

PRIME TIMES

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



What's NEW in 2022?

by Angie Thompson, Development Director

Are you ready for something NEW? Elder Care announces a new resource "Go-Travel: Start Your Next Adventure", a collaboration with local travel planners, Go Global.

From a survey of Elder Care friends, we learned seniors valued the day trips we arranged over the years and look forward to doing again.

Our friends at Go Global will coordinate trips and provide a dedicated and seasoned "Trip Ambassador" who will travel with the group for more personalized service.

There are no membership fees with Go Travel and the resource is available to all seniors in the area, 65 and older. Participants will only pay for the trips they sign up for.

"A Day at the Museums" \$225

Saturday, April 9

The bus departs Bartlesville at

7:30 a.m. and returns by 6:30 p.m.

- OKC National Memorial (and behind the scenes STEM interactive lab)
- Lunch at Famous Blu's BBQ
- First Americans Museum (NEW 175,000 sq-ft museum)

Scholarships & discounts available

"Oklahoma's Amish Countryside & Our Lady Clear Creek Abbey" \$145

Wednesday, July 13

The bus departs 8:30 a.m. and returns by 6:00 p.m.

- The Amish Farm in Chouteau (including lunch)
- The Cheese House
- Nettie Ann's Bakery
- Our Lady of Clear Creek Abbey Monastery



START YOUR NEXT ADVENTURE

Read more about our trips and program at
AboutElderCare.org/go-travel

"The Splendor of the Season on the Talimena Scenic Byway" and Oklahoma Countryside \$475.

Scholarships & discounts available

Add \$95 for private accommodations

Thursday, November 10 through Saturday, November 12

The bus departs Bartlesville at 8:00 a.m. on Thursday and returns by 5:30 p.m. on Saturday

- Drive the Talemina Scenic byway
- Turn out stops to take in the beautiful views
- Historical markers along the route
- Overnight in the Broken Bow area
- Beaver Bend Festival and Craft Show
- Optional boat ride on the Broken Bow Lake, if weather permits and reservations are available
- Oklahoma Sequoyah State Park and resort
- Paved hiking trails

Invite your friends to come along and delight in the sights as you begin to relax and leave the cares of city behind. GO TRAVEL trips are open to all seniors 65+ and their caregivers.

For more information, or to register for a trip, contact Candy Matheny at Go Global. 918-633-8532 or email Candy@goglobal.guru.

Scholarships and discounts available. Ask Candy!

Important facts about depression

by Tracy Stuckey, APRN, W. R. Bohon Clinic Director



An estimate by the American Psychological Associates reports that 15-20 percent of Americans over the age of 65 experiences some form of depression. The symptoms of depression can affect various aspects of general health, such as impacting your energy,

appetite, sleep, and interest in work, hobbies, and relationships. Unfortunately recognizing these symptoms is not always easy, and often are disregarded as the normal process of aging.

The symptoms of depression vary but some may experience prolonged feelings of sadness or despair, loss of interest of hobbies or socialization, lack of motivation, weight loss, sleep disturbances, weight loss, and neglect of personal hygiene.

As we age, we experience many losses, changes in our health, reduced sense of purpose, and those losses can be painful and the importance of being able to differentiate between depression and grief is key. The signs of grief are feelings that come and go and may feel (like a roller-coaster) but there are still times of enjoyment. The difference with depression is those feelings of sadness are persistent and enjoying other activities become few and far in between. We all grieve differently with loss, so there is no set time frame that someone is given to deal with grief. However, if you feel

that these feelings are persistent and constant then seeking out help is encouraged.

Depression is not a sign of weakness; it is a medical condition that interferes with day-to-day activities. There are many different options to treat depression, including but not limited to exercise (59.4 percent of adults over the age of 65 do not meet the daily recommendation for exercise). Also, diet plays an important role in overall health, avoiding high sugar foods is important and eating foods with quality protein, complex carbs, and healthy fats. Involving yourself in activities that require you to have face to face contact can also benefit overall mood. At times medication is required to help treat depression and your physician can decide what medication is best suited for you.

If you think you have depression, the first step is to talk to your doctor or health care provider. Your doctor will review your medical history and do a physical exam to rule out other conditions that may be causing or contributing to your depression symptoms.

If you need help, please call us at (918) 336-8500. Or call the Bohon Clinic (918) 214-8081 to schedule an appointment with our clinic staff. We are here to help!



It's true: You are what you eat

by Josh Lindblom, DPT Director Foundation Therapy Specialists



Physical therapy often centers around gaining strength, balance, flexibility, and functional movement patterns. To achieve these goals, we utilize a variety of individualized exercises, stretches, modalities, and manual techniques. However, nutrition can also play a vital role in your

recovery. The bond between physical therapy and nutrition is ever growing and it is within our scope to provide general health recommendations to aid in your rehabilitation. Here are a few examples of how nutrition can factor into your progress.

Controlling Inflammation: Time and time again, Omega-3 essential fatty acids found in olive oil, fatty fish, avocados, pecans and walnuts have been shown to assist in controlling inflammation. While inflammation is a vital part of our body's healing process, too much inflammation can lead to significant problems. Omega 3s assist in promoting macrophage autophagy (self-cleaning) and reduce the production of inflammatory substances our bodies produce.

Combat Muscle Loss: Once we have moved past the inflammatory phase of healing, attention shifts to building muscle. We look to amplify effects of exercises with increased protein intake throughout your day. Often with injury or surgery recovery, patients aren't moving as much and not feeling as hungry either. Adding small amounts of protein every few hours may help prevent muscle atrophy. Some great sources of protein include eggs, low-fat cheese, soy milk, and plain

baked chicken.

Tissue Healing: While eating a variety of nutrients is important, vitamin C and zinc excel in healing. Vitamin C is necessary to produce collagen that is used to repair tendon and ligaments and heal surgical wounds. Foods that are high in vitamin C include citrus fruits, strawberries, broccoli, bell peppers and kiwi. Zinc, found mostly in animal foods but also presents in nuts and seeds, helps regulate all stages of tissue repair, especially wound healing.

Bone Healing: Vitamin D and calcium are often associated with healthy bones. If you are recovering from a surgery or stress fracture, getting these nutrients is vital. Milk, egg yolks, salmon, and yogurt that is fortified with vitamin D are easy ways to help strengthen your bones.

Battling Constipation: A side effect of many pain medications prescribed after surgery is constipation. Maintaining a healthy fiber intake can help limit this issue. High fiber foods include avocados, whole grains, beans, broccoli, apples, and darker vegetables.

Paying attention to your nutrition during recovery can help expedite the process and get you back to what you want to be doing. If you feel like you are in need of physical therapy, we would love to help. Contact Heather at 918-766-0391 to set up an appointment.





Brighter Living

HOME CARE & COMPANION SERVICE



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How important is diet as we age?

Nutrition is essential at any age, but eating healthy becomes increasingly important as we age. Eating a well-balanced diet throughout your life-span is an important part of staying healthy as we age. A healthy diet lowers your risk for developing chronic disease, such as diabetes, osteoporosis, and heart disease. Our bodies change as we age and the ability to absorb nutrients from the food we eat diminishes. The diminished metabolism can cause unwanted weight gain which can contribute to developing chronic disease. So in order to get the proper nutrients our body's needs, we need to make good choices with our decisions on the foods we eat.

Protein is necessary for tissue growth, repair and maintenance, so it is important to eat an adequate amount of protein. Some foods recommended for protein intake are chicken (3 ounces - 21 grams), lentils (1 cup-18 grams), legumes, eggs, avocados, and nonfat or low-fat milk.

Some vegetables that are high in protein are: sweet corn, brussels sprouts, asparagus, artichokes, spinach, broccoli, bean sprouts and peas.

It is important to add foods rich in antioxidants such as blueberries, strawberries, dark green leafy vegetables, tomatoes, bell peppers (especially orange or red) and almonds.

The sensation of thirst decreases as we age which leaves us more vulnerable to dehydration. So it is essential to stay hydrated, it is recommended to drink 48 to 64 oz of fluid per day (preferable water).

Eating a balanced diet, which supplies all the necessary nutrients for health, is an important part of a healthy lifestyle.



Stay mentally and physically active in retirement

by Tracy Rowe, PTA, Foundation Therapy Specialists

Retirement can be a fun and exciting time in one’s life. It can be filled with lots of great experiences. However, the reality for some is retirement can also be a challenging time with doctor’s visits, declining health, declining mobility and decreased mental function.

If an individual stays active both physically and mentally, there is a greater chance to slow the aging process, reduce depression and anxiety, increase mobility, and potentially live a more satisfactory life.

Many health experts suggest finding an activity that you like doing with people you enjoy being around helps to keep your brain active and improves mental outlook. Being consistent with the exercise activity is paramount. And incorporating both aerobic exercise and strength training into your day is essential. Exercise is just as important to the mind as it is to the body. Exercise increases blood flow to the brain and an excellent primer and a way for an individual to prepare for mental activities.

The activity does not have to be strenuous and can be as



simple as taking short walks, walking a pet, or staying busy in the home. Retirees can maintain their mental fitness by doing puzzles, playing games with friends or on a smartphone or tablet, and by doing word searches and crossword puzzles. These activities keep the mind active and the synapsis’ firing. Socialization

is a very important part of brain fitness. Keeping engaged in conversations and activities with others can be very stimulating to the brain. One important aspect of maintaining mental fitness is to never stop learning. This is accomplished by reading, learning a new skill, taking a college course, and researching genealogy.

Exercise has not been proven to prevent dementia, but studies show it may reduce the risk or delay the onset of dementia, and the general health benefits of these activities are well established.

All people can improve their mental functioning and their overall physical health through exercise and mental activities. Issues such as obesity, high blood pressure and depression can be improved with regular exercise. Exercise, along with a healthy diet, is a successful formula to keep your body and mind in shape. Keeping mentally active, while not scientifically proven to prevent disease, will at least give one the opportunity to learn something new and spend time with family while challenging your mind.

Contact your doctor before starting any new physical activity. Be open and honest with your doctor and let them know exactly what you will be doing and report any negative issues or questions you have before continuing activity. Be safe and live happily.

1/8 Pg Ad

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In appreciation of contributions to Elder Care in February 2022

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.

Elder Care is a great resource for our community. My family was fortunate to have had access to in-home services for my mother in the 1980's, and in most recent years I have used Elder Care's physical therapy and the Bohon Clinic."

*– Fran Salih
 Loyal donor since 2008*



Each gift is important to the work we do and we strive to be good stewards of the resources you entrust to our care. To make a contribution online, visit www.AboutElderCare.org/giving/donate-today. Or mail your contribution to Elder Care, 1223 Swan Drive, Bartlesville, OK 74006. Elder Care is a 501(c)3 organization whose programs and services are underwritten in part through generous donations from individuals, corporations, and foundations. Elder Care is a United Way partner agency.

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THE
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6:00 pm – 10:00 pm

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 Music by DJ Brandon Thompson
 Belly up to the cash bar by Sterling's