

# PRIME TIMES

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AboutElderCare.org | (918) 336-8500  
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# Choices when there were few

By Angie Thompson, Development Director

For the aging adult in Oklahoma there are a number of options for those caring for loved ones who have received an Alzheimer's or dementia diagnosis. Most choose assisted living, memory care, adult day health, or nursing home care. And some do choose to care for their loved one at home. Having additional resources for in-home care makes all the difference in the world for the caregiver.

However, in the early 1980s, here in Bartlesville, there were very few options for families caring for loved ones with these diseases and illnesses.

Elder Care became the resource in 1983 with two programs that expanded choices.

Betty Sammer, Elder Care co-founder recounts the early beginnings. "We witnessed aging adults slipping through the cracks in various ways," she said, "primarily those caring for loved ones at home. For those families, the only option was to place their loved one in a nursing home. The caregiver had little support for an in-home choice."



Betty Williams and her mother Mittie

Providing choices catalyzed Elder Care's early DayBreak Adult Day Health & Activity Center and case management programs.

"These two programs

were a game-changer for older adults."

"We sought to impact the elderly who needed more choices for coping with these difficult diseases.

People wanted more options, and there was very little out there in terms of services for seniors. And the fact that we were willing to meet a need, regardless of how we needed to make it happen, was beneficial. In every situation, we asked, 'How do we do it?' Do we do it with volunteers?

Or how will we meet this need?"

"The positive impact in our community was immediate and it continued over the years."

Although financially challenging, Betty said the mission was so good that people eagerly embraced Elder Care.

"Each time we had a bigger need, there was already someone

to step up. The people were responsive, which was rewarding as a professional to watch, participate in, and be blessed by. I have more gratitude for the people who had the courage to seek help and improve services. Because people wanted a choice, and there weren't very many."

Elder Care's 1983 Daybreak employed one full-time director, and one half-time case manager and a host of VOLUNTEERS.



# 1980s: “Immediate impact”

Today, in 2023, 12 full-time DayBreak employees serve 60 participants during the day.

Much like the ‘83 Daybreak Adult Day Health & Activity Center, our 2023 program provides care in a friendly environment but with expanded services: Monday through Friday, from 7:30 am - 5:30 pm.

Participants socialize with peers, participate in therapeutic art and exercise, receive healthy meals and snacks, are offered transportation if needed, enjoy outings and are engaged in stimulating cognitive activities and games.

DayBreak ‘23 has evolved with the needs in our community to provide care and services for the sophisticated aging adult. And we continue to be the voice for the family who desires choices.

DayBreak staff invite all who are interested in learning more about the program to call Shelia at (918) 336-8500.



“Each step of the way with volunteer and community interest and support for the people we were serving, we immediately knew it was paying off.”

- Betty Sammer



DayBreak was first offered each Tuesday from 10 am - 2 pm for \$15 at First Presbyterian Church, providing socialization for participants and respite for caregivers.





# Panel to discuss Alzheimer's and dementia



Studies indicate that five percent of people aged 65 to 75 have Alzheimer's disease. The Alzheimer's Association reports that less than half of Americans immediately talk to their doctor when experiencing early memory or

cognitive loss. The state of Oklahoma reports that since 2020, there has been a 13.4% increase in reported cases of Alzheimer's, and by 2025, 75,000 Oklahomans will be diagnosed.

Elder Care presents a panel of experts to discuss Alzheimer's and dementia on Tuesday, April 25 from 3 - 4:30 pm at Elder Care, 1223 Swan Drive.

The discussion provides a platform for general questions and answers on this subject.

The panel of experts is comprised of **Marilou G. Bork**, LCSW, with 40 years of experience in mental health and hospice services; **Kelly Shipley**, AG-ACNP, a Family Nurse Practitioner (FNP), and Certified Neuroscience Registered Nurse (CNRN). She works with Neurologist Dr. Jason L. King, MD, in Bartlesville; **Bruce Robinett** local attorney, has had a broad and varied practice over the years and now focuses primarily on business and estate planning; **Christina Bishop** director of operations and DayBreak Adult Day Health & Activity Center at Elder Care; **Jacob Guinan** Alzheimer's Association

Education Coordinator; and **Father John O'Neill** pastor of St. John Before the Latin Gate and St. James in Bartlesville.

The event is not limited to those with a diagnosis. All who are interested in the subject are encouraged to attend.

Guests are asked to RSVP in advance to Elder Care at (918) 336-8500 and email questions for the panel to Angie Thompson, Elder Care Development Director, at [AThompson@AboutElderCare.org](mailto:AThompson@AboutElderCare.org).

Elder Care offers resources for independent living; medical and outpatient therapy treatment, and in-home companion and caregiving services, and more.

Learn more at [AboutElderCare.org](http://AboutElderCare.org). Or Call (918) 336-8500.



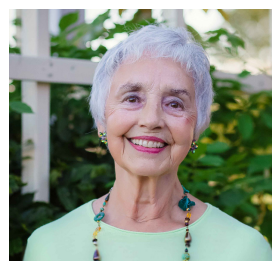
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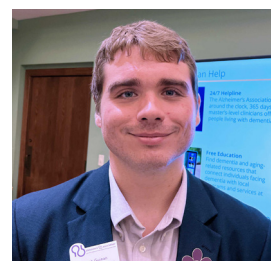
Bruce Robinett



Kelly Shipley, AG-ACNP



Marilou G. Bork, LCSW



Jacob Guinan



Christina Bishop

# Upcoming April & May events

See all events on our website:  
[AboutElderCare.org/events/](https://AboutElderCare.org/events/)

## *Panel Discussion: Alzheimer's in our Community*

Tuesday, April 25 from 3-4:30 pm. This educational event is open to all who are interested in the topic.

*Caregivers Support Group* - Tuesday, May 2, from 10-11 am. Held at Elder Care, 1223 Swan Drive.



## *What are YOU Missing?* - Dr. Andrea Wagner

Wednesday, May 3 from 3-4 pm at Elder Care. May is Speech & Hearing Month. Give your ears a tune up and learn more about good hearing health from local audiologist, Dr. Andrea Wagner. Topics covered include how normal hearing works; different types of hearing loss; over-the-counter hearing aids vs prescription hearing aids; when to consider amplification/hearing aids/cognitive implications. Free attendance. RSVP to Elder Care (918) 336-8500.



## *A Day of Inspiration* \$200/ person

Thursday, May 4 from 9 am-4 pm. Elder Care's 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 April 20, 2023, through our website: <https://abouteldercare.org/resources/go-travel/day-of-inspiration>. Minimum of 6 required to make the trip.



## *What About it! What About Case Management?*

Thursday, May 11 from 12-1 pm @ Elder Care, 1223 Swan Drive. Unpack this unique program - Case Management - and learn from Deanna Dodson, CMS/CQIM, how you can benefit. Open to all at no cost. RSVP by May 6 to Elder Care. (918) 336-8500.

## *The Good, The Bad, The BBQ*

Saturday, May 13 @ 6:00 pm. Elder Care's 25th anniversary fundraising event will be held at the Hughes Ranch. Purchase Tickets online at [AboutElderCare.org/BBQ](https://AboutElderCare.org/BBQ) or call (918) 336-8500 before 4/20. Tickets are \$100 per person.

# Caregiver Support Group meets at Elder Care

By Christina Bishop, Director of Operations

Being a caregiver can be physically and emotionally draining. Elder Care Support Group for Caregivers provides practical information in a nurturing environment.

Elder Care's Caregiver Support Group offers its participants a safe place to share their stories and vent their frustrations. In addition, they listen to each other and learn from fellow participants who are facing similar challenges.

Participants have said, "Caregiver Support Group made me realize that no one is alone. It's okay to be upset and vent your feelings."

The health and well-being of the caregiver is important too. They often become physically ill due to the stresses of caring. If the caregiver is stressed or unhealthy, it has a negative impact on the loved one for whom the care is being provided. The best advice one participant received while caregiving is, "You need help as well as the one you are taking care of."

Caregivers have a tendency to become isolated while caring for their loved ones. When caregivers fail to keep in touch with friends, they lose the connections they need. A support group like the one we hold monthly can help caregivers stay connected. "I feel stronger because of the different things I have learned from others."

Elder Care's Caregiver Support Group provides an opportunity for its participants to socialize and be heard by supportive ears who can offer compassion to each other. "Listening to others helped me feel stronger as a caregiver. The group listens and cares about each other. It really helps."

No RSVP is necessary to attend and are held the first Tuesday of each month (excluding holidays). Each session is an hour beginning at 10 am. The remaining spring/ summer group sessions will be held:

May 2 | June 6 | July 11





## Prime Times

Published monthly by  
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Christina Bishop

*Operations Director*

Angie Thompson

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Kearl Coke

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# 25th Anniversary of The Good, The Bad, & The BBQ

Amidst lush green hills and a big Oklahoma sky above, Elder Care will celebrate the 25th Anniversary of The Good, The Bad & The BBQ, beginning at 6:00 pm on Saturday, May 13, 2023.



The eagerly anticipated event returns in 2023 to the Hughes Ranch, just 3.5 miles southwest from downtown Bartlesville on Highway 123.

The outdoor fundraiser includes a BBQ dinner catered by Dink's and all the fixin's, music by Brandon the DJ, a cash bar, and live and silent auctions. Auction items feature travel packages, unique jewelry pieces, private parties, tickets to sporting events, one-of-a-kind artwork, and many more items.

Angie Thompson, Elder Care's Development Director, says funds raised during this annual event provide essential financial support for Elder Care's important year-round programs that impact seniors and caregivers in Washington, Nowata, and Osage counties. "We are looking forward to celebrating with all our friends under the big tent at The Hughes Ranch. We appreciate our sponsors and those who are purchasing tickets or supporting Elder Care with a donation. We always look forward to seeing everyone face-to-face. May 13 will be a time of celebration for our guests and for us."

Tickets to the event are \$100 per person and may be purchased online at [AboutElderCare.org/BBQ](https://AboutElderCare.org/BBQ) or by phone at (918) 336-8500. Proceeds are used to benefit Elder Care.

# This Month's Donors

**PT Challenge Update: Donations helped us receive the physical therapy challenge grant, and the PT equipment project is now wholly funded. Thank you for your financial support.**

## Donors & Event Sponsors

A.E. & Jaunita Richardson Charitable  
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Dean & Kathy Zervas  
Marcia Zervas

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.

## March Volunteers

Glenda Garrison	Harriett Hood
Cindy Smith	Beverly Strode
Eva Boatwright	Melinda Rule
Dan Boatwright	Vivian Smith
Joni Su Randolph	Bee Bradley
Scott Taylor	Dixie Squires
Delisa Swanson	

**Q** With the changes in the health clinic, will I still be able to see Dr. Jarrell?

**A** One of the CHC/OK advantages is that we have the staff available to expand clinic hours and be available five days a week, allowing patients quicker, and often same-day access. Whenever possible, Dr. Jarrell intends to continue to see his existing patients, however, there may be times patients will have the option of seeing one of our nurse practitioners in order to be seen in a timelier manner. Call (918) 214-8081 for more information.

