

# PRIME TIMES

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



# The nutrition decision

by Angie Thompson, Director of Development



As we age, nutrition becomes increasingly vital for our overall health and well-being. Although memory issues are often a common topic of discussion, we tend to overlook the significance of a balanced diet. Various medical conditions and medications can make it challenging for older adults to get proper nutrition, leading to unwanted weight gain and affecting one's ability to exercise and maintain muscle strength and appetite.

Our bodies change as we grow older, and our ability to absorb nutrients from food diminishes. This can cause several health issues, including unwanted weight gain and the development of chronic diseases. Therefore, making good nutrition decisions is essential to get the proper nutrients our body needs.

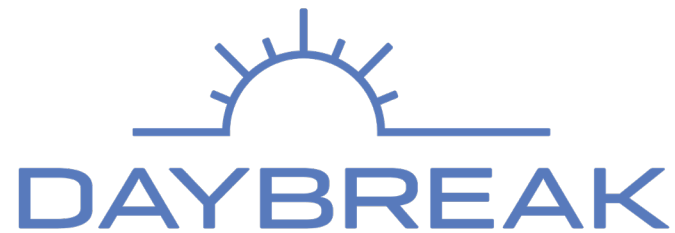
Protein is a crucial component of our diet, necessary for tissue growth, repair, and maintenance. It is essential to consume an adequate amount of protein daily, and there are several excellent protein sources recommended by nutritionists, such as chicken (3oz- 21 grams), lentils (1 cup-18 grams), legumes, eggs, avocados, and nonfat or low-fat milk. Some vegetables are also high in protein, such as sweet corn, brussels sprouts, asparagus, artichokes, spinach, broccoli, bean sprouts, and peas.

Adding foods rich in antioxidants such as blueberries, strawberries, dark green leafy vegetables, tomatoes, bell peppers (especially orange or red), and almonds to our diet is also essential for our overall health.

Water is another critical component of nutrition. As we age, the sensation of thirst decreases, leaving us more vulnerable to dehydration. Therefore, it is necessary to stay hydrated and drink 48 to 64 oz of fluid per day, preferably water.

Eating a nutritionally well-balanced diet of protein, vegetables, and fruits and staying hydrated by drinking plenty of water will provide the necessary nutrients for healthy aging.

Make plans to join us on September 4 at 3:00 pm for our Nutrition for Healthy Aging seminar. RSVP online at <https://abouteldercare.org/event/nutrition-for-healthy-aging/>. Or call Elder Care. (918) 336-8500.

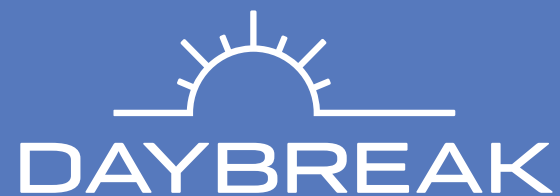


# DAYBREAK

ADULT DAY HEALTH & ACTIVITY CENTER



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# DAYBREAK

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## VETERANS ARE WELCOME

*Here's how DayBreak can help:*

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- » Individualized care
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- » Transportation in the Bartlesville area
- » Costs may be covered by VA benefits

Visit [AboutElderCare.org](http://AboutElderCare.org) or call (918) 336-8500 for more information.



# Engage with others

by Angie Thompson, Director of Development

DayBreak is a center that provides a sense of purpose, social interaction, nutritious meals, and fun-filled activities to its participants. For Pat, DayBreak is a place where she has found friends and a sense of belonging. She says, “I am doing things now I never thought I could do.”

DayBreak offers structured activities for adults, engaging both their mind and body. Pat’s physical strength has been returning due to the exercises she does at DayBreak. She feels even stronger and sleeps better.

Participating in therapeutic activities has helped Pat stay mentally active as well. She has even finished thirteen paintings with Val’s painting class. Pat misses DayBreak when she is not there. She looks forward to being picked up on Monday mornings and being part of exciting things to do with her friends while her daughter is at work.

Pat’s favorite part about DayBreak is that she gets to meet new people and do fun things with them. She says, “I love it all. It is a fantastic place. I don’t want to sit at home all day. I would rather be here, socializing with people my age and doing exciting things.”

The meals at DayBreak are great as well. They come from Green Country Village, and Pat finds them delicious.



DayBreak is Elder Care’s Adult Day Health Center, which is open from 7:30 am-5:30 pm, Monday - Friday. DayBreak offers a nurturing environment for adults of various physical and cognitive abilities. The participants get to socialize with friends, participate in group activities, engage in therapeutic art, enjoy a nutritious meal, and even exercise while spending their day at DayBreak. For more information, you can call 918-336-8500.

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**“It is a fantastic place. I don’t want to sit at home all day. I would rather be here, socializing with people my age and doing exciting things.”**

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# Short-term respite care

by Angie Thompson, Director of Development

Caring for a loved one can be a challenging and demanding task that can wear down even the most robust caregivers. That's why it's crucial for caregivers to recognize the importance of asking for help and taking a break when necessary. Research has shown that respite care can enhance the quality of life for individuals with Alzheimer's and their family caregivers. How? By providing social engagement and cognitive stimulation to the individual, caregivers can get much-needed time to rest and recharge their batteries.

**What is respite care?** It's an excellent way for primary caregivers to receive short-term relief, allowing them to rest, travel, or spend time with loved ones. Respite care can be provided at home, in a healthcare facility, or at an adult day health center (like DayBreak), whether for a few hours or several weeks.

The focus of short-term respite care is often on the caregiver, but the participant receiving the care also benefits. By taking advantage of respite care, caregivers can ensure that they provide the best possible care for their loved ones by taking care of themselves first.

**What are the costs of respite care?** Sometimes, family, friends, or volunteers can provide respite care without incurring costs. However, in general, professional services charge by



the hour or for the number of days or weeks the services are provided. When it comes to a person receiving hospice care, Medicare will cover most of the cost for up to five consecutive days of respite care in a hospital or skilled nursing facility. Additionally, Medicaid may also provide payment assistance. It's important to note that most private health insurance plans do not cover respite care costs. However, some long-term care insurance plans may have coverage for this service. The individual must pay any costs not covered by insurance or government programs. You should speak with your insurance agent or provider to explore your options.

**Advantages of DayBreak?** At Elder Care's DayBreak Adult Day Health & Activity Center, participants can engage in a range of activities,

*Continued on Page 7*

# Caregivers support group is a lifeline

by Christina Bishop, Chief Operating Officer & Officer In Charge



Being a caregiver can be physically and emotionally draining. Elder Care Support Group for Caregivers provides practical information in a nurturing environment.

Sessions offer participants a safe place to share their stories and vent their frustrations. In addition, they listen to each other and learn from fellow participants who are facing similar challenges.

Participants have said, “Caregiver Support Group made me realize that no one is alone. It’s okay to be upset and vent your feelings.” The health and well-being of the caregiver is important too. They often become physically ill due to the stresses of caring. If the caregiver is stressed or unhealthy, it has a negative impact on the loved one for whom the care is being provided.

The best advice one participant received while caregiving is, “You need help as well as the one you are taking care of.” Caregivers have a tendency to become isolated while caring for their loved ones. When caregivers fail to keep in touch with friends, they lose the connections they need.

A support group like the one we hold monthly can help caregivers stay connected. “I feel stronger because of the different things I have learned from others.” Elder Care’s Caregiver Support Group provides an opportunity for its participants to socialize and be heard by supportive ears who can offer compassion to each other. “Listening to others helped me feel stronger as a caregiver. The group listens and cares about each other. It really helps.”

No RSVP is necessary to attend and are held the first Tuesday of each month (excluding holidays). Each session is an hour beginning at 10 am.

Join us for the remaining 2024 group sessions. Learn more at [AboutElderCare.org/services/caregiver/](https://AboutElderCare.org/services/caregiver/)



## Prime Times

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Elder Care

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Shelia Tucker  
*Assistant DayBreak Director*

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# Continued

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*from Page 5, "Short-term respite care."*

including eating a nutritious meal, socializing with friends, participating in group activities, therapeutic art, and even exercise. DayBreak provides affordable care for your loved ones for a single day or multiple days, depending on your needs. We understand the importance of caring for ourselves and strive to offer the best possible support to caregivers in need.

Call Shelia at (918) 336-8500 to learn more about short-term respite care.

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## Employee Highlight

Shelia Tucker is currently serving as the Assistant Director of DayBreak Adult Day Health and Activity Center. With experience in long term care in administration as well as activities she is aware of the importance of planning a program that facilitates social interactions, mental and physical stimulation while complying with regulatory requirements.



Shelia recently completed the course to become a certified dementia practitioner (CDP®).

# This Month's Donors

In appreciation of contributions to Elder Care in February 2024

Bernie & Renee Baldwin  
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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.

## March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>See event details at <a href="https://AboutElderCare.org/events">AboutElderCare.org/events</a></b>				
Yoga @ 10:00am \$5/class 4	Caregivers Support Group @ 10 am   FREE Wash. County Health Dept Tai Chi @ Elder Care 10:00 am 5	Yoga @ 10:00am \$5/class Seniors Connect: Estate Planning- Beneficiaries @ 3:00pm   FREE 6	Wash. County Health Dept Tai Chi @ Elder Care 10:00 am 7	1
Yoga @ 10:00am \$5/class 11	Wash. County Health Dept Tai Chi @ Elder Care - 10 am Seniors Connect: Dinner with Friends @ 5:30 pm \$20/person Fr. John O'Neill, musician 12	Yoga @ 10:00am \$5/class 13	Wash. County Health Dept Tai Chi @ Elder Care - 10 am 14	15
Yoga @ 10:00am \$5/class 18	Wash. County Health Dept Tai Chi @ Elder Care - 10 am Central States Memory Screenings   FREE 10:00 am - 1:00 pm By appointment only 19	Yoga @ 10:00am \$5/class 20	Wash. County Health Dept Tai Chi @ Elder Care - 10 am 21	22
Yoga @ 10:00am \$5/class 25	Wash. County Health Dept Tai Chi @ Elder Care - 10 am 26	Yoga @ 10:00am \$5/class 27	Wash. County Health Dept Tai Chi @ Elder Care - 10 am 28	29



START YOUR NEXT ADVENTURE



**April 19-20, 2024**  
 See "QUEEN ESTHER" @ Sight & Sound Theater in Branson



Ride the Branson Railways  
 Enjoy shopping, lodging, dining, and more!

<https://abouteldercare.org/resources/go-travel/>