

PRIME TIMES

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



Independence.

The very word elicits hope. We associate independence with freedom.

We start gaining independence soon after birth and celebrate each milestone that draws us to maturity with pride and a sense of accomplishment.

Think about when babies start to crawl and then walk. Each achievement carries them to the next level of self-dependence. It is no wonder that when we feel or fear our independence slipping away, we want to dig our heels in and hold on to our freedom. This behavior does not apply to any single group. Everyone fears losing their liberty. Why? Because freedom and choice equals independence.

Imagine what it must be like to be given a diagnosis that forever changes someone's mobility or abilities in a way that eliminates choices, dreams, or opportunities.

Reflecting on this illustrates how interruptions can put our independence in question or the independence of those we love. Aging adults deserve happy, healthy, independent lives as they age in place, which is why Elder Care offers a choice to help them remain independent in their homes.

DayBreak is an adult day health center in our 33,000-square-foot building on Swan Drive, with approximately 20,000 square feet of usable space dedicated to this program. DayBreak offers socialization, nutritious meals and snacks, therapeutic art, exercise, cooking classes, outings,

fellowship, cognitive games, and other mood-lifting activities. Participants can experience DayBreak Monday through Friday, between 7:30 am - 5:30 pm, where specially trained staff provide compassionate, supervised care. Transportation in the Bartlesville area is also available!

It is a great feeling to know that Bartlesville has choices to remain independent as we age.

You can experience freedom again through our person-centered DayBreak program, just like thousands of families have for the past 40 years.

Call us to discuss your or your loved one's independence. Call (918) 336-8500.



Art, gardening, cooking, and traveling through technology!

Board appoints Bishop to new role

[Bartlesville, Oklahoma] – June 28, 2023 --- Elder Care

The Elder Care board of directors announced today that Christina Bishop has been named Chief Operating Officer & Officer in Charge at Elder Care.

According to Mark Wilburn, Elder Care board president, Bishop's new role in leading the entire Elder Care operation comes at a good time as the industry faces continuing changes.

“Our aim in the upcoming year will be to focus on our core programs: DayBreak Adult Day Health, Foundation Therapy Specialists, and Case Management, to ensure we provide caring, effective, and efficient services while continuing to offer expanded services when appropriate. Christina's leadership in the adult day health and other programs will be an integral part of our organization's age-in-place leadership in community and region.”

Bishop has been employed with Elder Care for seventeen years with a background in behavioral science, psychology, working with neurologists and psychiatrists specializing in areas of dementia and mobility disorders, especially Alzheimer's and Parkinson's. She has served in many diverse leadership positions at Elder Care.

“My passion for working with aging adults continues to grow, as does my dedication to serving and developing quality programs that impact the lives of others in meaningful ways.”



Employee Highlights

Frank Danel has been part of Elder Care for twenty years and serves as our facilities manager. He leads a team who are responsible for IT, sanitization, building maintenance, bus driving, and more.

“Being part of Elder Care is such a pleasure. Knowing that I am helping support the elderly means a lot to me.”

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.

August

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 Auction Company

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 16 @ 3:00 pm - 4:30 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 17 @ 6:00 pm - 7:00 pm

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

August 24 @ 6:00 pm - 7:00 pm

“Learning to Speak Alzheimer’s Book Review with Marilou Bork, LCSW. Marilou will cover the practical insights that author Joanne Koenig Coste shares about Alzheimer’s disease in her book, Learning to Speak Alzheimer’s. Topics include coping with the diagnoses and adjusting to the progression of the disease, helping the patient talk about the illness, facing the issue of not driving and how to deal with wandering, paranoia and aggression.

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

“Downsizing - Checklist.” Features Carlos Mendez & Spencer Pierce with Washington Co. Operation Clean House committee members 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.

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 – 7:00 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 – 7:00 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.

October – November overview

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| Oct 4 | Alzheimer’s Focus Managing Money with The Alzheimer’s Association |
| Oct 5 | Triad Eye Clinic Screenings for seniors 55+. By appointment only. |
| Oct 25 | Seniors Connect: Cataract & Eye Surgeries with Dr. Valerie Labodiak |
| Nov 4 | Elder Care’s 40th Anniversary Celebration Breakfast “New Heights” with Mr. Jim Bridenstine, former NASA director and US Representative. Ticketed event. |
| 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 |

The human-animal bond keeps us healthy!

by John H. Manley, DVM and Elder Care Board Member

As a practicing veterinarian for over forty years, I have witnessed how very strong the human-animal bond can be on many occasions. It is especially demonstrated when the pet owner and the pet have been separated by hours or frequently days. The joy that is displayed by both the owner and pet is truly heart-warming. This is especially recognized when a dog is reunited with a person. I'm sure most people have witnessed such a happy reunion. But, did you know that cats also display great happiness when their owner comes to take them home? I have even witnessed a cat running into its owner's outstretched arms when it sees they are being reunited. You cannot help but smile and feel happy for them.



Why do humans own pets? In both men and women, the most common answer is enjoyment and companionship. Protection, service, and therapy are also important reasons why some pet owners choose to own a pet.

Most people are not aware of the health benefits of pet ownership. In the past 20 years, there have been numerous studies performed that have identified several health benefits of pet ownership. Studies have indicated that pet owners, especially cat owners, have better cognitive function on average than those that do not own pets. Other studies have indicated that dog owners have better physical function than non-dog owners. One study found that dog owners, on average,

spent 22 minutes more per day walking than non-dog owners. Dog owners also averaged 2,260 more steps per day than non-dog owners. They also had fewer times of inactivity per day.

This exercise has been known to lower the risk of high blood pressure, type II diabetes, and high cholesterol. The companionship of a pet has been found to be beneficial in the reduction of loneliness and anxiety.

Pet owners frequently said to me that their pets were the reason for them to rise from their bed in the morning and start their day. I believe the responsibilities of pet ownership gave them a purpose and is good for self-esteem.

Several studies have documented that the presence of pets in the household helps to lower blood pressure and decrease heart rate, regularize breathing, and relaxes muscle tension. At least one study has found evidence that pet owners have better survival rates following a heart attack than non-pet owners.

If you do not presently own a pet, but would like to have a pet, I encourage you to do so. If you don't feel up to having an energetic puppy, you might adopt a more mature dog from a pet rescue service. We have at least two organizations in Bartlesville that place animals in homes. They are Animal Rescue Foundation (ARF) and Washington County SPCA.

Prime Times

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Elder Care

Program Management

Christina Bishop
*Chief Operating Officer &
Officer in Charge*

Angie Thompson
Director of Development

Josh Lindblom, PT, DPT
Director of Therapy

Frank Danel
Facility Manager

Deanna Dodson
ADvantage Services Director

Shelia Tucker
Assistant DayBreak Director

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Programs and services are
partially funded by



Story from 2003

In celebration of our 40th anniversary we are reprinting an original ad that appeared in the Examiner-Enterprise on October 12, 2003 in support of our capital campaign, "Enriching Your Future."



"Thank You, Elder Care.

"Being a widow left my mother-in-law, Frances, lonely, confused and isolated. However, I was so encouraged when I heard about DayBreak. We got her enrolled about 2 1/2 years ago. My husband and I are so assured by the staff who greet Frances by name, hold her hand, laugh with her, care for her. She loves the games, the food, the fun. On weekends she is disappointed because she can't go to DayBreak. Living in Bartlesville, we are so privileged to have DayBreak and, with the promise of the new facility, the future ahead is more exciting. Frances is richer now in her spirit because of the devoted staff at DayBreak and you all are a tremendous blessing as you change and touch lives – especially ours! You make a difference. I offer my deepest thanks to those who have rekindled "purpose" in Frances Vineyard and help us maintain our jobs and quality of life."

--Linda Vineyard, Caregiver, pictured here with DayBreak participant Frances Vineyard



This campaign is about more than a building. It is about ensuring quality care for all of us as we age. Today's seniors were here for us when our need was greatest. They taught in our schools, paved our streets, built our cities, cared for our sick, and fought in our wars. Now it's our turn to be here for them. This is the time.

Send your pledge or donation to Elder Care today, or call 336-8500 to learn more about how you can join your community in supporting Enriching Your Future.*



* This was re-printed from 2003 archives and is not a current request for capital campaign donations.

June Donors

In appreciation of contributions to Elder Care in June 2023

Bartlesville Community
Foundation
Bill & Sandy Bath
Tug & Phylis Baughn
Robert & Linda Beard
Cynthia Bell
Michael & Vickie J. Benzin
Ralph & Lois Bergstad
Janis Blanton
Jerry & Marilou Bork
Jerry & W. Wylene Brown
Gary & Mary Buttman
Bill & Gail Chamlee
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Don & Betty Smith
Frank & Florene Sotosek
David & Rosalee Taylor
Scott & Angie Thompson
Victoria Travaglini
Jim & Theresa Weeks
Mark & Linda Wilburn

Memorials

Paul & Kelly Curtis

In memory of Charles K Smith

Joyce & Wayne Kinde

In honor of Foundation Therapy Specialists

June Volunteers

Bartlesville Chorale
Jacob Guinan
John Holden
Sandi Pellow
Patricia Roberts
Scott Taylor

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.