


PRIME TIMES

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



October is Breast Cancer Awareness Month

By Desery Drake, LPN, Practice Manager, CHC-OK @ Elder Care

Did you know that Oklahoma has the fourth highest cancer death rate in the nation? Breast cancer is the second leading cause of cancer deaths among women, and about 1 in 13 cancer deaths on Oklahoma are attributable to female breast cancer.

Studies have shown that your risk for breast cancer is due to a combination of factors, such as being a woman and getting older, genetic mutations, starting your menstrual period before age 12 and starting menopause after age 55, having dense breast, and a family history of breast or ovarian cancer.

Different people have different signs of breast cancer. Some of those warning signs are a new lump in the breast or armpit area, thickening or swelling of the breast, irritation or dimpling of breast skin, nipple discharge, or pain in the breast. Although it is rare, men can get breast cancer also. About 1 out of every 100 breast cancers diagnosed in the US is found in a man.

What are some ways that you can help prevent breast cancer? You can keep a healthy weight, be physically active, choose not to drink alcohol or drink in moderation. If you are taking hormone replacement therapy or oral contraceptives, ask your doctor about the risks and find out if it is right for you. Staying healthy throughout your life will lower your risk of developing cancer, and improve your chances of surviving cancer if it occurs.

To help find breast cancer early, experts recommend that women aged 50 to 74 who are at average risk of breast cancer get a mammogram every 2 years. Women aged 40 to 49 should talk to their doctor or other health care professional about when to start getting a mammogram. More breast screenings would reduce deaths, decrease the number of women diagnosed with late stage cancer, detect cancer sooner when it is easier to treat, and reduce health care spending.

The most important thing is to talk to your healthcare provider. Prevention is the key. Ensuring you have routine checkups, routine mammography at the appropriate age, perform self-breast examinations, and report abnormal findings.

If you are due for a breast screening, schedule an appointment with your healthcare provider today.

Community Health Centers of Oklahoma (CHC-OK) is located at Elder Care, 1223 Swan Drive, Bartlesville. Call (918) 214-8081 for more information on our services.



IN-HOME

HOME & ERRAND SERVICE

- Clean & sanitize the kitchen and bathroom
- Wash dishes, dust furniture, sweep, mop, and vacuum floors
- Perform essential shopping and errands
- Assist with meal preparation
- Change bed sheets
(non-bedfast clients)
- Assist with letter writing
- Assist with laundry . . . and more



1223 Swan Drive • Bartlesville • 918-336-8500 • www.AboutElderCare.org
Serving Nowata and Washington Counties

Services are funded in part by the state and Older Americans Act funds from Grand Gateway AAA Title III services and OK DHS Aging Services. In Home Services serves all individuals who are eligible for its programs without regard to race, national origin, religion, sex, or disability.

Dementia and Communication

By Shelia Tucker, Assistant DayBreak Adult Day Health Director



Dementia is not a disease in itself. Dementia is a word used to describe a group of symptoms that occur when brain cells stop working properly. This happens inside specific areas of the brain, which can affect

how a person thinks, remembers, and communicates.

If you have known someone with a diagnose of dementia, then you have watched what happens when he or she forgets someone's name or can't communicate an important piece of information or loses the ability to verbally communicate all together. It can be humiliating for the person and it's heartbreaking for the family.

As cognitive decline progresses communication becomes more than words. Gestures, body language and physical contact will become significant forms of communication.

When someone has difficulty speaking or understanding, try to:

- be patient and respectful
- remain calm, which can help the person communicate more easily
- keep your tone of voice positive and friendly
- use short sentences
- talk to them at a respectful distance to avoid intimidating them – be at the same level or lower if they are sitting
- hold the person's hand while speaking to reassure them – watch their body language and listen to what they say to see whether they're comfortable with

you doing this

- give them time to respond
- acknowledge what they have said, even if the response is out of context
- avoid arguing, agree on their reality and redirect the topic of conversation

Be a better listener:

- use eye contact, look at the person, and encourage them to look at you when either of you are speaking
- try not to interrupt them, even if you think you know what they're saying
- stop what you're doing so you can give the person your full attention
- minimize distractions that may get in the way of communication, such as loud tv or radio in the background
- if you are having difficulty understanding, repeat what you heard back to the person and ask if it's accurate, or ask them to repeat what they said

It's important that we encourage the person with dementia to communicate, however they are able. Communication is possible at all stages of dementia. Effective communication is more than talking and listening, it is understanding and interpreting. What a person says or does, how a person behaves has meaning. Never lose sight of the person. Always remember, they are doing the best they can.

Call Shelia to learn more. Call (918) 336-8500.



ADULT DAY HEALTH & ACTIVITY CENTER

Setting New Heights Fundraising Breakfast

By Angie Thompson, Director of Development



Setting New Heights summarizes Elder Care's outlook for 2024 and sets the tone for our 2023 Giving Day and 40-year anniversary celebration.

Festivities include a celebration fundraising breakfast with guest speaker, Jim Bridenstine, comments from current

board members, a mini-silent auction, and open house at Elder Care.

40-Year Anniversary Celebration Fundraising Breakfast

The purpose for the 40-year anniversary celebration breakfast is to

- ☑ Raise awareness about Elder Care
- ☑ Bring the community and extended Elder Care family together to celebrate this milestone in a big way
- ☑ Celebrate our future, and
- ☑ Provide an opportunity to advance Elder Care's mission in 2024 financially.

Funds raised at this event will provide resources to educate and serve aging adults and their families. Elder Care provides resources for healthy aging, wellness, proper nutrition, Alzheimer's and dementia, and more.

Funds raised will help underwrite costs to provide meals and transportation in our DayBreak Adult Day Health program; support building and specialized

equipment costs; and fund administration and personnel costs. Setting New Heights fundraising breakfast will directly impact programs that provide services to aging adults and their families.

In 2022-2023, Elder Care provided education and services in these areas:

- Alzheimer's, dementia, and Parkinson's diseases
- Downsizing homes after decades
- Estate planning
- Caregiver's support group
- Cognitive therapy resources
- Tax and law information important for seniors
- Complimentary eye screenings in partnership with the Triad Eye Institute
- Weekly senior-focused exercise programs
- Socialization opportunities through special events
- Access to flu vaccines
- Adult day health
- Case management
- Physical therapy
- In home services
- Health clinic and more

Who is invited to attend?

We invite everyone in the community, and especially those who have been part of Elder Care at every stage of our history, individuals in the community who have benefited from Elder Care programs and services, and those interested in hearing Mr. Bridenstine speak.

Open House

Elder Care will also host an Open House in our 33,000-square-foot facility at 1223 Swan Drive. Meet

Setting New Heights Fundraising Breakfast *(continued)*

board members, staff, and see program spaces. Anniversary cake will be served. Come and go between 12:00 p.m. - 2:00 p.m.

Elder Care GIVING DAY 2023

What is a GIVING DAY?

Giving Days are 24-hour (or longer) fundraising events aimed at bringing individuals together to raise awareness for a specific cause, increase engagement, and increase donations. These events are often launched by purpose-built nonprofits such as Elder Care.

Elder Care 2023 Giving Day is November 11 and is being combined with our 40-year celebration fundraising breakfast and Open House. Friends are invited to donate online on November 11, or make their contributions at the fundraising event.

Donations to Elder Care's Giving Day may be made online through our secure donation site weblink.donorperfect.com/40-Day. Or scan Giving Day QR code below.



Donate: GIVING DAY

Saturday, November 11

40-Year Celebration "Setting New Heights" Fundraising Breakfast @ 9:30 a.m. - 11:30 a.m.
Tri-County Technology Event Center
6101 Nowata Road, Bartlesville

Tickets are \$50 or \$75. May be purchased by calling 918-336-8500 or through our website AboutElderCare.org/breakfast

Elder Care Open House @ 12:00 p.m. - 2:00 p.m.
(come and go)

Elder Care
1223 Swan Drive, Bartlesville
No cost to attend

Elder Care's 2023 GIVING DAY
Make an online contribution during our November 11 Giving Day @ secure link:
weblink.donorperfect.com/40-Day

Or scan QR code to the left



Merchandise provides additional support for Elder Care. T-Shirts \$25 ea. or 2 for \$40.

License tag frame \$15 ea. or 2 for \$25.

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
Case Management Director

Shelia Tucker
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Programs and services are
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In appreciation of contributions to Elder Care in September 2023

Preston & Nancy Arnold
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Joe Blackmon
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Jerry & Marilou Bork
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Gary & Mary Buttman
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Foundation
Earl & Jane Sears
John & Kay Simon
Scott & Angie Thompson
Patsy Tracy
Truity Credit Union
Don & Ann Webster

Memorials

John & Kathi Swanson
In memory of Dr. David Boyd

August - September Volunteers

Robyn Fullerton
Tammy Ross
Karen Wilson
Brandy Robles
Carlos Mendez
Spencer Pierce
Cathy Cowan
Marilou Bork
Jamie Iwamoto

Wayne & Linda Vineyard
Scott Taylor
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Jason Elmore
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Keith Aitken
John Su Randolph
Marilou Bork
Patricia Roberts
Beverly Strode
Virginia Sawyer
John Manley

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.



Upcoming Events

Events are approximately 60-minutes 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.

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.

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 7 “Most Memorable Women WWII Veteran Interviews” with historian Joe Todd @ 6:00 pm.

November 8 “Year End Giving” with Laura Jensen, Bartlesville Community Foundation @ 3:00 pm.

November 9 “What About it?” – Speech Therapy at Foundation Therapy Specialists with Abby Petermann, SLP @ 12:00 pm.

November 9 “Alzheimer’s Treatments” with Dr. Sarah Land, DO @ 3:00 pm.

November 11 “Setting New Heights” fundraising breakfast to benefit Elder Care @ 9:30 am at Tri County Tech \$50 per person or \$75 per person. Open House at Elder Care 12 pm – 2:00 pm (come and go).

November 15 “Holiday Dessert Social: Christmas ornaments from around the world” @ 3:00 pm. \$10 per person. Featuring Penny Quinn.

November 16 “Law & Tax Updates” @ 6:00 pm. Features Debbie Mueggenborg, CPA and Bruce Robinett, attorney.

November 30 “Living Your Best Life After 60” @ 6 pm. Dr. Elizabeth Sherrock with Restorations Medical Spa discusses hormone replacement therapy, hair loss treatment, Botox and more.