

# PRIME TIMES

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



# June is Alzheimer's & brain health month



**F**ew adults can say that they have never been affected by Alzheimer's. Many of us have had loved ones that experienced this disease and we have watched as their abilities

gradually changed as the months and years passed. It is the most common form of dementia and impacts 50 million people worldwide.

Dementia can cause a decline in cognitive skills ranging from memory, to attention and processing, to reasoning and problem solving, to organization, to communication. These symptoms are progressive and eventually impact an individual's ability to complete their daily tasks independently.

Some factors that place you at risk of developing Alzheimer's later in life are out of your control, such as age and genetics. However, there are some things you can do to reduce your risk:

- Prevent brain injuries by wearing your seatbelt, helmets, etc
- Maintain good cardiovascular health
- Focus on "aging well" --- stay active, stay social, eat healthy, and use your brain every day

If you or a loved one are developing symptoms

of dementia, Elder Care offers many resources to support you in this journey! Visit our website ([AboutElderCare.org](http://AboutElderCare.org)) to learn about our various programs and consider a few sessions with our speech-language pathologist to learn more about maintaining (and compensating for) cognitive skills.

**Q: My father suffered from Alzheimer's disease. What can I do to keep from getting it myself?**

**A:** There is no known single cause or cure for Alzheimer's Disease (AD). Research indicates that living a healthy lifestyle - eating right and exercising regularly, keeping blood pressure and diabetes under control and avoiding head injuries will decrease your chances. You can also exercise your brain to keep it performing well. It is important to do challenging brain activities on a regular basis. Learn a new language, take up a new hobby, play a new game or play computer games that are specifically designed to keep your brain healthy. Sites like [lumosity.com](http://lumosity.com) have excellent programs to keep your brain working well. For more information on brain health strategies, call Abigayl Petermann at Foundation Therapy Specialists at 918-766-0391.



THErapy SPECIALISTS

# Panel: Alzheimer's and dementia resources



Learn more about resources available for a loved one with Alzheimer's disease and dementia. Join us for a panel seminar on Thursday, July 29, from 6:00 pm – 7:30 pm at Elder Care, 1223 Swan Drive.

The panel will discuss general topics to help families address cost of care, legal resources, treatment options and the benefits of adult day health.

Panelists include Dr. Sarah Land, DO, Director of Central States Research in Tulsa; John C. Holden, local attorney specializing in elder law and estate planning; Sandi Pellow, Executive Director for the Alzheimer's Association, Oklahoma Chapter; and Christina Bishop, Elder Care Director of Operations and DayBreak. Other panelists are to be announced.

Dr. Sarah Land is the Founder of Central States Research in Tulsa, a dedicated clinical research site that can offer cutting-edge FDA-approved treatments in multiple therapeutic areas including varying stages of Alzheimer's disease. Mr. John C. Holden is a former Elder Care board member and practices elder law in Bartlesville. He counsels families on asset protection, VA pension benefits, Medicaid planning, and cost of care for those diagnosed with Alzheimer's or dementia. Ms. Pellow offers 20+ years extensive director-level experience in advocacy and provides state-wide leadership connecting families with

resources on all things related to Alzheimer's. Ms. Bishop has been with Elder Care for 17 years serving in various leadership roles within the organization. She currently serves as Director of Operations and DayBreak Adult Day Health & Activity Center.

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

For planning purposes, guests are asked to RSVP in advance to Elder Care at (918) 336-8500. Space is limited. No cost to attend.



Dr. Sarah Land, DO



Mr. John C. Holden



Sandi Pellow



Christina Bishop

**Panel: "Alzheimer's & Dementia"**  
**Thursday, June 29**  
**6:00 pm – 7:30 pm • Elder Care**

# Upcoming Events

Events are one hour in length unless otherwise noted, free and open to the entire community, and held at Elder Care, 1223 Swan Drive. RSVP is requested. Call 918-336-8500. See all events at [AboutElderCare.org/events](http://AboutElderCare.org/events).

## AUGUST SEMINAR SERIES TO FOCUS ON "HOW TO DOWNSIZE"

### August 2 @ 3:00 pm

"Downsizing After Decades." Features Linda & Wayne Vineyard, with Minuteman Auction Company. "If you are the executor of an estate and you don't know where to begin, if you are retiring or downsizing your house, or if you have a business you need to liquidate, we offer options to help you make the best possible decision for your situation." *Minutemen*



### August 16 @ 3:00 pm

"Downsizing - Behind the Scenes." Features Robyn Fullerton and Karen Wilson. Robyn is a licensed professional counselor specializing in serving individuals and families who desire hope, health, and healing. Robyn offers a wealth of practical insight, compassion, and competence to help navigate families through challenging life transitions. Karen Wilson is a local community advocate and liaison for Tuesday House. Tuesday House is local resale establishment that accepts well-loved items for re-purposing and resale.



### August 30 @ 3:00 pm - 4:30 pm

"Downsizing - Checklist." Features Carlos Mendez & Spencer Pierce with Phillips 66 Environmental Safety team who will discuss disposing of hazardous materials safely; George Noblitt of Noblitt Computers will discuss disposing of computers, and electronic devices; Cathy Cowan, local realtor will share a checklist for homeowners; and Brandy Robles trust officer with Arvest Wealth Management will discuss details every family should consider from wills and trusts to beloved pets.



## ADDITIONAL AUGUST EVENTS



### August 8 @ 10:00 am

Caregiver's Support Group meets the second Tuesday of each month at Elder Care.

### August 10 @ 12:00 pm

Power Hour! What About It? Find out more about the W.R. Bohon & CHC-OK Health Clinic at Elder Care.

### August 17 @ 6:00 pm

"Oil Industry Update", featuring Mr. Jamie Iwamoto ConocoPhillips General Manager Financial Services Bartlesville.



# 25th Anniversary fundraiser was a success

**E**lder Care's 25th anniversary fundraising event was a success! 614 guests joined us for a night of dancing, auctions, and music under a beautiful Oklahoma sky to raise funds for the many programs at Elder Care.

We appreciate all who supported the event with their time and financial resources.

## Presenting Sponsors

ConocoPhillips  
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Phillips 66  
Truist Credit Union

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Wal-Mart Supply Chain

# Planning for your future with Alzheimer's

By Christina Bishop, Director of Operations & DayBreak Adult Day Health & Activity Center



When we are faced with a chronic health diagnosis such as these our emotions are intense, and we feel overwhelmed. I can personally say that when my son was diagnosed with a rare auto immune disorder, I felt that all the oxygen had been sucked from my body and life had just landed a

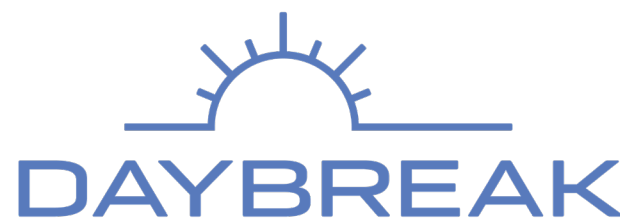
very unfair blow. Your mind is flooded with questions and in that moment, you feel very alone. I tell you this just to say, that moment passes and somewhere between despair and acceptance, we are motivated to make a game plan, educate ourselves and reach out for some much needed support. Your Physicians' are some of the critical players on your team and you will need to find the most effective ways to communicate with them and allow them to help you form your plan. Reach out to family and friends help them to understand your needs.

Next join a support group; everyone needs a supportive environment where they can be surrounded by people who share a common plight, people who are facing similar diagnosis. Support group provides its members a safe landing place. A place to share your concerns, vents your frustrations, exchange ideas, learn about new drugs and therapies.

Not to mention wonderful tips to help us with the daily tasks we face.

My third suggestion is a simple one, but one that I have found to make a lot of difference. Use a day planner (calendar) that can be carried with you and get in the habit of writing in it daily; Dr. Appointments, medication changes, mood changes, symptoms, etc. This will not only help keep you showing up on time to the doctor's office it will help you communicate your needs more effectively while at that appointment and it will also allow you to see if any patterns are developing.

Elder Care offers a wealth of services and support under one roof that is especially designed to meet the needs of those dealing with the challenging effects of Alzheimer's and Parkinson's disease. Most importantly remember that you are not alone, here at Elder Care our goal is to help each person achieve their personal best, through quality services and support.



ADULT DAY HEALTH & ACTIVITY CENTER

## Prime Times

published monthly by  
Elder Care

## Program Management

Cordell Rumsey  
*Executive Director*

Christina Bishop  
*Director of Operations*

Angie Thompson  
*Director of Development*

Christina Bishop  
*DayBreak Director*

Frank Danel  
*Facility Manager*

Deanna Dodson  
*ADvantage Services Director*

Josh Lindblom, PT, DPT  
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Andrew Walker

Wayne Walthall

Kathy Zervas

Programs and services are  
partially funded by



# Twenty years ago ...



**E**dd Grigsby chaired the Elder Care capital campaign committee in 2003 charged with raising local funds that enabled Elder Care to receive matching funds from the Donald W. Reynolds Foundation. We caught up with Edd and asked him to reflect on the campaign in 2003.



“As we approached the end of the campaign, we were about one million dollars short. I sent a letter to every citizen of Washington and Nowata counties asking for their support. I specifically asked one thousand people to step up and give one thousand dollars each to reach our goal. We gave them three years to complete their pledges. I don’t think our drive would have succeeded had it not been for one of the high school teachers (Mrs. Della Craighead - now deceased), who was well-known in the community and had taught most of our kids. She wrote a letter to the E-E editor in support of Elder Care. In that letter, she stated, ‘Look folks, our community needs this facility, and the one thousand dollars that is being requested is less than a hamburger a week.’

“Our biggest fundraising hurdle at that time was that most people had never heard of Elder Care, and we spent most of our time educating people. Fortunately, the new building and the great programs has now made Elder Care more visible in our community.” – *Edd Grigsby*



## Capital Campaign Committee

*July 2003 groundbreaking ceremony for our  
current facility*

# April & May Donors

In appreciation of contributions to Elder Care in April – May 2023

Keith & Lila Aitken  
A & J Rentals & Sales  
Angela & Roger Box  
Carl C. Anderson & Marie Jo  
Anderson Charitable Foundation  
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Donald & Marjorie Webster  
Brenda & Leon Williamson  
John B. Williford

## Memorials

J. Radcliffe & Mavis Smith  
*In memory of Richard Skinner*

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## April Volunteers

Dan & Eva Boatwright  
Keesha LaFlore  
Glenda Garrison  
Michael Thompson  
Harriett Hood  
Delisa Swanson  
Kelly Shipley  
Bruce Robinett  
Fr. John O'Neill  
Jacob Guinan  
Marilou Bork  
Melinda Rule

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.