

PRIME TIMES

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Happy

Thanksgiving



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



Make a Gift Before Year-End with a Qualified Charitable Distribution

by Michael Colaw, Development Director

As 2025 winds down, many friends of Elder Care are looking for meaningful ways to give back while also making the most of their financial resources. One excellent option is a Qualified Charitable Distribution (QCD) from your IRA.

A QCD allows individuals who are age 70½ or older to donate directly from their IRA to a qualified nonprofit, like Elder Care. This type of gift is a simple and tax-wise way to support aging adults in Bartlesville and the surrounding 13 counties we serve. By giving directly from your IRA, your contribution can:

- Count toward your Required Minimum Distribution (RMD) for the year.
- Reduce your taxable income, even if you don't itemize deductions.
- Provide immediate, lasting impact for programs such as DayBreak Adult Day Health, Foundation Therapy, Care Management, or our Active Aging Center.

With a QCD, you can give up to \$100,000 annually, and every dollar you direct to Elder Care helps ensure that older adults in our community live happy, healthy, and independent lives.

If you are considering a year-end QCD gift, we encourage you to contact your IRA administrator soon to allow time for processing before December 31. You may also want to consult your financial advisor to confirm how a QCD could benefit you.

Your generosity makes a real difference, whether through nutritious meals at DayBreak, scholarships for those in need, or wellness classes that keep aging adults active and connected. Together, we can enter 2026 strong, with hope and support for those who need us most.

For more information about making a QCD gift to Elder Care, please contact Michael Colaw, Development Director, at (918) 336-8500 or mcolaw@abouteldercare.org.

QCD Quick Facts

- Who can give? Anyone age 70½ or older with an IRA.
 - How much? Up to \$100,000 each year.
 - When? By December 31, 2025 for this tax year.
 - Why give this way? Counts toward your Required Minimum Distribution (RMD) and may reduce taxable income.
 - Where does it go? Directly from your IRA to Elder Care to support programs like DayBreak, Foundation Therapy, Care Management, and more.
- Tip: Ask your IRA administrator to send your gift directly to Elder Care so it qualifies as a QCD.

Healthy Transitions Into Fall

by Michael Colaw, Development Director

As the leaves change and the air turns crisp, fall brings a welcome shift in seasons. For many older adults, however, this time of year can also present unique challenges to health and wellness. With a little preparation, the transition into fall can be both healthy and enjoyable.

Boost Your Immunity. Autumn is a great time to schedule your flu shot and talk with your doctor about other vaccines that may be recommended. Pair that with simple daily habits, like handwashing, eating vitamin-rich foods, and staying active, to help your immune system stay strong.

Enjoy the Outdoors Safely. Cooler temperatures invite us outside for walks, gardening, or simply soaking up the beauty of fall foliage. Just remember to dress in layers, wear supportive shoes, and watch for uneven ground that could increase fall risks.

Prioritize Nutrition. Seasonal produce like squash, sweet potatoes, and apples brings both flavor and nutrients. Consider making warm soups or roasted vegetables that are easy to prepare, nutritious, and perfect for cooler evenings.

Stay Connected. As days grow shorter, staying socially active is just as important as staying physically active. Joining a group fitness class, attending community events, or connecting with friends over coffee can lift your spirits and strengthen your overall health.

With mindful steps, fall can be a season of wellness, joy, and connection, helping adults stay active, resilient, and engaged as the year winds down.

If you would like more guidance on staying healthy and active this season, reach out to Elder Care at (918) 336-8500 or visit www.abouteldercare.org. Our team is here to support you with resources, programs, and personalized care.



Gratitude in Action: Honoring Our Volunteers and Donors

by Claudia Dilbeck, Director of Community Relations and Outreach

As we enter the season of gratitude, Elder Care celebrates the many individuals and organizations whose generosity keeps our mission strong. Each day, we witness how compassion, kindness, and community spirit make a lasting difference, and it's our volunteers and donors who bring that spirit to life.

Volunteers play an essential role at Elder Care, helping in countless ways that often go unseen but are never unnoticed. They greet guests with a warm smile, assist with bookkeeping and administrative tasks, and help keep our office running smoothly. Many also lend their time to programs in our Active Aging Center, where activities like Dinner with Friends, Tai Chi, and group fitness classes foster connection, laughter, and renewed confidence. Their presence reminds us that friendship and purpose have no age limit. Some volunteers share special skills, such as leading art projects, teaching classes, or assisting with community events, that bring color and creativity to our daily work. Others offer a listening ear to someone who simply needs conversation.

Our donors are equally vital to our mission. Their generosity fuels every corner of Elder Care, supporting therapy sessions, nutritious meals, caregiver support, and programs that empower aging adults to live full, independent lives. Some give quietly each month, others make a gift in honor or memory of a loved one, but all share a common goal: ensuring that aging adults in our community are cared for,

respected, and valued. Their support transforms compassion into action and sustains the programs that touch hundreds of lives each year.

This November, as we reflect on what we're thankful for, we invite you to join us. Become part of the Elder Care family by volunteering your time, making a donation, or simply sharing our mission with others. Every gesture of kindness, whether it's a few hours, a monthly gift, or a word of encouragement, helps us continue this important work and strengthens the fabric of our community.

To learn more about volunteering or donating, visit www.abouteldercare.org or call (918) 336-8500. Together, we can continue turning gratitude into action, one act of kindness at a time.

*Be the change
you wish to see in
the world*

A Salute to Veterans

by Michael Colaw, Development Director

Each November, our nation pauses to honor the men and women who have served in the United States Armed Forces. At Elder Care, we extend our deepest gratitude to every veteran who wore the uniform, those who stood behind them, and those who continue to serve their communities in quiet but powerful ways. Your courage, sacrifice, and steadfast devotion to country inspire us all.

Many of the aging adults we serve at Elder Care are veterans who dedicated their lives to protecting the freedoms we hold dear. Their stories of service are woven into the fabric of our community, from the fields of Normandy and the mountains of Korea to the jungles of Vietnam and the deserts of the Middle East. These veterans now walk new paths of resilience and purpose as they participate in programs like DayBreak Adult Day & Activity Center, FOUNDATION Therapy Specialists, In-Home Services, and our Active Aging Center. Each day, we are honored to provide the care, connection, and respect they so richly deserve.

The values that define our veterans, commitment, integrity, and service, mirror the very heart of Elder Care's mission: helping aging adults live happy, healthy, and independent lives. Through therapy, wellness classes, and social engagement opportunities, we strive to ensure that those who once served our nation continue to experience dignity, belonging, and strength in every season of life.



On this Veterans Day, we invite our community to join us in expressing gratitude to the veterans among us. A simple “thank you,” a handshake, or a shared conversation can mean more than words can express. And if you know a veteran who could benefit from Elder Care’s programs, please encourage them to connect with us. It would be our privilege to serve those who have given so much to serve us.

To learn more about Elder Care’s programs, visit www.abouteldercare.org or call (918) 336-8500.

The Savvy Caregiver® Program — Coming to Elder Care this November

by Michael Colaw, Development Director

At Elder Care, we understand that caring for someone living with dementia is both an act of love and a demanding responsibility. That's why we're proud to offer the Savvy Caregiver® Program, a six-week educational series designed to empower family caregivers of adults living with Alzheimer's disease or other dementias.

Developed at the University of Minnesota, the Savvy Caregiver Program is an evidence-based course proven to reduce caregiver stress and depression while increasing confidence and skill. Through small-group sessions that blend instruction, discussion, and practical assignments, participants learn strategies they can immediately apply at home.

Beginning Tuesday, November 12, and continuing weekly through December 17, the Savvy Caregiver Program will meet from 1:30 to 3:30 p.m. at Elder Care. The series will be led by Deanna Dodson, Elder Care's Care Management Director, who brings deep experience supporting families and individuals affected by dementia. Designed for spouses, adult children, and loved ones, each session builds understanding, resilience, and a sense of community among caregivers who share similar experiences.

Over six weeks, participants will explore topics such as understanding the progression of dementia, structuring daily routines, managing changing behaviors, and caring for their own well-being. The program also offers guidance on long-term planning and effective communication



techniques; practical tools to make caregiving more sustainable and meaningful.

Class size is limited to just 10 participants to ensure personalized attention and open discussion in a supportive environment. The cost for the six-week program is \$75, and registration is required. To reserve your spot, please call (918) 336-8500 or email care@abouteldercare.org.

Being a caregiver can feel isolating, but you don't have to navigate this journey alone. The Savvy Caregiver Program provides both the knowledge and the community you need to care with confidence, and to remember that your well-being matters too.

November 2025

Sun	Mon	Tues	Wed	Thur	Fri	Sat
2	3 Gentle Yoga 10:00 am PWR! Moves 12:00 pm Parkinson's Support Group 1:15 pm	4 Caregiver Support Group 10:00 am Dinner with Friends 5:30 pm	5 Gentle Yoga 10:00 am LOUD Crowd 11:15 am PWR! Moves 12:00 pm Alzheimer's Association: Communicating Effectively 2:00 pm	6 Tai Chi 9:00 am Open Door Café 10:00 am	7	8
9	10 Gentle Yoga 10:00 am PWR! Moves 12:00 pm	11 Caregiver Support Group 10:00 am Bake & Take - A Beginner's Guide to Sourdough 5:30 pm	12 Gentle Yoga 10:00 am LOUD Crowd 11:15 am PWR! Moves 12:00 pm	13 Tai Chi 9:00 am Open Door Café 10:00 am	14 Basics in Quilting: Holiday Stockings 1:00 pm	15
16	17 Gentle Yoga 10:00 am PWR! Moves 12:00 pm	18 Caregiver Support Group 10:00 am Basic Life Saving CPR Class 1:00 pm	19 Gentle Yoga 10:00 am LOUD Crowd 11:15 am PWR! Moves 12:00 pm	20 Tai Chi 9:00 am Open Door Café 10:00 am	21	22
23	24 PWR! Moves 12:00 pm	25 Caregiver Support Group 10:00 am	26 Gentle Yoga 10:00 am LOUD Crowd 11:15 am PWR! Moves 12:00 pm	27 HAPPY THANKSGIVING ELDER CARE CLOSED	28 ELDER CARE CLOSED	29

Prime Times

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United Way

This Month's Donors

In appreciation of contributions to Elder Care in November 2025

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Ralph and Lois Bergstad
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Marilou Bork
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Dean and Kathy Zervas

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 _____

City _____ State _____

Zip _____ Phone (____) _____

Email _____

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you and your family tomorrow."**

Please charge my credit card

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