

PRIME TIMES

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



“But she can talk just fine.”

Speech Therapy for Dementia

While it may not seem obvious, speech-language pathologists can play an important role in caring for individuals who have dementia. SLPs are qualified professionals that can provide skilled intervention relating to cognitive-linguistic functioning, including all aspects of communication as well as cognitive skills such as memory and executive functioning. After an evaluation, including an interview with the individual and their family/caregivers, an SLP will design an individualized plan of care that may involve any of the following:

- Cognitive strategy training, including memory strategies and other strategies to improve the individual’s ability to complete tasks independently
- Caregiver training, including ways to interact with the individual, ways to support the individual, etc
- Support for creating routines and processes that keeps the individual safe
- Suggestions for ways to modify the environment to improve the individual’s functioning
- Education, resources, and counseling

An important part of providing services to individuals with dementia is that these impairments are usually progressive in nature. That means that

services are not usually aimed at rehabilitating a skill, but instead compensating for lost skills via strategies and modifications to their daily routines and tasks. It is vital that the family/caregivers of the individual are heavily involved in the therapeutic process so that the interventions are truly meaningful and functional for that individual as they continue through the disease process.

Another important aspect of speech therapy services for these individuals is counseling. Cognitive changes can cause tension and stress due to a lack of preparedness or even just a lack of understanding the disease or impairments. SLPs can help both the individuals themselves as well as their family/caregivers as they all learn to cope with these changes and adapt to their “new normal.”

This can be a scary time for anyone dealing with this problem, but you don’t have to deal with it alone. If you believe you or a loved one would benefit from speech therapy, ask your doctor for a referral and call 918-766-0391 to set up an evaluation with our speech-language pathologist.



What is Aphasia?

By Abigail Petermann, SLP at Foundation Therapy Specialists

Damage to the language centers of the brain, which in most individuals are in the left temporal and frontal lobes, can cause an impairment known as “aphasia.” Varying levels of severity are possible, from mild symptoms that minimally disrupt an individual’s life, to severe symptoms that make a significant impact on daily functioning.

There are different types of aphasia depending on the specific location and extent of the damage. Some different symptoms include:

- Word finding errors: difficulty naming objects, getting “stuck” trying to think of a word (“I went to the grocery store because I needed a... ah... you know... the red thing...”)
- Slow, effortful, agrammatic speech: leaves out “less important” words but has the main words (“tired... bed”)
- Fluent, nonsensical speech: sentences don’t make sense (“Monday came and the rain went up so I couldn’t cook my soup”)
- Difficulty understanding what is said to you
- Paraphasias: words come out only partially correct (“fife” for “knife”) or they are unintentionally substituted for a different word (frequently within the same category, like saying “spoon” instead of “fork”)

Difficulty reading or writing

Something that is a common confusion with aphasia

is that when individuals have aphasia, their cognitive skills are often intact. Because our language use is often associated with our level of intelligence, it can be easy to misunderstand an individual’s impairment as a loss of intelligence. This is not the case. These individuals can usually “think” just as quickly as they used to be able to; they have just lost some of their ability to express these thoughts through words.

Individuals with aphasia will have varying degrees of recovery across time. The sooner intervention can start, the better the prognosis for recovery. Speech therapy intervention can include a wide range of activities, such as language exercises that help your brain re-map linguistic information, developing strategies to compensate for lost skills, and developing alternative means of communication.

Let us help you get your voice back! If you believe you or a loved one could benefit from speech therapy, call 918-766-0391 to set up your appointment today.

May is “Better Speech & Hearing Month.” Make an appointment with our speech pathologist for a speech check up.

Connecting after retirement

By Deanna Dodson, CMS/CQIM

Do you often feel that you lack companionship? Are you living alone? Have you had a major life change such as moving after retirement? If so you, or someone you care about, may be one of the estimated eight million adults over age fifty that are at risk of social isolation. When we are no longer working and move to a new area it can be especially tough to maintain or create a social support system. Life changes happen and we may not realize how staying connected and engaged with others can fluctuate and the influence this has on our wellbeing.

Along with the high numbers of adults at risk for isolation listed above, Expand Your Circles also published recent studies on the negative outcomes of isolation. The research showed prolonged isolation equal to the health risk of smoking fifteen cigarettes a day. Other undesirable consequences of isolation and loneliness include higher rates of heart disease, depression, and death. So where do we begin? First, let's have realistic expectations. Making friends takes time. A University of Kansas professor recently published an article in the Journal of Social and Personal Relationships that detailed just how long. His findings revealed it takes adults near fifty hours for a relationship to change from acquaintance to casual friend.

Thankfully we can start increasing our social world with a few easy steps. A couple of things to try include scheduling time each day to call and visit

someone or using social media like Facebook to stay in touch or renew a friendship. Not tech savvy? Take a class to learn to use social media, not only will you gain a skill but you will also meet potential friends who are new to using social media. Joining local community wellness or senior centers can provide a



variety of activities to choose from including group exercise or travel programs. Continuing these steps will provide the foundation for real friendships to develop.

We all need companionship no matter our circumstances. Being socially connected in a way that adds meaning to our life is different for everyone. If you have any questions or suggestions please reach out to us at Elder Care we have several programs that offer opportunities to meet others and we love to hear from you!

Upcoming May & June events

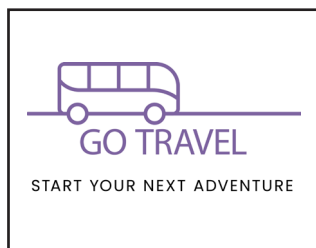


What About it! What About Case Management?

Thursday, May 11 from 12-1 pm @ Elder Care, 1223 Swan Drive. Unpack this unique program and learn from Deanna Dodson, CMS/CQIM, how you can benefit and may qualify for DayBreak Adult Day Health. Free attendance. Call (918) 336-8500.

Alzheimer's Association Seminar - "Living With Alzheimer's for Younger onset Alzheimer's"

Tuesday, May 16 from 3-4pm @ Elder Care. Alzheimer's Association Community Coordinator will discuss when someone under 65 is diagnosed with younger-onset Alzheimer's disease or another dementia. You will hear from those directly affected and learn how to plan and what you can do to ease the impact throughout the course of the disease. Free attendance. Open to all who are interested in the topic. Call Elder Care at 918-336-8500. 1223 Swan Drive, Bartlesville.



Alzheimer's Association Seminar - "Healthy Living for Your Brain & Body"

Wednesday, June 7 from 3:00 pm to 4:00 pm @ Elder Care. At any age, there are lifestyle habits we can adopt to help maintain or even potentially improve our health. These habits may also help to keep our brains healthy as we age and possibly delay the onset of cognitive decline. Jacob Guinan, Community Outreach Coordinator for the Alzheimer's Association will present tips from the Alzheimer's

Association latest research program. Free attendance. Open to adults of any age. Call Elder Care at 918-336-8500. 1223 Swan Drive, Bartlesville.

Seniors Connect – Go Travel day trip - "Live Theatre" experience " \$250/ person.

Saturday, June 17 from 9:00 am - 6:00 pm. Depart from Elder Care, 1223 Swan Drive. Includes transportation, driver, guide, entrance to the NSU River Playhouse in Tahlequah. Also includes lunch at the Country Cottage Restaurant in Locust Grove. 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 May 17, 2023, through our website:

<https://abouteldercare.org/resources/go-travel/live-theatre-experience>

Sleep is important at any age

As we age we experience normal changes in our sleeping patterns, we may get sleepy earlier or wake up more frequent throughout the night. The disturbance in our sleep pattern may leave us feeling tired when we awake.

The importance of sleep as we age is essential for memory and concentration. The recommended hours of sleep for adults are 7-9 hours per night. If we don't get the required sleep our bodies need then we are more susceptible to illness, depression, attention and memory problems and even falls.

The most common reported sleep problems in older adults are poor sleep habits, medical conditions or pain, medications, lack of exercise, decrease in social engagement and stress. There are things we can do to help promote good sleep patterns to improve overall health. The first thing is making your sleep environment conditions optimal for sleep. It is good practice to limit TV, or any brain stimulating activity, an hour before bedtime and to dim the lights in your room. Also, maintaining a consistent sleep schedule helps program your brain to sleep and wake cycles.

Improvements to our diets can help promote sleep such as; limit fluid intake at least 1 hour prior to going to bed, limit caffeine late in the evening, reduce sugar intake and avoid alcohol before bedtime. Exercise is another important part of our everyday life that will help ensure good restful sleep.

If you experience sleep loss for an extended period of time consult your physician to help facilitate a plan that best fits your need.



- *Stick to a sleep schedule*
Go to bed and get up at the same time every day.
- *Pay attention to what you eat and drink*
Avoid heavy or large meals within a couple of hours of bedtime. Nicotine, caffeine, and alcohol deserve caution, too.
- *Create a restful environment*
Consider using room-darkening shades, earplugs, a fan or other devices to create an environment that suits your needs.
- *Include physical activity in your daily routine*
Regular physical activity can promote better sleep.
- *Manage worries*
Start with the basics, such as getting organized, setting priorities, and delegating tasks.

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Former board member still believes in our mission



John Holden served on the Washington County Elder Care, Inc. Board of Directors from 1985 – 1993. He continued to serve as legal counsel from 1999-2007.

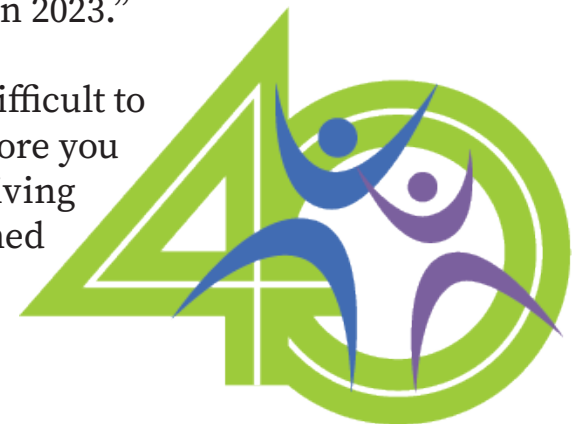
Now, sixteen years later, as an attorney specializing in elder law, Mr. Holden advocates for aging adults and families drawing from his first-hand knowledge of our DayBreak Adult Day Health, Brighter Living Companion and Caregiving services, and our monthly Caregiver Support Group.

“I greatly appreciate what Elder Care can do from an individual’s standpoint. They possess a wealth of knowledge. The Caregivers Support Group is important. It helps strengthen caregivers caring for a loved one at home. I encourage my clients to take advantage of the Caregiver Support Group.”

Elder Care programs offer many options for families who are caring for a loved one at home. Each choice meets the individual or family’s needs and wishes. “I’ve seen adult children torn up because they think assisted living or nursing home care is the only option, and that is not true. There are choices, and Elder Care offers options for families who wish to age-in-place. We offered this in 1983, and Elder Care has expanded programs and services and is even more equipped to help families in 2023.”

“Caring for someone in the trenches is too difficult to do alone, and you become overwhelmed before you realize it. I have seen cases where the caregiving children or a spouse would be so overwhelmed by the caregiving that they die before the dementia patient does. There is help at Elder Care.”

Visit our website to learn more about our programs
www.AboutElderCare.org.



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In appreciation of contributions to Elder Care in April 2023

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