

# PRIME TIMES

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



# Thank you for giving in 2022

## In appreciation of contributions to Elder Care in 2022

Your financial contributions provide needed services to those over 65. Every day, seniors in our community face new challenges in health and wellness as they learn how to manage chronic illnesses or receive specialized treatment. Your donations provide services, education, and assistance to seniors and their families, offering hope for brighter days ahead. You ensure our programs continue for those who need us the most.

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We sincerely apologize for any unintended error or omission. If you feel there is an error, please call Angie Thompson at 918-336-8500, ext. 129.

# Your heart loves physical activity!

by Josh Lindblom, DPT, Therapy Director

**W**ith so many hearts around us on Valentine's Day, you must pay your own heart a little attention. After all, your heart is incredible. The average heart rate of an adult is 72 beats per minute. If you lived 80 years, your heart would have beaten almost 3 billion times. The heart is an amazing organ that keeps beating involuntarily and powers blood circulation for the entire body. Here are some important considerations for your heart health.

While genetics play a part in heart disease, lifestyle choices have a significant impact. The fact that you may have heart disease in your family tree should be the driver of change in your lifestyle. We know that smoking, unhealthy eating, and sedentary lifestyles negatively impact heart health, and here's how physical therapy can help.

Exercise helps burn calories, lowers your resting blood pressure and heart rate, reduces bad cholesterol, and boosts good cholesterol. Physical therapists are uniquely qualified to assess your mobility and physical activity levels and create an appropriate plan for you to improve. Considering past medical conditions and medications, a quality assessment of muscle strength, endurance, and vital signs is imperative in creating a successful program. A therapist will provide patient education and teach proper technique and performance of an exercise. If you are not used to exercising, a therapist is excellent at setting



suitable intensity and attainable goals for activities.

It's essential to recognize that being active doesn't necessarily mean running on a treadmill or going to a workout class, yet both can be good options. Your plan could be as simple as taking a daily walk, parking farther away from the store to add more steps to your day, or taking stairs instead of an elevator. Maybe it's getting back into playing a sport or participating in a physically active hobby.

The decisions you make today help shape the story you can tell tomorrow. Find something you love to do and get moving! You owe it to your incredible heart to tell a good story, and we would love to help.

Foundation Therapy Specialists at Elder Care specialize in administering individualized care in a compassionate environment. To schedule an evaluation, contact us directly at (918) 766-0391.

# Volunteering can give your heart a hug

by Angie Thompson, Development Director

*“The unselfish effort to bring cheer to others will be the beginning of a happier life for ourselves.” — Helen Keller*

**E**lder Care benefits from individuals and corporations who donate their time and talent. Volunteers come from different backgrounds and have different stories to share, but they all have one thing in common, a willingness to give time to help others. To us, our volunteers are “Ambassadors!”

DayBreak volunteers strive to know each client on a personal level. They are kind, and their attitudes brighten each room. They share stories from their own lives and ask about the participants’ lives. Their positive attitudes lift spirits even for those who come in having a bad day. Their cheer and contagious smiles know no bounds.

Seniors Connect volunteers tackle each challenge and are always willing to do the dirty work while adding their creative touches. They are reliable and show up ready to serve. If a problem arises, they solve it as a team to ensure everyone attending a seminar or party has a good time. You often hear laughter from the group as they work because they have a good time with whatever task they do.

Administrative volunteers greet guests, answer phones, file paperwork, help with bulk mailings, and make copies.

“Our paperwork never seems to end,” says Carol Davis, Elder Care billing representative. “Yet, every month, we have volunteers willing to work behind-

the-scenes to help us keep up with it. They come in ready to do the unglamorous work for us to stay organized and serve our clients better.”

All our volunteers are a core part of our mission of helping aging adults remain healthy and independent, and we couldn’t serve without them.

Make an educational presentation from your expert point of view.

Read a story, play the piano and sing, or call a BINGO game for DayBreak participants.

Greet guests as they arrive for our special events and seminars. The possibilities are endless.

You’ll bring a smile to someone’s face and guaranteed ... your heart will feel a HUG!



Join our Volunteer Team! Contact Angie Thompson by email at [AThompson@AboutElderCare.org](mailto:AThompson@AboutElderCare.org). Or call (918) 336-8500.



## Prime Times

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In appreciation of contributions to Elder Care in January 2022

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## Memorials

Barbara Bunge

Bruce & Eva Chambers

David & Kim Eddins

Frances McFarland

Kay Sowers

*In memory of Imogene Chambers*

## Employee Highlight

**K**elsey Kliewer, PT, DPT, has been part of our physical therapy team for six years. "I love working at Elder Care because of the welcoming environment. Everyone is so kind and friendly.

My coworkers have become like family and our patients can tell that we all genuinely care for each other. We aim to treat our patients like family as well, and they can feel the difference in the quality of care they receive here. I love building relationships with my patients and helping them feel their best, which allows them to enjoy life and continue doing the things they are passionate about!"

# SENIORS CONNECT

## EDUCATION, CONNECTION, & TRAVEL

Our social program is open to all seniors and includes monthly seminars, social opportunities, group exercise classes and travel opportunities. Some fees are associated with events or classes, but most are offered at no cost. No membership is required.

Visit our website to see our 2023 events calendar and get connected!

[AboutElderCare.org/events/month](https://AboutElderCare.org/events/month)



# Upcoming Seniors Connect Events

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**“Jazzy Valentine Party”** - featuring Cynthia Simmons, jazz recording artist. Thursday, February 16 | 6:00 pm to 7:30 pm. \$5/ person. Pre-registered guests only. Limited seating. RSVP by 2/11 to 918-336-8500. 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

**“Giving Trends”**- featuring Laura Jensen, Bartlesville Community Foundation Executive Director. Wednesday, March 1st | 3:00 pm to 4:00 pm at Elder Care. No cost to attend. Open to all adults. RSVP by 2/24 to Elder Care. 918-336-8500. Read more at [AboutElderCare.org/giving-trends](https://AboutElderCare.org/giving-trends).

**“Ladies Dessert Social”** hosted by Elder Care. Hear Megan Gold, 2022 Miss Oklahoma and KOTV NewsOn6 meteorologist share her passion for helping aging adults and her Miss Oklahoma journey. Saturday, March 18 | 2:00 pm – 3:00 pm at Elder Care. Cost is \$5 per person. Limited Seating. RSVP by 3/11 to Elder Care. Call 918-336-8500. Read more at [AboutElderCare.org/dessert-social](https://AboutElderCare.org/dessert-social).



**“Economic Update” & “What’s Happening in Bartlesville?”** - featuring Josh Randolph, regional manager, and executive vice president of Arvest Wealth Management in Bartlesville and Bo Ball. Thursday, March 23 | 4:00 pm to 5:00 pm at Elder Care. No cost to attend. Open to all adults in the community. RSVP by 3/14 to Elder Care. 918-336-8500. Read more at [AboutElderCare.org/economic-trends](https://AboutElderCare.org/economic-trends).

**“Spring Floral Arranging & Charcuterie Mash Up”** - featuring Betsy Faust of Honey’s Flowers & Melody of Melody’s Creative Cuisine. Cost is \$75/ person and includes all materials for the arrangement and your grazing board. Limited seating. RSVP by 3/28 to 918-336-8500. Read more at [AboutelderCare.org/mash-up](https://AboutelderCare.org/mash-up).

***[AboutElderCare.org/events/month](https://AboutElderCare.org/events/month)***