

PRIME TIMES

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Stay active during winter months.

By Christy Bashford, Physical Therapist Assistant, Foundation Therapy

Fall is officially here. The leaves and the temperatures are falling, and the days are getting shorter. The cold winter months are ahead when many people tend to be less active. There is no yard work or flowers to tend to, no outdoor gatherings with family & friends, and the weather could be better for walking the dog. It's easy to fall into a more sedentary lifestyle during the winter months, which can harm your overall health.



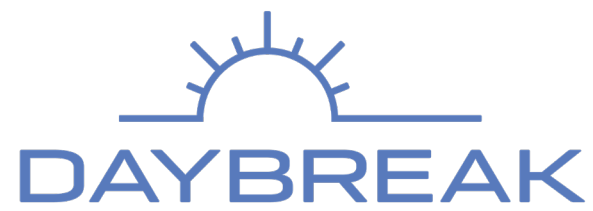
Maintaining an active lifestyle is vital for people of all ages, especially older adults. Regular exercise has been shown to help aging adults reduce their risk of chronic health conditions, help maintain muscle mass and bone density, reduce risk for falls, reduce symptoms of anxiety and depression, and boost overall mood. Studies have also shown that regular exercise can slow or prevent cognitive decline.

Experts recommend seniors achieve 2 ½ hours of moderate-intensity exercise such as walking, biking, or dancing each week. It is also recommended that exercise programs should incorporate activities to work on strength, balance, and flexibility at least two days a week. Here are a few tips for getting started:

- **Start slow:** Add little by little to avoid injury. Slowly incorporate your new activities into your schedule to allow your body to adapt.
- **Put it on the calendar** - Schedule exercise and be consistent and accountable to your goals. Exercise will soon become a regular part of your day.
- **Power in numbers** - Exercise with a friend or spouse for more accountability. They will also be able to add extra encouragement if needed.

Walking is an excellent form of exercise and can be completed on an indoor track or at the mall. You could also join a group exercise or dance class at your local church or community center. There are also many local gyms with extensive equipment to help you achieve your goals. The important thing is to find an activity that you enjoy, as this will help you to be more consistent.

The winter months present challenges for staying active; however, the benefits of regular exercise make it well worth the effort. If you are experiencing limitations in your mobility that prevent you from achieving your goals, the staff at Foundation Physical Therapy would love to assist you. You can reach us at 918-766-0391.



DAYBREAK

ADULT DAY HEALTH & ACTIVITY CENTER



Monday - Friday • 7:30 a.m. - 5:30 p.m.
Meals, therapeutic activities, transportation, and more
Call (918) 336-8500

Holiday traditions – time to adapt.

By Shelia Tucker, Assistant DayBreak Adult Day Health Director



Celebrating the holidays with the older adult in your life can be an especially meaningful and memorable time. As a family member ages it may become more of a challenge to maintain cherished family traditions,

while adapting to their changing needs. There are many activities you can incorporate into existing family traditions to ensure that your loved one with physical or cognitive challenges can still feel included during the holiday season.

Bake holiday treats. Cooking and baking are always great ways to reminisce and connect with your loved ones. While you're baking family favorites like sugar cookies, talk to your loved one about favorite childhood memories from Christmas like waking up on Christmas morning, or leaving cookies out for Santa on Christmas Eve. Reliving happy long-term memories can put anyone in the holiday spirit. Christmas baking can be fun for seniors, especially if they have a family recipe. You can discover how that food became part of your family traditions. You could even make it a family competition to see who can best decorate cookies or gingerbread houses.

Watch a classic movie. Classic holiday movies like "Scrooge", "Rudolph the Red Nosed Reindeer" and "It's a Wonderful Life" can bring back childhood memories for your loved one. Remember that people with Alzheimer's and other forms of dementia often have an easier time recalling long-term memories than short-term memories. This holiday activity is also ideal if

your loved one has mobility issues. Gather your family and make a night out of it, complete with movie theater popcorn and special holiday treats.

Listen to holiday music. Like watching old movies, listening to familiar music is engaging for everyone. Music is closely linked to memories and emotions. Seniors who may have trouble remembering what they ate for breakfast that day, may still remember all the words to "We Wish You a Merry Christmas" or "Have a Holly Jolly Christmas". This could be a great opportunity to host a holiday karaoke party for the whole family to enjoy.

Holiday crafts. Crafting is fun any time of year. Create decorations like ornaments, wreaths, centerpieces and more with your family this holiday season. After your crafting session, you can dress up your house with your homemade decorations. Homemade items will become a beautiful addition to your family's ornament collection or can be given as gifts. Homemade gifts will be cherished for many years to come.

All of the fun, holiday activities mentioned above are part of our DayBreak Adult Day Health and Activity Center. Our staff works tirelessly to create diverse, interesting activities to engage and entertain our members not only during the holiday season but throughout the year. For more information regarding DayBreak, call Shelia 918-336-8500.



ADULT DAY HEALTH & ACTIVITY CENTER

It's the holidays.

By Desery Drake, LPN, Practice Manager, CHC-OK

It is that time of year when we start thinking about what we will do with our families. According to the American Psychological Association, 38% of people surveyed said their stress increased during the holiday season, which can lead to physical illness, depression, anxiety, and substance misuse.

Most people feel one of the following during this time:

Lack of Holiday Spirit – Some people do not enjoy the holidays. They don't have the same level of enthusiasm as others. The pressure to be social, happy, and present can cause anxiety or depression. It is okay if you are one who does not enjoy holidays, and you don't have to force yourself to be as enthusiastic about the holidays as others do. But avoid numbing those feelings and try to surround yourself with those who understand your feelings and will celebrate your traditions with you.

Grief or Loss – The loss of a loved one is hard enough, but holidays are tough. This time of year can increase the feeling of loneliness and sadness. Make sure to take time to check on yourself or those that may be affected this way. Be open and honest with each other about the feelings you are having. Some changes in the way your family spends the holidays together may have to change. A tradition you always have done before may need to be tweaked to make new memories, and that's OK. Always reach out for help if the grief and sadness are too much.

Feeling Pressure to Participate – Some people get caught up in doing all the things that are HOLIDAY HAPPY, while others don't want to do much at all. Don't be afraid to let others know that you would rather not. Accept your limitations but be patient with others.

Prioritize the most essential activities. If you don't like to celebrate the holidays but want to be with loved ones, schedule an activity that you enjoy doing to be able to

spend time together. Regardless of the plans, always communicate your intentions with friends and family so everyone knows what to expect.

Gift Giving – It is not uncommon for most people to have stress about gift giving. For some, it is “What do I get them?” Or “Are they going to like this?” Or it may be a financial hardship for them, and they don't want others to know they “can't afford it.” You must set realistic expectations for yourself. Determine what kind of money you can spend and stick to it. Sometimes, a personal gift could be given – a poem, a short story, a framed photo, a hand-made something, or just the gift of helping someone out. Giving to others is not about spending money.

Feeling Alone or Isolated – Holidays are the most common time for people to feel alone and isolated. On the outside, they present well and are active with all the holiday festivities, but inside, they feel anxiety and depressed. Be conscientious of those you are spending time with. Pick up on cues that they may exhibit, and don't be afraid to ask questions about how they are doing or feeling. If you suffer from this, don't hesitate to speak up and reach out.

Holidays are joyous for some but can cause a lot of angst for others. Be sure to talk to your provider if you are feeling anxious or depressed during the holidays or even after. They are there to help provide you with the support and guidance needed.



Year end charitable giving options.

By Angie Thompson, Director of Development

Year end giving is something families consider in November and December. Which charitable organization to donate to and what kind of donation will be made. Like other charitable organizations, Elder Care receives cash gifts. But we also receive stocks, tax-deferred 401(k)s, and qualified charitable IRA distributions from friends who support our mission and identify with our values. With this broad array of giving options, donors can include Elder Care in gifting strategies that fit their personal needs.

According to Debbie Mueggenborg, CPA and Elder Care board member, one way to make a donation is to do so from a Qualified Charitable Distribution from the IRA directly to Elder Care.

“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 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. Making this Qualified Charitable Donation, or QCD can also reduce Medicare premiums in cases where you may otherwise be subject to a higher premium. Contact your CPA for more information.”

Dr. John Manley, Elder Care board member, and his wife, Xandra, donate directly to Elder Care, using a qualified charitable distribution from their IRA.



- Dr. John and Xandra Manley

“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. It is a win-win situation!”

To learn more about making a gift of any amount to Elder Care using cash, stocks, IRAs, wills, and trusts, or from your donor-advised fund, contact Angie Thompson, Elder Care Director of Development, at 918-336-8500.

Please visit with a tax professional or financial advisor about your giving options.

Prime Times

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In appreciation of contributions to Elder Care in October 2023

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Marcia Sayles

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In memory of Camilla Lutton

Charles & Janice Drake

In memory of Glenn & Ronnie Cox

Charlie & Corky Bowerman

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 & Important Dates

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.

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.

Building closing on November 23-24. Elder Care is closed in observance of Thanksgiving.

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.

December 7. Christmas Social @ 6:00 pm. \$5 per person. Featuring Brad Henderson jazz trio, Jeff Cauthen ventriloquist, IGNITE Medical Spa sponsor, holiday food from Melody's Creative Cuisine, and more.

December 15 - 18 Go Travel: "The Land of Lights & Christmas Magic" Kansas City weekend trip. \$900 per person. Destinations: Embassy Suites by Hilton, Kansas City Plaza; Kansas City Christmas Lights Tour; Murder Mystery Dinner at Crown Plaza; National WWI Museum; The John Wornall House; Shopping on the Plaza; Horse-drawn Carriage Ride; transportation, driver and hostess; all museum entries, show performances, carriage ride, gratuity, and three breakfast meals, premium lodging for 3 nights. 6-13 guest max. Register by 11/15 at AboutElderCare.org/event/land-of-lights/

Building closing on December 15. Elder Care will close at 3 pm to hold our annual employee Christmas party.

Building closing on December 25-26. Elder Care is closed in observance of the Christmas Holiday.

Building closing on January 1. Elder Care is closed in observance of New Year's Day.

