

PRIME TIMES

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Partner workout – for your heart health

by Angie Thompson, Director of Development

It is well documented that exercise has a vast number of benefits on health; reducing the risk of heart disease, improving mood and sleep, and decreasing the risk of falls. It is recommended by the Department of Health and Human Services to get at least 150 minutes of moderate-intensity exercise or 75 minutes of vigorous exercise per week. It can be challenging to obtain this amount of exercise each week, especially when going at it alone.

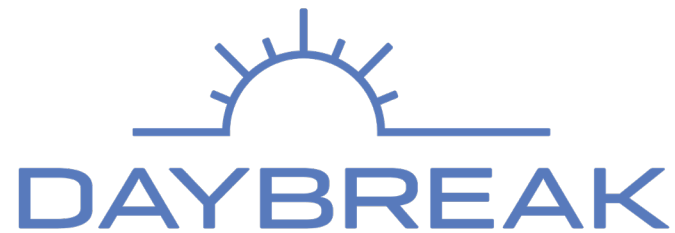
Studies show that working out with a friend, spouse, or partner can increase motivation and accountability. A study from The Journal of Family Practice found that having an exercise partner can increase weekly time spent on exercising by up to 44 percent. Having a fitness partner can be beneficial in many ways. Accountability is one of the best tools for anyone that is trying something new or something that they have struggled with in the past. A study from the CDC showed that having an exercise partner can increase motivation to not only exercise but to put forth more effort when exercising.

Social media and television can make exercise look intimidating, but it does not have to be this way. If you're new to working out, some activities to ease into could be taking a brisk walk outdoors, gardening, or some spring cleaning around the house. According to the “American Heart



Association,” such activities are proven to lower the risk of developing several diseases. Some of those include Type 2 diabetes, Alzheimer’s, dementia, heart disease, high blood pressure, and even several types of cancer. Another study by the “American Heart Association” found that exercise can promote stronger bones, alleviate symptoms of anxiety or depression, as well as improve quality of life and enhance an overall sense of well-being.

Everyone benefits from having someone to encourage them when taking on something challenging or new. When taking on a new lifestyle of fitness, try to include your spouse or invite a friend to join you on the journey. Take small steps. Enjoy the walk and expand your movement horizons and exercise with a friend or partner this month!

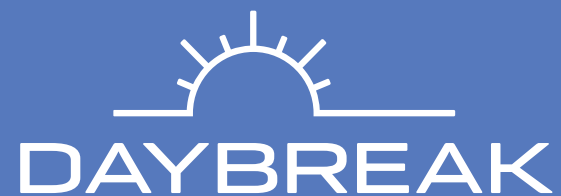


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Benefits of practicing yoga

by Lesta Morrison, Gentle Yoga Instructor at Elder Care's Life Movements



You've probably heard that yoga is good for your health. But did you know that a regular practice of Yoga offers both physical and mental benefits? Practicing Yoga will help you go beyond your normal range of movement, improving your health and quality of life.

You do not have to be flexible to practice yoga!

That's true. However, moving and stretching your body will increase your flexibility and mobility. Over time, your body will gain more mobility in joints, hamstrings, neck, back, shoulders, hips, and even hands. Yoga makes you feel good!

What about joint health?

Yoga exercises have a low impact, allowing you to use your joints without injury. There is no right way or wrong way. Individual exercise poses will look different for everyone because the range of

motion is different, yet everyone receives the same benefits. Only you will know how best to move your body and know your best will change daily.

Improves strength & balance!

Yoga exercises strengthen muscles, build muscle memory, and improve balance and stamina. Your posture will improve, and you will notice yourself standing taller. Opening the chest relieves pressure on the lungs, heart, and lower back. Improved flexibility and strength may help to prevent or reduce some back pain.

Balance training reduces the risk of accidents by improving agility and stability. Better posture and balance also enhance mental clarity and the quality of life.

Improves breathing

Breathing is the very core of Yoga. Exercises joined with controlled breath improve lung capacity, calm the mind, reduce stress and anxiety, and improve mood and sleep quality.

Yoga is good for everyone for many reasons. We may not complete each movement perfectly - nobody does - but with consistent practice, we will get better over time. There is no right or wrong way to practice Yoga. But we practice Yoga because learning is never-ending.

Lesta Morrison teaches Gentle Yoga at Elder Care. Current class is held on Mondays and Wednesdays @ 10 am. Ends March 27. Cost is \$5/ class, or \$80 for the 8-week session. Open to all adults. No membership required.

Love your heart

by Angie Thompson, Director of Development

February is heart health month, and with heart disease being a major leading cause of death in the United States, it's essential to understand what steps you can take to keep your heart healthy, especially as you age.

The American Heart Association (AHA) recommends that heart attack prevention begin by age 20. This means assessing your risk factors and working to keep them low. For those over 40 or those with multiple risk factors, it is essential to calculate the risk of developing cardiovascular disease in the next 10 years.

Many first-ever heart attacks or strokes are fatal or disabling, so prevention is critical. The sooner you begin comprehensive risk reduction, the longer and stronger your heart will beat.

Extensive clinical and statistical studies, according to the AHA, have identified several factors that increase the risk of coronary heart disease and heart attack. Major risk factors are those that research has shown significantly increase the risk of heart and blood vessel (cardiovascular) disease. Other factors are associated with increased risk of cardiovascular disease, but their significance and prevalence have not yet been precisely determined. They are called contributing risk factors.

Q: What are the major risk factors you can modify, treat, or control by changing your lifestyle or taking medicine?



A: Tobacco Smoke, High Blood Cholesterol, High Blood Pressure, Physical Inactivity, Obesity and Overweight, and Diabetes Mellitus.

Q: What other factors contribute to heart disease risk?

A: Stress. Reducing stress is vital for your heart health. Too much stress can contribute to high blood pressure.

Q: What steps can I take to reduce risk factors?

A: Eat a variety of colorful fruits and vegetables. Increase your intake of nuts and omega-3s. Dramatically reduce fried foods. Be mindful of your salt intake in your diet. Limit your alcohol intake. Check in with your doctor and schedule your regular check-ups. Get moving and enjoy some physical activity.

How your heart health impacts your thinking

by Abigail Petermann, Speech Language Pathologist at Foundation Therapy Specialists

Cardiovascular disease impacts almost half of American adults, making it an issue that is incredibly important to the vast majority of us as we fight for our, and our family members', health.

Most people are aware of the negative effects of cardiovascular disease upon the body.

You may also be aware of some of the primary risk factors for developing cardiovascular disease: smoking, abnormal cholesterol, diabetes, obesity, metabolic disorders, alcohol abuse, depression, and overall inactivity or poor nutrition.

It is less common knowledge, however, that there is also a relationship between cardiovascular health and cognitive health. Many people who have cardiovascular diseases may suffer from a stroke or dementia process, which can cause damage to the brain, its connections, and tissues. But cognitive function can actually be impacted by the disease in more subtle ways before these major events or diagnoses occur.

Cardiovascular disease can cause “atrophy,” a term referring to the wasting or loss of tissue, in the brain. This directly impacts how well the brain is able to function. It can also impact the production of neurotransmitters, which further affect cognitive functioning by changing how efficiently and accurately the brain can send messages from one area to another. Cognitive changes related to poor heart health may



include a decline in your ability to pay attention, process information, remember information, and utilize your executive functions such as planning, organizing, self-monitoring, and reasoning (Murray, L. (2006). Cardiovascular Disease: Effects Upon Cognition and Communication. The ASHA Leader, 11(7), 10–23).

So what can you do to preserve your ability to think clearly and efficiently? The good news is, many of the risk factors for CVD and cognitive-communication decline are modifiable. That means that you can target the root cause, and thereby improve your health “foundations” to significantly reduce your likelihood of experiencing CVD and its associated symptoms.

It is important to remember that our bodies and minds do not operate independently of each other. Our physical health directly impacts our brain health as well as our psycho emotional health,

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Continued

from Page 6, "How your heart health impacts your thinking"

and vice versa. Improving our health in one area usually results in improved health in other areas, because they are all connected.

Talk to your doctor about ways that you can improve your cardiovascular health, and in doing so, you may also be preventing unnecessary cognitive decline and giving your brain a positive boost in overall health.

If you are already experiencing symptoms of cognitive-communication impairments, a speech-language pathologist can provide you with education and strategies for maintaining or improving your functional performance in the face of your changing thinking skills. Consider asking your doctor for a referral and making an appointment with our speech-language pathologist by calling Elder Care at 918-766-0391.

Medical Equipment Needed

As people age, it may be necessary to utilize medical equipment such as walkers, canes, wheelchairs, and shower chairs. There are many reasons one may face the need to use medical equipment. One may be that a doctor or physical therapist recommends the temporary use of specific medical equipment to aid in recovery. Or the may be self-determined.

Elder Care loans out medical equipment temporarily at no charge for as long as needed. Medical equipment can be expensive, and Elder Care provides this service for free because medical equipment is donated to us.

Elder Care recently had an equipment shortage due to high community demand. If you or someone you know has medical equipment that is no longer being used, please consider donating it to Elder Care. Your donated equipment to Elder Care will aid in increasing our inventory to reach more seniors in the area who may need help.

Bring walkers, canes, wheelchairs, and shower chairs to Elder Care at 1223 Swan Drive. We ask that the equipment is in good, usable condition.

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In appreciation of contributions to Elder Care in January 2024

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Memorials

Donald Peters
In honor of Elder Care Employees
Lauren & Gary Snyder
In memory of Joan Dreisker

Upcoming March events

Seniors Connect Seminar - "Estate Planning - Beneficiaries"

Wednesday, March 6 @ 3pm. Important information on estate planning and beneficiaries. Brandy Robles, J.D., CTFA, Vice President with Arvest Wealth Management, brings years of legal experience in estate planning to this seminar. The event will be held at Elder Care, 1223 Swan Drive. RSVP by 3/3 for event planning purposes @ <http://weblink.donorperfect.com/Estate-Planning-201>.

Seniors Connect - "Dinner With Friends"

Tuesday, March 12 @ 5:30pm. Fabulous Food and Fantastic Friends! Enjoy a catered dinner by Melody's. The cost is \$20 per person. Entertainment is provided by musician extraordinaire - "Father John". RSVP by 3/9 @ <http://weblink.donorperfect.com/March-Dinner>. Or call 918-336-8500.

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