

PRIME TIMES

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



Back-to-School, Back to You: Self-Care for Caregivers

by Michael Colaw, Development Director

As children head back to school and routines shift, many caregivers find themselves with a little more breathing room in the day. This seasonal reset is the perfect opportunity to refocus, not just on tasks and to-do lists, but on your well-being.

At Elder Care, we understand the weight that caregivers carry. Whether you're supporting a spouse, parent, or friend, caregiving is both rewarding and demanding. It's easy to push your own needs aside, but self-care isn't selfish; it's essential. This fall, we encourage you to take a moment and ask, "What do I need to feel healthy, rested, and supported?"

We offer several resources designed specifically for caregivers:

DayBreak Adult Day Health and Activity Center provides engaging, professional care for aging adults in a safe and social environment. While your loved one participates in meaningful activities and enjoys nutritious meals, you gain valuable time to work, rest, or recharge. Flexible scheduling and scholarships are available.

Our In-Home Services team brings care directly to your door, helping with housekeeping, companionship, and personal care. Whether you need a few hours of help or ongoing weekly support, our trained professionals provide dependable care that gives you peace of mind.

Caregiving can also feel isolating, which is why our Caregiver Support Group every Tuesday at 10:00 am

to offer encouragement, shared experiences, and practical tips. Led by experienced staff, this group is a lifeline for those who need to know they're not alone.

As well, our Open Door Café meets every Thursday from 10:00-11:30 am. It's a welcoming space to enjoy a pastry, some coffee, a friendly conversation, and a break from the demands of the day. It's open to all and a great place to reconnect with your community.

As the school bells ring, let them be your reminder, too, it's time to take care of you. Elder Care is here to support your journey, offering respite, resources, and real connection.

To learn more about DayBreak, In-Home Services, or upcoming caregiver support events, call (918) 336-8500 or visit www.abouteldercare.org. Let this be the season you choose rest, renewal, and support.



Technology Matters: Why We're Raising \$50,000 for 50 Devices

by Michael Colaw, Development Director

At Elder Care, technology is more than a convenience; it's a lifeline. As Microsoft phases out support for Windows 10 in October 2025, Elder Care faces a critical need to update our computer systems. Without these updates, nearly every department across our agency, from therapy to case management, DayBreak to administrative services, will be working on outdated, unsupported devices. That's why we've launched a campaign to raise \$50,000 to purchase 31 new computers and upgrade 13 existing devices.

Our team relies on technology to deliver timely, accurate, and compassionate care. Therapists at Foundation Therapy Specialists use software to track patient progress in real-time. Case managers use secure systems to submit reports for vulnerable, homebound adults, many of whom live below the poverty line. In DayBreak, our Adult Health and Activity Center, staff communicate with caregivers and log daily activity reports that ensure each participant receives the best individualized support.

But outdated technology can put all of this at risk. Unsupported systems are more vulnerable to cyber threats, including data breaches that could expose private health information. Slow or failing computers delay documentation, reduce efficiency, and create unnecessary stress for staff. This doesn't just impact our workflow; it can directly affect safety, dignity, and continuity of care for the aging adults we serve.



Your gift can help us make a seamless transition. Each \$1,000 raised will allow us to replace or upgrade one outdated device with a secure, high-performing machine capable of meeting the demands of our growing services. With over 60 staff members serving more than 2,400 individuals across 13 counties, this investment in technology is an investment in people.

Help us stay connected, secure, and prepared to meet the needs of our community. Whether you give \$100, \$500, or sponsor an entire device, every dollar makes a difference.

To support the campaign, visit abouteldercare.org/donate or mail your gift to Elder Care, 1223 Swan Drive, Bartlesville, OK 74006. Please note "Technology Campaign" on your donation.

Thank you for helping us build a future-ready Elder Care, one device at a time.

Private Duty Care Management Now Available at Elder Care

by Michael Colaw, Development Director

Feeling overwhelmed by daily responsibilities, medical appointments, or making decisions about your care, or a loved one's care? You're not alone. Navigating the aging journey can be complex, but Elder Care is here to help you every step of the way.

Starting August 1, Elder Care is proud to launch our newest program: Private Duty Care Management. This innovative service is designed to provide personalized guidance and support for aging adults and their families, offering peace of mind when it's needed most.

Whether you're facing new health challenges, experiencing changes at home, or simply wanting a trusted partner to help plan, our professional Care Managers are ready to step in. We take time to understand your unique circumstances and tailor a care plan that fits your needs, preferences, and lifestyle. From setting up meal services to coordinating medical appointments, household help, and needed supplies, we manage the details, so you don't have to.

Our goal is to reduce stress, eliminate confusion, and provide clear solutions that enable you to live life on your terms. Care Managers bring years of experience, a compassionate approach, and deep knowledge of local resources, so you always know where to turn.



Whether you're looking for a single consultation to get pointed in the right direction or ongoing support over time, Private Duty Care Management is flexible and entirely focused on you. It's like having a knowledgeable advocate by your side, one who listens, understands, and acts in your best interest.

To learn more or schedule a one-on-one consultation, call 918-336-8500 or visit AboutElderCare.org and ask for Care Management.

At Elder Care, we believe aging should be met with confidence, dignity, and trusted support. Let us help you create a plan that works, because your journey matters.

The Power of a Healthy Diet as You age

by Michael Colaw, Development Director

As we age, our bodies go through changes that make healthy eating more important than ever. A well-balanced diet can help aging adults maintain energy, manage chronic conditions, and improve overall quality of life. At Elder Care, we believe that good nutrition is a powerful tool for aging well, and we see its benefits every day across our programs.

Eating a variety of nutrient-rich foods supports physical strength, brain function, and emotional well-being. For example, foods high in fiber, such as fruits, vegetables, and whole grains, promote healthy digestion and help manage cholesterol and blood sugar levels. Lean proteins, like poultry, fish, eggs, beans, and nuts, help maintain muscle mass, which naturally declines with age. Calcium and vitamin D are essential for bone health and can reduce the risk of falls and fractures.

In addition to physical benefits, a healthy diet can have a positive effect on memory and mood. Diets rich in omega-3 fatty acids, leafy greens, and berries have been linked to improved cognitive function and reduced risk of dementia. Proper hydration is also essential; aging adults often feel less thirsty, but water remains just as important.

At DayBreak, our Adult Health and Activity Center, we provide balanced meals and snacks every day for our participants. These meals are thoughtfully planned to ensure proper nutrition, while also providing the comfort and joy that comes from sharing a meal in a community setting. For many of our participants, DayBreak may be their only opportunity for a hot meal, and we're proud to

make it one that fuels both body and spirit.

Caregivers, too, benefit from knowing their loved ones are receiving nutritious meals. It's one more way Elder Care helps lighten their load and promote independence at home.

Healthy eating is not about strict diets or deprivation, it's about making smart, satisfying choices that help you feel your best at every age. For more information on Elder Care's nutrition-focused services, call (918) 336-8500 or visit www.abouteldercare.org.



An Evening With Clay – Benefiting Elder Care

by Michael Colaw, Development Director

Grab your boots and get ready for an unforgettable night of laughter, music, and community spirit! Elder Care is proud to introduce a brand-new fundraiser, "An Evening with Clay," taking place on Friday, October 25, at 7:00 p.m. at the Hillcrest Country Club.

This isn't your typical fundraiser, it's a high-energy, toe-tappin' party featuring the one and only Clay Self, the talented and hilarious performer from Big Cedar Lodge's Buzzard Bar and the Grand Ole Opry stage. With a blend of country hits, piano favorites, comedy, and audience interaction, Clay knows how to bring down the house. You'll be singing along, laughing out loud, and maybe even dancing in your seat.

While the night will be full of fun, the impact will go much deeper. All proceeds from the event help Elder Care continue to provide essential services to aging adults and their caregivers in Washington, Osage, and Nowata counties, services like DayBreak Adult Day Health, In-Home support, Caregiver Support Groups, and outpatient therapy through Foundation Therapy Specialists.

Sponsorships and tickets are available now:

- \$4,000 Honky Tonk Headliner
- \$2,500 Two-Step Table Sponsor
- \$100 Individual Tickets

Each level includes a reserved seat, drinks, and an unforgettable night for a great cause.

Visit www.abouteldercare.org/anevening or

contact Michael Colaw at 918-335-8500 to for more information and to reserve your spot.

Don't miss this boot-scootin' evening of fun that directly supports joyful, independent lives for our community's aging adults!



Prime Times
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THIS MONTH AT ELDER CARE

August 2025

- 08/04** Gentle Yoga, 10:00 am
PWR! Moves, 12:00 pm
Parkinson’s Support Group, 1:15 pm
- 08/05** Caregiver Support Group, 10:00 am
Dinner with Friends, 5:30 pm
- 08/06** Gentle Yoga, 10:00 am
LOUD Crowd, 11:15 am
PWR! Moves, 12:00 pm
- 08/07** Open Door Café, 10:00 am
- 08/11** Gentle Yoga, 10:00 am
PWR! Moves, 12:00 pm
- 08/12** Caregiver Support Group, 10:00 am
- 08/13** Gentle Yoga, 10:00 am
LOUD Crowd, 11:15 am
PWR! Moves, 12:00 pm
- 08/14** Open Door Café, 10:00 am
- 08/18** Gentle Yoga, 10:00 am
PWR! Moves, 12:00 pm
Preparing for Life Series - “Wills, Trusts, and Bequests”, 5:30 pm
- 08/19** Caregiver Support Group, 10:00 am
- 08/20** Gentle Yoga, 10:00 am
LOUD Crowd, 11:15 am
PWR! Moves, 12:00 pm
- 08/21** Open Door Café, 10:00 am
- 08/25** Gentle Yoga, 10:00 am
PWR! Moves, 12:00 pm
- 08/26** Caregiver Support Group, 10:00 am
- 08/27** Gentle Yoga, 10:00 am
LOUD Crowd, 11:15 am
PWR! Moves, 12:00 pm
- 08/28** Open Door Café, 10:00 am

This Month's Donors

In appreciation of contributions to Elder Care in July 2025

Graham Hunt Trust
William and Sandra Bath
Dennis and Linda Befort
Ralph and Lois Bergstad
Gale Boyle
Stephen & Joyce Colaw
The Cresap Family Foundation
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Complete this form, and mail to Elder Care with your gift

Yes. I want to support Elder Care's mission:

"To ensure mature adults live happy, healthy, independent lives in their own environment."

☐ Enclosed is my gift

☐ \$200 ☐ \$100 ☐ \$50 ☐ \$35 ☐ Other \$ _____

(Please make checks payable to Elder Care)

First / Last Name _____

Address _____

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1223 Swan Drive Bartlesville, OK 74006
918-336-8500
www.abouteldercare.org/give-today

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you and your family tomorrow."**

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