

# PRIME TIMES

Issue 4  
Volume 33

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



# IN-HOME

## HOUSEKEEPING & ERRAND SERVICE

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



1223 Swan Drive • Bartlesville • (918) 336-8500 • [AboutElderCare.org](http://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. Elder Care is a United Way partner agency.

# In-Home at Elder Care means help at home!

by Jerrie Lindley, In-Home Director



Are you looking for a reliable and affordable service that provides light housekeeping and essential shopping errands? In-Home Housekeeping & Errand Services is here to help you!

Our In-Home team is dedicated to providing quality services to eligible clients, without any regard to your income level, race, national origin, ancestry, color, religion, sex, or disability. Our services are partly funded by the state and Older American Act funds from Grand Gateway AAA and OK DHS Aging Services, so you don't have to worry about the cost.

Our staff can come into your home for up to 2 hours per week and assist with tasks such as cleaning and sanitizing your kitchen and bathroom, sweeping, mopping, vacuuming floors, dusting furniture, changing bed sheets for non-bedfast clients, washing dishes, assisting with laundry, meal preparation, letter writing, and essential shopping and errands.

We understand that everyone's situations and needs are different, so we suggest a donation

of \$5.00 - \$10.00 per visit, but your ability to contribute does not influence whether you qualify or receive services.

One thing to remember is that our services are available only Monday to Friday, between 8am - 5pm. And qualifying clients must be 60 and older.

Choose In-Home Housekeeping & Errand Services and let us take care of your home and essential errands, so that you can have peace of mind and more time to do what you love!

Find out more! Call Jerrie at (918) 336-8500.



# Aftercare gym helps maintain therapy gains

by Christy Bashford, Physical Therapist Assistant



The benefits of regular exercise are widely documented. While most would agree that exercise would be beneficial to them, many are intimidated by getting started. It can be overwhelming

to walk into a large gym and decide what type of exercise would be most appropriate, especially if you are dealing with any type of physical limitation or chronic condition.

Foundation Therapy Specialists offers a program called Aftercare that allows individuals to continue their exercise program inside our facility after they complete their skilled physical therapy visits. Participants can utilize the same equipment that they used during their therapy visits to facilitate a smooth transition from therapy. Individuals who have not completed skilled physical therapy visits are also welcome to join the Aftercare program following a one-time evaluation by a licensed therapist.

There are many benefits of participation in Aftercare. The first benefit is the affordability of the program. Participation in Aftercare is just

\$25 a month. Another benefit is that our skilled therapists are always on site to address any questions or concerns that may arise. Our aftercare participants also enjoy the social aspects of the program. They enjoy the camaraderie of visiting and getting to know other participants who are working toward common goals.

The Foundation Therapy Gym offers a wide variety of equipment to help individuals reach their goals. The most popular among our participants are the recently added Nustep machines. The Nustep machine is a recumbent stepper that provides a low-impact, total body cardio and strength workout from a secure, seated position. Our new machines offer many features including the ability to set a pace goal or take a virtual stroll while working out. This equipment is very user friendly and is adaptable for individuals with many different physical limitations.

Our gym also offers pneumatic upper and lower body strength training equipment. This equipment is also very user friendly, allowing individuals the ability to raise and lower the resistance with just the push of a button. There is also a large selection of dumbbells and cuff weights available for strength training. Other cardio equipment available includes recumbent bicycles, elliptical machine, upper body

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# 26th annual fundraising event returns on May 11



It is time to ride to the 26th annual, The Good, The Bad, & The Barbeque benefiting Elder Care.

The eagerly anticipated evening event returns in

2024 to the Hughes Ranch Headquarters, just 3.5 miles southwest from downtown Bartlesville on Highway 123. Gates to the ranch swing open, beginning at 6:00 pm on Saturday, May 11th, 2024.

The outdoor fundraiser will feature a barbecue dinner and all the fixings catered by Dink's, live music by artist Jacob Tovar, a cash bar, wine and whiskey horseshoe toss, Luck of the Draw for a vacation of your choice, Bourbon Bar, live and silent auctions. Auction items feature travel packages, unique jewelry pieces, private parties, tickets to sporting events, one-of-a-kind artwork, and many more items.

This year the Clydesdale's will join us to welcome you in for a wonderful close-up opportunity to see the iconic horse team firsthand.



Christina Bishop, Elder Care's COO, said funds raised will help underwrite programs like DayBreak Adult Day Health, providing respite care, therapeutic activities, socialization,

nutritious meals, medical oversight, and person-centered care to participants.

In 2023, Elder Care provided various programs and services to over 1,260 aging adults and their families, ranging from in-home services to special events and educational seminars. The local non-profit has served individuals over the age of 60 throughout northeast Oklahoma since 1983.

Event chair, Juli Merciez, said "We are looking forward to seeing everyone decked out in your best western attire coming face-to-face with The Good and The Bad. We invite everyone to join us under the big white tent at The Hughes Ranch Headquarters. We know you will have a wonderful evening in support of a great community organization."

Tickets to the event are \$100 per person for dinner and evening activities or \$500 per person for the VIP experience that will include The Patron Party, event t-shirt, signature mug and drink as well as the evening activities. Individual tickets or reserved table of 8 may be purchased online at [AboutElderCare.org/BBQ](https://AboutElderCare.org/BBQ), by phone at (918) 336-8500 or by scanning the QR code provided.

See you rain or shine!



# Christina Bishop becomes Executive Director

by Angie Thompson, Director of Development



[Bartlesville, Oklahoma] – March 31, 2024 --- Elder Care

The Board of Directors of Washington County Elder Care, Inc. announced that Christina Bishop has

been appointed to the role of Executive Director, effective April 1, 2024. Christina has been with Elder Care for 17 years, and she has most recently served as the Chief Operating Officer & Officer in Charge. As the Executive Director, Christina will lead staff in Elder Care’s mission to ensure that older adults live independent and healthy lives. With over 40 years of service to the community, Elder Care is known for providing professional resources for aging services in Washington, Nowata, and Osage counties.

Mark Wilburn, the president of the Elder Care board, said, “I am thrilled to have Christina take on this new position at Elder Care. She has a long-standing relationship with the organization, and her dedication to helping mature adults within our community is evident every day.”

In response, Ms. Bishop, said, “I feel incredibly honored to announce my acceptance of the position of Executive Director at Elder Care.

This is an exciting new chapter for me and the organization. I am deeply grateful for the trust the board has placed in my leadership. I have witnessed firsthand the incredible impact Elder Care has on our community. I’m passionate about our mission and I’m eager to build upon the strong foundation that has been laid. As Executive Director, I look forward to working alongside our dedicated staff, board members, volunteers, and community partners to further our mission. I feel blessed to be able to serve others in a community that I love.”

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*“I am thrilled to have Christina take on this new position at Elder Care. She has a long-standing relationship with the organization, and her dedication to helping mature adults within our community is evident every day.”*

*- Mark Wilburn, Board of Directors*

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About Elder Care:

Elder Care is the region’s leading non-profit provider of services for seniors and their caregivers. Services include case management, errand, and housekeeping services, an adult day health activity center, caregiver support, a specialized health clinic, and outpatient therapy. Elder Care primarily serves adults over 60 living in Washington, Nowata, and Osage counties. The local address is 1223 Swan Drive, Bartlesville. Some services are available for adults of any age. For more information about Elder Care, visit [AboutElderCare.org](http://AboutElderCare.org) or call (918) 336-8500. Elder Care is a United Way Agency.

## Prime Times

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Elder Care

## Program Management

Christina Bishop  
*Executive Director*

Angie Thompson  
*Director of Development*

Josh Lindblom, PT, DPT  
*Director of Therapy*

Frank Danel  
*Facility Manager*

Deanna Dodson  
*Client Services Director*

Jeremy Wright, CMS  
*Case Manager Supervisor*

Shelia Tucker  
*Associate DayBreak Director*

## Board Members

Mark Wilburn  
*President*

John Ford  
*Vice President*

Bob Fraser  
*Treasurer*

Stephen Colaw

John Gorman

Steve Grogan

Jerry Maddux

Dr. John Manley

Carlos Mendez

Richard Mitchell

Debbie Mueggenborg CPA

Lori Roll

Virginia Sawyer

Steve Smith

Karen V. Waddell

Andrew Walker

Wayne Walthall

Kathy Zervas

Programs and services are  
partially funded by



Bartlesville Regional  
United Way

## Continued

*from Page 2, "Aftercare"*

cycle, and treadmills. Individuals also have access to large therapy mats for exercise which is a feature that is not always available in a traditional gym.

You may call Foundation Therapy Specialists directly at 918-766-0391 for information about physical therapy or Aftercare.

## Board Highlight

**A**s a patient, rehabilitating from surgery, I experienced first-hand the benefits of using Foundation Therapy Specialists for my post-surgery outpatient therapy. Their level of care surpassed services I had received elsewhere."

"Elder Care's wide-range of programs gives families options for remaining at home rather than living in care centers. From outpatient therapy to in-home housekeeping services, the options for families and individuals are exceptional."



Wayne Walthall  
*Elder Care Board member*

## Employee Highlight

**V**alerie Stringer, LPN has been a licensed practical nurse since graduating from Tri-County Tech in 1995. Over the past 29 years, she has held various nursing roles. For the last eight years, she worked as a case manager at Elder Care, where building relationships with those she serves has been a rewarding experience for her. She feels blessed to work with a great group of co-workers who encourage and support each other.

# This Month's Donors

In appreciation of contributions to Elder Care in March 2024

Bernie & Renee Baldwin  
 Batjac Properties  
 Ralph & Lois Bergstad  
 Angela & Roger Box  
 Comforting Hands Hospice  
 Gerald & Pat Desormeau  
 Robert & Nancy Farmer  
 Bob & Meredith Fraser  
 Gateway First Bank  
 Lloyd & Shelley Guatney

Tim Hamilton  
 Charles & Mary Johnson  
 Kevin Lynch Re/MAX Results  
 Evert & Elaine Lovec  
 Kelley Lawrence & Courtney  
 Roberts McGraw Realtors  
 Dawn Mogan  
 Robert & Roseanne Pinnick  
 David & Adele Register

Shanadoa Home Health  
 Janice Shippy  
 Debbie Speer  
 Erin & Matt Spence  
 Scott & Angie Thompson

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.

## Memorials

Robert Butler  
*In memory of Wade & Ilene Butler*

# April

# 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga @ 10am \$5/class 1	Caregiver Support Group @ 10am   FREE 2	Yoga @ 10am \$5/class 3		<b>Jan - March Volunteers</b>		
Yoga @ 10am \$5/class 8		Yoga @ 10am \$5/class 10	Dinner with Friends @ 5:30pm - 7:00pm AJ Webster, singer Shortie's Grille caterer \$13.50/ person RSVP required 11	Kori Sauer, APRN Kay Little Fr. John O'Neill Joni Su Randolph Bartlesville Rotary Interact Club		Girl Scout Troop #2254 Brandy Robles Central States Research Scott Taylor David Mosher
Yoga @ 10am \$5/class 15	Spring Floral Arranging & Charcuterie Mashup 5:00pm - 6:30pm \$75 /person RSVP by 4/9 16	Yoga @ 10am \$5/class 15-minute Eye Screening TRIAD Eye Clinic   FREE 1pm - 2:30pm Appointment required 17		12	13	14
Yoga @ 10am \$5/class 22		Yoga @ 10am \$5/class 24				21
Yoga @ 10am \$5/class 29		See event details at <a href="https://AboutElderCare.org/events">AboutElderCare.org/events</a> Call (918) 336-8500 to schedule your eye screening appointment or to check on availability of exercise classes				28



STARTING APRIL 1, 2024,  
 VETERANS CONNECTION  
 ORGANIZATION WILL HOLD  
 OFFICE HOURS AT ELDER  
 CARE EVERY WEDNESDAY  
 FROM 11:00 AM TO 2:00 PM.

Call Sharon Reese VCO CEO to schedule appointments (918) 766-9116.