

PRIME TIMES

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AboutElderCare.org | (918) 336-8500
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A Multi-Generational Resource for Our Community

by Michael Colaw, Development Director

At Elder Care, we take pride in being more than just an organization that serves aging adults; we are a multi-generational resource dedicated to enhancing the lives of individuals and families throughout our community. While our core mission is to support aging adults in maintaining independence and quality of life, our programs and services extend to caregivers, families, and even younger generations who benefit from the wisdom and experience of those we serve.

Elder Care offers a range of programs designed to meet the diverse needs of our community:

- **Case Management:** Our case managers provide essential support for individuals navigating complex healthcare and financial needs. We serve many clients through the ADvantage Program, ensuring that those facing economic challenges receive the care they deserve.
- **In-Home Services:** For those who wish to age in place, our team assists with light housekeeping, making it possible for older adults to remain independent while receiving compassionate care.
- **DayBreak Adult Day Health:** A true example of intergenerational care, our DayBreak program supports families by offering a safe, engaging space for loved ones who need supervision during the day. This allows caregivers, often middle-aged children balancing work and family responsibilities, to continue their careers while ensuring their parents receive quality care.



• **FOUNDATION Therapy Specialists:** Our outpatient therapy services help individuals of all ages regain mobility, strength, and independence. From younger adults recovering from injuries to seniors managing chronic conditions, our therapy team plays a vital role in community wellness.

We also recognize the growing role of younger generations in caregiving. More adult children are stepping into caregiver roles for aging parents, while grandchildren often play a part in supporting their family members. Our services help families navigate these transitions with confidence and support.

In keeping with our commitment to holistic care, we are proud of our partnership with the Community Health Centers of Oklahoma to ensure that individuals of all ages, especially those in underserved populations, receive access to quality healthcare. This collaboration enables us to provide comprehensive support, bridging gaps between medical care, therapy, and aging services.

Elder Care is not just for aging adults, it's for families, caregivers, and individuals of all ages who want to see their loved ones thrive. Our multi-generational approach ensures that we remain a pillar of support for the entire

Introducing Our New Pelvic Floor Physical Therapy

by Jessica Keith, DPT, Foundation Therapy Services

Thanks to a generous grant from the Bartlesville Community Foundation, Elder Care is excited to introduce a new Pelvic Floor Physical Therapy (PFPT) program as part of our FOUNDATION Therapy services. This grant has allowed us to purchase a pelvic floor treatment table, ensuring that we can provide specialized care for individuals struggling with pelvic health issues.

Pelvic floor muscles play a vital role in supporting the bladder, bowel, and reproductive organs, as well as maintaining core stability and overall well-being. Many people assume that issues like urinary incontinence, pelvic pain, or postpartum discomfort are simply part of aging or life changes, but they don't have to be. Pelvic Floor Physical Therapy is a non-invasive, highly effective treatment that can dramatically improve quality of life.

Many individuals experience urinary incontinence, whether it's stress incontinence or urge incontinence and PFPT focuses on strengthening and coordinating the pelvic floor muscles through targeted exercises, bladder training, and biofeedback, helping patients regain control and confidence.

For those struggling with constipation, pelvic floor therapy can improve muscle coordination and relaxation, making bowel movement easier and reducing discomfort.

Chronic pelvic pain can interfere with daily activities and quality of life. Many cases of pelvic pain stem from muscle tightness, imbalances, or injury. Using hands-on techniques like myofascial release, trigger point therapy, and deep tissue mobilization, our therapists can help relieve tension, reduce pain, and improve mobility.

Pregnancy and childbirth place significant strain on the pelvic floor, often leading to weakness, discomfort, or even pelvic organ prolapse. PFPT helps restore muscle strength and pelvic alignment, allowing new mothers to recover more effectively and regain confidence in their bodies.

The launch of this program at Elder Care reflects our ongoing commitment to providing cutting-edge, compassionate care for our community. Whether you're seeking relief from discomfort, recovering from childbirth, or simply want to strengthen your pelvic floor muscles, our FOUNDATION Therapy team is here to help.



Jessica Keith, DPT, shows off new pelvic floor room.

Open Door Café: A New Caregiver Support Option

by Jennifer Ennis, Administrative Director

Elder Care is excited to announce that we have been awarded a Respite Grant through the OK-Care's program with the State of Oklahoma, allowing us to expand our caregiver support services in the community. This grant will enhance our existing Caregiver Support Group while introducing a new, flexible support model—the Open Door Café—to better meet the needs of caregivers.

The Open Door Café, launching on March 20, will provide a relaxed, unstructured gathering space for caregivers every Thursday from 10:00 a.m. to 11:30 a.m. Designed for those who may find it difficult to attend traditional support groups, this come-and-go format offers caregivers a welcoming space to socialize, share experiences, and enjoy coffee while their loved ones engage in supervised activities in an adjacent room. Shelia Tucker, Dementia Practitioner, will be available to provide guidance, activities for loved ones, and support for caregivers.

“With the diagnosis of any type of dementia, it is easy to focus on the perceived closed doors,” said Shelia Tucker. “One of the goals of Elder Care is to assist caregivers in finding and sometimes creating open doors.”

This grant represents more than just additional resources; it's a lifeline for caregivers who often feel isolated and overwhelmed. By expanding our support services, Elder Care is reinforcing its commitment to those who give so much of themselves every day.

Whether it's a quiet moment at the Open Door Café, the joy of discovering a meaningful activity with a loved one, or the relief of a few hours of respite at DayBreak, these new offerings provide caregivers with essential tools to navigate their journey with confidence and support. We believe that by caring for caregivers, we strengthen families and our entire community.

Additionally, Elder Care is introducing activity kits that caregivers can check out for use at home. These kits contain stimulating activities to assist those living with Alzheimer's or dementia, helping caregivers find new ways to engage their loved ones with the guidance of a trained professional.

To further support caregivers, Elder Care will offer self-care kits and additional respite hours through DayBreak Adult Day Health for the length of the grant. Caregivers attending a support group will have the opportunity to leave their loved ones in safe, engaging care at DayBreak—allowing time for personal needs, errands, exercise, or even lunch with a friend.

Elder Care is also enhancing social activities and exercise programs to provide caregivers with more opportunities for self-care and socialization, with respite services available during select events. For more information about these expanded caregiver support services and respite options, call 918-336-8500.

Spring Into DayBreak

Sheila Tucker, DayBreak Director

Spring is a wonderful time of renewal and discovery. Joining DayBreak Adult Day Health and Activity Center Spring could be the opportunity to reconnect to a past hobby or develop a new interest. At DayBreak, we focus on person-centered care with regard to individual preferences and abilities. Our trained and caring staff offers a wide range of planned activities and socialization for many interests and ability levels. Activities are designed to engage and support each participant and to encourage socialization, physical and mental enrichment, and most of all fun!

No one wants to feel like they are being patronized or treated like a kid at school. No one wants to feel dictated to – as if there is a set schedule that no one is allowed to deviate from. Here at DayBreak, we recognize this, so we treat seniors with respect and dignity while giving them the options and freedom they need to choose their own path. We support our seniors' right to choose which activities they want to take part in and which ones they aren't interested in – and we're always open to suggestions from our members.

DayBreak is designed to provide a safe, respectful, and compassionate option for adults who benefit from additional care during the day due to health conditions such as Alzheimer's, stroke, decreased mobility, isolation, or loneliness. We aim to provide a fulfilling day full of social connections, learning, remembrance, and fun.

Additionally, DayBreak offers important respite time off for family, caregivers, and other family members. DayBreak services provide options, resources, and an important time of respite for family members and caregivers, and this is an essential service for families who work and have school-age children or other obligations during the day.

For more information about DayBreak or to schedule a tour, please give us a call at 918-336-8500.



Spring Time Renewal

by Christina Bishop, Executive Director

By the time we see the first signs of Spring, we are already yearning for warmer days filled with the sounds of birds chirping and the fragrant blossoms we associate with mother nature’s own renewal process. There is no time like the present to embrace our own renewal process. Possibly, and I do emphasize possibly, we could all benefit from some prioritizing, and decluttering of not only our belongings but of our minds and souls. New beginnings are filled with positive thoughts, mindful reorganization, exciting new adventures, and encouraging relationships. I too will be embarking on this very journey right along with you, should you decide to join. We must do our best to ensure we are living and enjoying “our” best possible life!

Here are some tips that can help us to get well on our way:

- Think positively, don’t allow those negative thoughts and habits to creep in, and if they do replace them with positive ones.
- Surround yourself with people and things that bring out the best in you. Limit interaction with the opposite.
- Challenge old belief systems that have not held true or that have limited you in the past. Maybe these are thoughts or perceptions about yourself or others.
- Our minds can become filled with emotional clutter, clear it out. Worry and resentment do nothing but rob us of the present. Make room for positive thoughts to enter.

- De-clutter your space; it is hard to think about new beginnings when the spaces we dwell in are cluttered with stuff. Look around and assign importance. If you love and value something give it special recognition, show it off. If you haven’t used, worn, or enjoyed something for multiple years find it a new home. These items can be donated, repurposed, or even given as gifts.

Upcoming Events

March

- 3 - Gentle Yoga, 10:00 am
- 4 - Caregiver Support Group, 10:00 am
"Managing Caregiver Stress"
- 10 - Gentle Yoga, 10:00 am
- 11 - Caregiver Support Group, 10:00 am
"Improving Time Management"
- 12- Bartlesville Weddings Throughout the Years, 1:00 pm
- 17 - Gentle Yoga, 10:00 am
- 18 - Caregiver Support Group, 10:00 am
"Learning the 80/20 Rule"
- 20 - Open Door Cafe`, 10:00am - 11:30 am
The Empowered Caregiver, 2:00 pm
- 24 - Gentle Yoga, 10:00 am
- 25 - Caregiver Support Group, 10:00 am
"Lessons in Self-Care"
- 27 - Open Door Cafe`, 10:00am - 11:30 am
- 31 - Gentle Yoga, 10:00 am

Prime Times

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The Good, The Bad, and The Barbecue

by Michael Colaw, Development Director

Get ready for an unforgettable evening as The Good, The Bad, and The Barbecue returns for its 27th annual fundraiser benefiting Elder Care! This beloved event will take place on Saturday, May 10, 2025, at the scenic Hughes Ranch Headquarters, just minutes from downtown Bartlesville.

Every ticket purchased for this outdoor Western-themed fundraiser helps Elder Care provide essential services for aging adults in our community. From respite care and in-home support to therapy and social programs, Elder Care serves over 1,300 individuals and their families each year. By attending, you ensure these programs continue to grow and reach those in need.

Dink's Pit Bar-B-Q will serve up their world-famous barbecue, our always exciting live and silent auctions will have you bidding like never before, and our whiskey and bourbon pull will guarantee you'll have something worth sippin' at home. Then, kick back (or do some boot scootin') and enjoy live music by Luke Christenson, sip on craft cocktails, or enjoy a cold beer

Join us rain or shine under the big white tent at Hughes Ranch for an evening of fun, friendship, and philanthropy.

General Admission: \$100 per person (includes dinner & evening activities)

VIP Experience: \$500 per person (includes The Patron Party, event t-shirt, signature mug, and all evening activities)

Secure your spot now at AboutElderCare.org/BBQ or call (918) 336-8500.

Don't miss this chance to have a fantastic night out while making a real difference in our community. We'll see you there!



This Month's Donors

In appreciation of contributions to Elder Care in February 2025

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In Memory of Mary Ann Gillett
Merlin & Cheryl Lindstrom

Thank you!
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