

PRIME TIMES

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



September is Healthy Aging Month

By Michael Thompson, Elder Care

Connecting Diet with Exercise



September is Healthy Aging month. Medical and health organizations across the nation are raising awareness of health practices that will benefit adults over 60 years of age throughout the year.

In a world that is oversaturated with information or misinformation, it can be difficult to ascertain which health decisions can be the most beneficial or accurate. First, let's review the corroborated and well-known do's before we address the don'ts.

While our tastes and appetites change throughout our lives, few of us realize that our dietary needs do, too. As we age, our bodies function better through various foods. Drinking liquids – particularly water – is essential regardless of age. Nutrient-dense foods such as fruits, vegetables, lean meats, whole grains, and low-fat dairy products can bring enormous benefits. For example, a 2021 study found that participants who routinely ate such a diet had significantly lower risks of sudden cardiac deaths, migraine onsets, and cognitive decline.

Foods rich in nutrients will boost brain health and increase your muscle recovery after exercise – something health professionals also encourage as you age. In fact, researchers have found that muscle mass in adults over the age of 55 was a better predictor of longevity than your weight or body mass index (BMI).

What you do not eat is just as important as what you do. Eating excessive carbs, sugars, high fats, and sodium foods regularly can be detrimental to your health and put you at risk for several ailments, including heart disease. Indeed, foods high in salt have put people at higher risks of hypertension and high blood pressure along with increased difficulty losing weight.

It is important to remember that your goal is not to become thin. It's far too easy to boil down your overall physical health to a

Nutrient-rich foods such as fruits, vegetables, lean meats, whole grains, and low-fat dairy products can boost brain health and increase muscle recovery after exercise.

Drinking water is essential regardless of age .

Connecting diet with exercise – continued

single number such as your weight or BMI. Using your physical appearance may be a simpler gauge to ascertain your health; however, if you want to lose weight, having a thin appearance should not be your goal. Thinner is not always healthier. Thinness can weaken your immune system or increase the risk of bone fractures.

Instead, your goal is to be neither overweight nor underweight. There is no one-weight-fits-all category, and this depends on you – your height, muscle mass history, health condition, etc. – and should be ascertained with your doctor. Eating the right amount and types of foods combined with physical and cognitive activities will benefit your health in the long run; however, making decisions based on one or two metrics for the sake of convenience will almost certainly be insufficient for your health awareness.

Cognition is Never Excess!

What does successful aging look like? As individuals live longer than previous generations, the definition of “old” changes continually. Sixty was old nearly a century ago; now, 80 is the median age for “elderly.” Regardless of their ages, though, seniors are defining success for themselves and cognitive health is a huge part of that success!

Compared to previous generations, modern elders on average feel happier, freer, and less anxious . . . and they aren’t just looking back, reminiscing on the good old times. Today’s elders increasingly want a continued sense of purpose and meaning.

Current surveys reveal remarkable statistics about seniors’ self-evaluations and positive thinking:

- 58% say they are more open-minded and curious compared with the previous generation.
- 59% of pre-retirees and retirees say they want to work in some form in retirement.
- 66% of Americans age 50+ see retirement as a new chapter in life, while only 16% say it’s principally a time for rest and relaxation.

Eating excessive carbs, sugars, high fats, and sodium foods regularly can be detrimental to your health and put you at risk for several ailments, including heart disease.

Cognition - continued

- 71% of Americans 65+ say the best time of their lives is right now or in front of them.
- 79% of adults 50+ think today's older adults are more active.
- 83% of U.S. adults 65+ say it's more important for them to feel useful than youthful in their retirement years.
- 97% of adults 65+ agree that it's important to stay curious and be willing to learn new things throughout life's later years.

Seniors highly rate the ability to think, learn, and remember with healthy aging.

Perhaps the most successful feature that belies all the above seniors' survey responses is cognitive health. September is Healthy Aging month. Across the United States, health and medical professionals work hard to make the public aware of the importance of successful and healthy aging.

Simply put, cognition is the ability to think, learn, and remember. Maintaining cognitive health encompasses implementing activities that will help adults achieve continual cognition for as long as possible. Various activities – healthy eating, maintaining physical activity, learning new skills, and socializing – have been linked to older adults staying healthy in body and mind. The following activities have important health benefits:

- At least 150 minutes per week of moderate-to-vigorous-intensity physical activity
- Not smoking
- Not drinking heavily
- A high-quality, Mediterranean-style diet
- Engagement in mentally stimulating activities, such as reading, writing letters, and playing games

- ☑ **Healthy eating**
- ☑ **Maintaining physical activity**
- ☑ **Learning a new skill**
- ☑ **Socializing**

No matter how introverted some of us are, our brains are naturally hard-wired for interaction and social settings. The research is clear: social interaction after the age of 55 has been linked to decreased chances of dementia among seniors.

Socializing boosts cognitive faculties and can lead to better mental health.

Cognition - continued

No single activity will guarantee success; however, small, consistent changes to your life daily will eventually accrue into noticeable health improvements. Discipline is key – maintaining a steady diet of new skills, socialization, nutritious foods, and physical exercise will ensure that September is not the only month of the year that you stay healthy!

Elder Care offers seniors a place not only of physical exercise but also cognitive stimuli through games and social interaction. Come visit us at 1223 Swan Drive in Bartlesville or visit our website at AboutElderCare.org. Or call us at 918 335-8500.

Celebrating 40 Years!

By Angie Thompson, Development Director



Since 1983 Elder Care has served adults 60+ with programs to support health and wellness. Now it's time to celebrate this 40 year milestone.

“Setting New Heights” fundraising breakfast will raise funds to benefit Elder Care’s many

programs. Elder Care’s 2023 Giving Day goal of \$50,000 will serve over 2,000 seniors in 2024.

Event guests will hear from Jim Bridenstine, 13th NASA Administrator and former United States House of Representative from Oklahoma’s First Congressional District as the featured guest speaker during the fundraising breakfast.

Mr. Bridenstine also served as a pilot in the United States Navy, acquiring 1900 flight hours and 333 landings on an aircraft carrier. He flew combat

missions in Afghanistan (2002) and Iraq (2003) off the USS Abraham Lincoln, where he earned an Air Medal and Navy Commendation Medal with Combat “V.” Originally an E-2C Hawkeye pilot, he transitioned to the F-18 Hornet and flew as an aggressor (Red Air) at the Naval Strike and Air Warfare Center, the parent command to TOPGUN.

Silent auction items include original Carolyn Mock painting commissioned for the event; Jim Bridenstine autographed space memorabilia; bi-plane ride with Kevin Roll; local merchant certificates, and more.

Cost is \$50 per person for general seating or \$75 per person for reserved seating and a commemorative t-shirt. Event registration includes light breakfast.

To accommodate guests, the fundraising breakfast will be held at the Tri-County Technology Event Center, 6101 Nowata Road, from 9:30 am - 11:30 am.

RSVP by November 3 to Elder Care at (918) 336-8500 or at AboutElderCare.org/breakfast.

Upcoming Events

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

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 22 “BRAIN GAINS Open House” @ 1:00 pm – 3:00 pm

Abby Petermann demonstrates the resources in our Brain Gains resource room. Open to all seniors at no cost. Meet Abby and learn how this resource center can help keep our brains active and learning.

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 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

Upcoming Events (continued)

should pre-register for their screening by calling Elder Care at 918-336-8500. Elder Care is located at 1223 Swan Drive, Bartlesville. Pre-registration is required. Limited spaces.

October 10 “Alzheimer’s in our Community” @ 6:00 pm

Local neurologist Jason L. King, MD is part of the Ascension Medical Group St. John Neurology & Stroke Care Bartlesville. King graduated from the University of Oklahoma Health Sciences Center in 2020 after completing a fellowship in vascular neurology. Prior to this, he received his Doctor of Medicine from the University of Oklahoma College of Medicine and his Bachelor of Science in Chemical Engineering from the University of Oklahoma. He is certified by the American Board of Psychiatry and Neurology. Open to all who are interested in this topic.

October 19 “Dinner With Friends” @ 6:00 pm

Fabulous Food and Fantastic Friends! Catered by Melody’s Creative Cuisine and features meatloaf, mashed potatoes, vegetables, dessert, iced tea, water and coffee. Open to all adults 60 and older. The cost is \$20 per person and space is limited to 30 people.

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 7 | Seniors Connect: Most Memorable Women Veteran Interviews with Joe Todd. 3 pm. |
| Nov 9 | Alzheimer’s in our Community: Dr. Sarah Land, DO, Central States Research Tulsa. 3 pm. |
| Nov 11 | Elder Care’s 40th Anniversary Celebration & Fundraising Breakfast “Setting New Heights” with guest speaker, Jim Bridenstine, former NASA director and US Representative. TCTC. |
| Nov 15 | Ladies Connect: Holiday Dessert Social with Penny Quinn and Christmas Tree ornaments from the past. \$10 per person. 3 pm - 4:30 pm |

Prime Times

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In appreciation of contributions to Elder Care in August 2023

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Allan & Rosemary Carlson
Bob & Meredith Fraser
Betty Kane
Jerry & Beth Maddux
Benjamin & Katherine Powell

Memorials

Kaye Canfield
Ada & Lester Lorenz
Jim Ewing Family
In memory of Peggy Schwegman
Hugh & Marsha Harte
In memory of Norman Weeks

August Volunteers

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.

A promotional graphic for the "Setting New Heights" event. It features a blue background with a white rocket ship launching from a cloud. The cloud contains the "elder care" logo. To the left is a circular portrait of Jim Bridenstine, Former NASA Administrator, Guest Speaker. Below the cloud, the text reads "SETTING NEW HEIGHTS" in large blue letters, followed by "Elder Care | 1223 Swan Drive, Bartlesville, OK 74006 | (918) 336-8500".

Jim Bridenstine
Former NASA Administrator
Guest Speaker

SETTING NEW HEIGHTS
Elder Care | 1223 Swan Drive, Bartlesville, OK 74006 | (918) 336-8500

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40TH
ANNIVERSARY
CELEBRATION
FUNDRAISING
BREAKFAST

**GIVING DAY
2023**

NOVEMBER 11 @ 9:30 - 11:30 AM | TRI COUNTY EVENT
CENTER | PROCEEDS BENEFIT ELDER CARE