

# PRIME TIMES

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





## Stay Active This Summer: Wellness Opportunities for Aging Adults at Elder Care

by Michael Colaw, Development Director

As the warm days of summer arrive in Bartlesville, it's the perfect time to embrace the season by staying active, engaged, and connected. At Elder Care, we believe that wellness doesn't come in a one-size-fits-all model; it's about finding meaningful ways to move, connect, and thrive at every age.

Research shows that older adults who remain physically and socially active experience better health outcomes, improved mood, and a higher quality of life. Even simple activities like stretching, walking, gardening, or participating in a group class can strengthen mobility, improve balance, and reduce the risk of chronic illness.

Our DayBreak program provides an engaging environment where participants enjoy games, art, live music, nutritious meals, and even gentle exercise. It's a wonderful way for aging adults to socialize and stay mentally and physically active while caregivers get well-deserved respite. With breakfast, lunch, and snacks provided daily, DayBreak is also a key source of healthy nutrition.

Summer is a great time to jumpstart physical goals. Foundation Therapy Specialists offers personalized outpatient therapy and wellness services right here in Bartlesville. Whether it's regaining strength after surgery, improving balance, or joining one of our PWR! Moves classes for Parkinson's, we have supportive professionals ready to guide each step.

Not all activity is physical; volunteering and staying involved with the community have proven mental health benefits, too. Elder Care offers volunteer opportunities for those who want to give back, share a talent, or simply be part of something meaningful. We're always looking for friendly faces to assist with DayBreak, share music or crafts, or help with special projects.

This summer, take the first step toward a more active and fulfilling lifestyle. Visit Elder Care, tour our facility, or join one of our events. Whether you're an aging adult looking for ways to stay engaged or a family member seeking resources for a loved one, we're here to help.

Let's make this summer one of wellness, connection, and growth together.



# Regaining Strength, Restoring Hope: David's Journey with Foundation Therapy

by Michael Colaw, Development Director

When David suffered a severe wrist fracture, his independence was suddenly stripped away. Simple daily tasks became impossible, and his ability to care for himself was lost. But through months of dedication, guided therapy, and the steady support of Foundation Therapy Specialists at Elder Care, David's story became one of resilience and remarkable recovery.

David began therapy with Susan Clifton, an experienced and compassionate occupational therapist known for her thoughtful, individualized approach. When he arrived, David had no grip strength, minimal finger movement, and no range of motion in his wrist. But Susan saw more than just the injury, she saw David's potential to recover.

With a carefully tailored plan of exercises and consistent encouragement, David made tremendous progress. His grip strength increased from 0 to 31 pounds. His finger mobility soared from just 5% to an incredible 95% range of motion. His wrist, once immobile, regained functional range.

More importantly, David regained the ability to care for himself, a milestone both he and his family celebrated. "We were very pleased with his being more independent," his wife shared. "Susan was so knowledgeable and encouraging. She helped David physically, but also emotionally when he felt helpless and hopeless."

Thanks to Susan's expertise and David's determination, he now has greater freedom and confidence in daily life. Stories like David's remind

us of the power of skilled care, encouragement, and the human spirit.

At Foundation Therapy Specialists, located inside Elder Care, our team is honored to support individuals like David in their journey toward healing and independence.

For more information about therapy services, call 918-766-0391 or visit [AboutElderCare.org](http://AboutElderCare.org).





# Caring for the Caregiver: How In-Home Services Make a Difference

by Michael Colaw, Development Director

At Elder Care, we know that caregiving is an act of deep love, but it's also a role that can be overwhelming. That's why our In-Home Services program is such a vital resource for families in our community. This free program provides trained care support staff who offer support with everyday activities such as meal preparation, light housekeeping, scheduled chore and errand services, and companionship, right in the comfort of your home.

One of the most important aspects of this service is the respite it provides to family caregivers. Caring for a loved one, while rewarding, can lead to physical and emotional exhaustion if the caregiver doesn't have time to rest and recharge. Our In-Home Services give caregivers the gift of time; time to run errands, attend appointments, or simply take a much-needed break, knowing their loved one is in capable, compassionate hands.

Research consistently shows that when caregivers receive regular respite, they experience lower stress levels, improved health, and are better able to continue in their role for the long haul. Without this support, many caregivers face burnout, leading to increased hospitalizations or the premature need for nursing home placement. In-Home Services help keep aging adults safely in their homes longer and give families the strength to carry on.

Last year, Elder Care provided more than 3,000 hours of In-Home Services to 128 individuals, many of whom live below the poverty line and would otherwise go without help. These services



are made possible through generous support from individual donors, Grand Gateway Area Agency on Aging and Bartlesville Regional United Way. Their investment in local families ensures that caregivers are not alone and that aging adults receive the dignity and care they deserve.

If you or someone you know is caring for an aging adult and could benefit from a helping hand, please reach out. We're here to support you, every step of the way.

To learn more or inquire about eligibility, call us at 918-336-8500 or visit [www.abouteldercare.org](http://www.abouteldercare.org).

# Honoring Fathers: A Legacy of Strength, Wisdom, and Care

by Michael Colaw, Development Director

As we welcome the month of June, we pause to celebrate and honor the remarkable men we call fathers. Father's Day gives us a chance not only to express love and gratitude for the dads, granddads, uncles, and father figures in our lives, but also to reflect on the lasting impact their guidance, humor, and resilience have made in our families and communities.

At Elder Care, we are privileged to know many incredible men who have dedicated their lives to caring for others. Whether they served in the military, worked on the family farm, taught Sunday school, led local businesses, or simply shared their quiet strength at home, these fathers are the foundation of the values we hold dear.

Today, as they journey through the later chapters of life, Elder Care is honored to serve them with the same compassion and dedication they've given to others for so many years. Through our wide range of services, including DayBreak, In-Home Services, Case Management, and Foundation Therapy Specialists, we support aging men in maintaining independence, health, and meaningful connections.

Take, for example, the fathers who attend Day-Break, our adult day activity center. They share stories of raising children, building careers, and navigating life's challenges. They laugh over card games, enjoy nutritious meals, and find companionship in a safe, supportive setting. With each shared memory, they remind us of the legacy they continue to build, even now.

Our mission at Elder Care is to help aging adults live with dignity and purpose. That means honoring the wisdom and contributions of fathers while addressing their evolving needs. From physical therapy after a fall to navigating Medicare options or simply lending a listening ear, our team is here to walk alongside these men and their families.

This Father's Day, we invite you to celebrate the fathers in your life by recognizing the value of their journey. Consider a gift to Elder Care in honor of or in memory of a special dad. Your support ensures that more aging adults in our community, many of whom are fathers themselves, can access the services and support they deserve.

To all the dads we serve and remember, thank you for your stories, your service, and your unwavering love. You are the heartbeat of generations.

Happy Father's Day from all of us at Elder Care.



**Eat Good. Do Good. Feel Good.**  
by Michael Colaw, Development Director

Start your day with purpose on Saturday, June 14, by joining Elder Care at Jimmy’s Egg in Bartlesville for a community FUNdraiser! From 6:00 pm to 2:00 pm, enjoy your favorite breakfast or lunch, dine-in or carryout, and simply drop your receipt in the FUNdraiser box on-site. Jimmy’s Egg will generously donate 20% of those sales to Elder Care. It’s an easy and delicious way to give back!

Elder Care is a local nonprofit organization dedicated to helping aging adults live with dignity and independence. We serve individuals across 13 counties with programs like Case Management for low-income seniors, In-Home Services that support daily living needs, and DayBreak, our adult day activity center offering socialization, meals, and care.

Our therapy services, through Foundation Therapy Specialists include outpatient physical, occupational, and speech therapy, along with group wellness classes like PWR! Moves and the LOUD Crowd. We also provide medical equipment loans, Medicare counseling, caregiver support, and engaging fun brain health programs through Community Connect and Brain Gains.

By participating in this FUNdraiser, you're not just enjoying a great meal, you’re helping hundreds of local families access vital services that promote health, independence, and connection. So, mark your calendar, bring a friend, and join us on June 14 at Jimmy’s Egg. Together, we can make a real impact, one bite at a time!

**Upcoming Events**

**June 2025**

- 2 - Gentle Yoga, 10:00 am
- 3 - Caregiver Support Group, 10:00 am
  - "Insights into Care-Receiver Behavior"
  - Empowered Caregiver, 2:00 pm
  - "Responding to Behaviors"
- 4 - Gentle Yoga, 10:00 am
- 5 - Open Door Café, 10:00 am
- 9 - Gentle Yoga, 10:00 am
- 10 - Caregiver Support Group, 10:00 am
  - "Coping with Difficult Behavior"
- 11 - Gentle Yoga, 10:00 am
- 12 - Open Door Café, 10:00 am
- 14 - Support Elder Care at Jimmy's Egg, 6:00 am-2:00 pm
- 17 - Caregiver Support Group, 10:00 am
  - "My Behavior as a Caregiver"
  - Senior Connect Dinner, 5:30 pm
- 19 - Open Door Café, 10:00 am
- 23 - Planning for Life Series, 5:30 pm
  - "Assigning Precious Herilooms"
- 24 - Caregiver Support Group, 10:00 am
  - "Compassionate Communication"
- 26 - Open Door Café, 10:00 am
- 30 - Pottery Class, 5:30 pm, \$35 per person



## Prime Times

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# Helpful Tips for Managing Dementia Behaviors

by *Deshane Atkins, Community Outreach Coordinator*

Caring for a loved one with dementia can be a deeply emotional journey. One of the most challenging aspects of dementia is managing difficult behaviors, especially when emotional regulation starts to slip away. However, understanding the reasons behind these behaviors and using compassionate, informed strategies can make a real difference for you and your loved one.

Memory loss and confusion are among the most common and distressing symptoms of dementia. Creating a consistent routine is one of the best ways to help reduce confusion and foster a sense of stability. Keep daily schedules as regular as possible—mealtimes, bedtime, and even small tasks like watering plants or taking a walk should happen around the same time each day. Memory aids can also be powerful tools. Simple items like large clocks, wall calendars, or drawer labels can support your loved one's independence and reduce frustration.

Emotional ups and downs often come without warning. To help manage mood swings, first try to identify potential triggers. Discomfort, fatigue, noise, or even unfamiliar surroundings can provoke agitation or sadness. Once you recognize a pattern, you can take steps to prevent or lessen these stressors. When a mood shift happens, stay calm and gentle.

Try to avoid arguing or correcting. Instead, offer a soothing presence and reassuring words.

If your loved one becomes restless and begins to wander, there are a few things you can do to help. Wandering can be dangerous, but there are ways to reduce the risk. Installing secure locks, using GPS trackers, and informing trusted neighbors are essential safety steps. Keeping your loved one engaged in activities they enjoy, such as puzzles, music, and light chores, can help distract from the urge to wander.

Dementia care is not easy, but you're not alone. With patience, empathy, and the right tools, it's possible to navigate even the toughest moments with love and dignity. Don't hesitate to seek help. Call us at Elder Care, where Sheila Tucker, our DayBreak Director, is a licensed dementia practitioner. Also, we offer support for caregivers through our DayBreak Adult Activity Center and respite programs. We can help provide resources with our Caregivers Support Group and Open Door Cafe. We are here to support you every step of the way.

Call us today at (918) 336-8500 for more information.

# This Month's Donors

In appreciation of contributions to Elder Care in May 2025

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