

PRIME TIMES

Issue 7
Volume 36

AN ELDER CARE PUBLICATION | July 2025



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



Celebrating Independence Day and the Spirit of Elder Care

by Michael Colaw, Development Director

As fireworks light up the sky and families gather to celebrate Independence Day, we are reminded of the deeply rooted values that define our nation: freedom, dignity, and the right to live life with purpose. At Elder Care, these values are at the very heart of our mission: to help aging adults live independently, with dignity and vitality, for as long as possible.

Independence looks different for each person. For some, it's being able to stay in their own home with a little extra help. For others, it's recovering strength through physical therapy or enjoying a day of friendship and activities at DayBreak. Whether it's providing in-home support, personalized case management, or enriching social experiences, Elder Care is committed to supporting the unique journey of each aging adult we serve.

This July, as we celebrate our nation's freedom, we also celebrate the independence of the 2,000+ individuals served through our programs each year. These are our neighbors, our friends, and our family members. Individuals who can live fuller, safer, and more connected lives because of the work we do together as a community.

Thanks to your support and the dedication of our partners, Elder Care has remained a place of comfort, strength, and freedom for aging adults across 13 counties. From health services to meals, from meaningful conversation to compassionate care, we're honored to stand beside those who

have given so much to their families, their communities, and this country.

So, as you enjoy your July 4th traditions, whether it's a barbecue, a parade, or a quiet moment of reflection, we invite you to think about the power of independence in all its forms. With your help, we'll continue to make freedom possible, not just on one day in July, but every single day of the year.

Happy Independence Day from all of us at Elder Care.



Vertigo Relief

by Josh Lindblom, DPT, Director of Foundation Therapy Specialists

Dizziness or vertigo is a common complaint among adults and is one of the top reasons that elderly people go to the emergency room. However, it does not have to be a normal part of aging. Vertigo is the sudden sensation that you or the space around you is moving or spinning. These severe symptoms typically last less than one minute; however, you may feel unsteady or nauseous for days. There are several causes of vertigo, ranging from inner ear infections to vestibular neuritis to Meniere's disease. The more common type of vertigo is Benign Paroxysmal Positional Vertigo (BPPV) and can be seen at any age. Studies suggest that up to 50% of patient-identified dizziness is due to BPPV.

The most common cause of BPPV is degeneration of the inner ear or vestibular system. This can occur idiopathically or stem from a recent trauma, fall, sinus infection, or cold. Symptoms may arise with various activities, primarily changes in head position, i.e., looking up or down, sitting up or rolling over in bed, or bending down to tie your shoes.

So, how does the inner ear work? The inner ear is comprised of two main parts, the cochlea, which is in charge of hearing, and the semicircular canals that are responsible for equilibrium and recognition of head position and movement. If the semicircular canals are functioning properly, fluid flows through them and contacts sensory hair cells. Depending on which way you turn your head, the fluid pushes the hair cells one way or the other, sending an appropriate signal to your brain.

In less than a second, your brain sends signals to the appropriate muscles for you to maintain your balance and respond to the movement.

So why do you get vertigo? Calcium crystals called otoconia are displaced from their normal position around the utricle and find their way into the semicircular canals, most commonly the posterior and horizontal canals. These crystals alter the way fluid flows through these canals, change the gravity within the canal, and lead to erratic signals to your brain. In essence, your brain is not getting the correct information, loses track of the horizon, and throws your eyes into a tailspin.

Physicians can often make a diagnosis based on a patient's history and physical examination alone. Some physicians will also perform special vestibular or hearing tests. The most effective treatment of BPPV is a series of specific maneuvers based on your clinical presentation and typically performed by your physician or a trained physical therapist.

The treatment of vertigo is one of the many services we offer at Foundation Therapy Specialists, and in this scenario, you can take advantage of direct access to physical therapy, in that you would not need a physician referral for treatment. Our therapists are trained in the assessment and treatment of BPPV. They will work to establish a quality home vestibular training program for your long-term success that will provide you with a first line of defense if symptoms should persist.

Reflections on Independence

by Christina Bishop, Executive Director

The very word elicits reflection and emotion on so many levels. We associate independence with freedom. The very freedom we all value and pledge to protect, to the very personal freedoms that help define who we are as individuals.

We start gaining our independence soon after we are born, and we celebrate each milestone that draws us to maturity with pride and a sense of accomplishment. Think about when your babies start to crawl and then walk; each accomplishment carries them to the next level of self-dependence. It is no wonder that when we get to a point in our lives where we start to feel or fear our independence slipping, we want to dig our heels in and hold on with all we hold dear. I do not necessarily think that this applies solely to one age group. If you have ever had to remove driving privileges from a young adult, you know that they liken it to the imminent ruin of their lives, no matter the duration. They hold it dear because to them, it equals independence and choice.

I can only imagine what it must be like to receive a diagnosis that forever changes your mobility or abilities in a way that eliminates certain choices, dreams, or opportunities. What must that feel like when your freedoms hang in the balance? I draw your attention to these events only to say that when we are faced with changes that bring about those things that put our independence, or the independence of those we love in question, take pause, reflect, and where you can, go with grace.

I am all too aware that there are times when choice is not an option or that the choices available are not always in one's favor. I am, however, optimistic enough to believe that compassion, empathy, respect, and grace always are.

"DAYBREAK IS AN AMAZING PLACE." – KATIE



ADULT DAY HEALTH & ACTIVITY CENTER



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ADULTS OF VARIOUS LEVELS OF PHYSICAL
& COGNITIVE ABILITIES

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MONDAY-FRIDAY 7:30 AM - 5:30 PM



The Power of DayBreak

by Michael Colaw, Development Director

At Elder Care, we believe every aging adult deserves to live with purpose, dignity, and joy. Our DayBreak Adult Day Health program offers just that place where aging adults thrive, and caregivers find the vital respite they need.

DayBreak is more than a safe, welcoming space for seniors during the day; it's a lifeline. For families caring for loved ones at home, it offers much-needed relief and peace of mind. Caregivers can tend to their health, work, or simply rest, knowing their loved one is engaged in meaningful, supervised activity. This balance allows families to remain together longer, delaying or avoiding costly assisted living or long-term care placement.

Nutrition is another cornerstone of DayBreak. We provide a healthy breakfast, a warm, nourishing lunch, and an afternoon snack each day. For many of our participants, these are the most balanced meals they receive all week. Improved nutrition leads to better physical health, greater energy, and an enhanced ability to participate in daily life.

Wellness is woven into every aspect of the program. Our trained staff support each participant's physical, emotional, and cognitive well-being through individualized care plans. Activities include light exercise, games, creative arts, music, and opportunities to connect with others. This daily engagement helps reduce social isolation, a major risk factor for physical decline, depression, and memory loss among aging adults.

The results speak for themselves: participants often experience better moods, greater mobility, and a renewed sense of purpose. Families report feeling supported, empowered, and less alone on their caregiving journey.

DayBreak works. It keeps families together. It improves quality of life. It offers an affordable and compassionate alternative to premature placement in nursing homes or other facilities.

If you or someone you love could benefit from the DayBreak experience, we invite you to reach out. We're here to help aging adults live well and help caregivers breathe a little easier.

To schedule a tour or learn more, call 918-336-8500 or visit www.abouteldercare.org.




DAYBREAK
ADULT HEALTH AND
ACTIVITY CENTER


(918) 336-8500
day@abouteldercare.org

This Month at Elder Care

July 2025

1 - Caregiver Support Group, 10:00 am

2 - LOUD Crowd, 11:15 am

PWR! Moves, 12:00 pm

3 - Open Door Café, 10:00 am

4 - INDEPENDENCE DAY

7 - Gentle Yoga, 10:00 am

PWR! Moves, 12:00 pm

Parkinson's Support Group, 1:15 pm

8 - Caregiver Support Group, 10:00 am

9 - Gentle Yoga, 10:00 am

LOUD Crowd, 11:15 am

PWR! Moves, 12:00 pm

10 - Open Door Café, 10:00 am

14 - Gentle Yoga, 10:00 am

PWR! Moves, 12:00 pm

Planning for Life Series - "A Gift to Your Family", 5:30 pm

15 - Caregiver Support Group, 10:00 am

16 - Gentle Yoga, 10:00 am

LOUD Crowd, 11:15 am

PWR! Moves, 12:00 pm

17 - Open Door Café, 10:00 am

18 - Basics in Quilting

"Build Your Own Pillow

21 - Gentle Yoga, 10:00 am

PWR! Moves, 12:00 pm

22 - Caregiver Support Group, 10:00 am

23 - Gentle Yoga, 10:00 am

LOUD Crowd, 11:15 am

PWR! Moves, 12:00 pm

24 - Open Door Café, 10:00 am

28 - Gentle Yoga, 10:00 am

PWR! Moves, 12:00 pm

29 - Caregiver Support Group, 10:00 am

30 - Gentle Yoga, 10:00 am

LOUD Crowd, 11:15 am

PWR! Moves, 12:00 pm

31 - Open Door Café, 10:00 am

Prime Times

Published monthly by
Elder Care

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Programs and services are
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Bartlesville Regional
United Way

Stay Safe This Summer with the Cool Room Project

by Michael Colaw, Development Director

Oklahoma summers are no joke; heat indexes soar into the triple digits, and the muggy air can quickly become dangerous for aging adults. That's why Elder Care's Cool Room Project exists: to provide relief for those who don't have access to air conditioning in their homes.

This program offers window unit air conditioners to qualifying adults aged 60 and older. While the goal isn't to cool an entire home, it creates a designated "Cool Room"; a safe, air-conditioned space for rest during extreme heat. The room must have a window near a 110-volt outlet and a door that can be closed to trap cool air efficiently. Units are loaned out at the beginning of summer and returned to Elder Care when the season ends.

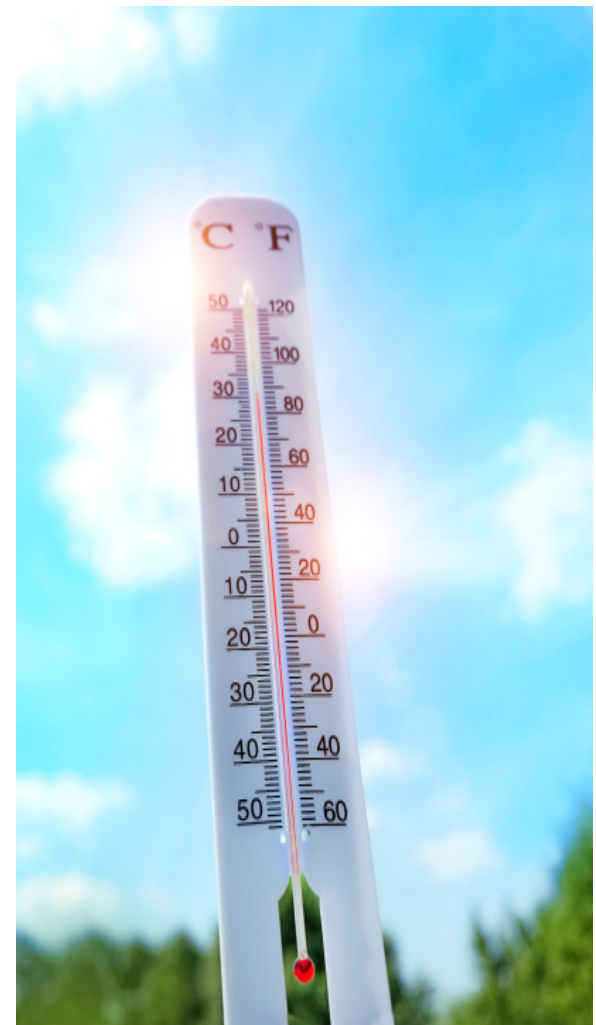
Extreme heat poses serious risks for older adults, including dehydration, dizziness, rapid heartbeat, nausea, and even hospitalization. Many seniors have underlying health conditions or take medications that increase their risk of heat-related illnesses. That's why having a cool, safe space isn't just a luxury, it's a lifeline.

This summer, the need is high, and we need your help. You can make a life-saving difference by donating to the Cool Room Project. A gift of \$200 can provide a new window air conditioner for

a someone in need. Or, if you have a gently used unit in good working condition, consider donating it directly to Elder Care.

Together, we can help more aging adults beat the heat and stay safe at home.

To donate or to see if you or a loved one qualifies for the program, call us at 918-336-8500.



This Month's Donors

In appreciation of contributions to Elder Care in June 2025

Paul and Ivery Anderson
Bartlesville Community Foundation
William and Sandra Bath
Ralph and Lois Bergstad
Sal DeMarco
Green Country Pilot Club
Shannon Keute

Earl and Jane Sears
J. Radcliffe and Mavis Smith
Beverly Strode
Dustie Swaim
Eddie R. and Lavon Tolbert

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 \$ _____

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