

# PRIME TIMES

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



# Exercise: Key to independence

by Josh Lindblom, PT, DPT, Director of Therapy



January always brings a chance for us to be refreshed, restart, or change our lives. Do you want to feel better, have more energy, and improve your overall health? Of course! But this is not an infomercial like the ones

flooding your television this month. I'm not selling the next big thing. I'm selling movement, and here's why you want to buy in.

The health benefits of movement and exercise are hard to ignore. Exercise benefits are seen in people of all ages and sexes and across the spectrum of physical abilities. Our bodies were created to move, and the fact that movement has such positive effects on our health cements that point.

Exercise helps control weight gain. When you move, you burn calories. The more you move, the more calories you burn. Even if you can't make it to a gym, you can rev up the daily activities of your everyday life, such as taking the stairs, increasing your pace, and taking laps around your house during commercials. Consistency is paramount.

Exercise combats several severe health conditions. Movement and exercise boost HDLs and decrease triglycerides, helping your heart work more efficiently and keeping your arteries clear. This

limits your risk of heart disease, stroke, type 2 diabetes, arthritis, and depression and decreases your fall risk.

Exercise improves your mood and reduces stress. Our brain releases chemicals that promote happiness and relaxation when we move and exercise. These feelings can manifest into improved confidence and self-esteem as your body responds to increased activity.

Movement boosts energy! Regular movement and exercise improve endurance by delivering more oxygen and nutrients to your muscles. With consistency, your heart and lung health will improve, and your body will work more efficiently.

Exercise also promotes better sleep. Being intentional with movement will help you fall asleep faster and deeper due to a serotonin release if you're not exercising too close to bedtime. Deeper sleep will also help you feel more energized in the morning.

Movement and exercise should be fun and social. Do something you enjoy with supportive people. Take a dance class, join a team sport, go to the gym, walk at the mall, or try something completely new. Building connections with people yields greater self-worth. If you would like to investigate an individualized exercise program, we would love to help! Here's how we can help:

## Exercise: Key to independence

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Direct Access to physical therapy allows you to seek instruction and treatment from a licensed physical therapist without a referral from your physician for up to 30 days. After discharge, our Aftercare program allows our patients to continue their program at our gym independently to make further functional improvements.

Contact Foundation Therapy Specialists at (918)766-0391 to schedule an appointment today! Foundation Therapy Specialists offers exercise, wellness and health programs to boost your personal health goals in 2023.

## Take charge of your brain health!

**F**oundation Therapy Specialists offers exercise, wellness and health programs to boost your personal health goals in 2023.

### **SPEAK OUT!® & LOUD CROWD®**

SPEAK OUT!® is a program developed by the Parkinson Voice Project specifically for individuals with voice disorders related to Parkinson's disease. LOUD CROWD® is a weekly group available to monitor and maintain speech therapy gains made through SPEAK OUT! Contact Abby Petermann at 918-766-0391.

### **BRAIN GAINS**

Brain Gains is a “cognitive gym” designed to support cognitive health throughout the aging process as well as recovery after a neurological injury. Activities for both individuals and partners or groups are available and include:

- Puzzle books (number puzzles, word puzzles, logic puzzles)
- Books for learning skills (cooking, construction, ASL, etc)
- Keyboard and ukulele with instructional materials
- RefleXion electronic neuro training board
- Story starters and journal prompts
- Conversational prompts
- Games (card games, strategy games, number games, word games)
- Digital apps
- Hands-on challenges/projects

Brain Gains is open to the community during our regular business hours, Monday - Friday, between 8:00 am - 5:00 pm. Self-directed program.

No appointment needed. Groups of 3 or more, please call ahead. Call 918-336-8500.

# Donor-advised funds support Elder Care

by Angie Thompson, Development Director



While Elder Care accepts cash gifts, we also accept stocks, tax-deferred 401(k)s, donor-advised funds, and qualified charitable IRA distributions.

This broad array of giving options allows donors to include Elder Care in gifting strategies that fit their personal needs.

The Bartlesville Community Foundation is a resource available to anyone in the community. Jerry Maddux, an Elder Care board member, used a donor-advised fund to contribute to local charitable organizations.

“We contacted the Bartlesville Community Foundation (BCF) and set up a donor-advised fund. Then we donated the stock to our fund at the BCF, which avoided paying income taxes on the appreciated value of the donated stock. Once the fund was established, we advised the BCF to gift Elder Care and other tax-exempt organizations from our fund. We selected the amount of the gift and the recipients. The BCF received a fee for its services, and Elder Care received the gift amount we

designated. It is an excellent way of giving. Elder Care makes its services available to all members of the community regardless of age. It is a needed service in Bartlesville and we happily support Elder Care, both financially and timewise. Using our donor-advised fund, the BCF helps make it possible for our family to support this worthwhile cause.”

According to Debbie Mueggenborg, CPA and Elder Care Board of Directors Treasurer, one way to make a charitable donation is to do so from a donor-advised fund. “Funds, such as those managed by the Bartlesville Community Foundation, are tools to help charitable individuals make a current tax-deduction donation to organizations like Elder Care during the current year or in subsequent years as Legacy Gifts or one-time contributions.

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 Director of Development, at 918-336-8500.

Please visit with a tax professional or financial advisor about your giving options. If you wish to make a gift by stock or cash, or see more details about making donations to Elder Care, visit our Philanthropy webpage- [abouteldercare.org/giving](http://abouteldercare.org/giving).

# Socialization is vital to healthy living

**S**ocial interaction can offer benefits to everyone at any age. We experience happiness, increased energy, and boosted self-esteem when we are around others. There is an increased significance of socialization for older adults with advantages that include improved health, a better diet, and reduced risk of dementia.

Being socially connected helps you emotionally and improves your mood. Social connections occur while exercising at the gym, attending church, attending special events, taking classes with other seniors, or participating in programs such as Seniors Connect at Elder Care.

Social interactions also increase physical activity as you get out of the house to meet with friends. If you are retired and spend quite a bit of time at home, sometimes just getting up and out is enough to make you feel better. Walking to and from the car, the event, the restaurant, or church can provide needed physical movement.

Socially active adults are more likely to eat healthier as they get together with friends for meals. Living alone makes you less likely to prepare a healthy meal for one. Eating with others at a restaurant, in a friend's home, or at a social event usually results in a more balanced meal. It often means you are eating well on a more regular basis.



Being socially active can help seniors regain a sense of purpose. And this renewed spirit can boost self-confidence, lighten moods and improve overall well-being.

Socializing regularly also helps improve memory. According to the Mayo Clinic, “Social interaction helps ward off depression and stress, both of which can contribute to memory loss. Look for opportunities to get together with loved ones, friends, and others — especially if you live alone.”

In 2023, improve the quality of your life by adding socialization to your outlook!

Seniors Connect at Elder Care is open to all adults in the community and offers socialization through educational seminars, day trips, group exercise classes, and special events. No membership fees are required.

Visit our website for events, socials, group exercise, seminars, and travel. [AboutElderCre.org](http://AboutElderCre.org)

# Upcoming Events

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## 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). This fundraiser is made possible through the generous support of the Bartlesville Community Center and Jerry Poppenhouse. Visit [AboutElderCare.org](http://AboutElderCare.org) for more information.



## SENIORS CONNECT – SOCIALIZE, EXERCISE, EDUCATE, TRAVEL

JANUARY – February 2023

Visit [AboutElderCare.org](http://AboutElderCare.org) for more Seniors Connect travel, exercise, and education events.

### Seminars

*“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. 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.

### Weekly Exercise

*Gentle Yoga at Elder Care - Lesta Morrison, instructor.*

Tuesdays & Thursdays | 1:00 pm or 2:00 pm | Elder Care, 1223 Swan Drive. Ten-week gentle yoga class \$100/person for the program. Open to all adults. Register to Elder Care. 918-336-8500.

*Life Movements: RENEW! Tarah Jones, instructor.*

Mondays only | 11:00 am or 1:00 pm | Elder Care, 1223 Swan Drive. Ten-week class is \$50 for the program. Promotes strength, stability, and light cardio. Open to all adults. Register to Elder Care. Call 918-336-8500.

## Prime Times

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# Upcoming Events

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***Tai Chi Health Benefits Tutorial, Dixie Squires, instructor. Jan. 20, 27; Feb. 3.***  
Three tutorials to learn the health benefits of Tai Chi. Open to all adults. No cost to attend. Held Friday, January 20 & 27, and Friday, February 3, 2023, at 10:00 am. RSVP to Elder Care. Call 918-336-8500.

## Events

***“No Skills Required Painting Party” - Valerie Unruh, artist. \$50/ person. February 9 | 6:00 pm - 7:30 pm***  
***Read more at [AboutElderCare.org/painting-party](https://AboutElderCare.org/painting-party).***



***“Jazzy Valentine Party” - features Cynthia Simmons, jazz recording artist. \$8/ person.***  
***Thursday, February 16 | 6:00 pm - 7:30 pm***  
***Read more at [AboutElderCare.org/valentine](https://AboutElderCare.org/valentine).***

***“Looking forward to seeing your smiling faces again and singing some of your favorite songs! See you soon!”***

*- Cynthia Simmons, Jazz Artist*



START YOUR NEXT ADVENTURE

## Go Travel

***Blowin' in the Wind - Dylan Museum Day Trip.***  
***\$200/ person. February 16 | 9:00 am - 4:00 pm***  
Visit the new world-class Tulsa Bob Dylan Museum.

***Read more at [AboutElderCare.org/dylan](https://AboutElderCare.org/dylan).***

***Contact Go Travel Trip Ambassador, Candy at (918) 633-8532 or email [Candy@GoGlobal.guru](mailto:Candy@GoGlobal.guru) to learn more about Elder Care's Go Travel trips.***

# This Month's Donors

In appreciation of contributions to Elder Care in December 2022

Bartlesville Community Foundation  
Lin & Alberta Bashford  
Bill & Sandy Bath  
Ralph & Lois Bergstad  
Ralyn & Linda Boudreaux  
Angela & Roger Box  
James & Patricia Brown  
Jerry & Wanda Brown  
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Buz & Patty Wierick  
Mark & Linda Wilburn  
Joe & Barbara Williams  
Ray & Marinel Woolrich

## Memorials

Elizabeth Arnim  
*In memory of James Emerson Dick*



GO TRAVEL

## Seniors Connect Day Trip

### Bob Dylan Museum

Thursday, February 16  
9am - 4pm  
Includes museum and lunch  
at the Lone Wolf Cafe  
Register by January 14  
Cost \$200/ person

Register through our website: [AboutElderCare.org/go-travel](http://AboutElderCare.org/go-travel)

