences spanning two continents, a deep admiration for Bartlesville, and a compassionate heart for service.

Originally from Venezuela, Carlos received his bachelor's degree in Industrial Engineering in 1982 and worked for Venezuela's national oil company for 20 years. His pursuits led him to Texas A&M, where he graduated with a master's degree in Safety Engineering in 1993. After working at Borger's refinery for six years, Carlos and his family moved to Bartlesville in 2011. He assumed his current role at Phillips 66's Research Center as Health, Safety, and Environmental (HSE) Manager.

*What led him to Elder Care?* Carlos recalled, "during a meeting of the Boy Scouts board, I expressed that intention to one of the board members. He told me that Elder Care was looking for new board members, and after learning more about the organization's mission, I decided to submit my name, and I feel honored that the board selected me."

Carlos and his wife of 32 years, Elena, are active members of First Wesleyan Church. They continue to be impressed with Bartlesville, its benefits, and its atmosphere. Their four children – two sons and two daughters – live in Venezuela or the United States, with their youngest son attending OSU to study accounting. Their grandchildren (one of whom is due next February) and their spoiled Cockapoo, Benji, receive much of the family's attention. Carlos is not all soft, though; he has a competitive streak. He is a huge fan of Formula 1 and regularly attends Austin, Texas's Grand Prix with his sons.



**"I AM STILL LEARNING ABOUT ALL THE PROGRAMS AND SERVICES ELDER CARE PROVIDES TO THE COMMUNITY. I AM CERTAINLY IMPRESSED WITH THE WIDE VARIETY AND QUALITY OF THOSE SERVICES. BARTLESVILLE IS FORTUNATE TO HAVE AN INSTITUTION LIKE ELDER CARE."**

Carlos aims to promote Elder Care services and increase community visibility. Elder Care is grateful to welcome Carlos and his ideas and insight!

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# Upcoming Events

## SENIORS CONNECT SERIES

### *Living a Balanced Life*

Featuring, Marilou Bork, LCSW

Wednesday, September 7 | 3:00pm - 4:00pm

Elder Care | 1223 Swan Drive | (918) 336-8500

RSVP by September 1 to Elder Care



### *Medicare & You*

Featuring, Jerrie Lindley & Sue Lee

Wednesday, November 9 | 3:00pm - 4:00pm

Elder Care | 1223 Swan Drive | (918) 336-8500

RSVP by November 1 to Elder Care

## GO TRAVEL TRIP

### *The Splendor of the Season on the Talimena Scenic Byway*

Open to all seniors 65+

\$475 per person (*scholarships and discounts available*)

Thursday, November 10 - Saturday, November 12.

Register by October 1 through our website:

***AboutElderCare.org/Go-Travel***



## DAYBREAK

“Art with Valerie” begins Wednesday, August 24  
Call DayBreak to learn more. 918-336-8500, ext. 149

## GROUP EXERCISE CLASSES

Tuesdays & Thursdays

Flex & Stretch Yoga at 10:00 am

Life Movements at 11:00 am & 1:00 pm

Call 918-336-8500 to register

## LIFE MOVEMENTS

# This Month's Donors

In appreciation of contributions to Elder Care in July 2022

Paul & Ivery Anderson

Gerald Barnett

Bill & Sandy Bath

Ralph & Lois Bergstad

Bunco Group

Allan & Rosemary Carlson

Darrell Coe

ConocoPhillips

Disciples Christian Church

Josephine Harris

Mark & Debbie Haskell

Brian Taylor

## Inkind

Tony Clapper

Scott & Angie Thompson

We sincerely apologize for any unintended error or omission. Due to publication deadlines, acknowledgment of gifts may take up to 60 days in Prime Times Publication. If you feel there is an error, please call Angie Thompson at (918) 336-8500, ext. 129.

## Memorials

Dennis & Linda Befort

*In memory of Doyle Armstrong*

# Employee Highlights



Leah Alexander, DayBreak Director, has been with Elder Care for 23 years. What made a difference for Leah? “The concept of DayBreak appealed to me - improving the quality of life for participants with cognitive and memory issues. I have stayed at Elder Care for 23 years because I see our impact on their lives. Elder Care offers wonderful programs and cares about our clients, patients, and participants. And they care about the employees. It is a family atmosphere.”

Larry McGregor, LPN/ Case Manager/ Infection Preventionist, has been with Elder Care for over 14 years. “I became a nurse to help my community. Over the last decade, I have had the privilege of helping senior adults remain in their homes while they age. Each fall, we hold our annual flu shot clinic open to the community and provide hundreds of seasonal flu vaccinations. Working at Elder Care, I can help many seniors stay healthy and independent in many ways. It is gratifying. I like to say working at Elder Care is a team approach to fulfilling your life’s calling.”



Joni Su Randolph has been with Elder Care as an Accounts Billing Specialist for over 15 years. She has a career in administration and billing, working in various medical and health centers spanning 30 years. “I love working with senior adults, and I have found my most rewarding role while participating in Elder Care’s mission to help mature adults live happy, healthy, independent lives.”