

# PRIME TIMES

Issue 8  
Volume 33

AN ELDER CARE PUBLICATION | August 2024



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



# Outdoor safety during gardening and lawn care

by Frank Danel, Facilities Manager

**W**armer weather can mean we are outside more, working in the yard or our gardens. Seeing plants grow and produce flowers and vegetables outside of nature can be very rewarding. Gardening also provides moderate exercise and movement. However, working in the garden can be more challenging as we age. Planning will allow you to take care of yourself and stay safe while you enjoy your time outdoors this summer.

When it comes to gardening, safety should always be a top priority. Consider creating raised garden beds or using a vertical garden or trellis. Not only do they add visual interest to your garden, but they also make gardening more comfortable, eliminating the need to bend over for extended periods. For those with limited mobility, a stool or mobility chair can be a great aid.

Fall-proof your yard. Fix any uneven or broken cement, repair broken or loose steps, have tree roots and stumps dug out of the yard, and clean up rocks and debris. Add stair railings for support. Clear a path to places you need to go. Take the time to prepare for fall prevention!

Ask for help. If you can't reach the trees to trim them or need help planting or uprooting a large shrub, ask for help! Enlist family members and friends who can quickly complete these lawn care jobs. Grandkids can be great at plucking weeds and planting flowers!

Practice safety for yourself.

Use sunscreen – even if it's cloudy. Use an SPF (sun protection factor) of 30 to 50 and apply it liberally every couple of hours.



Drink plenty of water—no sugary drinks! Lemonade, soda, iced tea, and coffee do not count as hydration, as they have too much sugar or caffeine. Iced drinking water with a few lemons, cucumbers, or watermelon is an excellent substitute.

Dress appropriately—light colors, light fabrics, loose clothing, and layers are ideal. Dark colors absorb the sun's hot rays, heavy fabrics can keep heat in, and heavy clothing doesn't allow your body to breathe.

Stay out of the garden midday. The sun is at its hottest and most harmful during the hours of 10am to 4pm. Try to avoid this time of day. Doing your gardening in the early morning or evening keeps you cool.

Have a cell phone and emergency kit handy. Be prepared for any emergency, and always have your cell phone on you to call for help if needed. Keep your first aid and emergency kits stocked and ready to grab in an emergency!



# Boost your brain – boost your LIFE!

As we age, our brains may not be as challenged as when we were younger. In school, we learned new subjects daily, and while working, we overcame obstacles constantly.

However, once we retire, we may read less and talk to fewer people regularly. We may have gotten into a routine that doesn't allow our brains to learn new things.

It's important to try something new! Learning a new game or even a new language, reading a book that you've never read before, or trying your hand at a new hobby or creative outlet can help keep your brain sharp and dementia at bay by building extra brain capacity.

Many scientists call this extra brain capacity "cognitive reserve." It's the combination of a person's innate abilities and the additional brainpower that comes from challenging the mind. When you challenge your brain with stimulating tasks, you stimulate more brain cells, which increases cognitive reserve. The greater your cognitive reserve, the greater your ability to withstand the challenges of aging.

Check out these highlights for ways to boost your brain with new activities and challenges. Select three highlights and practice them over the next 30 days:



- **STAY ACTIVE:** Physical exercise improves your body and mind.

- **TRY A NEW GAME OR NEW HOBBY:** Challenge your brain to learn something new – and have fun along the way!

- **PAY ATTENTION:** Focus on one thing at a time to stay in the moment.

- **VARY YOUR ROUTINE:** Try new routes or activities to get out of your comfort zone.

- **SOCIALIZE:** Conversation opens our minds to new ideas and provides a sense of purpose.

- **RELAX:** Meditation and yoga can help with memory and focus.

- **EAT HEALTHY AND SLEEP WELL:**

Healthy living routines are good for your overall physical and mental well-being. Now, choose the remaining highlights and try them next!

Boost your brain - boost your LIFE!

Elder Care's Brain Gains is a “cognitive gym” with a wide variety of cognitively stimulating activities. Brain Gains is open to the community and includes puzzles, hands-on challenges, musical instruments, games, books and more all designed to challenge your brain and keep those neurons firing!

# Healthy Aging- Head to Toe

by Dee Evans, guest contributor

**S**o, you made it to 50 fairly intact. Congratulations. What about your next 50?

Imagine having a secret weapon that keeps you healthy, catches problems before they start, and lets you live your best life well into your golden years. That's precisely what regular medical screenings and checkups offer adults aged 50 and older – a proactive approach to health that's as essential as it is empowering.

Regular medical screenings help detect potential issues before they become serious problems. Think of them as your personal early warning system, alerting you to high blood pressure, cholesterol levels, or early signs of diabetes. By catching these conditions early, you can take steps to manage or even reverse them, avoiding more significant health crises down the road.

Medical advancements are constantly evolving, offering new ways to diagnose and treat conditions. Regular checkups ensure you're benefiting from the latest medical knowledge and technologies. Your healthcare provider can recommend the most current screenings and preventive measures, helping you stay ahead of the curve.

And while it might seem counterintuitive, regular screenings can save you money in the long run. Preventive care is often far less expensive than treating advanced diseases or conditions. By catching and addressing health issues early, you can avoid costly treatments, hospital stays, and medications. This keeps your healthcare expenses manageable.

Good health is the foundation of a vibrant and fulfilling life. By monitoring and managing health conditions, you can maintain your energy, mobility, and independence. This means more time for the people and things you love without being sidelined by health issues.

Live longer. Live better. Get your annual physical and recommended medical screenings and checkups. Your 60-, 70-, and 80-year-old self will thank you. And when you're 90, the world will thank you for being an amazing human.



# Avoiding Caregiver Burnout

by Christina Bishop, Executive Director

Caregiving is a way of life for many of us today. With the advancing age of our population in general and diseases like Alzheimer's, Parkinson's and Cancer affecting our loved ones, it is likely that if you are not already caregiving for someone you will be at some point. Some of us are sandwiched in between raising our children and caregiving for aging parents; others are caregiving for spouses in what was supposed to be their golden years. Caregiving, although very rewarding, can take its toll on the caregiver. Research shows that between 20-30% of caregivers will pass away before the person they are providing care for. This is due to the physical and emotional toll caregiving can take and often the self-neglect that happens when one is caregiving. I say all of this only to say that there is a way to provide the care your loved one requires and not end up burned out and in poor shape yourself.

In order to stay in the best possible shape you must approach caregiving with a plan. A good plan will include your own care and well-being.

Caregivers are notorious for skipping their own medical appointments and cutting back on their own needs. In order for you to be able to provide care for someone on a long term basis you must take care of yourself first. This is the old airplane and oxygen mask theory. If you have flown, you know that the instructions say that if you are traveling with a child or an incapacitated person you must put your oxygen mask on first! Why? Because

if you don't, there is a good chance that you will exhaust your efforts taking care of everyone else only to succumb yourself and then the people that needed you to be fully functional to guide them will likely be in distress because you will not be there to help them. So Caregivers, pull out your oxygen masks and let's get busy. The following is a list of strategies for dealing with caregiver stress:

1. Put the focus on what you can provide and then fill in the gaps from there. Do not let guilt consume you; remember you are doing the best you can at any given moment!
2. Be willing to accept help from others. Develop a list of things that would be helpful to you and share it with your family and friends. Seek professional help in the home if you need it or consider an adult day health program.
3. Join a Support Group; we all need support and a group can provide encouragement and connect you to others who are going through similar situations.
4. Stay as socially active as you can; this could include taking a walk with a neighbor, talking to friends and family on the phone, attending church or playing a game of bridge or bunco. It is important to get out of the house as often as you can.
5. Eat right, get exercise and see your doctor regularly. Be sure to tell your doctor that you are a caregiver. Get your sleep! This may mean that you need to seek help during the night or with the bed time and morning routines.

# August is National Wellness Month

In August, we celebrate National Wellness Month, prioritizing your self-care, managing stress, and promoting healthy routines. Create wholesome habits in your lifestyle and focus on self-care to feel like your best self!

## Breathing and Balance with Yoga

By Lesta Morrison

**Y**ou'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 don't have to be flexible to practice yoga but moving and stretching your body will increase your flexibility and mobility. Over time, your body will begin to gain more mobility in joints, hamstrings, neck, back, shoulders, hips, and even hands.

Yoga exercises are low impact allowing you to use your joints without injury. There is no right way or wrong way. Individual exercise poses will look different on everyone because the range of motion is not the same for everyone, yet everyone receives the same benefits. Only you will know how best to move your body and know your best will change

daily.

### **Yoga improves strength & balance.**

Yoga exercises will 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 relieve some back pain.

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

### **Just Breathe!**

Breathing is the very core of yoga. Exercises joined with controlled breath improves lung capacity and calms the mind, reducing stress and anxiety, while also improving mood and sleep quality.

Yoga is good for everyone for many reasons. We won't always get it "right", nobody does, but over time with consistent practice, we will get better.

*Lesta Morrison teaches light yoga at Elder Care on Mondays & Wednesdays from 10am - 10:50 am. The 8-week class begins August 12 and ends October 7. The cost is \$5 per class or \$80 for the 8-weeks.*

*Sign up by scanning the QR code or calling (918) 336-8500.*





## Prime Times

Published monthly by  
Elder Care

## Program Management

Christina Bishop  
*Executive Director*

Jennifer Ennis  
*Administrative Director*

Josh Lindblom, PT, DPT  
*Director of Therapy*

Frank Danel  
*Facility Manager*

Deanna Dodson  
*Client Services Director*

Shelia Tucker  
*Associate DayBreak Director*

## Board Members

Mark Wilburn  
*President*

John Ford  
*Vice President*

Bob Fraser  
*Treasurer*

Stephen Colaw

John Gorman

Steve Grogan

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

# DayBreak provides a sense of purpose

**D**ayBreak Adult Day Health provides a sense of purpose, fun with friends, social interaction, fitness, nutritious meals, health monitoring, and a spirit of independence.

Participants attend DayBreak for various reasons, but all participants enjoy the camaraderie and activities.

Our participants tell us, “I love coming to DayBreak. My daughters heard about DayBreak and thought I might like it – and I do!”

“DayBreak helps me get out and exercise. If you stay in the house and sit all day, you get to where you can’t get around. Exercise is vital.”

“I like to come to DayBreak for the fellowship. I also enjoy playing Dominos, and I have made friends over the past three years.”

Many older adults face isolation or loneliness after retirement or the passing of a spouse. Sometimes, they can even lose a sense of purpose. DayBreak restores that purpose by providing social activities, arts and crafts, fitness classes and games, plus nutritious meals.

DayBreak also supports families by providing a nurturing place for their loved ones to come during the day for social activities in a caring environment with the added benefit of allowing the family caregivers to remain in the workforce or receive needed respite. This situation enhances the participants’ and family caregivers’ quality of life, and loved ones can continue to live at home with the added care and support.

DayBreak is open Monday through Friday from 7:30 am to 5:30 pm. Transportation is available in the Bartlesville, Dewey and Nowata area.

Learn more about how DayBreak can provide social activities, fitness, and fun for your life or the life of your loved one. Call Shelia Tucker at 918-336-8500, ext. 149.



# This Month's Donors

In appreciation of contributions to Elder Care in July 2024

Ralph & Lois Bergstad  
Margaret Biddinger  
William & Cheryl Buckles  
Gayla Curtis  
Fidelity Charitable  
    Donor-Advised Fund  
Doenges Family of Autos  
Richard & Rebecca Gorman  
Mark and Debbie Haskell  
The Anderson Foundation  
The Lyon Foundation  
Doris L. Schuette REvocable Trust  
Debbie Speer

## Memorials

Bartlesville Chapter SAR  
Bartlesville Genalogical Society  
Dennis & Linda Befort  
Bartlesville Chapter SAR  
Dennis & Linda Befort  
Garry Beougher  
David & Nancy Blakemore  
Jay & Gene Bryngelson  
Bill & Gail Chamlee  
Jim & Peggy Clark  
Betty Dalrymple  
Gerard & Pat Desormeau  
Laura Gorman  
Richelle Gorman-Dumas  
Fidelity Charitable  
    Donor-Advised Fund\*

Linda Gray  
George Halkiades  
Gretchen Hoyt  
Darrell & Susan Julian  
Jane Kirkpatrick  
Victoria Langlais  
Jack Maddux  
Janet Perkins  
Terry Sisco  
Stephanie Skurcenski  
J. Radcliffe & Mavis Smith  
John Thiessen  
Kent & Kayleen Thomas  
Ronda Thomas  
Ann & Richard Woodin  
*In memory of Dr. 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.*

## August Events

### Community Connect – “Downsizing After Decades”

**August 8 | 3:00 – 4:30 pm | FREE Limited Seating**

Minutemen Estate Auctions, Wayne & Linda Vineyard, show how to set up an estate auction and licensed family counselor, Robyn Fullerton, discusses family dynamics and “things.”

### Community Connect – Downsizing Checklist with a Panel of Experts

**August 14 | 3:00 – 4:30 pm | FREE Limited Seating**

Experts discuss disposing of hazardous materials, real estate readiness, electronic devices, and wills and trusts.

### Seniors Connect: Dinner with Friends Featuring Andy Taylor

**Thursday, August 22 | 5:30 pm – 7:00 pm | \$13.50 per person**

Join local historian and Montgomery Chronicle editor Andy Taylor for unusual stories of Kansas and Oklahoma notables. Open to all adults. \$13.50 includes catered dinner and speaker. Seating is limited.



# 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 OHS 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.

