

PRIME TIMES

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AboutElderCare.org | (918) 336-8500
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Shelia Tucker Named DayBreak Director

by Jennifer Ennis, Administrative Director

Elder Care proudly announces that Shelia Tucker has received her Long-Term Care Administrator license and officially assumed the role of DayBreak Director. Shelia, a dedicated member of the Elder Care team since 2021, has demonstrated her commitment to improving the lives of aging adults and caregivers.

Having taken on the role of Associate Director of DayBreak in 2023, Shelia is also a Certified Dementia Practitioner and Fit Minds Cognitive Coach. Her professional expertise and compassion shine through in her work every day. “Shelia’s compassion and hard work can be seen every day in DayBreak,” said Christina Bishop, Executive Director of Elder Care. “She has worked hard to create a diverse and supportive environment for participants and staff. Her vision for DayBreak is contagious, and we are excited to have her leading our program and watching it grow. Receiving this license isn’t easy, and we are proud of her accomplishment.”

Shelia shared her enthusiasm, stating, “I am honored to step into this role and continue serving our participants and their families. This milestone represents a commitment to excellence in caregiving, and I look forward to expanding the reach and impact of DayBreak.”

DayBreak Adult Day Health & Activity Center has been Elder Care’s flagship program since 1983, serving Washington, Nowata, and Osage Counties. Available Monday through Friday from 7:30 a.m. to 5:30 p.m., the program enhances the lives of aging adults, helping them stay social and active.

One new initiative Shelia is excited to start is our Open Door Café. This new Caregiver Support Group is a non-traditional, come-and-go, support group that encourages community and connection with other caregivers. We encourage caregivers to bring their loved one with them each week and we will have trained staff available to assist caring for them. It meets every Thursday from 10:00-11:30 at Elder Care and no registration is required.

For more information about DayBreak, Caregiver Support Groups, or Elder Care, visit AboutElderCare.org or call (918) 336-8500.



Sheila Tucker, DayBreak Director

It's Car Maintenance Time

by Frank Danel, Facilities Manager

Spring is here and summer is not far behind. For many, traveling and seeing loved ones is at the top of their lists of things to do this summer. Make sure your car is in tip top shape before you hit the road. Preventative maintenance can improve your car's performance, lifespan, and help prevent break-downs. Often winter weather can add extra stress on your car, after being coated with salt, slush, and sand for extended periods of time. Find a nice Saturday afternoon (do it yourself or hire your grandkid for some extra quality time) and hose down the exterior. Make sure to spray underneath the car and into the wheel wells, attempting to get as much dirt and salt off as you can.

Once you're done with the exterior, tackle the interior. Remove the floor mats and hose them down, leaving them outside to dry. Wipe down the seats, steering wheel, and dashboard with a damp rag, and clean the insides of your windows, too.

Be sure to inspect the windshield wiper blades, especially if they've been used a lot during winter months. You can clean them by running a wet paper towel over them but be careful not to cut yourself on any metal edges. If you notice that your windshield wipers are making noise when you turn them on or leaving streaks behind, it's time for new wipers.

While the car is cool, open your hood and check the engine oil, brake fluid, transmission, power steering and engine coolant levels. If you aren't familiar with how to do this and feel comfortable



tackling it, you can find instructions in your owner's manual. While you or someone you trust are checking fluid levels, would be a great time to quickly look under the hood of the car around the engine to see if there are any cracks in any of the belts or hoses.

Some other things to keep in mind when looking over your car; be sure to check the tire pressure, make sure your spare tire is in good shape and properly inflated. Have your air filters and air conditioner looked over if you aren't sure how to do it. Lastly, remember that extreme temperatures are hard on car batteries, so make sure your battery is secure and if you think it may be time for a new one, feel free to head to your local garage or auto store to have them test it for you.

Please remember if you aren't familiar with how to do any of the car maintenance and don't feel confident, don't try to do it yourself and don't be afraid to ask someone you trust for help.

Make A Difference: Volunteer with Elder Care

by Michael Colaw, Development Director

At Elder Care, our mission is to enrich the lives of aging adults by providing essential programs and services that promote independence and well-being. Volunteers play a vital role in making this mission a reality, and we invite you to be a part of our incredible team!

There are many ways to give your time and talents. If you enjoy socializing, consider spending time with participants in our DayBreak program, where you can engage in conversation, lead an activity, or simply brighten someone's day. Those with a passion for fitness and wellness can assist with our Foundation Therapy Specialists classes, helping participants stay active and engaged. You can also lend a hand at our Caregiver Support Group or Open Door Café by encouraging those caring for loved ones.

For those who prefer behind-the-scenes support, we could use your help at our facility! Answer phones during busy times or fill in when a staff member is out of the office. You can also lend a hand in the office by assisting with mailings and special events. Every task, big or small, contributes to our mission.

Do you enjoy helping with activities? Whether it be an evening dinner or a painting class, we're always looking for volunteers to use their skills and make these moments even

enjoyable for our participants.

Volunteering not only helps others; it benefits you, too! Volunteers often report a greater sense of purpose, new friendships, and the joy that comes from making a positive impact in someone's life.

No matter what your skills or schedule are, there's a place for you at Elder Care. Whether you can give a few hours a week or just help at occasional events, your time makes a meaningful impact on the lives of the people we serve.

Together, we can make a difference, one act of kindness at a time! Join us today!



The Benefits of Social Connection

Michael Colaw, Development Director

As we age, maintaining social connections becomes increasingly important for our overall well-being. Studies show that older adults who engage in social activities experience better mental and physical health, reduced risk of cognitive decline, and a greater sense of purpose. At Elder Care, we understand the power of connection and offer programs designed to keep seniors active, engaged, and thriving.

Loneliness and isolation can have significant effects on aging adults, leading to higher stress levels, depression, and even an increased risk of chronic illnesses like heart disease and dementia. According to the National Institute on Aging, seniors who participate in regular social activities tend to experience lower blood pressure, improved immune function, and a longer lifespan.

Elder Care provides multiple opportunities for seniors to build relationships and stay engaged, including:

- **DayBreak Adult Day Health** – A vibrant program where seniors can participate in games, music therapy, group discussions, and shared meals, fostering friendships and preventing isolation.
- **Foundation Therapy Specialists** – Exercise classes, including PWR! Moves for Parkinson's and LOUD Crowd for voice therapy offer a supportive environment where participants bond over shared experiences.
- **Caregiver Support Group & Open Door Café** – Our weekly Caregiver Support Group provides a safe space for caregivers to share experiences, gain support, and receive helpful resources. And

our Open Door Café provides a relaxed gathering where attendees are invited to enjoy coffee and conversation while fostering connection and community.

- **Volunteer Opportunities** – Giving back to the community creates meaningful connections. Seniors can mentor, assist with events, or share their skills with others.

Even small steps can make a big difference in preventing isolation. Call an old friend, attend a local event, or join a group that shares your interests. If you or a loved one could benefit from Elder Care's programs, we invite you to stop by for a tour and see how connection changes lives.

For more information, call (918) 336-8500 or visit AboutElderCare.org. Let's make social engagement a priority because staying connected means staying healthy!



Empowered Caregiver Series

by Michael Colaw, Development Director

The Alzheimer's Association Empowered Caregiver education series teaches caregivers how to navigate the responsibilities of caring for someone living with dementia.

For the next several months, Elder Care will host this special support group. Presented by Danielle Morrison of the Oklahoma Alzheimer's Association, topics covered will include:

Building Foundations of Caregiving, which explores the role of caregiver and changes they may experience, building a support team and managing caregiver stress.

Supporting Independence, which focuses on helping the person living with dementia take part in daily activities, providing the right amount of support and balancing safety and independence while managing expectations.

Communicating Effectively, which teaches how dementia affects communication, including tips for communicating well with family, friends and health care professionals.

Responding to Dementia-Related Behaviors, which details common behavior changes and how they are a form of communication, non-medical approaches to behaviors and recognizing when additional help is needed.

The Empowered Caregiver Series will continue on April 17, May 1, and June 3 at 2:00 p.m.

For more information, call us at (918) 336-8500.

Upcoming Events

April 2025

- 1 - Caregiver Support Group, 10:00 am
"Discovering Ways to Avoid Burn-Out"
- 3 - Open Door Café, 10:00 am
- 7 - Gentle Yoga, 10:00 am
- 8- Caregiver Support Group, 10:00 am
"Developing a Support Network"
- 10 - Open Door Café, 10:00 am
The Life of a Puritan Woman in Early
Massachusetts, 1:00 pm
- 14 - Gentle Yoga, 10:00 am
- 15 - Caregiver Support Group, 10:00 am
"How to Plan For the Future"
- 17 - Open Door Café, 10:00 am
The Empowered Caregiver, 2:00 pm
- 21 - Gentle Yoga, 10:00 am
- 22 - Caregiver Support Group, 10:00 am
"Your Private Journal"
Tech Talk with Amanda, 3:00 pm
- 24 - Open Door Café, 10:00 am
- 28 - Gentle Yoga, 10:00 am
- 29 - Caregiver Support Group, 10:00 am
"Open Discussion and Pot-Luck Brunch"

Prime Times

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Programs and services are
partially funded by



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Saddle up, folks! It's time for the 27th Annual
The Good, The Bad, and The Barbecue!

Tickets are just \$100 for an evening of great food and fun. Or, upgrade to the VIP experience for \$500, because you deserve the royal ranch treatment! This includes the Patron Party and all the merchandise for the event.

Every ticket sold helps Elder Care provide life-changing support to aging adults and their families right here in our community.

Scan me!



This Month's Donors

In appreciation of contributions to Elder Care in March 2025

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