

# PRIME TIMES

Issue 12  
Volume 31

AN ELDER CARE PUBLICATION | December 2022



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



# Why Holiday Traditions Matter

*“Family traditions old and new, what works for me, may not work for you. The important thing is we work together to make memories that will last forever.” - Stacy Coles*

At the heart of every family tradition is a meaningful experience. Some families cook a special meal with family, sing special songs or have an activity that they do every year around a holiday or special event. Each family's traditions are unique to that family and often embraced for many generations. With the world being fast-paced it's even more important for families to hold on to these traditions and pass them down.

Holiday traditions offer an important way to organize and center an experience. It allows one to feel calm in a chaotic world that can leave someone feeling lost or discombobulated. Holidays can also increase stress and conflict in families when there is nothing to anchor the holiday down. Traditions also offer a chance for families to reconnect and be reminded of the important in things life.

Research indicates that traditions are important for a number of reasons besides helping one feel centered during the holidays. They can also:

Help pass along cultural and family values to multiple generations.



- Provide a sense of family history.
- Help define the family.
- Give each family member a sense of identity and belonging.
- Provide a meaningful reason to come together.
- Help build strong family bonds across generations, especially when family members don't live in the same town and see each other primarily around the holidays.

When life is hectic, you may have to simplify or even change your traditions a bit depending on your changing family but holding on to traditions can strengthen and benefit your family – and bring comfort and joy during the holidays.



# Seven Gifts to Give YOURSELF!

**W**hat was once break-through research is now common knowledge: socializing promotes good physical, emotional, and mental health. It can reduce stress, ward off anxiety and depression, and reduce the risk of some physical health concerns. It may even slow the progress of memory loss and dementia.

But how does one incorporate meaningful socialization during the holiday season amidst the caretaking, the cleaning, the cooking, the shopping, the crazy?

## **Prepare.**

To those who are new to caregiving, the National Institute on Aging has tips on balancing ritual with responsibility for an inclusive, heartfelt holiday season. Social interaction and well-being do not have to be compromised by the alternate reality of the year-end holidays. Simplifying and setting limits are key.

## **Decorate.**

Lights! Candles! Holidays! Decorating with loved ones inspires creativity and puts cognitive skills into practice through planning and organization. Plus, one special ornament can prompt an interesting conversation.

## **Eat.**

A family holiday meal has at least two advantages: (1) the interaction enhances cognitive development and (2) the protein,

## **Play.**

A University of Edinburgh study concluded that game-playing contributes to mental agility including memory and thinking. Additionally, games promote hand/eye coordination and social skills like problem-solving, compromising, and collaboration. The caveat: the game must be old school, meaning non-digital. So, Go Fish, or call “Bingo” with friends and family.

## **Laugh.**

Go ahead. Chuckle, chortle, giggle, or guffaw. The Mayo Clinic says laughter has both short- and long-term benefits. It stimulates organs (including the brain), relieves stress and tension, and improves the immune system. Turn that BAH into HA HA HA HA HA HA HA.

## **Sing.**

With a plethora of carols, hymns, pop songs, this is the perfect time to warm up those vocal cords. Singing enhances memory, boosts lung function, lowers stress, and it just feels good. To quote The Carpenters, “Don’t worry that it’s not good enough for anyone else to hear. Just sing, sing a song.”

## **Give.**

“It’s better to give than receive.” Studies have shown that the New Testament adage is true. Whether it is food, time, or money, giving encourages social connection and decreases stress. Oh, and be forewarned: it’s highly contagious, as well.



# WE ARE DEDICATED. WE ARE FAMILY.

Photos represent a portion of Elder Care employees.





# Holidays are About People

by Elder Care Employees

“Connection is so important all times of the year! When we were really involved in church we used to go to the local nursing home and sing carols during Christmas. It put smiles on their faces and made me happy too.”

“Our family watches White Christmas and Miracle on 34th Street on Christmas Eve. We spread out our favorite holiday foods and desserts, wrap up in snuggly clothes, and watch these two movies in the living room together - it is a tradition that fills my heart warmly. I know our children will grow up remembering this and hopefully will enjoy with their families.”

“Early in our marriage, I started a Christmas tradition of baking rolled sugar cookies. As a new bride, one of my more seasoned co-workers gave me a recipe. After decades of use, the sheet is now smudged heavily with years of shortening, butter, icing, and powdered sugar. But I remember her each time I look at the page and cannot bring myself to clean up the evidence of this memory. To me, this is what Christmas is about. Remembering others, sharing, and giving. Even cookie recipes.”



---

“The true Christmas spirit is putting others’ happiness before our own, and finding you’ve never known such happiness.”

– Toni Sorenson

---

“When my mother was in short-term rehab over a holiday, our family brought the Christmas feast to her. We were able to use one of the conference rooms at the rehab center and brought in all our delicious traditional family dishes, along with fine china, and fresh flowers. We all felt it was one of the BEST holidays ever.”



# BRIGHTER LIVING

HOME CARE & COMPANION SERVICE



## QUALITY CARE FOR PEACE OF MIND.



# BRIGHTER LIVING

HOME CARE & COMPANION SERVICE

Visit [AboutElderCare.org](http://AboutElderCare.org) or call (918) 336-8500 for more information.

## NEED UP TO 24-HOUR IN-HOME CARE FOR YOUR LOVED ONE?

*Here's how Brighter Living can help:*

- » Personal companionship & engagement
- » Meal planning & preparation
- » Shopping & errand assistance
- » Housekeeping & transportation
- » LPN/RN - Care management
- » Family liaison
- » Medication oversight
- » Medical appointments



Prime Times  
Published monthly by  
Elder Care

Program Management

Cordell Rumsey  
*Executive Director*

Christina Bishop  
*Operations Director*

Angie Thompson  
*Development Director*

Leah Alexander  
*DayBreak Director*

Kearl Coke  
*Brighter Living Director*

Frank Danel  
*Facility Manager*

Deanna Dodson  
*ADvantage Services Director*

Josh Lindblom, PT, DPT  
*Director of Therapy*

Jerry Brad Jarrell, MD  
*W.R. Bohon Health Clinic*

Tracy Stuckey, APRN, MSN  
*W.R. Bohon Health Clinic Director*

Board Members

Steve Smith  
*President*

Mark Wilburn  
*Vice President*

Debbie Mueggenborg  
*Treasurer*

Stephen Colaw

John Ford

Bob Fraser

Steve Grogan

Jerry Maddux

Dr. John Manley

Carlos Mendez

Richard Mitchell

Lori Roll

Virginia Sawyer

Wayne Walthall

Kathy Zervas

Programs and services are  
partially funded by



# Upcoming Events

## SPECIAL EVENTS

*Jerry Poppenhouse photographic art on display at the BCC.*

January 4 - January 30, 2023. The Poppenhouse collection donated to Elder Care will be on display in the Lyon Art Gallery. No cost to view the art.

Elder Care will host an online auction beginning January 4, 2023, featuring select Poppenhouse pieces. All proceeds will benefit Elder Care. Values range from \$150 - \$750 and will remain available to bidders until the online auction ends on March 30, 2023, or until an item is purchased using the Buy-it-now option. Visit the Lyon Art Gallery during their regular hours in January to see the art collection and bid online at Elder Care’s online auction: [www.32auctions.com/ART2023](http://www.32auctions.com/ART2023).



## SENIORS CONNECT

*“Seasons of Change” - Laura Jensen, Executive Director, Bartlesville Community Foundation.*

Wednesday, January 4, 2023 | 3:00 pm to 4:00 pm | Elder Care, 1223 Swan Drive. By 2023 the population of adults 65 and older will be larger than any other age group for the first time in history. Join us as we look at how this might affect how we work and provide services to our community. No cost to attend. Open to all adults. RSVP by 12/28/22 to Elder Care. 918-336-8500.

*“What to do with old media files?” - Frank Molina, media expert.*

Wednesday, February 1, 2023 | 3:00 pm to 4:00 pm | Elder Care, 1223 Swan Drive. Don’t lose those valuable photos and videos. Learn how to transfer these keepsakes from your phone to media storage or your computer to a photo printer. The seminar features media expert Frank Molina of Media Room Video, Film, Slide, and Transfers. No cost to attend. Open to all adults. RSVP by 1/25 to Elder Care. 918-336-8500.

*“Paint & Sip Party” - Valerie Unruh, artist. \$50/ person.*

Thursday, February 9 | 6:00p m - 7:30 pm | Elder Care, 1223 Swan Drive. Includes painting and refreshments. Open to all adults. RSVP by 2/11 to Elder Care. Payment needed at registration. 918-336-8500.

# This Month's Donors

In appreciation of contributions to Elder Care in November 2022

Betsy Barnes  
Bill & Sandy Bath  
Ralph & Lois Bergstad  
Mark Bohon  
Jennine Bolen  
Jerry & Marilou Bork  
Harry & Nancy Brookshire  
Barbara Bunge  
Karen Carlson  
Darrell Coe  
Dennis & Susan Comito  
Martin & Laurie Cox  
Pam Crawford  
The Cresap Foundation  
Salvadore DeMarco  
Penny Eccleston  
Jean Fincher

Amelie Finney  
Fish On Oklahoma  
Thad & Mary Friedman  
Tammy Hill  
Daniel & Ellen Holtsclaw  
Bob & Yvonne James  
Charles & Mary Johnson  
Stephen & Gwendolyn  
Katreinick  
Judy Kimbley  
Kiwanis Club of Bartlesville  
Margarett Larochele  
Sam & Jennifer Leu  
Martha Luger  
Jim & Sally Lindsey  
The Lyon Foundation  
Jerry & Beth Maddux

John & Xandra Manley  
Marie McCrary  
Oldies 'n' Goodies Car  
Club  
Jeanalee & Charles  
Parsons Foundation  
Mrs. Paul Roll  
Lori Roll Trust  
Cordell & Sheila  
Rumsey  
Patricia Salinsky  
Earl & Jane Sears  
Cliff & Donna Shiblom  
Scott & Angie  
Thompson  
David & Betty Turner

## Memorials

Conklin, Gilpin, & Wertz, PLLC  
Mary Fran Drennan  
John & Mary Ford  
Larry & Judy Grillot  
Jenni Hutchins  
Karen Oakley  
Dave Reese  
Mary Smith  
Christy & Rob Wareham  
*In memory of James Emerson Dick*

Christy & Rob Wareham  
*In memory of Joy Rowe*

Donald Peters  
*In honor of Physical Therapy & Carol Davis*

Tom & Debbie Horton  
Mary Beth Medlock  
*In honor of Jerrie Lindley*

Yes. I want to support Elder Care's mission!

☐ \$500   ☐ \$250   ☐ \$50   ☐ \$100

☐ Other \$ \_\_\_\_\_

☐ My employer will match my gift

☐ My check is enclosed   *(Please make checks payable to Elder Care)*

First / Last Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

Email \_\_\_\_\_

Give online at:  
[AboutElderCare.org/giving/donate-today/](http://AboutElderCare.org/giving/donate-today/)



☐ Please charge my credit card

☐ One time   ☐ Monthly

Card No. \_\_\_\_\_ Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_

Name on Card \_\_\_\_\_

Billing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Clip and mail giving form to Elder Care. 1223 Swan Drive, Bartlesville, OK 74006.