

# PRIME TIMES

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





# Remembering, Honoring, and Giving Thanks This Memorial Day

by Michael Colaw, Development Director

As we approach Memorial Day, we pause to remember the courageous men and women who gave their lives in service to our country. Their sacrifice made possible the freedoms we enjoy today, and we are forever grateful. At Elder Care, we proudly honor the memory of those who served in the United States Armed Forces, many of whom are parents, grandparents, and community members we have the privilege to care for and walk alongside.

This day of remembrance also allows us to reflect more broadly on service and legacy. Elder Care stands on the shoulders of many who have gone before us. The visionary founders, faithful donors, dedicated volunteers, and compassionate staff, whose time, talents, and generosity built the foundation we stand on today. Their service to our mission, though different from military service, has also had a lasting impact on lives in our community.

*To those who have served our country, we honor you.*

*To those who have given to Elder Care in meaningful ways, we thank you.*

*And to those we've lost, whether in battle, in service, or in the course of life, we remember you with deep gratitude.*

Memorial Day reminds us that freedom, care, and compassion are not accidental. They are made possible through the deliberate, often unseen efforts of those who believe in a cause greater than themselves. Here at Elder Care, we see those values

lived out each day. Whether it's a therapist helping a client regain mobility, a caregiver offering comfort and encouragement, or a donor making it possible for someone to attend DayBreak, service is at the heart of what we do.

We also recognize that Memorial Day can be deeply personal for many in our community. Some of our clients are veterans, and others are surviving spouses or family members of those who served. Their stories of resilience, sacrifice, and love continue to inspire our team and guide our approach to compassionate care.

As you gather with loved ones this Memorial Day, we invite you to take a quiet moment to honor those who gave all and to reflect on the many ways people continue to serve. Let us each find ways to carry their legacy forward through acts of kindness, generosity, and commitment to our neighbors.



# Maintain Therapy Gains Through Aftercare Program

by Josh Lindblom PT, DPT

At Elder Care, we understand that therapy doesn't end when the official sessions do; it's an ongoing journey. That's why our Aftercare Gym Program, operated through Foundation Therapy Specialists, is such a vital part of our continuum of care. Designed for individuals who have completed their physical, occupational, or speech therapy, the aftercare gym empowers participants to maintain and even enhance the progress they've worked so hard to achieve.

The Aftercare Gym offers a supportive, welcoming environment where participants can continue to use the same high-quality equipment and exercises that were part of their therapy plans. This consistency plays a crucial role in preventing regression and promoting long-term independence, strength, and mobility.

We often hear from participants that they feel stronger, more confident, and more motivated after joining the Aftercare Gym. One recent participant shared, *"I didn't want to lose all the gains I made in therapy. The aftercare gym gave me the tools, encouragement, and routine I needed to stay active and keep improving."*

Our gym is supervised by trained staff who understand the unique needs of aging adults and are available to assist or answer questions as needed. While it is not a one-on-one therapy session, the gym offers peace of mind with expert oversight in a safe and accessible environment.

The cost for the Aftercare Gym is just \$25 per month, making it an affordable way to stay active

and engaged long after therapy has ended. Membership includes access during scheduled hours, use of all equipment, and support from Foundation Therapy Specialists staff.

Continuing movement is key to preserving independence and quality of life. Whether your goal is to maintain balance, manage a chronic condition, or simply stay strong for the activities you love, the Aftercare Gym is a powerful next step in your wellness journey.

If you or someone you know has recently completed therapy at Elder Care and would like to maintain the momentum, we invite you to explore our Aftercare Gym.

For more information or to schedule a tour, contact Foundation Therapy Specialists at 918-766-0391 or visit us at Elder Care, 1223 Swan Drive in Bartlesville. Let us help you stay strong every step of the way.



# IN-HOME

## HOUSEKEEPING & ERRAND SERVICE

- Perform essential shopping & errands
- Assist with meal preparation
- Clean & sanitize the kitchen & bathroom
- Wash dishes, dust furniture, sweep, mop, & vacuum floors
- Change bed sheets (non-bedfast clients)
- Assist with laundry . . . and more



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Services are funded in part by the state and Older Americans Act funds from Grand Gateway AAA Title III services and OK DHS Aging Services. In Home Services serves all individuals who are eligible for its programs without regard to race, national origin, religion, sex, or disability. Elder Care is a United Way partner agency.



# Celebrating Older Americans Month: Powered by Connection

Michael Colaw, Development Director

Each May, we proudly celebrate Older Americans Month (OAM), a time to recognize the countless contributions older adults make in our communities and to shine a light on the importance of supporting their health, independence, and well-being.

The theme for 2025, "Powered by Connection," reflects a truth we see every day at Elder Care. Meaningful relationships and community connections are vital to aging well. Whether it's through laughter shared at DayBreak, the progress made in a Foundation Therapy session, or the reassurance provided by a home visit from our case management team, our services are all powered by the relationships we build with and among older adults.

In the last year, Elder Care has served nearly 1,600 individuals across 13 counties in Oklahoma, providing more than 63,000 hours of service; from adult day health and outpatient therapy to in-home support, caregiver resources, and brain health programs. These efforts aren't just about meeting needs; they're about honoring the dignity and value of everyone we serve.

Older Americans are leaders, mentors, caregivers, and volunteers. They are our neighbors, friends, and family members who continue to enrich our lives in countless ways. This month, we invite you to take a moment to thank the older adults in your life, share a story about their impact, or spend time volunteering with one of our programs.



At Elder Care, we remain committed to helping aging adults stay connected to services, to one another, and the broader community. Connection combats isolation, improves mental health, and fosters a greater sense of purpose and joy.

Join us this month as we celebrate the power of connection and the resilience of older Americans. Together, we can build a community where everyone ages with dignity, purpose, and the support they deserve.

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

# Discover The Benefits of Gentle Yoga

by Michael Colaw, Development Director

At Elder Care, our gentle yoga class offers a welcoming environment for adults of all ages and ability levels to improve flexibility, balance, and peace of mind. Taught by our skilled and compassionate instructor, Lesta Morrison, this class is specially designed to meet the needs of older adults or anyone looking for a slower-paced, supportive approach to wellness.

Gentle yoga emphasizes mindful movement, deep breathing, and relaxation techniques that can help ease joint pain, reduce stress, and improve overall well-being. Whether you're new to yoga or looking to maintain your mobility in a safe, low-impact way, this class is a great choice.

Classes are held twice weekly during a three-month session for just \$5 per class, a wonderful value for expert instruction and a pathway to better health. The current session is full of friendly faces, and we welcome new participants. Call or stop by for registration details for the summer session, which begins in July.

Don't miss this opportunity to reconnect with your body and mind in a calm, encouraging space. Space is limited, so mark your calendar and get ready to stretch into summer with gentle yoga at Elder Care!

Go to [www.abouteldercare.org/events](http://www.abouteldercare.org/events) to see the schedule or call (918) 336-8500 for more information.

## Upcoming Events

### May 2025

- 1 - Open Door Café, 10:00 am  
Empowered Caregiver, 2:00 pm  
"Communicating Effectively"
- 5 - Gentle Yoga, 10:00 am
- 6 - Caregiver Support Group, 10:00 am  
"Touchy Topics and Sensitive Conversations"
- 7 - Gentle Yoga, 10:00 am
- 8 - Open Door Café, 10:00 am
- 10 - The Good, The Bad, and The Barbecue
- 12 - Gentle Yoga, 10:00 am
- 13 - Caregiver Support Group, 10:00 am  
"How to Recognize Cognitive Decline"
- 14 - Gentle Yoga, 10:00 am
- 15 - Open Door Café, 10:00 am
- 19 - Gentle Yoga, 10:00 am
- 20 - Caregiver Support Group, 10:00 am  
"Entering Your Care-Receiver's World"
- 21 - Gentle Yoga, 10:00 am
- 22 - Open Door Café, 10:00 am
- 27 - Caregiver Support Group, 10:00 am  
"How to Become a Better Listener"
- 28 - Gentle Yoga, 10:00 am
- 29 - Open Door Café, 10:00 am

## Prime Times

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The Good, The Bad, and The Barbecue A Huge Success!**

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**Mark Your Calendars For May 9, 2026 For The 28th Annual  
The Good, The Bad, and The Barbecue**

# This Month's Donors

In appreciation of contributions to Elder Care in April 2025

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