

PRIME TIMES

Issue 4
Volume 33

AN ELDER CARE PUBLICATION | April 2024



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
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

Continued on Page 7

26th annual fundraising event returns on May 11



It is time to ride to the 26th annual, The Good, The Bad, & The Barbecue 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, by phone at (918) 336-8500 or by scanning the QR code provided.

See you rain or shine!



DayBreak offers short-term respite care

by Michael Thompson, Elder Care staff writer



Every person needs a break. As America's population ages, demands and obligations can weigh us down to the point of exhaustion, especially if we are

caring for a parent, spouse, or friend – who has dementia or Alzheimer's.

Imagine this: you know someone is experiencing memory or cognitive decline. Their husband or wife is uncomfortable with going to a retirement community or turning to expensive medical venues. Still, nearly all their attention is spent accommodating and caring for their loved ones. Elder Care offers solutions to such a scenario that involves respite care solutions that relatively few know about.

DayBreak – one of Elder Care's flagship and primary programs – offers multiple avenues for improving seniors' well-being. One avenue is respite care.

One recent visitor to Elder Care, Sarah, expressed enormous relief for herself and her husband, who has dementia, when she realized that respite care wasn't so far from home. "My husband was diagnosed with dementia," Sarah revealed.

"It's been difficult for us – on him and me. I love my husband more than anyone, but we never envisioned our golden years would be spent like this. The progression of Nick's disease means that I need someone to care for him while I take care of daily household tasks, and that's where Elder Care comes in!"

As an adult day health center, DayBreak allows seniors of various cognitive and physical abilities to participate in social activities, meals, exercise, or cognitive activities while their family attends to personal needs or essential tasks.

We understand that caregivers who take care of their needs too can provide care longer.

Elder Care is the only organization in northeast Oklahoma that has an inclusive program such as DayBreak for adult day health purposes. The average cost for an individual to attend DayBreak is approximately \$10/ hour (on average) and can be conveniently billed in half or full-day increments. Some costs may be covered by The Veterans Administration, ADvantage waivers, DHS block grants, individual long-term care insurance, or other grants for those who qualify.

Contact Shelia at (918) 336-8500 for a high-quality adult day health program or visit AboutElderCare.org/daybreak for more information.

Prime Times

Published monthly by
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
Case Manager Supervisor

Shelia Tucker
Assistant 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

As 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

Valerie 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

Memorials

Robert Butler
In memory of Wade & Ilene Butler

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.

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	4	5	6	7
Yoga @ 10am \$5/class 8	9	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	12	13	14
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	18	<div><p>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.</p></div>		
Yoga @ 10am \$5/class 22	23	Yoga @ 10am \$5/class 24	25			
Yoga @ 10am \$5/class 29	30	See event details at AboutElderCare.org/events Call (918) 336-8500 to schedule your eye screening appointment or to check on availability of exercise classes			27	28