

IT'S AN AMAZING PLACE.

NOVEMBER 2023

BILL & KATIE GRIFFIN



Share the Care.

Bill & Katie Griffin Story

“You’re trying to get rid of me.”

That was Bill Griffin’s initial response after touring Elder Care. When Katie Griffin heard that, she says it “killed me.”

Bill and Katie have been married nearly 40 years and about three years ago, Bill was diagnosed as having dementia. It was life-changing, but Katie accepted all the challenges and uncertainties the disease presents. For the patient, it’s forgetfulness, difficulty learning new things or concentrating, limited attention span, mood shifts, and coordination problems; for the caretaker, it can lead to exhaustion and frustration. While caring for a

loved one with dementia, anyone and everyone needs a break.

Getting that break does not come easily, much of it due to emotional barriers. When arranging for a personal respite, caretakers often meet resistance from their loved ones. Many times the opposition sounds like “you are the only person I want to be with” or “I don’t trust anyone else” or “that place is full of people sicker than me.” Bill’s reaction that Katie was trying to get rid of him was not uncommon.

These reactions, though, only feed the complexity of emotions most family caretakers live with. It’s not unusual for them to feel

agony, grief, and loneliness. When they realize they need a pause in their responsibilities or their loved one needs specialized attention, there may be a sense of betrayal or neglect. Sons, daughters, husbands, wives often believe they are the only ones who can properly take care of their loved ones. Caregiver guilt can be an ever-present and overwhelming emotion for family caregivers.

It was nearly two years into Bill’s diagnosis when Katie learned of Elder Care’s services. When the tour of the facility didn’t win him over, the only way Katie got Bill to agree to give the program a chance was if Katie

AboutElderCare.org

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promised to collect him if he didn't like it and wanted to go home.

On his first day, Bill stayed.

In fact, he was one of the last to leave. That was nearly a year ago and Bill has been participating in the Eldercare program ever since.

Just when his world was getting smaller and friends' invitations were waning, this humble, sensitive guy who describes himself as a "talker" found Elder Care to be, in his words, "a wonderful experience." He likes the food, enjoys the

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activities, and compares notes on aging with his contemporaries. His mobility has improved, his confidence restored.

Elder Care doesn't offer a cure, but Katie welcomes the progress it fosters. She is relieved to see that Bill is "doing so much better." Family caretakers do know their loved ones best. The professionals at Elder Care know the disease better.

"My memory is not good," says Bill, "but I do remember when I married my wife."

"DayBreak is a godsend," says Katie, "for all of us. It's an amazing place."

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Reduce Taxable Income and Support Elder Care.

by Angie Thompson, Director of Development

Would you rather support your favorite charity or pay Uncle Sam? When asked this question, most people would choose the former. Especially at year end, when most people are making charitable contributions to their favorite charities.

Making gifts to charitable organizations helps both donor and charities.

One gift strategy is through a traditional IRA and required distributions (called required minimum distributions or RMDs).

Contributors can transfer up to \$100,000 per year directly from their traditional IRA to a qualified charity and avoid paying taxes on the entire amount.

Debbie Mueggenborg, CPA, said "Taxpayers aged 70-½ or older have a unique opportunity to save tax dollars and make a difference to 501(c)(3) charitable organizations, such as Elder Care.

"Individuals over 70-½ can donate any amount, up to \$100,000, to one or more qualified charities yearly. The contributions must be made directly from an IRA by the custodian of the IRA and are deductible from the year's total IRA distribution, thereby reducing taxable income. Donors can contribute all or a portion of the annual RMD directly to the qualified charity of their choice."

Another advantage to the RMD is that unlike other charitable donations, donors can still take



Dr. John & Xandra Manley

advantage of the higher standard deduction, while at the same time lowering their adjusted gross income by the amount of the RMD-directed contribution. Dr. John Manley, Elder Care board member, and his wife, Xandra, donate directly to Elder Care from their IRA.

"Elder Care provides needed services, not only for the elderly but also adults of any age in Bartlesville and the surrounding area. For this reason, Xandra and I donate to Elder Care. We found that donating directly from our IRA account is the easiest way to contribute to Elder Care. This way, we can help satisfy the required minimum distribution from the IRA and save on income taxes., lowering the amount included in income could also lower Medicare premiums for some taxpayers. It is a win-win situation!"

With so many giving options to benefit the donor and the charitable organization, we encourage donors to talk about charitable giving strategies with their CPA or financial advisor.

Contact Angie Thompson
Director of Development to discuss charitable gifts