

PRIME TIMES

AN ELDER CARE PUBLICATION | May 2026

Issue 5
Volume 35



MEMORIAL DAY

REMEMBER AND HONOR

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



Remembering Those Who Came Before Us

by Michael Colaw, Development Director

May is a time of reflection. As Memorial Day approaches, we pause to honor and remember those who have gone before us. Individuals whose lives, service, and sacrifice have shaped the world we live in today. While this day is most often associated with remembering those who gave their lives in military service, it also invites us to reflect more broadly on the legacy of those who have made a lasting impact in our own communities.

Here in Bartlesville, Elder Care stands as a living example of that legacy.

For more than 43 years, Elder Care has been rooted in a simple but powerful vision: that aging adults deserve dignity, independence, and connection. That vision didn't just happen. It was cast by a group of community leaders who saw a need and chose to act. They believed our community could, and should, do more to support its aging population.

Over the years, many individuals have poured their time, energy, and heart into building what Elder Care is today. Board members who provided steady leadership. Staff who showed up day after day with compassion and commitment. Donors who gave generously to ensure services could grow. Volunteers who offered their time to serve others. Each played a role in shaping this organization into a trusted resource for thousands of individuals and families across our region.

As we remember those who are no longer with us, we also recognize that their impact continues. It lives on in every meal served, every therapy session provided, every moment of connection

created within our walls. It lives on in the caregivers who find support, and in the older adults who can remain independent because someone chose to care.

Memorial Day reminds us that legacy is not just about what we leave behind, but about what we build together.

At Elder Care, we are honored to carry that legacy forward, guided by those who came before us and committed to serving those who are here today, and those who will come after.



Preventing Falls Before They Happen

by Josh Lindblom, PT, DPT, Foundation Therapy Specialists Director

At Elder Care, we believe one of the best ways to protect independence is to prevent problems before they start. Falls are one of the leading causes of injury among aging adults, but the good news is that many falls are preventable. Through Foundation Therapy Specialists, our team works every day with individuals to improve strength, balance, and confidence so they can safely remain in their homes and communities.

A great place to start is right at home. Small changes can make a big difference. Take a walk through your living space and look for common tripping hazards. Remove loose rugs or secure them with non-slip backing. Keep walkways clear of clutter, cords, and unnecessary furniture. Make sure your home is well-lit, especially in hallways and stairways, and consider adding nightlights in bedrooms and bathrooms. Installing grab bars in the shower and near the toilet, along with using non-slip mats, can also greatly reduce the risk of slipping.

In addition to a safer home, maintaining strength and balance is key to preventing falls. You don't need a gym membership to get started; just a few simple exercises done consistently can help.

Try standing behind a sturdy chair and holding on for support while gently lifting one leg to the side, then switching legs. This helps improve balance and hip strength. Another great option is the "sit-to-stand" exercise: sit in a chair and stand up without using your hands if possible, then slowly sit back down. This builds leg strength that is essential for everyday movement. Even something as simple as walking regularly, inside or outside, can improve

stability and coordination.

At Foundation Therapy Specialists, our licensed therapists create personalized plans tailored to everyone's needs. Whether you've experienced a fall or simply want to stay ahead of the risk, we're here to help you move with confidence. You can call Foundation Therapy Specialists at (918) 766-0391 or email us at foundation@abouteldercare.org to schedule a home safety assessment or set up an evaluation for physical therapy.

Because when it comes to falls, prevention isn't just possible, it's powerful.



A Summer Full of Energy, Learning, and Connection at the EC Active Center

by Claudia Dilbeck, Community Relations & Outreach Director

If you're looking for a reason to stay active, engaged, and connected this summer, the EC Active Center is giving you plenty of them.

From May through July, the calendar is packed with opportunities that bring together movement, creativity, learning, and community under one roof.

At the heart of the summer lineup are the weekly fitness and wellness classes designed to help individuals stay strong, steady, and confident. Popular offerings like Beginner Line Dancing, Gentle Yoga, Tai Chi, and Cardio Drumming provide a variety of ways to improve balance, flexibility, and overall health in a fun and supportive environment. These classes are intentionally designed for all ability levels, making it easy for anyone to jump in and get started.

But what makes the EC Active Center truly special is that it goes far beyond fitness.

Throughout the summer, members can take part in a wide range of social and educational opportunities. Weekly games like dominoes create space for laughter and friendly competition, while singing classes offer a chance to build confidence and enjoy music together.

For those looking to learn something new, the Tech Series continues to help individuals better navigate smartphones, tablets, and computers, building confidence and independence in today's digital world.



There are also unique, hands-on experiences like cooking and crafting classes, along with special events such as "Dinner with Friends," which combine great food, live music, and meaningful connections.

In addition, educational programming like the Alzheimer's Association series provides valuable information and support for individuals and families navigating memory loss and dementia.

What you'll notice across every class, activity, and event is a common thread: connection. Whether it's sharing a meal, learning a new skill, or simply showing up for a class, the EC Active Center creates a place where people feel welcomed, supported, and part of something bigger.

For more information about the EC Active Center and all it has to offer, contact Claudia Dilbeck at cdilbeck@abouteldercare.org or call (918) 336-8500.

This summer, the invitation is simple: come be part of it.

The Impact of The Cool Room Project

by Michael Colaw, Development Director

As temperatures begin to rise in Oklahoma, the summer months can bring more than just discomfort; they can pose serious health risks, especially for adults aged 60 and older. At Elder Care, we recognize that something as simple as a safe, cool living environment can make a life-changing difference. That's where The Cool Room Project comes in.

Each year, from Memorial Day through Labor Day, Elder Care provides window air conditioning units to older adults in our community who may not otherwise have access to reliable cooling. For many, this is not just a convenience; it's a critical need. Extreme heat can lead to dehydration, heat exhaustion, and even life-threatening conditions, particularly for individuals with chronic health concerns or limited mobility.

The impact of The Cool Room Project goes far beyond the installation of an A/C unit. It provides peace of mind. It allows individuals to remain safely in their homes during the hottest months of the year. It reduces the risk of heat-related illness and helps prevent unnecessary emergency room visits or hospitalizations. Simply put, it helps protect both health and independence.

We've seen firsthand how meaningful this support can be. For someone living on a fixed income, the cost of purchasing and operating an air conditioner can be a barrier they simply cannot overcome. Through this project, we're able to step in and meet that need in a tangible, immediate way.



Last year alone, Elder Care provided 30 A/C units to individuals in our community, each one representing a safer, healthier summer for someone in need.

As we are preparing to launch this year's Cool Room Project following Memorial Day, we invite you to be part of the impact. There are several ways to get involved. You can help by making a financial contribution to support the purchase of A/C units, by helping us identify individuals who may be in need, or by simply spreading the word.

To donate to the Cool Room Project, please contact Michael Colaw at mcolaw@abouteldercare.org or call (918) 336-8500. Together, we can ensure that no one in our community has to face the summer heat alone.

How Elder Care Meets You Where You Are

by Michael Colaw, Development Director

No two aging journeys look the same. Some individuals are active and independent, simply looking for connection and opportunities to stay engaged. Others may need a bit more support to remain safe at home. And for some, daily structure and hands-on care become essential. At Elder Care, we understand that needs change over time, and we're built to meet you wherever you are along the way.

For many, the journey begins at the EC Active Center. This is a place for older adults who want to stay active, social, and involved. With a wide variety of classes, activities, and opportunities for connection, the EC Active Center helps individuals maintain strength, confidence, and a sense of community. It's often the first step in staying ahead of isolation and maintaining independence.

As needs evolve, Elder Care offers a natural next step through DayBreak Adult Day Health. DayBreak provides a structured, supportive environment for individuals who may need additional assistance during the day, particularly those living with dementia or other complex health conditions. Participants benefit from personalized care, engaging activities, health monitoring, and nutritious meals, all while giving caregivers the peace of mind and respite they need.

Behind the scenes, and often guiding individuals and families through every stage, is Care Management. This team works directly with clients and their families to assess needs, coordinate services, and navigate what can often feel like

a complicated system. Whether it's connecting someone to in-home services, helping them access benefits, or simply providing guidance during a time of transition, Care Management ensures that no one must figure it out alone.

What makes Elder Care unique is how these services work together. Rather than operating as separate programs, they form a continuum of care. Someone may begin at the EC Active Center, transition into DayBreak over time, and rely on Care Management throughout the entire journey.

For more than 40 years, Elder Care has served as a trusted resource for aging in place in our region. We don't just offer services, we offer a pathway, one that meets you where you are today and walks with you into tomorrow.

For more information or to schedule a tour, call (918) 336-8500 or email us at info@abouteldercare.org.



The Good, The Bad, and The Barbecue

Prime Times
Published monthly by
Elder Care

Program Management

Christina Bishop
Executive Director
Michael Colaw
Development Director
Claudia Dilbeck
Community Outreach Director

Deanna Dodson
Client Services Director

Jennifer Ennis
Administrative Director

Josh Lindblom, PT, DPT
Foundation Therapy Director

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

THE GOOD
The Bad
and BARBECUE
BENEFITING ELDER CARE

PRESENTED BY

Gateway ConocoPhillips DERA KWON OUTDOOR KWON JAVIM
Gateway DINKS RUTHERFORD 66 TRUITY FORD KIRK KAWNE

SATURDAY, MAY 9, 2026
Hughes Ranch Headquarters

LIVE & SILENT AUCTIONS
CORNHOLE WHISKEY PULL • LIVE MUSIC & DANCING

Tickets on Sale Now

ABOUTELDERCARE.ORG/BBQ

DINNER: \$100 VIP EXPERIENCE: \$500

THANK YOU TO OUR PREMIUM SPONSORS

A&W ARMY BASKIN-ROBBINS BIRCHMOUNT BIRCHMOUNT BIRCHMOUNT

This Month's Donors

In appreciation of contributions to Elder Care in April 2026

Armstrong Bank
Bartlesville Regional United Way, Inc.
William & Sandra Bath
Batjac Properties, LLC
Kelli Blair
Stephen & Joyce Colaw
Comforting Hands Hospice
Chris & Deb Cook
Martin S. Cox Trust
John & Kathleen Donoghue
Robert & Nancy Farmer
John & Mary Ford
Bob & Meredith Fraser
DonnaFurr
Lee Goodin
Green Country Village
George Halkiades
Mark & Debbie Haskell

Joe & Charolette Hawkins
Boomer Holtz
Jane Phillips Medical Center
George & Bobbie Johnson
Linda Kay Jones
Sheila & Gary Kilpatrick
Gregory & Susan Krall
Jennifer & Sam Leu
Maddux, Ihrig & Shamhart, PLLC
Dennis & Debbie Mueggenborg
Osage Casino
Perspective Advisors, LLC
Donald Peters
Michael & Courtney Roberts
Earl & Jane Sears
Larry & Linda Shoemaker
Skyway Honda
Smile Stop Dentures & Implants

J. Radcliffe & Mavis Smith
The Koster Team
Swim'N Holes of Oklahoma
Eddie R. & Lavon Tolbert
Union State Bank
Wilbur & Barbara Walton
Linda & Eric Yeoman

In Memory of Rori Roark
Rev. Kelley & John Becker
Rhonda Hudson

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.aboutelder.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/