

# PRIME TIMES

Issue 10  
Volume 33

AN ELDER CARE PUBLICATION | October 2024



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



# Women and Dementia

by Shelia Tucker

**T**wo-thirds of all individuals diagnosed with Alzheimer's are female. Women are twice as likely to develop Alzheimer's than breast cancer.

Why is dementia so prevalent among women?

**Lifespan:** age is the greatest risk factor for dementia. On average women live 5 years longer than men. **Hormones:** Menopause causes a rapid decline in estrogen. Estrogen is thought to shield the brain against cognitive decline. **Stress:** All adults experience stress. However, women tend to internalize their stress in place of finding healthy coping mechanisms.

It is never too early or too late to take steps to protect your overall physical and brain health.

## **Know Your Risk**

Have a discussion with your doctor about your concerns, your general health, and your risk factors for potential cognitive decline.

## **Invest in Your Own Self-Care**

It is important to take time to take care of yourself (easier said than done). A major component of self-care is stress management. While stress is part of everyday life, if uncontrolled, it can lead to increased vascular changes and other imbalances that are damaging throughout the body, including those in our brain. By managing your stress levels, you can improve your overall brain health and reduce your risk of dementia. Regular meditation practice has been associated with improved

cognitive health and can be a way to reduce the risk of dementia.

## **Exercise is the Best Medicine**

Benefits of exercise to our brain health include overall cardiovascular benefits. What is good for your heart is good for your brain. Research studies suggest that regular exercise not only improves cognition but also promotes overall longevity through its wide range of health benefits.

## **Food as Medicine**

The relationship between what we eat, and our cognitive health is real. The negative impact of highly processed foods and refined sugars are clear. Correlations have been found between elevated blood sugar levels, overall refined carbohydrate intake and increased rates of cognitive decline. Watching your sugar intake, avoiding processed foods, and eating plenty of dark leafy greens is an easy place to start.

## **A Good Night's Sleep**

Researchers have identified connections between our sleep and our cognitive health. Trouble falling or staying asleep are recognized as potential risk factors for dementia. Getting a good night's sleep should be at the top of our self-care list.

## **Let the Sunshine In**

While lack of time outside in nature and exposure to sunshine, have not been linked to

# Women and Dementia

continued

risk for cognitive decline they are beneficial for overall mental and emotional health. As part of our overall self-care a healthy dose of fresh air and sunshine are a safe bet.

Finding a way to balance responsibilities and self-care can begin with one small change at a time. Always consult with your medical team prior to starting a new exercise routine or making dietary changes.

## Women's Health

By Jennifer Ennis

Reaching 50 is a milestone worth celebrating! It's a time when you've gathered plenty of life experience, and while you may feel great, it's also the perfect opportunity to prioritize your health. Our bodies change as we age, and being proactive about wellness is key to staying strong and active for years to come. Here are a few things to keep in mind when it comes to your health after 50.

### 1. Stay Active

It's no secret that staying physically active is important. But after 50, it becomes even more crucial to maintain bone strength, flexibility, and muscle mass. Simple exercises like walking, yoga, swimming, or strength training can work wonders. Not only does it help keep your joints in shape, but it's also a great way to boost your mood and energy levels.

### 2. Nutrition Matters

As we age, our bodies need fewer calories but more nutrients. That means focusing on a diet rich in fruits, vegetables, lean proteins, and whole grains. Calcium and vitamin D are especially important for bone health, so it's a good idea to include dairy, leafy greens, or even fortified foods in your meals. Oh, and let's not forget hydration! Drinking plenty of water is just as essential as it was in your younger years.

### 3. Heart Health is Key

Heart disease is a major concern for women over 50, so it's important to be mindful of heart-healthy habits. This means keeping an eye on cholesterol and blood pressure, eating a balanced diet, and staying active. Even small changes like reducing sodium intake or getting regular check-ups can make a big difference.

### 4. Keep Up with Screenings

Speaking of check-ups, don't skip out on those regular health screenings. Mammograms, bone density tests, and colonoscopies are all part of the routine health checks you'll want to keep up with. These screenings are vital for catching any issues early, which can make all the difference in treatment and recovery.

### 5. Mental Wellness Counts

Let's not forget about mental health. Life after 50 can bring unique stressors, whether it's navigating empty nests, career changes, or just adjusting to

# Women's Health

## Continued

this new phase of life. It's important to take time for self-care, whether that's through meditation, hobbies, or simply staying connected with friends and family. If you're feeling down, don't hesitate to reach out for support – you deserve it.

### 6. Sleep is Your Friend

Sleep is a little trickier after 50. Hormonal changes and stress can sometimes make it hard to get a good night's rest. Creating a calming bedtime routine, staying active during the day, and limiting caffeine in the afternoon can help you catch those all-important Z's.

Taking care of your health after 50 doesn't have to be overwhelming. With a few adjustments to your daily routine, you can feel just as vibrant and active as ever. Remember, it's all about staying active, eating well, getting regular check-ups, and making time for yourself.



## Employee Spotlight

### Baylor Reese

Say hello to Baylor, a creative and compassionate physical therapist from Fairview, OK. Growing up in a rural community and working on the family farm instilled in her a strong



work ethic and a deep appreciation for independence, which fuels her passion for helping others regain theirs. She holds a Bachelor's degree in Sports and Exercise Science with a minor in Psychology from the University of Tulsa and a Doctor of Physical Therapy from Oklahoma City University. Baylor is dedicated to helping patients regain their independence through tailored interventions and believes strongly in the power of multidisciplinary care. She is also certified in dry needling and PWR! for Parkinson's rehabilitation.

When she's not working with patients, Baylor enjoys life's simple pleasures. You can find her sipping a refreshing iced coffee, getting lost in a good book, or taking walks with her dog, Ripley. She loves treating vertigo and balance issues, incorporating salient exercises to help her patients feel steady on their feet. Baylor is thrilled to be part of our team and is committed to making a positive difference in the lives of those she works with!

# Creating a Therapeutic Garden

by Rebekah Stephenson, Master Gardener

The New Oxford American Dictionary defines therapeutic as "Contributing to a sense of well-being". As a gardener, the definition of the word therapeutic almost seems synonymous with any beautiful garden. There are, however, four points to keep in mind when creating a therapeutic garden.

**1. Consider who will be using the garden and why.** If the garden is for personal use it may be an entirely different design than one for an elder care facility; always factor in the limitations and ability of the users. A garden should always be designed with the end user in mind.

**2. Embrace the senses.** Use elements that engage the five senses. Some examples of this would be to plant scented plants at the entrance to a garden or by the seating areas. Another example would be to plant contrasting textures of plants for tactile engagement. The sound of running water or the sound of bamboo in the wind can add to the sensory experience. Things like birdbaths, birdfeeders or wind chimes can add to the therapeutic properties of a garden.

**3. Hardscape to plant ratio.** A good rule of thumb to remember when planning a therapeutic garden is that a space begins to feel like a garden when there is a 60% plant to 40% hardscape ratio. Ideally the garden should be 70% (and up) plants and 30% hardscape.

**4. Maintenance.** When it comes to a garden that is for therapeutic purposes, maintenance should always be considered at the beginning of the project. If water is not readily available to the site consider hardy or native plants that can withstand drought. Other considerations that are specific to this region of Oklahoma are plants that are not susceptible to specific diseases and predators, plants that can withstand high winds or plants that can handle the fluctuations in temperature that we see in the winter.



Choosing plants that can withstand drought is especially important in Oklahoma.

For more detailed information on therapeutic gardens OSU has a fact sheet at: <https://extension.ok-state.edu/fact-sheets/therapeutic-horticulture.html>

# Embracing Timeless Elegance: The Appeal and Practicality of Botox and Cosmetic Enhancements

by Dr. Elizabeth Sherrock, MD, Guest Contributor

As we gracefully navigate through our 50s and beyond, the mirror reflects the journey of our lives—etched with laughter, memories, and a hint of wisdom. Yet, it's natural to desire a vibrant reflection that matches the vitality within. Enter Botox and other cosmetic enhancements, not as a quest for eternal youth, but as tools to enhance our natural beauty and confidence.

Botox, derived from botulinum toxin, is renowned for its ability to reduce wrinkles and fine lines, particularly around the forehead, eyes, and mouth. As we age, these lines can deepen, and Botox offers a non-invasive solution to soften their appearance. Beyond aesthetics, Botox can also alleviate medical conditions such as chronic migraines and excessive sweating, showcasing its versatility and therapeutic benefits.

Botox can rejuvenate facial features without altering one's unique expressions—a subtle enhancement that speaks volumes. It's about feeling refreshed and confident, knowing that your outward appearance mirrors your vibrant spirit.

Contrary to popular belief, Botox is not exclusively for the elite. In recent years, its affordability has increased, making it accessible to a broader demographic. Moreover, the procedure is relatively quick, often taking less than 30 minutes, with minimal downtime—a practical consideration for busy lifestyles.

Understandably, the thought of cosmetic proce-

dures might evoke apprehension. However, only a few tiny injections target specific muscles responsible for wrinkles, temporarily relaxing them to smooth out lines. Results typically appear within a few days and last for several months, allowing for gradual adjustments and natural-looking outcomes.

Choosing Botox or other cosmetic enhancements is a personal decision rooted in self-care and confidence. It's about embracing the beauty of aging while enhancing what makes us uniquely ourselves. For many, this may mean feeling empowered to address insecurities or simply desiring to look as youthful as they feel inside.

Botox and cosmetic enhancements offer a bridge between our inner vitality and our outer appearance. They're tools to celebrate the journey of aging gracefully, enhancing our confidence and allowing us to face each day with a radiant smile that reflects our zest for life.

So, if you're considering Botox for the first time or contemplating another cosmetic procedure, remember: it's not about defying age but about embracing timeless elegance with grace and confidence.



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Published monthly by  
Elder Care

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Programs and services are  
partially funded by



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# Understanding Medicare and Medicare Supplement Plans

As you approach age 65, it's crucial to navigate the Medicare landscape effectively. Upon turning 65, you can enroll in Medicare, specifically Medicare Part A and Part B, during your Initial Enrollment Period, which spans seven months: three months before, the month of, and three months after your birthday.

Original Medicare serves as your primary health insurance, covering a significant portion of your healthcare costs. However, it doesn't cover everything, which is where Medicare Supplement plans—commonly referred to as Medigap—come into play. These plans help cover costs that Original Medicare does not, such as deductibles and co-insurance, provided you choose the right plan.

It's essential to distinguish between Medicare Supplement and Medicare Advantage. Medicare Advantage plans replace Original Medicare and bundle coverage under a private insurer. When considering Medicare Advantage, confirm that your preferred doctors and healthcare providers accept the plan. Be aware that these plans may require prior authorization for certain services and can have both advantages and drawbacks.

In addition to medical coverage, you might also need a Medicare Part D plan for prescription drugs. The costs for Part D vary, but they typically cover a substantial portion of your medication expenses. Evaluating different drug plans based on the medications you need is vital for managing your healthcare costs.

Each year open enrollment for changing plans is from October 15 to December 7, you can make changes to your Medicare coverage. This is the time to enroll in a new plan, switch plans, or drop coverage entirely. Changes made during this period will take effect on January 1 of the following year. Elder Care provides free Medicare Part D appointments to help you review your current medication with your current prescription plan to make sure you have the best coverage possible. To schedule an appointment, please call 918-336-8500. Appointments fill up quickly.



# This Month's Donors

In appreciation of contributions to Elder Care in September 2024

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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.*

## October/November Events

### Seniors Connect –October Trivia and Costume Dinner with Friends

**Tuesday, Oct 22 | 5:30 – 7:00 pm | \$22.50**

Catered dinner and TRVIA! Show off your costume and your trivia knowledge at the Halloween Dinner with Friends. Prizes to be given for best costume and to trivia winners. RSVP by 10/15.

### Seniors Connect - Dinner with Friends

**Tuesday, Nov 12 | 5:30 – 7:00 pm | \$22.50**

#### Scott Taylor

Catered dinner by Shortie's Grille with Scott Taylor, musical entertainment. Scott is a singer-songwriter with decades of experience singing in festivals and recording CD's. Experience his unique "cowboy" genre and a catered dinner.

### Alzheimer's Association - Understanding Alzheimer's and Dementia During the Holidays

**Thursday, November 14 | 1:00 pm – 2:00 pm | FREE**

Alzheimer's is not normal aging. It's a disease of the brain that affects memory, thinking, and behavior.

During the holidays, these challenges can intensify for both individuals and caregivers. Join us to learn about the impact of Alzheimer's, especially during this season, and understand the difference between Alzheimer's and dementia, stages and risk factors, and current research and treatment options. You'll also discover Alzheimer's Association resources to help families navigate these difficulties during the holidays.

### Community Connect Social – “Holiday Floral Arranging & Charcuterie Mash Up” \$55 per person November 19 | 5:00 pm – 6:30 pm

Betsy Faust of Honey's Flowers & The Eatery. Create your own floral arrangement and enjoy a pre-made charcuterie board. Take the flowers home and enjoy your charcuterie board at the party. The cost of the event covers materials. RSVP by November 5 for materials to arrive in time.

**RSVP to Elder Care by calling (918) 336-8500.**