

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!

Sue Lee's Positive Outlook

by Angie Thompson, Development Director

For most people who receive startling cancer diagnoses, their lives seem upended by doctors' visits, medication, and overwhelming negativity. For Sue Lee, an employee at ElderCare, her breast cancer diagnosis turned into a triumphant story of overcoming a dire diagnosis that demonstrated the power of positivity, prayer, and the people in her life. "You have a choice in life," Sue Lee revealed, "You can either be happy ... do the best you can. Or you can look for the bad and worry." She chose the former and she hopes everyone who goes through a similar situation to learn her story.

Having worked at ElderCare for 16 years as a Resource Coordinator and for In-Home Services, Sue Lee is very aware of the detriments of debilitating illnesses. For years, she helped people find community service resources or Medicare counseling and drug plans through open enrollment never thinking that a cancer diagnosis was on her horizon. Several years ago, Sue Lee came out of a shower and noticed a lump. She quickly called her doctor. Within a week, her doctor ordered a mammogram. Following a quick lumpectomy, she had a confirmed cancer diagnosis on her hands, all the accompanying stress and



anxiety, and what most would consider a difficult journey ahead of her.

More than anything, Sue Lee feared the unknown – the “What If’s” – especially since she knew nothing about breast cancer or how the treatment plan would manifest.

Six hard chemotherapy treatments that were each 4.5 hours long, 36 radiation treatments, and 14 light chem treatments over the course of a year awaited her. Such a treatment would be enough to make anyone lose hope, but not Sue Lee. She approached things simply and methodically. “I broke down each section of treatment and counted down,” she remembered, “‘Six treatments,’ ‘five treatments,’” and so on. She approached the plan

with a calendar and marked everything down. She decided not to obsessively busy herself on the internet; instead, her doctor gave her a reliable website with thorough answers.

While her treatments resulted in an upset stomach or lethargy, Sue Lee had helping hands. Her husband and church friends accompanied her to her treatments. She recounted how important it was to go with supporters who cheered her on. Many other friends pitched in. They sent her encouraging notes and texts or prayed for her in person.

When Sue Lee was working, the staff were more than helpful. They allowed her to put curtains in her office. During lunch, she would eat quickly, turn off the lights, and take naps in her office. The quick boost of energy, along with her colleagues' kind gestures, was enough to help her finish in the afternoons.

After a year of treatment, Sue Lee's doctor revealed that she was cancer free. Initially, she had trouble believing it and was afraid to accept it but she nevertheless emerged with a grateful heart. Ultimately, her empathy toward the patients led her to not publicly ring the bell at her doctor's office signaling her freedom from cancer. She felt as if she had another mission: to reassure cancer patients with some of the same positivity that she used.

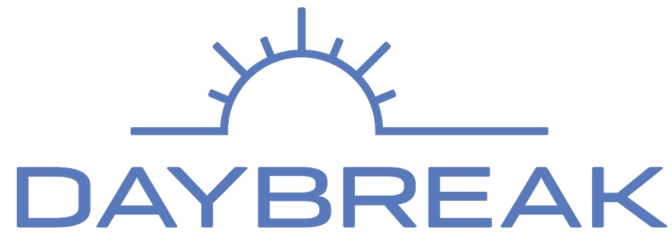
For that last four years, Sue Lee has had opportunities to visit with up to ten women. She tells them about her experiences coupled with

helpful advice: "get the facts, make up your own mind. No two cancers are the same, and everyone handles their diagnoses differently." Sue Lee admitted that while her life was far from "normal," she survived because she refused to give in to negativity. "Remain busy and keep going," Sue Lee advised, "and most of all, stay positive."

Looking back on her experiences, Sue Lee would tell any women going through similar experiences, "Don't be afraid to tell people you don't want to hear negative. You can do that in a way that is respectful Don't believe everything you read on the internet. Always take someone with you to your appointments. The doctor may say something that you miss because your mind will wander. You may not hear what is really being said."

Sue still has follow-up screenings every six months for her mammograms and MRI's. Her recent MRI in July revealed what has been true since 2018: she remains cancer free. Even today, she does not think negatively about her experiences – she stays upbeat. She hopes that everyone who hears her story – whether they are battling cancer or not – remembers the advantages that positive living can bring.

We appreciate Sue's willingness to let us share her personal story with you. October is Breast Cancer Awareness month. Remember to schedule your annual mammogram. Early detection is the key to an early diagnosis and treatment plan.



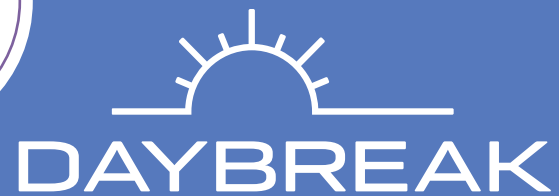
DAYBREAK

ADULT DAY HEALTH & ACTIVITY CENTER



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TRIAL



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CARING FOR A SPOUSE OR PARENT?

Here's how DayBreak can help:



- » Therapeutic activities
- » Socialization
- » Enhance® Fitness
- » Quality snacks and lunches
- » Individualized care
- » Open daily 7:30am – 5:30pm
- » Transportation in the Bartlesville area
- » Affordable options for everyone

Visit AboutElderCare.org or call (918) 336-8500 for more information.

How Adult Day Health Helps 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!

Several veterans attend DayBreak on a regular basis and benefit from 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 ideal 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 consider DayBreak.

One DayBreak participant said, "The friendships I have made are priceless and coming to DayBreak is a huge part of my life."



How much does it cost?

DayBreak participation is not limited based upon one's ability to pay. The cost is based on individual circumstances. DayBreak accepts private pay, Medicaid ADvantage Waiver members, and aid from the Veteran's Administration for qualifying veterans and their families. Grants from individuals, foundations, and organizations (like the Bartlesville Regional United Way), make it possible to offer low to no cost access. Please call us to discuss available financial options.

DayBreak is located at 1223 Swan Drive, Bartlesville, OK and is open Monday through Friday, from 7:30am - 5:30pm. Transportation is available in the Bartlesville and Nowata area.

Call DayBreak at 918-336-8500.

Board Member Highlight

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.



Bob and Meredith Fraser are lifelong Bartians, growing up in Bartlesville, attending Bartlesville schools, and raising their three children in their hometown. Bob's professional experiences over the past four decades range from trust officer at First National Bank Trust Department to CEO of two leading organizations.

His most recent role has been with the Frank Phillips Foundation – or Woolaroc Wildlife Preserve & Museum and the Frank Phillips mansion.

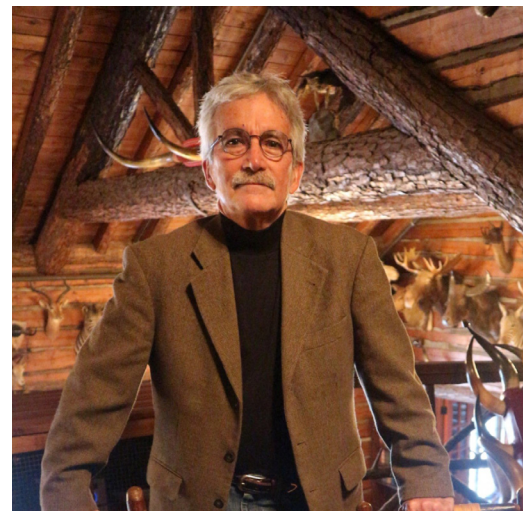
Those who have driven through Woolaroc and toured the Frank Phillips mansion can attest to Bob's leadership and entrepreneurial spirit. Whether it is the 750,000 Wonderland of Lights display at Christmas, the year-round camps and fundraisers, or the art exhibits in the museum, Woolaroc has become a year-round must-see in our state. Bob's ingenuity brought Woolaroc to new heights.

Now retired, Bob chose to serve on Elder Care's board because he believes in our mission and our programs' high impact on the community. Elder Care fits a niche for senior adults and their adult children. It provides mental and physical health, rehabilitation, social interaction, and a respite for adult children caring for parents.

“When I was asked to join the board, I saw the urgency to tell Elder Care's story more broadly to the masses. Our mission resonates with me and is important. Elder Care has so much to offer, and I want to help boost Elder Care's message. I don't think people know the broad range of services available to adults of all ages. Right here at Elder Care.”

“Those who have been blessed with good fortune have an opportunity to impact people's lives. Giving to Elder Care is a perfect place for folks to contribute and make their mark on the future.”

Bob serves on the board's finance and compliance committees. We are happy to welcome Bob Fraser to our board of directors.



Prime Times
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Elder Care

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Programs and services are
partially funded by



Upcoming Events

WALK-IN FLU SHOT CLINIC

Saturdays in October, beginning October 1
9:00am - noon & 1:00pm - 4:00pm
Elder Care | 1223 Swan Drive
Pre register by calling (918) 336-8500

SENIORS CONNECT

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

Improve the Quality of Life Through Movement

Featuring, Josh Lindblom, Foundation Therapy Director
Wednesday, December 7 | 3:00pm - 4:00pm
Elder Care | 1223 Swan Drive | (918) 336-8500
RSVP by December 1 to Elder Care

GO-TRAVEL TRIP

The Splendor of the Season on the Talimena Scenic Byway
November 10-12
AboutElderCare.org/Go-Travel

This Month's Donors

In appreciation of contributions to Elder Care in September 2022

Sharon Ambler	Evert & Elaine Lovec
William & Karen Baker	Jack Maddux
Jewell Baker	Mario Morenas
Bill & Sandy Bath	Robert & Julia Oborny
Tug & Phyllis Baughn	JoAnn Payne
Ralph & Lois Bergstad	Nancalene Reich
Carolyn Brinkmeyer	Earl & Jane Sears
Darrell Coe	Donna Shipman
Betty Dalrymple	Frank Sotosek
Jim Ewing	John & Kathi Swanson
Bob & Meredith Fraser	Alice Tennison
Thad & Mary Friedman	Scott & Angie Thompson
Donna Furr	Victoria Travaglini
Edd & Carmen Grigsby	Lewis & Becky Trentman
Charles & Mary Johnson	Yovene Vaughan
Betty Kane	Garri & Suzanne Warren
Jane Kirkpatrick	Dean & Kathy Zervas
Keith & Linda Kliewer	Marcia Zervas
Jack & Cheryl Lenhart	

Memorials

Jerry & Marilou Bork
In memory of Lloyd Sowers

Margie Brace
Lesa Hinkle
Gayla McFarlane
Doreen Patrick
Janet & Rick Whaling
Victoria Williamson
In memory of Dessie Patrick

Yvonne Stevens
In memory of Sarah Derryberry

Laura Bliss
In memory of Jim Bliss

Employee Highlight

Kaitlyn Warren joined Elder Care last August 16 as one of our four doctors of physical therapy. She continues to be a leading force as the only Neurologic Clinical Specialist in Bartlesville.

“Working at Elder Care is truly life-giving for me. I am a part of THE greatest team. We all work together to achieve a common goal of giving our patients the best possible outcomes, and we support and encourage each other to make that a reality for each of our patients. I feel truly blessed to be a part of this work family. There is no place else I would rather work.”

