

PRIME TIMES

Issue 8
Volume 32

AN ELDER CARE PUBLICATION | August 2023



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



August is National Wellness Month



August is National Wellness Month. Seniors across the nation are making healthy choices during the month of August to improve their overall health and well-being. Making slight modifications with food and exercise will keep bodies and minds strong. Take the national wellness pledge and add one healthy choice to your lifestyle each month and by the end of the year you may notice improved sleep and higher energy levels.

At Elder Care, we offer programs that encourage healthy movement and a healthy lifestyle.

Foundation Therapy Specialists also specialize in Parkinson's Wellness Recovery and PWR! Moves[®] classes, treatment of vertigo and TMJ. Foundation staff includes physical therapists, a speech

therapist, and a certified hand specialist for occupational therapy.

Foundation Therapy is open to adults of all ages and a physician referral is not required for an assessment.

Foundation speech therapists treat speech, swallowing, and cognitive difficulties resulting from stroke, TBI, dementia and Alzheimer's, Parkinson's disease, or other traumatic neurological pathology. Speech therapy is the only local provider for Parkinson-specific Speak Out[®] and Loud Crowd[®] programs.

The Brain Gains Cognitive Gym provides resources that encourage cognitive stimulation: books, games, puzzles, the Reflexion board, musical instruments, do-it-yourself kits, and more. Brain Gains is open to all seniors at no cost, and appointments are not required, however groups of 3 or more should call ahead. Brain Gains is available Monday-Friday, 8:00 am – 5:00 pm.

Foundation Therapy After Care Program allows clients who have completed their therapy program to use all the gym equipment at their convenience to help maintain the strength gained during physical therapy. For a nominal monthly fee, participants of the Aftercare program enjoy using the Elder Care Physical Therapy gym as an exercise facility.

Call 918-766-0391 to learn more.



“Exercising at After Care is convenient and helps maintain strength and activity levels.”

PWR! Moves. Parkinson's Wellness Recovery

Foundation Therapy Specialists (Elder Care) has been offering PWR! (Parkinson's Wellness Recovery) since 2016. Beginning with one-on-one skilled therapy, patients gain strength and flexibility, which then allows them to participate in the PWR! Moves group classes. Currently, there are eleven participants enrolled in the group PWR! Moves classes and they are changing the way we look at Parkinson's disease.

There was a time when little hope was given to someone when diagnosed with Parkinson's disease. Recent advances in basic and clinical science research suggest that aerobic exercise may protect vulnerable neurons, repair damaged circuits, and optimize function in persons with Parkinson's disease.

Parkinson Wellness Recovery (PWR!) has researched and developed cutting-edge exercise regimens for the treatment of people with Parkinson's disease. Aerobic exercise with large amplitude, high intensity (relative to your functional level) and intentional movements PWR! Moves group classes promote forced pace, varied sequence, functional movement patterns in an array of body positions ranging from back, belly, all-fours, sitting, and standing. These exercises are done through boxing movements, stepping stones, circuit training and a demanding circular group exercise they call "the octopus." The group setting is challenging, encouraging and fun.

The movements can be tailored to your individual interests or limitations, providing improvements to

your everyday function. The new reality is that specific exercise has been shown to promote brain change, allowing people with Parkinson's disease to not only maintain their level of function but to get better movements.



"We do things that challenge not only your physical fitness but your ability to think and sequence movements quickly," says Director of Therapy Josh Lindblom, who also leads the PWR! Moves classes. "The whole class brings a lot of positive energy and our hope is that it spills over into their everyday lives."

For more information on PWR! Moves, visit AboutElderCare.org. To set up an appointment for a comprehensive evaluation with Foundation Therapy Specialists, please call 918-766-0391 or email Josh Lindblom, Director of Therapy at jlindblom@abouteldercare.org. PWR! Moves classes meet on Mondays / Wednesdays at 12:00 noon.

Call Foundation Therapy Specialists to learn more. (918) 766-0391.

Rachel Johnson joins Foundation Therapy

[Bartlesville, Oklahoma] – July 15, 2023 --- Elder Care

Elder Care is pleased to announce that Rachel Johnson, PT DPT, has joined the staff at Foundation Therapy Specialists at Elder Care.

Josh Lindblom, PT, DPT, Director of Physical Therapy, believes Rachel will bring a family approach to serving patients.

“We are excited to welcome Rachel to Foundation Therapy. She treats patients like family and will provide the quality care that our patients and community have come to expect from us.”

Johnson holds a Bachelor of Science in Nutrition from Oklahoma State University and a Doctor of Physical Therapy degree from the University of Oklahoma.

During her one-year clinical rotation at the end of her doctoral program, she worked in acute and inpatient therapy at Ascension St. John Bartlesville and two physical therapy clinics in Owasso. She also worked at Foundation Therapy Specialists in Bartlesville --- an experience that prepared her for a dynamic career as a physical therapist and led her to the Foundation team.

“My clinical experience gave me broad experiences and a true ‘hands-on’ approach to therapy. That is one of the primary reasons I chose to work at Foundation Therapy. We specialize in one-on-one care, which is the best approach to therapy. I became a physical therapist because I enjoy helping others feel better and achieve their goals. That’s why Foundation is a perfect fit for me.”

Direct Access to physical therapists at Foundation Therapy Specialists allows patients to seek evaluation and treatment from a licensed physical therapist without a referral from a physician for up to 30 days. For more information or to schedule an appointment, please call 918-766-0391.



Employee Highlight

Heather Clapper is the scheduler with Foundation Therapy Specialists and your first point of contact when looking into outpatient therapy at Foundation. She helps patients with general information, answers questions about insurance and helps schedule patients’ initial appointments as well as follow up appointments.

Upcoming Events

Events are approximately 60-minutes in length unless otherwise noted, FREE and open to the entire community, and held at Elder Care, 1223 Swan Drive. For planning purposes RSVP is requested. Call 918-336-8500. See all events at AboutElderCare.org/events.

September

September 7 @ 6:00 pm - 7:30 pm

“The Dalton Gang.” The live performance is an original radio play featuring Tim Hudson (writer), Alan Gentges, Jason Elmore, and Maria Gus. Special appearance by Joe Sears! Bring a friend and fit right in. Light refreshments will be served. Please RSVP for planning purposes by September 5. (918) 336-8500.

September 14 @ 12:00 pm

Power Hour! What About It? What About In-Home Services?

Jerrie Lindley, Program Support Coordinator & In-Home Director will discuss this unique program that offers chore and errand service through In-Home services.

September 19 “Motion is Your Motivation” @ 6:00 pm

Retired Army Colonel, Craig Flowers, knows motivation. Join us for motivational session #1 in our Motivational Month series and be inspired by Col. Flowers stories and experiences in the military and on the basketball court. Colonel Flowers is Barbara Garrison and the late Denny Garrison's son-in-law. His motivational talk is exclusive for Elder Care. Bring a friend. Light refreshments will be served. Please RSVP for planning purposes by September 7. (918) 336-8500.

September 21 “Lessons from Legos” @ 6:00 pm

Father John O’Neill knows Legos. His hobby with Legos and music offer surprises and unexpected outcomes. Fr. John is pastor at St. John Before the Latin Gate and St. James Parish. Prepared to be amazed and inspired. Fr. John's talk is exclusive to Elder Care. Bring a friend. Light refreshments will be served. Please RSVP for planning purposes by September 19. (918) 336-8500.

September 28 “Tales from Buffalo Dale” @ 6:00 pm - 7:30 pm

Dale Lewis local author and film maker will screen his 60-minute documentary film based on his Mullendore murder stories. Light refreshments will be served. Bring a friend. Q/A to follow the screening. RSVP by September 26.

Upcoming Events (continued)

October

October 4 “Managing Money” @ 3:00 pm

Alzheimer’s: “Managing Money” with The Alzheimer’s Association. Held at Elder Care.

October 5 Triad Eye Clinic Free Screening for 55+

Triad Eye Institute will hold an eye screening clinic for individuals 55 and older at Elder Care on Thursday, October 5, from 12:30 pm - 2:00 pm. The Triad Institute 10-minute mobile screening includes testing and information provided by a licensed Optometrist for Glaucoma, Cataracts, Diabetic Eye Disease, Retinal Diseases, External Diseases of Eyes and Lids, and Dry Eyes. No dilation used. Individuals 55 years and older should pre-register for their screening by calling Elder Care at 918-336-8500. Elder Care is located at 1223 Swan Drive, Bartlesville.

October 25 “Seniors Connect: Cataract & Eye Surgeries” @ 3:00 pm

This seminar features Dr. Valerie Lobodiak, with Triad Eye Institute Bartlesville, who will discuss cataract and other eye surgeries. Dr. Lobodiak is a board-certified ophthalmologist who practices with an emphasis on cataract removal and minimally invasive glaucoma surgery (MIGS) at Triad Eye Institute.

November Preview

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| Nov 4 | Elder Care’s 40th Anniversary Celebration & Fundraising Breakfast “New Heights” with guest speaker, Jim Bridenstine, former NASA director and US Representative. |
| Nov 7 | Seniors Connect: Most Memorable Women Veteran Interviews with Joe Todd. |
| Nov 9 | Go Travel. Talimena Drive & Hochatown (through November 11). See webpage for cost. |
| Nov 15 | Ladies Connect Holiday Dessert Social with Penny Quinn and Christmas Tree ornaments from the past. \$5 per person. |

Visit our events calendar to learn more about upcoming events: AboutElderCare.org/events

Importance of Preventative Healthcare

At CHC/OK Bartlesville Clinic, we help mature adults live happy, healthy, independent lives through routine wellness visits and preventative screenings. Screenings are important because they save lives. As we age, we become more at risk for diabetes, heart disease, chronic obstructive pulmonary disease (COPD), cancer, and some conditions don't show symptoms until they've gotten worse.

Preventative healthcare focuses on maintaining wellness and trying to prevent health concerns before they occur. Instead of waiting until you have a health issue, you should visit your provider regularly to make sure that you're still in good health, or to catch health problems in early stages, which helps patients receive treatment faster and avoid lengthy, costly hospital stays. Each checkup gives you a chance to get to know your doctor better. You'll also feel better about asking questions or taking advice from your doctor if problems arise in the future.

Patients who have Medicare are encouraged to have their Medicare wellness visits done yearly. This visit is paid 100% by Medicare B benefits. Your provider will ask you to fill out a questionnaire, called a "Health Risk Assessment," as part of this visit. Answering these questions can help you and your provider develop a personalized prevention plan to help you stay healthy and get the most out of your visit. Your visit may include:

Routine measurements (like height, weight, and blood pressure).

- A review of your medical and family history.
- A review of your current prescriptions.

- Personalized health advice.
- Advanced care planning.

Your provider will also perform a cognitive assessment. Signs of cognitive impairment include trouble remembering, learning new things, concentrating, managing finances, and making decisions about your everyday life. If your provider thinks you may have cognitive impairment, Medicare covers a separate visit to do a more thorough review of your cognitive function and check for conditions like dementia, depression, anxiety, or delirium and design a care plan.

Regular checkups also give your doctor a chance to learn more about you. These visits will make your doctor more familiar with your health history, so they'll be able to tell if you develop symptoms that are new or unusual for you. The more your doctor knows, the more personalized care they can give you.

Dr. Jerry Brad Jarrell, MD, has over 35 years' experience as an internist and has been with Elder Care since 2014. Along with Dr. Jarrell, Rhonda Line, PA, also sees patients at the clinic.

CHC/OK Bartlesville Clinic accepts all insurances including Medicaid and Medicare. Services are also discounted for those meeting income guidelines. Clinic hours are 8 a.m. – 5 p.m. and is located at 1223 Swan Drive, Bartlesville, OK.

For more information or to schedule an appointment, call 918-214-8081.

Written by Kayla Katzer, Marketing and Communication Manager for CHCSEK

Prime Times

published monthly by
Elder Care

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Programs and services are
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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.

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Keith & Lynda Kleiwer
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The August 2003 Prime Times featured Elder Care's capital campaign committee on the cover. With their leadership and local financial support, Elder Care raised \$13 Million to construct our current facility and expand programs.

