

# PRIME TIMES

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# Revitalize your look

## How permanent makeup empowers mature women

by Stacy Lard, guest contributor

**W**e all want to remain healthy and vibrant as we age. Don't we? As women age, maintaining the vibrancy of their appearance can become increasingly challenging.

Natural aging often changes skin tone, texture, and elasticity, resulting in a washed-out look. For women over 50, also known as mature women, this can significantly impact their confidence and self-esteem. However, permanent makeup offers a remarkable solution to restore color and definition to aging skin, ensuring that mature women look and feel their best.

We stopped by **Cosmetic Solutions** and met with permanent makeup technician **Stacy Lard** to learn more about the transformative power of permanent makeup (PMU).

Permanent makeup (PMU), also known as micro pigmentation, involves applying pigments to the skin to enhance facial features. This technique can be particularly beneficial for mature women in addressing common aging concerns such as thinning eyebrows, fading lip color, and diminished eyelash lines. Adding subtle, natural-looking enhancements, PMU revitalizes the face and returns a youthful glow.

One key advantage of PMU for mature women is its ability to restore color to aging skin. Our skin loses its natural pigments as we age, resulting in a dull and washed-out appearance.

PMU reintroduces these pigments, providing a more vibrant and refreshed look. This is especially valuable for women who have noticed their facial features becoming less defined over time.



PMU also removes the barriers of declining vision when applying makeup. Age-related conditions such as presbyopia, cataracts, and macular degeneration can make it challenging to see clearly, let alone apply precise makeup. PMU offers a practical solution by providing a long-lasting alternative to traditional makeup, ensuring that women with visual impairments can still look their best with minimal effort.

Women find it saves time and effortlessly maintains a polished appearance by eliminating the daily struggle of applying makeup. This convenience is a practical benefit and a significant confidence booster. Knowing that they look their best without the need for constant touch-ups can be incredibly empowering for mature women.

The impact of PMU on a woman's confidence cannot be overstated. One client shared her

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transformative experience: "Having permanent makeup gave me confidence back after I felt my skin was getting washed out with age."

This sentiment is echoed by many women who have opted for permanent

makeup. The ability to wake up daily with a fresh, natural look can instill a renewed sense of self-assurance and vitality.

Permanent makeup also allows mature women to embrace their beauty without needing to hide behind layers of traditional makeup. It provides a subtle enhancement highlighting their natural features rather than masking them. This approach to beauty aligns with the growing trend of gracefully embracing one's natural appearance and aging.

PMU offers a transformative solution for mature women seeking to restore color and definition to their aging skin. It not only enhances facial features and simplifies daily beauty routines but also provides a significant boost to confidence

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**"Having permanent makeup gave me confidence back after I felt my skin was getting washed out with age."**

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and self-esteem. By embracing the benefits of permanent makeup, women over 50 can continue to look and feel their best, celebrating their beauty at every stage of life.

Stacy believes those considering permanent makeup should consult a skilled and experienced technician to ensure the best possible results. With the right approach, permanent makeup can be a powerful tool in your beauty arsenal, helping you embrace your mature beauty with confidence and grace.

Lard is a certified Oklahoma Permanent Makeup artist and instructor and owns Cosmetic Solutions in Bartlesville.

Clients who are ineligible without exception include individuals under 18 years of age, women who are pregnant or nursing, individuals with pacemakers or major heart problems, individuals with viral infections and diseases, and Lupus, and individuals who have undergone organ transplants.

*Disclaimer: Elder Care does not endorse the views expressed in this story which is shared for educational purposes. Stacy Lard did not receive compensation for the interview and Elder Care did not receive goods or services in exchange for the story. Please consult your primary care physician before undergoing this or any other cosmetic procedure.*

# Why is physical therapy important?

by Foundation Therapy Specialists

Like most people, you have probably heard that exercise is good for your health. It increases strength, cardiovascular endurance, and can help you fight against multiple health conditions such as heart disease, diabetes, and high blood pressure. Physical therapists are trained movement specialists and can design a unique exercise program that addresses your areas of weakness and can help you fight against the aging process through physical activity.

Studies show that we begin to lose muscle mass at a rate of 1% a year beginning at the age of 30. That means that by age 65, your muscle mass has the potential to decrease by 35%. We also know that bone density decreases as we age, leading to health conditions such as osteopenia and osteoporosis.

The combination of lost muscle mass and decreased bone density can be dangerous, leading to a decline in functional mobility and a higher risk of falls that can result in fractures and quickly take away your independence. This is why physical therapy is so important for seniors; weight bearing exercises and strength training can help fight against decreasing bone density and help increase muscle mass to improve any

decline in function and decrease your fall risk.

We need to take falls seriously as they are the fifth leading cause of fatal injuries to the elderly population in the United States. These statistics can be scary, but the physical therapists at Foundation Therapy Specialists are here to help you avoid these falls!

As physical therapists, we are trained to treat weakness and balance disorders that often lead to

falls in the older population. We can identify areas of weakness and muscular compensations that have the potential to contribute to painful joints and abnormal gait patterns that can cause you to have difficulty completing daily activities. We will design an individualized treatment plan to meet your needs and help you with any

functional activity that you have difficulty completing.

Why wait until you have a problem to be seen by a physical therapist? If you would like to discuss developing an individualized exercise program with one of our physical therapists, contact Foundation Therapy Specialists directly at 918-766-0391. We serve adults of any age in a welcoming environment.



# Remember your travels

By Angie Thompson, Director of Development



Over the past 38 years, my husband and I have been captivated by the unique beauty of the Northeast and Pacific Northwest coasts. Our

favorite destination for the past 15 years has been the State of Maine, with its craggy shoreline and the Atlantic Ocean's chilly water. The way the Atlantic beats along the rocky coast is truly spectacular. The sun's perfect angle creates a heavenly sea-foam green, and the rhythmic water splashes seem to intoxicate the senses with their memorable rhythm.

We have marveled at the Northeast's brilliantly colored tree lines, the densely forested parks that house moose and bear, and spent early morning hours in Acadia National Park atop Cadillac Mountain—the place where sunlight first touches the North American continent—saying good morning to the sun before anyone else sees it. Each experience is unique because of the unforgettable sights, sounds, colors, mountains, land, water, sky, food, and the people. It's hard to give up perfection!

However, this year, we decided to venture into new territories. With the knowledge of numerous land-

marks and national treasures, we set our sights on Yellowstone National Park and the Grand Tetons National Park. Two weeks of hiking, driving, and experiencing the jaw-dropping beauty of these natural wonders left us in awe.

As a skeptic, I was reluctant to let go of my love for the Atlantic and the Green Mountains, but Yellowstone's wonders stole my heart.

Yellowstone, born of fire and ice, is a rugged mountain range with a vast interior of a mostly forested volcanic plateau. Much of its perimeter rises in high mountain peaks—the Rocky Mountain chain. Mt. Washburn, Gallatin Mountain Range, Absaroka Mountain Range (which forms a stunning backdrop for Paradise Valley), and The Teton Mountain Range are among the most notable.

Just as the Northeast forests gleefully spread their gorgeous, jewel-toned colors during the fall season, Yellowstone preserves the most extraordinary collection of hot springs, geysers, mud pots, and fumaroles on Earth.

Scientists believe Yellowstone's current geysers formed after the last glaciers scoured the land surface about 15,000 years ago. Volcanic hydrothermal features include geysers (hot springs that erupt periodically), mud pots (hot springs acidic enough

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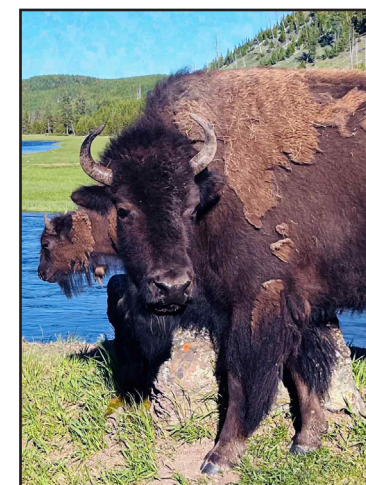
## travels – continued from Page 4

to dissolve the surrounding rock), travertine terraces (hot springs that rise through limestone, dissolve the calcium carbonate, and deposit the calcite that makes travertine terraces), and fumaroles (hot features known as steam vents that release hot steam). Who knew that hydrothermal features could be beautiful? I had no idea pools of hot liquid contained such deep, intense colors.

Old Faithful - Yellowstone's most famous erupting namesake puts on a show every 35 to 120 minutes for about 4 minutes in front of 4 million people (annually) who travel from around the world to see her spew from 90 to 184 feet in the air. We were among over 4,000 people waiting for Old Faithful to appear the day we visited her site. When she appeared, the crowd gasped, and cameras clicked. There she was right on time and just as beautiful as she was 15,000 years ago. "Hello, Old Faithful!"

Yellowstone National Park and the Grand Tetons National Park are now officially added to my list of memorable playgrounds. You may have memories from your travels. Relive those trips by recalling seasons, locations, highways, roads, hikes, meals, and travel partners. Invite family and friends to share your memories with you. I think you might relive the wonder and joy as you recall the sights and sounds of your travels.

Scenic Highlights: The Mammoth Hot Springs, Excelsior Geyser Crater, Grand Prismatic Spring, Old Faithful, the Grand Canyon of Yellowstone, and the Snake River.



photos by Scott & Angie  
Thompson



## Prime Times

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# Board Highlight

**L**ori Roll managed Phoenix Insurance agency in Bartlesville for 20 years until her retirement in 2023.

Her 30-year overlapping career in long-term care management and numerous health care facilities gives Lori the perfect background to serve on Elder Care's board of directors.

She earned a B.A. in Journalism and Public Relations from the University of Tulsa. To add to her leadership talents, Lori was Assistant Press Secretary to Senator Henry Bellmon in Washington, D.C., and Washington Correspondent for the American Association of Petroleum Geologists. She also managed a performing arts theater in Maine.

Lori believes Elder Care offers access to many services that support seniors at every stage in life. "Elder Care brings great value to our community as a haven for elders to participate in daytime socialization, physical exercise and therapy, home services, physician services, and most importantly, as a safety net for those who might otherwise lack attention and care."

"This organization advances a worthwhile and satisfying use of resources because of its longevity. It will remain, regardless of where the community comes and goes."



Lori Roll

*Elder Care board member*

# This Month's Donors

In appreciation of contributions to Elder Care in June 2024

Dan & Eva Boatwright  
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## Memorials

Larry & Kathalene Seigel  
*In memory of Marge Taylor*

Greg & Lisa Rhodes  
*In memory of Charles Johnson*

*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.*

## June Volunteers

Patricia Roberts  
Scott Taylor  
Davis Mosher  
Dr. Andrea Wagner  
Abigayl Petermann, SLP

## Caregiving with a voice

by Jason Elmore, guest contributor



I am a cancer survivor – maybe you are also. After surviving cancer in 2008, I found myself back in the hospital at OU Medical Center in downtown OKC, December of 2010, having my right lung removed.

I was in ICU for a dark couple of weeks (I was hooked up to two tanks with leads all over my body). One night my nurse came into my room asking if I'd like to have some carolers come by my door and sing.

I, of course agreed, thinking how heartwarming it would be.

I can't remember the song, but I do remember how, as they sang, I had the deep realization "My goodness, I am not the caroler - I am the carolee."

Being on the receiving end of care is difficult, as well as holy. My life has never been the same.

I am so grateful for each and every day.

*Jason Elmore is president of the Bartlesville Ministerial Alliance and Pastor at Friday Night Church. The views expressed are his own. Jason is a volunteer contributor. Elder Care did not receive any goods or services in exchange for publishing this Inspirational Moment.*