

PRIME TIMES

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



The Power of Movement

by Josh Lindblom PT, DPT

January offers a perfect opportunity to refresh, restart, or make positive changes in our lives. Want to feel better, have more energy, and improve your overall health? Of course, you do! But don't worry—this isn't another flashy sales pitch. No gimmicks here. What I'm offering is simple: movement. Let me tell you why it's the best investment you can make this year.

The health benefits of movement and exercise are hard to ignore. Exercise benefits are seen in people of all ages, sexes, and across the spectrum of physical abilities. Our bodies were created to move and the fact that movement has such positive effects on our health cements that point.

Exercise helps control weight gain. When you move, you burn calories. The more you move the more calories you burn. Even if you can't make it to a gym, just rev up the activities of your daily life. Take the stairs, increase your pace, take laps around your house during commercials. Consistency is paramount.

Exercise combats several severe health conditions. Movement and exercise boost HDLs and decrease triglycerides, helping your heart work more efficiently and keeping your arteries clear. This not only limits your risk of heart disease, but also stroke, type 2 diabetes, arthritis, depression, and decreases your risk for falls.

Exercise improves your mood and reduces stress. When we move and exercise, our brain releases chemicals that promote happiness and relaxation. These feelings can manifest into improved confidence and self-esteem as your body begins to respond to your increased activity level.

Movement boosts energy! Regular movement and exercise improve your endurance by delivering more oxygen and nutrients to your muscles. With consistency, your heart and lung health will improve and your body will work more efficiently.

Exercise also promotes better sleep. If you're not exercising too close to bedtime, movement will help you fall asleep faster and deeper due to a serotonin release. Deeper sleep will help you feel more energized in the morning also.

Movement and exercise should be fun and social. Do something you enjoy with people that are supportive. Take a dance class, join a team sport, go to the gym, walk at the mall or try something completely new. Building connections with people yields a greater self-worth.

If you would like to look into an individualized exercise program or get a free 10 minute balance assessment, we would love to help! Contact Foundation Therapy Specialists at (918)-766-0391.



January: New Beginnings and Renewed Giving

by Michael Colaw, Development Director

January often symbolizes a fresh start as the holiday season fades and the New Year begins. Resolutions are made, goals are set, and people look for ways to improve themselves and their communities. While December is traditionally seen as the "season of giving," January is just as important a time to support causes that make a lasting impact.

The end of the year often brings an outpouring of charitable giving, driven by the spirit of the holidays and year-end tax considerations. But the needs of aging adults don't disappear when the calendar flips to January. At Elder Care, aging adults and their families rely on essential services everyday from physical care, social connection, mental stimulation, and emotional well-being.

Why January Giving Matters

- 1. Start the Year with Purpose:** Many people make New Year's resolutions to be more intentional about giving back. January is an opportunity for you to align your personal goals with meaningful community impact.
- 2. Sustained Support is Essential:** While December donations provide an end-of-year boost, consistent support is necessary to keep essential programs running year-round. A one-time December gift is greatly appreciated, but recurring monthly donations offer the stability needed to plan ahead.
- 3. Community Needs Are Year-Round:** Winter can intensify the challenges faced by aging adults and their families, from social isolation and the need

for respite care or physical therapy to maintain health and mobility, to support for caregivers.

There are several ways you can continue the spirit of giving into January and beyond:

- **Make a Recurring Gift:** Set up a monthly donation to support year-round needs. Small, consistent contributions add up to big changes.
- **Give in Honor of a Loved One:** January is a month of reflection and remembrance. Honor a family member, mentor, or loved one by donating in their name.
- **Volunteer Your Time:** Start the year with a hands-on approach by volunteering at Elder Care. Whether it's helping with administrative tasks or engaging directly with aging adults, your time is invaluable.
- **Spread the Word:** Share the message of year-round giving with your friends, family, and social networks. Encourage others to continue their charitable habits into the New Year.

As we step into a new year, let's not leave the spirit of generosity behind. January is a time to reset, refocus, and renew our commitment to building a stronger community. Supporting aging adults through monthly donations, volunteerism, and advocacy can bring hope and stability to those who need it most. Let's make this January a month of giving, compassion, and community care. To learn more about Elder Care visit www.abouteldercare.org.

Staying Active this Winter

Winter may bring a chill, but staying active is key to keeping muscles strong, maintaining balance, and boosting overall well-being. While colder weather can make it harder to get moving, there are plenty of ways to stay active safely and comfortably.

Getting Started

Start Small. If you haven't exercised in a while, begin with short, manageable activities. Even 10-15 minutes of movement each day can improve how you feel and ease you into a routine. If you are unsure how to get started or are unsteady on your feet, consider a physical therapy evaluation for balance.

Pick Enjoyable Activities. Stay engaged by choosing exercises you like, but don't be afraid to add a little variety.

Set Realistic Goals. Aim for achievable goals, like a daily walk around your living space or a few chair exercises in the morning. Over time, you can gradually add minutes or increase intensity.

Indoor Exercises

Walking. Walking can be done at home, in a hallway, or even in place, like our local mall. On milder days when paths are clear, bundle up and go for a walk. Fresh air and sunshine boost your mood and provide a dose of Vitamin D, supporting bone health.

Chair Exercises. Chair-based exercises are great for those needing extra support. Try seated leg lifts, arm raises, or gentle side stretches.

Strength Training. Use light weights, resistance bands,

or household items like soup cans. Simple moves like bicep curls or arm raises build strength and support muscle health.

Online Exercise Videos. Many free programs are available online or at your local library. Look for gentle routines and try something new.

Stretching. Stretching improves flexibility and circulation without placing too much strain on your body. For those who enjoy being outside, try gentle stretching on a dry, sunny day.

Tips for Staying Motivated

Establish a Routine. Set a regular time for activity each day to make it part of your routine. Consistency helps ensure you stay active.

Connect with Others. Joining a class or group, or finding a walking buddy will keep you going. Elder Care offers a bi-weekly "Gentle Yoga" class, which incorporates stretching, chair exercises and breathing techniques.

Celebrate Progress. Tracking small achievements is a great motivator. Recognizing your progress will remind you of all you've accomplished.

By starting slowly, staying consistent, and choosing activities you enjoy, you can keep moving, stay healthy, and make the most of winter.



Prepping for Winter and Its Blues

Dee Evans, Guest Contributor

Winter brings unique challenges as we age, but with a bit of planning, we can stay safe, comfortable, and positive all season long. Here's a quick guide to help you navigate winter's chill:

Prepare Your Home

Winterize. Check for drafts around windows and doors, seal them, and add weatherstripping if needed. Keep your thermostat at a steady temperature to ensure a warm, cozy home.

Assemble an Emergency Kit. Stock up on essentials like bottled water, non-perishable snacks, a flashlight with batteries, and any necessary medications in case of power outages.

Dress for Warmth. Layer up in warm, easy-to-put-on clothes, and don't forget hats, scarves, and gloves. Invest in non-slip boots with good traction to prevent slips on icy surfaces.

Stay Weather-Aware. Keep an eye on weather reports so you can plan errands and activities around any icy or snowy forecasts.

Beat The Winter Blues

Keep Moving. Physical activity boosts energy and mood. Try indoor-friendly exercises like gentle yoga, stretching, or even a walk at an indoor mall.

Consider Light Therapy. A light therapy box can improve mood, especially if you feel the winter blues due to shorter days.

Connect with Others and Stay Engaged. Regular calls or video chats with family and friends can help combat winter loneliness. Local groups or clubs are a great way to stay socially active; keeping your mind active and adds a sense of purpose to the season.

Enjoy Hobbies. Pick up a hobby or revisit an old one. Good books and puzzles can kill time, but why not learn something new. Indoor gardening offers a bit of exercise and low-maintenance plants will brighten up your space and frame of mind.

Practice Relaxation. Mindfulness exercises, like meditation or deep breathing, can reduce stress and improve overall well-being.

Focus on Nutritious Foods and Hydration. Fuel your body with hearty soups, stews, and plenty of fruits and vegetables to keep energy levels up. Drinking water is essential for energy and overall health.

Prioritize Safe Mobility

Manage Snow and Ice. Keep walkways clear of ice and snow. If needed, consider asking for help with shoveling or hire assistance.

Drive Safely. If you know you'll be driving, winterize your car with reliable tires and emergency supplies.

Stay Indoors During Storms. When severe weather is expected, stock up on supplies and stay cozy indoors until it passes.

With these simple steps, you can make the most of winter by staying safe, healthy, and socially engaged. A little preparation goes a long way!



The Power of a Break: Why Respite Care Matters

by Shelia Tucker

Respite care simply stated means taking a break. Caregiving can be rewarding and challenging at the same time. Respite care offers the chance for you to take a break from being a carer while providing a safe, comfortable environment for your loved one.

Being a family caregiver is a 24/7 job, and caregivers are hesitant to take a break, but self-care is essential to the carer being able to maintain their own mental health and well-being.

Respite care provides a reliable, trustworthy caregiving resource that can oversee all your loved one's care needs so you can take a much-needed break and keep caregiver stress and fatigue at bay. One of the major benefits of respite care for caregivers is the ability to regain some time for your own personal needs.

Many family caregivers spend so much time and energy providing for their loved ones' needs that they neglect their own needs for social engagement, often withdrawing from other family members and friends over time. Respite care allows family caregivers to spend time reconnecting with friends and loved ones to nurture other important relationships. Respite care can help provide you with the essential time needed for yourself, friends, and other family members. Not only is this time vital for your own mental well-being, but it also eliminates the possibility of burnout.

Utilizing respite care is a valuable service that makes it possible for caregivers to manage their many responsibilities while taking care to nurture their own physical and emotional health. Respite

care may allow the caregiver to be more present and have more energy for giving to others as well as themselves.

At Elder Care, we understand the challenges caregivers face and offer services to help lighten the load. DayBreak, our adult day activity center, provides social interaction and therapeutic activities for adults of various levels of physical and cognitive abilities. Our goal is to help families find a positive balance between caring for a loved one in the home with their own family, home, and work responsibilities.

Caregiver Support Group is another way that Elder Care promotes health, wellness, and independence for seniors in our community by providing caregivers accurate and up-to-date information in a supportive setting.

Our Caregiver Support Groups meets the first Tuesday of each month starting at 10:00am. During the Caregiver Support Group meetings, we can pre-arrange for your loved one to participate in DayBreak. Advanced scheduling in DayBreak is required so please call (918) 336-8500 to make an appointment.

CAREGIVER SUPPORT

January 7	July 1
February 4	August 5
March 4	September 2
April 1	October 7
May 6	November 4
June 3	December 2

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Program Management

Christina Bishop
Executive Director

Jennifer Ennis
Administrative Director

Michael Colaw
Development Director

Josh Lindblom, PT, DPT
Director of Therapy

Frank Danel
Facility Manager

Deanna Dodson
Client Services Director

Shelia Tucker
Associate DayBreak Director

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It's Not Just a Number, It's a Life Well-Lived

by *Christina Bishop, Executive Director*

Does age define us? Or should it? It's a question many of us are asking as we navigate this stage of life. Instead of focusing on limitations, today's generation is choosing to celebrate its strengths. After all, everyone has challenges, no matter what their age. What truly makes a difference is a positive attitude and a determined spirit.

We've learned that taking care of ourselves is crucial to enjoying a fulfilling life. The earlier we prioritize our health and well-being, the better we feel overall. At Elder Care, our goal is to help you live well. We offer a range of quality, accessible services, including programs, social connections, educational resources, healthcare options, support, and advocacy for all adults. We want to help you thrive and achieve your personal goals, whatever they may be.

Today, more people are joining the over 60 group, than any other age group. This gives us a powerful voice and a real opportunity to improve aging services. We can shape how society views aging and ensure our children and grandchildren grow up in a world where quality healthcare is accessible to everyone, regardless of age. A world where wisdom and experience are valued and respected.

We believe every generation has something valuable to offer. This vision is within reach if we work together now. Ultimately, aging is a personal journey, as unique as our own DNA, and perhaps even more so, our mindset. So, let's not let a number define us. Let's embrace our age, share our experiences, and help redefine what it means to live a long and fulfilling life.

Upcoming Event: Sip and Paint

Friday, January 24 from 4:30pm-6:00pm

Unwind with a glass of wine and delicious bites as you create a stunning piece of art worthy of display. Instructor Valerie Unruh will guide you step-by-step through this hands-on painting experience. This class is simple, fun, and perfect for beginners—no prior painting experience needed! All materials are included.

\$55 per person. RSVP by January 17 by calling 918-336-8500.



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