

PRIME TIMES

Issue 10
Volume 34

AN ELDER CARE PUBLICATION | October 2025



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



Spotlight on DayBreak

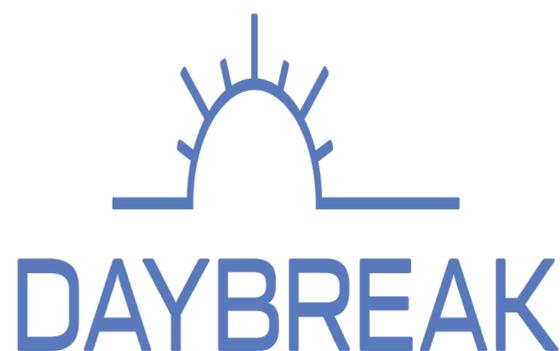
by Michael Colaw, Development Director

At Elder Care, our DayBreak Adult Day Health & Activity Center is more than just a safe place, it is a lifeline for aging adults and their families. DayBreak offers professional nurse oversight, ensuring participants receive expert attention for their health and medication needs. This clinical support provides families with peace of mind, knowing their loved one's well-being is carefully monitored each day.

Equally important, DayBreak provides dementia-friendly activities designed to engage the mind, foster social connections, and bring joy. From music and art to gentle exercises and conversation, each activity is tailored to meet the needs of those living with memory loss, creating moments of dignity and belonging.

For caregivers, DayBreak serves as a source of respite and relief. The program allows caregivers the freedom to attend work, handle personal responsibilities, or simply rest, knowing their loved one is supported in a safe and compassionate environment. This time apart strengthens caregivers' ability to continue providing care at home.

Participants also enjoy nutritious, home-style meals and snacks served family-style, which encourage conversation, improve eating habits, and nourish the body. With the rising cost of food, this support is especially meaningful for families striving to balance care and finances.



ADULT DAY HEALTH & ACTIVITY CENTER

The need for programs like DayBreak continues to grow. Every day in the United States, 10,000 adults turn 65, and many will face challenges related to health, mobility, or memory. At Elder Care, we are committed to meeting this growing demand by offering quality, affordable, and compassionate care that keeps families together and strengthens our community.

DayBreak is more than a program; it is a place where lives are enriched, caregivers are supported, and hope is renewed.

For more information, email day@abouteldercare.org or call (918) 336-8500.

Caregiver Support Group: Fabulous Fall Fun in October

by Joanie Elmore, Community Outreach Liason

Caring for a loved one is a journey filled with both challenges and rewards, but no one has to walk it alone. Elder Care's Caregiver Support Group offers a place for caregivers to share experiences, find encouragement, and enjoy a break in the company of others who understand. This October, we have planned a month of Fabulous Fall Fun that combines support, creativity, and seasonal celebrations.

October 7 – Let's Take a Fall Field Trip

Pack a sack lunch for yourself and your care-receiver and join us for a fall picnic at Unity Square. It is the perfect way to step outside, enjoy the beauty of the season, and spend time in fellowship with other caregivers and families.

October 14 – Pumpkin Decorating Party

"Let Your Caregiver's Light Shine" is our theme as we bring out the paints, markers, and carving tools to create festive pumpkins and jack-o-lanterns. This lighthearted activity lets your creativity shine while celebrating one of fall's most beloved traditions.

October 21 – Autumn Day Cooking Class (RSVP Required)

Join us in the kitchen for an interactive fall cooking experience. We will prepare Pumpkin Soup (InstaPot style), Air Fryer Sage Biscuits, and a fresh Walnut-Cranberry Salad with homemade dressing. Care-receivers will be our special lunch guests for

the day, making this event one you will not want to miss. Be sure to RSVP to reserve your spot.

October 28 – Trick or Treats and Halloween Bingo

We will close out the month with a festive Halloween celebration featuring tasty treats and a fun-filled game of Bingo. Caregivers will play for prizes, share in laughter, and enjoy the spirit of the holiday.

At Elder Care, we know that caregivers need care too. The Caregiver Support Group provides a safe and welcoming space where you can recharge, connect, and learn alongside others who understand the caregiving journey.

To learn more or to join us, call Elder Care at 918-336-8500 or visit abouteldercare.org/services/caregiver. This October is the perfect time to treat yourself to a little fall fun.



Have Fun Getting Healthy

by Christy Bashford, Physical Therapy Assistant

The benefits of living a healthy lifestyle are widely known; however, many people still make excuses for living an inactive lifestyle. One of the most common excuses is a lack of time. Our world moves at a rapid pace, and most complain that there are just not enough hours in the day to fit in proper exercise. The truth is that we will ALWAYS find time to do the things we enjoy. The key to starting to make exercise a priority in your life is finding something that you enjoy doing. There are countless options to start increasing your activity level, and it will seem less like work if you choose something you love. Here are some ideas to get you started.

Take a walk. Get outside and enjoy the sunshine! Take your dog for a walk around your neighborhood. There are also facilities with indoor tracks if you prefer walking inside. Enjoy some window shopping while getting your exercise in.

Dance. Dancing is a great form of exercise, regardless of your age. For aging adults, dancing is a great way to improve their gait and balance to help prevent future falls.

Golf. Play alone or with a group of friends. Enjoy being out in nature while being physically active.

Swim. Swim laps or join a water aerobics class to get in shape with others. This is a great option for those dealing with arthritic pain.

Gardening. Plant a flower or vegetable garden. Raised containers are helpful for those who have difficulty squatting or bending over.

Patio gardens have become popular in recent years and provide alternatives to large gardens.

Become a Zen master. Low-impact exercise, such as tai chi or yoga, can help improve strength, balance, coordination and reduce stress. Many of the poses can be modified to work for those who are less flexible or have decreased upper or lower body strength.

Group exercise classes. This is a great way to get healthy while getting much-needed social interaction as well. There are many different options ranging from yoga to aerobic exercise. Elder Care offers community exercise classes specifically designed for aging adults. As always, it is important to check with your physician before beginning any new type of exercise. If you are experiencing pain or have a physical limitation that keeps you from being more active, physical therapy could be beneficial to you.

The Foundation Therapy Specialists team would love to assist you in your journey to living a healthier lifestyle. You can contact our office for further information at 918-766-0391 or by email at foundation@abouteldercare.org. No matter what activity you choose to do, the most important thing is to START. Take the first step toward a healthier you. You might just have a little fun along the way.

Elder Care Receives \$20,000 Challenge Grant Award to Support DayBreak

Elder Care is thrilled to share that the Anderson Charitable Foundation has awarded a \$20,000 challenge grant to benefit DayBreak, Elder Care's Adult Day Health & Activity Center.

The grant is designed to inspire community giving by matching every local donation, dollar for dollar, up to \$20,000. Together, the Anderson Foundation and community supporters will help provide the resources DayBreak needs to continue serving aging adults with care, dignity, and compassion.

"DayBreak is more than a program, it's a lifeline," said Michael Colaw, Development Director. "Every day, participants enjoy healthy meals, engaging activities, and the companionship of friends. For many, DayBreak provides nourishment and social connection they might not otherwise have. This challenge grant ensures that those vital services remain strong for the people who count on us most."

The cost to provide meals at DayBreak averages \$4,800 each month, a significant expense that is made possible through community support. Thanks to this challenge grant campaign, every gift will go twice as far in covering these essential needs.

"We are deeply grateful for the Anderson Charitable Foundation and the many local donors who step forward to make a difference," Colaw added. "Together, we're helping aging adults in our community live healthier, happier, and more connected lives."

If you would like to join this effort and double the impact of your gift, donations can be made directly online at <https://abouteldercare.org/giving/donate/>. You may also contact Michael Colaw at (918) 336-8500 or MColaw@AboutElderCare.org for more information about supporting the challenge grant.

About Elder Care

At Elder Care, we believe that aging should be filled with joy, purpose, and independence. For more than 40 years, we've been the region's trusted nonprofit resource for aging adults and their families. From DayBreak Adult Day Health & Activity Center to Private Duty Care Management, caregiver support, Active Aging programs, outpatient therapy, and specialized health services, Elder Care provides compassionate care tailored to everyone. Located at 1223 Swan Drive in Bartlesville, we proudly serve Washington, Nowata, and Osage counties.

Elder Care is proud to be a United Way Agency, working alongside community partners to build a stronger, healthier region for everyone.

About Bartlesville Regional United Way

The mission of the Bartlesville Regional United Way is to unite people, resources, and strategy for the good of our community. For more information about Bartlesville Regional United Way, visit www.bartlesvilleuw.org.

Medicare Part D Counseling at Elder Care

by Michael Colaw, Development Director

Each year, millions of older adults rely on Medicare Part D to help cover the cost of prescription medications. While these plans provide critical support, navigating the many choices and completing the required paperwork can feel overwhelming. Comparing premiums, formularies, and coverage options often leaves people uncertain about which plan best fits their needs.

That's where Elder Care can help. Starting October 15 through December 7, our trained counselors are available to provide free Medicare Part D (MED-D) counseling. We'll walk alongside you to review your current plan, explore alternatives, and ensure you're getting the coverage that makes the most sense for your health and budget.

Choosing the wrong plan can mean higher out-of-pocket costs or gaps in prescription coverage. With dozens of options available, even small differences between plans can make a big impact.

Elder Care's counselors take the time to carefully compare each plan with your unique prescriptions and financial situation, helping you avoid costly surprises down the road.

In addition to reviewing coverage, we also assist with the enrollment process itself. From filling out the necessary forms to meeting deadlines, our team works to remove the stress and confusion that often comes with Medicare paperwork. Many people find peace of mind knowing they have an advocate on their side.

Our goal is to take the stress out of the process so you can feel confident in your decision and focus on what matters most, your health and well-being. Appointments are available at no cost, but space is limited. Call Elder Care today at (918) 336-8500 to schedule your MED-D counseling session and make this year's enrollment season a little easier.



Prime Times

Published monthly by
Elder Care

Program Management

Christina Bishop

Executive Director

Michael Colaw

Development Director

Frank Danel

Facility Manager

Claudia Dilbeck

Community Outreach Director

Deanna Dodson

Case Management Director

Jennifer Ennis

Administrative Director

Josh Lindblom, PT, DPT

Director of Therapy

Shelia Tucker

DayBreak Director

Board Members

Mark Wilburn

President

John Gorman

Vice President

John Ford

Treasurer

Kelli Blair

Stephen Colaw

Dale Copeland

Bob Fraser

Susan Krall

Richard Mitchell

Debbie Mueggenborg, CPA

Virginia Sawyer

Steve Smith

Karen V. Waddell

Wayne Walthall

Kathy Zervas

Programs and services are
partially funded by



Bartlesville Regional
United Way



October 2025

Sun	Mon	Tues	Wed	Thur	Fri	Sat
			1 LOUD Crowd 11:15 am PWR! Moves 12:00 pm	2 Tai Chi 9:00 am Open Door Café 10:00 am	3	4
5	6 Gentle Yoga 10:00 am PWR! Moves 12:00 pm Parkinson's Support Group 1:15 pm	7 Caregiver Support Group 10:00 am	8 Gentle Yoga 10:00 am LOUD Crowd 11:15 am PWR! Moves 12:00 pm	9 Tai Chi 9:00 am Open Door Café 10:00 am Italian Wine Tasting 5:30 pm	10 Basic Life Saving CPR Class 9:00 am	11
12	13 Gentle Yoga 10:00 am PWR! Moves 12:00 pm	14 Caregiver Support Group 10:00 am	15 Gentle Yoga 10:00 am LOUD Crowd 11:15 am PWR! Moves 12:00 pm	16 Tai Chi 9:00 am Open Door Café 10:00 am	17	18
19	20 Gentle Yoga 10:00 am PWR! Moves 12:00 pm	21 Caregiver Support Group 10:00 am	22 Gentle Yoga 10:00 am LOUD Crowd 11:15 am PWR! Moves 12:00 pm	23 Tai Chi 9:00 am Open Door Café 10:00 am	24	25 An Evening With Clay - A Fundraiser Supporting Elder Care 7:00 pm at Hillcrest Country Club
26	27 PWR! Moves 12:00 pm	28 Caregiver Support Group 10:00 am	29 Gentle Yoga 10:00 am LOUD Crowd 11:15 am PWR! Moves 12:00 pm Alzheimer's Association: Understanding Alzheimer's & Dementia 2:00 pm	30	31	

This Month's Donors

In appreciation of contributions to Elder Care in September 2025

Bill Beierschmitt
Ralph and Lois Bergstad
Bob Pomeroy
Marilou Bork
Mary Kathleen Brown
Christ Community Church
Stephen and Joyce Colaw
Dale and Donna Copeland
Disciples Christian Church
Dava Dye
Bob and Meredith Fraser
Jana and Tom Gorman
Candice Heathman
Ed and Paula House
John and Barbara Kane

Betty Kane
Stephen and Gwendolyn Katrenick
David and Marilyn King
Jane Kirkpatrick
Karen Meyer
Pat and Jetta Sue Murphy
Edna Painter
Gary and Patricia Parrish
JoAnn Payne
Heather Pierce
Dr. Scott Plaster
Terry and Mary Jane Plunk
Rob Rizzo
Lori Roll
Richard and Kathleen Rutledge

Frances Salih
Earl and Jane Sears
David and Mary Alice Sigmon
Scott and Terri Cochran
Eddie R. and Lavon Tolbert
Donald and Ann Webster
Christina Welch
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 _____

**"The gift you give today may be the gift that impacts
you and your family tomorrow."**

Please charge my credit card

Card No. _____ Exp. Date _____

Signature _____

Name on Card _____

Billing Address _____

City _____ State _____ Zip _____



1223 Swan Drive Bartlesville, OK 74006

918-336-8500

www.abouteldercare.org/give-today

We sincerely apologize for any unintended error or omission. Due to publication deadlines, acknowledgment of gifts may take up to 60 days in Prime Times Publication.

Give online at:
AboutElderCare.org/giving/donate-today/