

PRIME TIMES

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



A New Year of Caring Begins

by Michael Colaw, Development Director

As we turn the calendar to a new year, January offers a meaningful moment for reflection and renewal at Elder Care. It is a time to acknowledge the collective effort that allows our organization to continue serving aging adults, individuals with disabilities, and caregivers throughout our community, while also looking ahead to the opportunities and responsibilities the year before us will bring.

Every day, Elder Care exists to help people remain connected, supported, and cared for as their needs change. That work does not pause when a new year begins; it continues through the dedication of staff, volunteers, donors, community partners, and families who place their trust in us. From In-Home services and Case Management to DayBreak Adult Day Health, Foundation Therapy Specialists, Caregiver Support Groups, and our EC Active Center, Elder Care's mission is rooted in meeting people where they are and supporting their independence and well-being.

January is also a season of preparation. Across Elder Care programs, staff are focused on strengthening services, evaluating needs, and ensuring that aging adults and caregivers continue to have access to reliable support. For many families, Elder Care provides reassurance, knowing there is a local organization ready to listen, guide, and help navigate the challenges that can come with aging, illness, or caregiving responsibilities.

Community involvement remains central to this work. Individual contributions, volunteer hours,

and community advocacy play an essential role in sustaining Elder Care's programs and allowing services to remain responsive to those who rely on them. Each act of support, whether financial, practical, or personal, helps ensure that Elder Care can continue serving individuals with dignity, respect, and compassion.

As the year unfolds, Elder Care remains committed to strengthening relationships, responding to community needs, and continuing to serve with purpose. A new year does not change our mission, but it renews our commitment to it. We are grateful to begin this year alongside a community that believes in caring for one another and ensuring that aging adults are supported, valued, and connected.

Together, we move forward, one day at a time, continuing the work of care, connection, and community.



Launching the Year with Connection at the EC Active Center

by Claudia Dilbeck, Director of Community Relations and Outreach

As the new year begins, Elder Care is proud to reintroduce the EC Active Center, a welcoming space designed to foster connection, wellness, and engagement for adults seeking meaningful ways to stay active and involved. The Active Center reflects Elder Care's commitment to supporting aging adults through opportunities that promote social connection, lifelong learning, and overall well-being.

The EC Active Center was created to offer opportunities for connection and engagement for adults who want to remain active and involved. Whether participants are looking to move their bodies, discover new interests, or simply enjoy time with others, the EC Active Center provides a friendly, encouraging environment that supports both physical and social well-being.

Membership is designed to be simple, flexible, and affordable. Beginning in January and continuing through March, participants are invited to try the EC Active Center through a convenient pay-per-class option at just \$5 per class. This introductory period allows individuals to explore classes, meet new friends, and find activities they enjoy at their own pace.

Starting in April, the EC Active Center will transition to a monthly membership model. Individual memberships will be available for \$40 per month, or \$70 per month for households. This membership includes unlimited access to all activities offered Monday through Friday, from 8:00 a.m. to 5:00 p.m., providing a full schedule of opportunities to stay active, engaged, and connected throughout the week.



Alongside familiar favorites such as Yoga and Tai Chi, the Active Center will introduce an exciting lineup of new activities, including line dancing, crocheting, theater workshops, and more. In addition to these classes, the Center will offer wellness seminars, educational programs, social gatherings, and special events designed to keep the body active, the mind engaged, and the spirit lifted.

Whether you are looking to try something new, enhance your wellness routine, meet new friends, or simply enjoy a warm cup of coffee and good conversation, the EC Active Center will be ready to welcome you this January.

To learn more or to become a member, please call 918-336-8500 or email cdilbeck@abouteldercare.org.

Wellness That Works Where You Are

by Michael Colaw, Development Director

January often brings big promises about health and wellness, but for many aging adults, the most meaningful changes don't happen in a gym packed with mirrors or complicated machines. They happen at home, in familiar routines, and in safe, supportive environments designed with aging bodies in mind.

At Elder Care, we believe wellness should feel approachable, achievable, and encouraging, not intimidating. That's why we focus on helping aging adults build strength, confidence, and independence in ways that work for their real lives.

Staying active doesn't require fancy equipment or long workouts. Simple daily habits like stretching, walking, practicing balance, and keeping joints moving can make a powerful difference. Our Foundation Therapy Specialists regularly help individuals learn exercises and movements they can safely continue at home, long after formal therapy ends.

These routines support:

- Improved balance and fall prevention
- Increased strength and mobility
- Better endurance for daily activities
- Greater confidence and independence

Consistency matters more than intensity, and having the right guidance makes all the difference.

For many, the next step after completing physical therapy is knowing how to safely keep

going. That's where Elder Care's After Care Gym, part of Foundation Therapy Specialists, comes in. For just \$25 per month, participants gain access to a supportive gym environment designed specifically for aging adults. The After Care Gym features pneumatic and recumbent equipment, which reduces strain on joints while still building strength and endurance. Even more importantly, there are licensed therapists nearby, ready to offer guidance, answer questions, and ensure exercises are done safely and correctly.

This combination of independence and professional support helps participants maintain the progress they worked so hard to achieve in therapy, and often continue improving.

Whether wellness happens at home, in therapy, or through continued movement in the After Care Gym, Elder Care is committed to meeting aging adults where they are. And for those looking for even more opportunities to stay active and connected, we're excited to continue growing programs like our new Active Center, designed to complement these efforts with social, educational, and wellness activities.

At every stage, our goal remains the same: helping aging adults in our community stay strong, confident, and thriving, one healthy step at a time.

Caregiver Support Group

by Joanie Elmore, Community Outreach Liason

Caring for a loved one can be one of the most meaningful experiences in life, but it can also feel overwhelming, isolating, and emotionally exhausting at times. At Elder Care, we understand how important it is for caregivers to have a safe place where they can be understood, encouraged, and recharged. Our weekly Caregiver Support Group meets every Tuesday from 10:00–11:00 AM at Elder Care, and it is free and open to everyone, whether you are providing care at home, coordinating from a distance, helping a friend or neighbor, or simply seeking community and learning.

What makes this group so special is the sense of belonging it offers. Week after week, caregivers share stories, frustrations, victories, and everyday challenges, and they do so without judgment or pressure. Friendships form naturally. Support is genuine. Laughter comes easily, and tears are welcomed with compassion. When caregivers spend time with others who truly understand their world, they feel less alone and more confident in their journey. This time together often becomes a highlight of the week, an hour to breathe, learn, and connect.

Each gathering includes helpful information, guest speakers, activities, and real conversations that support emotional wellness, self-care, and positive coping strategies. Many participants say this group has given them renewed hope, stronger resilience, and practical tools to manage daily caregiving needs.

January is a month of fresh beginnings, and our weekly sessions will reflect that theme:

- January 6:** Let's Toast the New Year and Welcome Winter. We will celebrate a brand-new year, share refreshments, and enjoy a warm, welcoming time together as we embrace the season ahead.

- January 13:** Goals for 2026 – Let's Frame Our Caregiver Goals. We'll explore how to set realistic and meaningful goals that help us stay balanced and intentional.

- January 19:** Tips to Fight the Mid-Winter Duldrums with Larry Cowan, who will share uplifting ways to maintain emotional and physical well-being during the colder months.

- January 27:** Think Positive! Turning Old Negatives into New Positives – How to Modify Negative Thinking! Together, we'll learn how shifting our mindset can create more peace and possibility.

We invite you, caregivers, family members, and friends, to join us every Tuesday as we navigate the caregiving journey with community, encouragement, and hope. For more information about our Caregiver Support Group email Joanie Elmore at jelmore@abouteldercare.org or call (918) 336-8500.

A Vision for Expanded Care in 2026

by Michael Colaw, Development Director

At Elder Care, our mission has always been to help aging adults live happy, healthy, and independent lives. As we move into 2026, we're energized by the continued growth of our programs and the expansion of services designed to meet the evolving needs of aging adults and their families across our region.

This year marks an important milestone with the launch of the Active Center, creating new opportunities for wellness, education, and connection. Just as importantly, the Active Center represents only one part of Elder Care's continued growth, because supporting aging well requires far more than a single program.

One of the most significant advancements this year is the growth of Private Duty Care Management, a personalized service created to support individuals and families navigating the complexities of aging.

Whether managing new health concerns, coordinating medical appointments, planning for future care needs, or simply needing a trusted advocate, our Care Managers provide guidance every step of the way. Services include personalized care planning, coordination of in-home and community resources, and ongoing support tailored to each individual's goals and preferences.

This flexible program is designed to meet people where they are, whether they need ongoing assistance or short-term consultation, offering clarity, reassurance, and dignity during life's transitions.

While Care Management is a key focus for 2026, Elder Care continues to offer a comprehensive range of services that promote independence and quality of life:

- ADvantage Case Management, helping eligible adults remain safely at home
- DayBreak Adult Day Health & Activity Center, providing social engagement, meals, and caregiver respite
- Foundation Therapy Specialists, offering physical, occupational, and speech therapy
- In-Home Homemaking Services, assisting with daily tasks and household needs
- Caregiver Support & Education, connecting families with resources and encouragement

As we look ahead, we are grateful for the continued trust and support of our community. Together, we are building a future where aging adults and their families feel supported, informed, and empowered today and for years to come.

To learn more about any of our programs or to schedule a tour, contact Claudia Dilbeck at cdilbeck@abouteldercare.org or call (918) 336-8500.

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Bartlesville Regional
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Januray Events at Elder Care

New Year
NEW CONNECTIONS
DINNER WITH FRIENDS

JANUARY 8 2026

5:30PM - 7PM | \$15 PER PERSON

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**BASIC
LIFE SUPPORT
& CPR
TRAINING**

Join us for a Basic Life Support (BLS) CPR Course. Gain hands-on training in adult, child, and infant CPR, AED use, and choking relief techniques in this American Heart Association course designed for healthcare professionals, caregivers, and community members.

\$55 PER PERSON
LIMITED TO 12 PARTICIPANTS

TUESDAY
JANUARY 20, 2026

START AT:
9:00AM - 1PM

FOR MORE INFORMATION

VISIT OUR WEBSITE abouteldercare.org

**PAINT
& SIP**

JANUARY 29TH
\$30 PER CLASS
6PM - 8PM

KRUPALI
PATEL

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BARTLESVILLE, OK 74006

This Month's Donors

In appreciation of contributions to Elder Care in December 2025

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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 _____

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

Please charge my credit card

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