

# PRIME TIMES

AN ELDER CARE PUBLICATION | June 2026

Issue 6  
Volume 35



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



## Volunteer Spotlight – Liz Eccleston

by Claudia Dilbeck, Community Relations & Outreach Director

Liz Eccleston's heart for serving others shines through in everything she does at Elder Care. Whether she's lending a helping hand wherever needed or simply offering a warm smile to participants and staff, Liz has quickly become an important part of the Elder Care family.

Originally from nearby Dewey, Oklahoma, Liz moved back to Bartlesville in August of 2025. After hearing about Elder Care from her daughter, she decided to begin volunteering as a way to meet new people and help others in her community. What she found was much more than just a place to serve.

“Really, I help wherever they need me,” Liz shared. That servant-hearted attitude is exactly what makes volunteers like her so special. Whether assisting staff, spending time with participants, or simply being present for someone who needs encouragement, Liz approaches every opportunity with compassion and kindness.

For Liz, volunteering is deeply personal. “It makes my day to help others, and it makes me feel like I am needed,” she said. Through her time at Elder Care, she has discovered just how much even small acts of kindness can brighten someone's day and truly change lives.

Liz also credits the people around her for making the experience so meaningful. She shared that everyone has been welcoming and kind, but Claudia Dilbeck, Joni Su Randolph, and Carol Davis have made an especially lasting impression on her.

What keeps her coming back? “All of the people I

get to serve every day, and the staff, make me feel like I am part of something bigger than me.”

Liz believes volunteering is vital in a community like Bartlesville because “it shows that someone is always there when they need help.” Her advice to anyone considering volunteering at Elder Care is simple: “It is such a blessing. I get more out of giving than I do receiving.”

If you are interested in making a difference through volunteering, Elder Care would love to welcome you. Volunteers play an important role in helping serve aging adults throughout our community and creating meaningful connections every day. To learn more about volunteer opportunities, contact Claudia Dilbeck at [cdilbeck@abouteldercare.org](mailto:cdilbeck@abouteldercare.org) or call (918) 336-8500.



# Living With Pain Doesn't Have To Be 'Normal'

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

Many people assume pain, stiffness, or limited movement is simply “part of aging.” While some aches and pains may come with age or activity, ongoing discomfort and loss of mobility are often signs that your body could benefit from physical therapy.

At Elder Care’s Foundation Therapy Specialists, one of the most common questions we hear is: “How do I know when it’s time to try physical therapy?” The answer is often sooner than people think.

If pain is interfering with your daily life, it may be time to seek help. Difficulty climbing stairs, getting out of a chair, reaching overhead, walking long distances, or even sleeping comfortably are all signs that something may need attention. Pain that lasts more than a few weeks, keeps returning, or worsens with activity should not be ignored.

Loss of range of motion is another important indicator. Maybe you cannot turn your head fully while driving, bend down comfortably, or lift your arm like you used to. Stiffness and reduced flexibility can gradually affect independence and quality of life if left untreated.

Physical therapy is not just for recovery after surgery or major injuries. Many people benefit from therapy for arthritis, balance concerns, chronic back pain, joint stiffness, Parkinson’s disease, stroke recovery, muscle weakness, or general mobility issues. Early intervention can often prevent a small problem from becoming a larger one.

A physical therapist evaluates strength, balance, posture, flexibility, and movement patterns to



identify the source of discomfort or limitation. Treatment plans are individualized and may include stretching, strengthening exercises, hands-on therapy, balance training, and education to help patients move more confidently and safely.

Another common misconception is that pain medication or rest alone will solve the problem. While those approaches may provide temporary relief, they often do not address the root cause. Physical therapy focuses on improving function and helping individuals return to the activities they enjoy.

At Elder Care, our therapy team is passionate about helping older adults maintain independence, reduce pain, and improve quality of life. If pain or limited movement is keeping you from living fully, it may be time to ask whether physical therapy could help you take the next step toward feeling better. For more information or to schedule an evaluation, email us at [foundation@abouteldercare.org](mailto:foundation@abouteldercare.org) or call (918) 766-0391.

## What Aging Parents Wish Their Adult Children Knew

by Michael Colaw, Development Director

As parents grow older, many family roles begin to change. Adult children often find themselves helping with appointments, medications, finances, transportation, or difficult decisions about health and safety. These conversations can be emotional for everyone involved, especially when both generations are trying to navigate unfamiliar territory.

While every family is different, there are a few things many aging parents quietly wish their adult children understood.

First, independence matters deeply.

Even when older adults need help, most still want to feel capable, respected, and involved in decisions about their own lives. Simple things, being asked for their opinion, choosing their own schedule, or handling tasks they can still manage independently, help preserve dignity and confidence.

Many aging parents also wish their children understood that growing older can be frightening.

Changes in memory, mobility, hearing, or health can create anxiety and frustration. Losing friends, giving up driving, or adjusting to physical limitations often comes with grief that is not always openly discussed. Sometimes what appears to be stubbornness is actually fear of losing control.

Communication matters more than people realize.



Older adults do not want every conversation to revolve around medications, doctor appointments, or safety concerns. They still want to laugh, share stories, talk about grandchildren, discuss current events, and feel connected to everyday life. Taking time to truly listen can strengthen relationships during a season when connection becomes more important than ever.

Many parents also wish their children knew they do not want to feel like a burden.

Older adults often worry about creating stress for their families, even when help is needed. A little patience, reassurance, and compassion can go a long way in easing those fears.

Perhaps most importantly, aging parents want their children to remember that they are still the same people they have always been; parents, grandparents, friends, neighbors, veterans, teachers, caregivers, and community members with a lifetime of experiences and wisdom to share.

At Elder Care, we believe supporting older adults also means supporting the families who love them. Sometimes the most important gift we can offer one another is understanding.

# Inside a Day at DayBreak

by Michael Colaw, Development Director

At 7:30 a.m., the doors at DayBreak begin to open, and the day slowly comes to life.

Some participants arrive ready to visit, while others are still waking up as they settle into their favorite chairs with a cup of coffee in hand. Staff members greet everyone by name, often already knowing who wants cream, who prefers decaf, and who is ready to share the latest family story or a joke they have been waiting to tell.

The morning begins with conversation.

Friends catch up on grandchildren, weather forecasts, and last night's television shows while soft music plays in the background. It feels less like a program and more like gathering in a family kitchen where everyone knows each other, and everyone belongs.

By 9:00 a.m., breakfast is served restaurant-style, giving participants the opportunity to enjoy a hot meal in a relaxed and welcoming setting. Conversations continue over coffee and breakfast while staff members move throughout the room offering assistance, encouragement, and friendly conversation. The atmosphere feels comfortable and familiar, more like gathering with friends at a favorite café than following a daily schedule. For many participants, these shared meals and moments of connection become a highlight of the

At 10:00 a.m., it is time to get moving.

Exercise may include stretching, chair exercises, light movement, dancing to familiar music, or tossing a beach ball around the room. There is no pressure and no competition, just plenty of

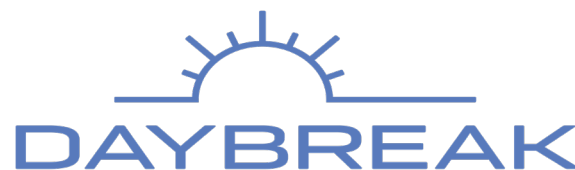
encouragement and a lot of laughter. The goal is simple: helping participants stay active, engaged, and confident.

By 11:00 a.m., the room is filled with activities. Some participants enjoy bingo, trivia, music, or crafts, while others prefer quiet conversation or listening to songs they have loved for decades. Staff members know participants personally; their routines, favorite activities, life stories, and even the songs that always make them smile.

At noon, everyone gathers once again for lunch. The meal is more than just food; it is another opportunity for fellowship, storytelling, and connection.

The rest of the afternoon continues with activities, companionship, and moments of joy, both big and small, before participants head home to their families.

At Elder Care, DayBreak is about far more than daily care. It is about dignity, purpose, friendship, and creating a place where older adults continue to feel valued, connected, and truly at home. If you'd like to learn more about DayBreak or schedule a tour, contact us at [day@aboutledercare.org](mailto:day@aboutledercare.org) or call (918) 336-8500.



ADULT DAY HEALTH & ACTIVITY CENTER

# The Caregiver Guilt Nobody Talks About

by Deanna Dodson, Director of Client Services

Caring for someone you love can be one of the most meaningful things you ever do. It can also be exhausting, frustrating, lonely, and emotionally overwhelming. What many caregivers discover, often quietly and privately, is that guilt seems to follow them through every stage of the journey.

Caregivers often feel guilty for things they should never feel guilty about.

Guilt for feeling tired.

Guilt for becoming impatient.

Guilt for needing a break.

Guilt for saying “no.”

Guilt for wondering if they’re doing enough.

Many family caregivers are balancing jobs, children, marriages, finances, and their own health concerns while also trying to care for an aging parent or spouse. Even on their best days, it can feel impossible to keep up with everything.

The truth is this: caregiving was never meant to be done alone.

One of the biggest mistakes caregivers make is believing they have to figure everything out by themselves. In reality, support, education, and practical tools can make an enormous difference, not just for the caregiver, but for the person receiving care as well.

That’s why Elder Care is offering The Savvy Caregiver, a nationally recognized training program designed specifically for family caregivers.



This three-session class helps caregivers better understand dementia and aging-related changes while providing practical strategies for managing stress, communication, daily challenges, and self-care. Participants also gain something equally valuable: the reassurance that they are not alone.

The Savvy Caregiver will be held June 10, 17, and 24 from 1:30–3:30 p.m. at Elder Care. The cost is \$100 per person for the entire series.

Whether you are caring for a spouse, parent, family member, or close friend, this class offers support, encouragement, and real-world guidance from professionals who understand the caregiving journey.

Because taking care of yourself is not selfish. It is part of being a good caregiver.

For more information or to register, contact Elder Care at 918-336-8500.

Prime Times  
Published monthly by  
Elder Care

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