

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!

Vertigo! The Cause and Cure

by Kelsey Kliwer, DPT



Vertigo is a condition that we see regularly in our clinic, but it is a problem that many patients have difficulty understanding. The term “vertigo” refers to feeling “off balanced”

and “dizzy”, and often includes a sensation of you spinning or the room spinning around you. There are multiple causes of vertigo including Benign Paroxysmal Positional Vertigo (BPPV), Meniere’s disease, or infections of the inner ear such as vestibular neuritis. The type of vertigo that we typically treat in physical therapy is BPPV. With this condition we expect to see the patient experience dizziness and spinning sensations with position changes such as rolling over in bed, bending over, or turning their head a certain direction. Typically, this spinning sensation will last anywhere from a few seconds to a couple minutes and then will subside. It is not uncommon for people to experience nausea, ringing in the ears, or double vision along with the dizziness and spinning sensations.

Why does this occur? This is where things tend to get confusing for patients. There is not always an obvious identifiable cause for BPPV. We all have

calcium “crystals” called otoliths in our ears. These crystals reside in the inner ear and are integral components to our vestibular system. They float in fluid and touch tiny hair follicles to signal the brain when our body is horizontally or vertically accelerating. Vertigo occurs when one of these crystals travels into a canal that it is not supposed to be in. The crystal moves within the canal when changing positions, causing dizziness and spinning sensations until the body’s movement stops. Once you have reached a new body position, the crystal settles into a new spot in the canal and symptoms resolve until you change your body position again, causing the crystal to move within the canal again and symptoms to return. This makes performing daily activities very difficult and can become disabling.

This is when coming to a physical therapist can be life changing! Through a series of tests including quick positional changes such as lying down/turning head/rolling over, your physical therapist can identify which of the canals (there are 3 in each ear) contains an unwanted crystal and can do a series of position changes to move the



Vertigo (continued)

crystal out of the canal and back to where it should reside in the inner ear. We are typically able to help patients who have true positional vertigo within 5 treatment sessions, but often have success with as few as 2-3 visits. Many patients make trips to the ER for their dizziness or wait to get an appointment with their doctor's office, just to be eventually referred to physical therapy for vertigo treatments. At Foundation Therapy Specialists, we understand that living with extreme vertigo symptoms can be debilitating, so we get patients in for an evaluation as soon as possible to help them feel better quickly.

Direct access is critical for patients suffering from

vertigo and allows them to seek evaluation and treatment for up to 30 days from a licensed physical therapist without a referral from a physician. This allows patients to get treated faster so they can return to their prior level of functioning as quickly as possible.

Please contact Foundation Therapy Specialists directly at 918-766-0391 if you think you would benefit from a vertigo evaluation.



Short-term Respite Care

By Leah Alexander, DayBreak Director

Life can be busy during this time of the year while preparing for guests, cleaning, shopping, cooking, and baking.



The anticipation of the holidays is exciting but can become overwhelming if you are also a full-time caregiver caring for a spouse or parent. DayBreak at Elder Care can help you and your family with short-term respite care Monday through Friday from 7:30 a.m. to 5:30 p.m. Respite care provides a “short break” for

caregivers caring for family members in their own homes.

While you are making holiday preparations or taking care of your needs during this busy time of the year, your spouse or loved one can spend the day at DayBreak in an active social environment. Participants enjoy social activities, arts and crafts, exercise, and even outings in the community. We offer a delicious lunch as well as breakfast and a snack.

During the holiday season, DayBreak is available for a one-time purpose or a longer-term solution. For more information, call Shelia at 918-336-8500. Transportation may be available.

Seasons of Change

by Christina Bishop, Operations Director

Autumn is in the air. Most of us will prepare to visit loved ones as the holiday season is fast approaching. As we visit our senior friends and loved ones, we need to look for signs that their needs may change. As we all progress in age, our needs and capabilities change. If these changes are recognized early on, and provisions are made to accommodate the changes, one can anticipate living an independently healthier lifestyle for a much longer duration. It is when needs go unmet that problems surface and challenge our independence. The first step in assessing the situation is to be present during your visit.

Take time to listen to your loved one and hear not only what they are saying but listen closely to what they are not saying. Listen for what's missing; For example, do you usually hear stories of friends or church events, and this time there are no stories to be told? Look around. Do things appear different? What about your nose? Is it telling you that something is astray?

The following are a few signs that a senior likely needs more help in the home.

The home is much more unkempt than usual; piles of newspapers, unpaid bills or notices from utility companies, or clothing might lie around.

You may find spoiled food in the refrigerator or notice a bug or rodent problem.

If mobility is a problem, you will likely notice spills that still need to be cleaned up, dust in places they cannot reach, and light bulbs that need replacing.

These things require us to bend over or reach higher and prove difficult and potentially dangerous for someone with mobility issues.

In addition, if you see that prescriptions are not being refilled, this could be a cognition issue or a financial issue; many seniors are living on a fixed income and may forgo filling a prescription that they feel is too costly.

If you notice any of these signs, it will likely be an excellent time to open a conversation about your loved one's needs and overall well-being. Remember to be kind and make no accusations. Offer real solutions and assure them of your support. Let them know that you value them, realize the importance of their independence, and want to keep them safe and on that track.

Elder Care has multiple programs available to help your loved ones meet these needs. We are here to help you and your loved ones navigate all the seasons of change. Call us.

We can help. Call 918-336-8500.





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- » Medication oversight
- » Medical appointments



Charitable Giving Options

By Angie Thompson, Development Director

Year end giving is something families consider in November and December. Which charitable organization to donate to and what kind of donation will be made. Like other charitable organizations, Elder Care receives cash gifts. But we also receive stocks, tax-deferred 401(k)s, and qualified charitable IRA distributions from friends who support our mission and identify with our values. With this broad array of giving options, donors can include Elder Care in gifting strategies that fit their personal needs.

According to Debbie Mueggenborg, CPA and Elder Care board member, one way to make a donation is to do so from a Qualified Charitable Distribution from the IRA directly to Elder Care.

“Taxpayers aged 70 ½ or older have a unique opportunity to save tax dollars and make a difference to 501(c)(3) charitable organizations, such as Elder Care. Individuals over 70 ½ can donate any amount, up to \$100,000, to one or more charities yearly. The contributions must be made directly from an IRA by the custodian of the IRA and are deductible from the year’s total IRA distribution, thereby reducing taxable income. Making this Qualified Charitable Donation, or QCD can also reduce Medicare premiums in cases where you may otherwise be subject to a higher premium. Contact your CPA for more information.”

Dr. John Manley, Elder Care board member, and his



- Dr. John and Xandra Manley

wife, Xandra, donate directly to Elder Care, using a qualified charitable distribution from their IRA.

“Elder Care provides needed services, not only for the elderly but also adults of any age in Bartlesville and the surrounding area. For this reason, Xandra and I donate to Elder Care. We found that donating directly from our IRA account is the easiest way to contribute to Elder Care. This way, we can help satisfy the required minimum distribution from the IRA and save on income taxes. It is a win-win situation!”

To learn more about making a gift of any amount to Elder Care using cash, stocks, IRAs, wills, and trusts, or from your donor-advised fund, contact Angie Thompson, Elder Care Development Director, at 918-336-8500.

Please visit with a tax professional or financial advisor about your giving options.

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Upcoming Events

SENIORS CONNECT

Ugly Christmas Sweater, Cookies, & TESS!

Friday, December 2 | 2:00pm – 3:30pm | at Elder Care, 1223 Swan Drive. Open all seniors aged 65 and older. Sweet treats from Melody’s Creative Cuisine • Photo booth with Christmas props • Mini Silent Auction featuring DayBreak art pieces • Coconut Pie by Teresa Messerli • Santa & Mrs. Claus • Tess Maune, KOTV 6 news anchor, will share her most memorable stories. Doors open at 2:00.

RSVP to Elder Care by 11/28/22. Pre-registration required. Limited space. One registration per guest. Register by phone to Elder Care - 918-336-8500. Or RSVP through our website at <https://abouteldercare.org/seniorsconnect>.



Seminar - Healthy Living Starts With a Solid Foundation.

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

Life Movements Exercise Class & Yoga Class will take a break during December and resume in January. Watch for more upcoming details.

OTHER EVENTS

PWR! Moves meets each Monday and Wednesday at 12:00pm. Call 918-766-0391 for more information.

Brain Builders meets each Wednesday, at 11:00am. Open to all seniors. Contact Abby at 918-766-0391.

BUILDING CLOSINGS

November 24 & 25 - Thanksgiving Holiday
December 23 & 26 - Christmas Holiday

This Month's Donors

In appreciation of contributions to Elder Care in October 2022

Preston & Nancy Arnold	Betty Kane
Bill & Sandy Bath	Henry & Ellen Kane
Benevity Causes	Keith & Lynda Kliever
Ralph & Lois Bergstad	Charles & Mary Johnson
Carolyn Brinkmeyer	William & Delphi Loyd
Christ Community Church	Josie Lucas
Margaret Cook	The Lyon Foundation
Dennis & Marie Cabbage	Sandra Marshall
Glenn Cox	McAnaw Family Foundation
Donna Furr	Network for Good
Steve Grogan	Gary & Patricia Parrish
Evelyn Helm	Nancalene Reich
Bob & Roena Hindman	Sonja Schollenbarger
Luella Howarth	Earl & Jane Sears
George & Bobbie Johnson	David & Mary Alice Sigmon

Memorials

Mary Jean Doornbos
Bob & Yvonne James
Barbara Burris
Doreen Patrick
In memory of Dessie Patrick

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.

Employee Highlight

Dan Stout is part of Elder Care’s facility and bus crew. “I like working with the DayBreak participants. It’s like being a kid again when I pick them up in the morning and take them home in the afternoon. I also have a great boss, Frank Danel. I have had a lot of bosses throughout the years, and Frank is a real blessing.”

