

PRIME TIMES

Issue 3
Volume 32

AN ELDER CARE PUBLICATION | March 2023



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



Socialization is Vital to Healthy Living

Social interaction can offer benefits to everyone at any age. We experience feelings of 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 improve emotions and moods.

Social connections occur while exercising at the gym, going to church, attending special events, taking classes at with others, or participating in programs such as DayBreak at Elder Care.

“Our mother became more communicative at home after attending DayBreak. She began living again and looked forward to seeing her friends every day at DayBreak.”



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 the act of 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.

“One of the main goals of exercise is to provide strength and confidence to be able to participate in social activities and to have the freedom to do

so,” says Josh Lindblom, Director of Therapy at Foundation Physical Therapy. *“We were meant to do life together.”*

Seniors who are socially active are more likely to eat healthier as they get together with friends for meals. If you live alone you are less likely to prepare a healthy meal for one. Eating with others at a restaurant, in the home of a friend, at a senior center, at a social event or at a day program usually results in a more balanced meal and 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.”*

Take advantage of the events being arranged this year in celebration of Elder Care’s 40th anniversary year. Attending events offer socialization and help reset old patterns.

Visit AboutElderCare.org/events and connect with others in the community at Elder Care.

Our Story Began with DayBreak

by Angie Thompson, Development Director



The first DayBreak program in 1983 was held each Tuesday in the basement of First Presbyterian Church from 10 am - 2 pm—\$ 15/ day.

From the onset, Elder Care has provided quality programs to ensure aging adults live happy, healthy, and independent lives at home.

Community advocates in the early '80s identified the need to provide additional in-home support caring for loved ones diagnosed with Alzheimer's or other dementias. Pat Newman, Elder Care's first case manager, wrote:

"In downtown Bartlesville a woman weeps from exhaustion confronted with the decision of placing her husband in a nursing home. In Dewey a man fights loneliness and depression because his wife's illness has isolated them from neighbors and friends. On a rural route a daughter comes by daily to bathe her mother while the father plods through chores he once enjoyed. All are caretakers of Alzheimer victims [patients]."

"DayBreak is an adult day respite center for the

elderly. A variety of fun and safe activities are planned for the older adult who may be physically or socially impaired and needs a structured program."

Sound familiar?

DayBreak's 22,000-square-foot space within ElderCare's facility is accessible Monday through Friday, from 7:30 am to 5:30 pm, and offers convenient, transportation.

Expansion since 1983? DayBreak Adult Day Health and Activity center allows aging adults to socialize, enjoy outings, and participate in special education programs. Participants are served three meals daily and engage in therapeutic art and exercise. And yes, we still have "fun."

Caring for a loved one at home and want to learn how DayBreak can impact you and your family?

Call Shelia at 918-336-8500.

Follow us on Facebook for more 40-year Elder Care history:
[Facebook.com/WashCoElderCare](https://www.facebook.com/WashCoElderCare).



2023 DayBreak

*"Noodle Ball"
- a favorite,
FUN exercise
at DayBreak*

Andrew Walker: Elder Care Mitigates Loneliness

by Angie Thompson, Development Director



Elder Care's newest board member, Andrew Walker, brings a host of experiences, a vibrant personality, and a caring spirit to our organization. His recent move to Bartlesville highlighted his desire to

be impactful in this community and meaningful across its many organizations.

Andrew moved to Bartlesville in August 2022 to take a position with Phillips 66. Since moving, he has put his HR degree to use as a Talent Acquisition Supervisor at Phillips 66 and as a member of Elder Care's board of directors.

"I found out about the board position when Elder Care contacted me, looking for someone with HR expertise to serve. My supervisor presented it as a community service opportunity, and I wanted to give back to the aging community."

Andrew revealed that his desire to serve on Elder Care's board came from personal experiences.

"I chose to serve on Elder Care's board because of my experiences with my grandparents. They lived in a small community and did not have access to services like Elder Care. At the end of my grandparents' lives, their only option was to move

into a nursing home. Elder Care's primary mission is to help the aging adult remain engaged in the community and live a healthy life without being placed in a nursing home. I wanted to be part of an organization that I felt my grandparents would have wanted to join."

Andrew serves on the compliance and development committees at Elder Care, bringing knowledge and experience to our organization's oversight.

"Elder Care is local to Bartlesville and impacts our community. The financial support from our community enriches lives and mitigates loneliness for aging adults, providing services that help them live a healthy lifestyle and stay connected to others."

When not working at P66 or Elder Care, Andrew is an avid golfer, travel enthusiast, and snowboarder. Andrew, his wife, two children, and their cat are happy to call Bartlesville their home.



Andrew Walker

(board member and travel and snowboarding enthusiast)

Master Gardener's Spring Outlook

by Betty Turner, Washington County Master Gardener and guest contributor

Several of my bushes look stressed during this winter. You have probably observed the same thing in your yard and neighborhood. What, if anything, should we be doing to help our plants survive?

2022 unseasonable and unpredictable conditions brought a summer drought that continues to the time of this writing. Freezes led to tree and shrub loss and warmer than average temperatures caused some species to come slightly out of dormancy then an extended cold period led to tree stress, yet most trees survived. Although currently stressed, trees and shrubs may be okay this spring and summer.

Here are some preparations for the upcoming season:

- ➔ After trees and shrubs leaf out, prune out any branches that have died, reshaping if needed after pruning.
- ➔ Prepare for possible water rationing now if substantial rainfall does not occur during February and early spring. Water only as needed.
- ➔ Fertilize appropriately. It is during a plant's growth time that plants can best utilize the nutrients available in fertilizers.
- ➔ Fertilize cool-season lawns late February or early March, again in either late April or very

early May, late September, and mid to late November.

- ➔ Avoid fertilizing during the summer (June through August). Bermuda lawns should not be fertilized until they are green and actively growing. Fertilizing at the wrong time of year is costly for homeowners. Bermuda lawns will survive on only rainfall by going dormant. Consider using little supplemental water on these lawns during a drought.
- ➔ Cut back ornamental grasses just prior to new growth. If delayed, like any other grass, you can cut these back any time, but the full height might not be achieved during the growing season.



2009 Flashback: DayBreak Gardeners



*From 2009 archives-
DayBreak participants
cultivating pentunias.*

*Currently, DayBreak
houses three unique
gardens.*

Heart Health: Avoid a Ticking Timebomb

by Darion Anthony, Case Manager



When maintaining the health of your heart, it is always important to consider all the different factors that come into play that work together to keep the most powerful pump strong and healthy. Neglecting

these factors can lead to many chronic conditions, including high blood pressure, high cholesterol, obesity, diabetes, and heart failure. The two most significant contributing factors essential to maintain are diet and exercise. According to Mayo Clinic Healthy Heart for Life (2012), simple steps focus on the positive movement toward a heart-healthy life.

Eat 5, Move 10, Sleep 8.

Eat 5. Eat five servings of fruits and vegetables daily to boost your heart health. Start by eating breakfast and including at least one serving of fruit or vegetable—snack on vegetables or fruits in between meals. Make a conscious effort to include fruits and vegetables in your daily meals. Don't worry so much about foods you shouldn't eat — work on getting five or more servings of fruits and vegetables daily.

The American Heart Association recommends our daily diet contain the following:

- Whole grains
- A variety of fruits and vegetables

- Low-fat dairy products
- Skinless poultry and fish
- Nuts and legumes
- Non-tropical vegetable oils

Move 10. Add at least 10 minutes of moderately intense physical activity to what you do every day. Some sources recommend 30 minutes of daily physical activity, but the bottom line is even 10 minutes makes a difference.

Studies have found just 60 to 90 minutes a week of physical activity can reduce your heart disease risk by up to 50 percent. It doesn't have to be elaborate — take the stairs, take a walk, and get moving. As you become more active, you can try to increase your total amount of activity each day.

A test of appropriate intensity is to monitor your breathing. If exercise is too intense to breathe or speak, you are likely pushing yourself too hard, and you should consider revising your workout regimen.

Sleep 8. Each person's sleep needs vary slightly, and quality sleep is good for your heart. It can be challenging to make time for good sleep, but it's essential. Try for 8 hours each night.

These life choices do not guarantee you will not experience any heart conditions; however, it dramatically decreases your odds and sets you on a path to maintaining a strong and healthy heart.

Prime Times

Published monthly by
Elder Care

Program Management

Cordell Rumsey
Executive Director

Christina Bishop
Operations Director
DayBreak Director

Angie Thompson
Development Director

Kearl Coke
Brighter Living Director

Christina Bishop
DayBreak 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

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

Andrew Walker

Wayne Walthall

Kathy Zervas

Programs and services are
partially funded by



This Month's Donors

In appreciation of contributions to Elder Care in February 2022

AMC Mortgage
Amedisys Home Health Services
Armstrong Bank
Arvest Bank Operations, Inc.
BancFirst of Bartlesville
BancFirst of Tulsa
Bank of Oklahoma - Bartlesville
Bartlesville Health & Rehab Center
William & Sandra Bath
Ralph & Lois Bergstad
Eva & Dan Boatwright
Darrell Coe
Margaret Cook
Diversified Systems Resources
Duncan Family Insurance
John & Mary Ford
Donna Furr
Linda & Rufus Huffman
Ignite Medical Spa Resort
Jane Phillips Society
K.S. Adams Foundation
Keller Williams Realty Bartlesville
Kevin Lynch RE/MAX Results
Edna Lee

Max Legatski
William & Delphi Loyd
Jack Maddux
Maddux, Ihrig & Shamhart, PLC
Regent Bank
Schwegman Ins. & Financial Services
Skyway Honda
Beverly Strode
Stride Bank
Truity Credit Union

Memorials

Robert & Nancy Farmer
In memory of Imogene Chambers

February Volunteers

Dan & Eva Boatwright	Melinda Rule
Bee Bradley	Beverly Strode
Karen Hays	Dixie Squires
Harriet Hood	Delisa Swanson
JoniSu Randolph	Scott Taylor

Saddle UP for the 25th Ride!



JOIN US for the 25th annual
fundraising event, The Good,
The Bad, The BBQ.
Purchase Tickets online at
AboutElderCare.org/BBQ or call
918-336-8500.

Upcoming Events – Community Connect!



“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/event/economic-trends.

“Spring Floral Arranging & Charcuterie Mash Up” - featuring Betsy Faust of Honey’s Flowers & Melody of Melody’s Creative Cuisine. Tuesday, April 4 | 5:00 to 6:30 pm Cost is \$75/ person and includes all materials for the arrangement and your grazing board. RSVP by 3/28 to 918-336-8500. Read more and register/pay at Abouteldercare.org/event/spring-floral-arrangement.



“Global Realities Part 1: Displaced Families in Ukraine.” Former Bartians, Jim and Pam King, provide an educational seminar on how displaced Ukrainian families find shelter in churches and buildings during the difficulties of war. This insight into current Ukrainian life comes from their own experiences helping families cope. Thursday, April 13 | 6:00 to - 7:00 pm. No cost to attend. RSVP by 4/7 to Elder Care. 918-336-8500. Read more at Abouteldercare.org/event/ukrainian-realities.

Power Hour: What About Foundation Therapy Specialists?” A series highlighting the many programs Elder Care offers to the community. Learn from Director of Therapy, Josh Lindblom, PT, DPT, what Foundation Therapy is all about. Thursday, April 13 | 12:00 pm to 1:00 pm. No cost to attend. RSVP by 4/7 to Elder Care. 918-336-8500. Read more at Abouteldercare.org/event/what-about-it.

Go Travel “A Day of Inspiration” \$200/ person

Thursday, May 4 | 9:00 am to 4:00 pm

Go-Travel Day Trip includes transportation, driver, guide, entrance to the Tulsa Glassblowing School, a two-hour glassblowing class, and lunch on the river. Open to adults of all ages.



Have questions, contact Go Travel’s trip Ambassador, Candy (918) 633-8532.

In partnership with Go Global Ltd of Bartlesville. Register by 4/21 through our website:

AboutElderCare.org/event/day-of-inspiration.